



The Sonapur Connect

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OUR LADY OF DOLOURS CHURCH

MONSOON ISSUE

MARY, MOTHER OF MERCY

The 'Hail Holy Queen' prayer which is also known by its Latin name, the **Salve Regina**, is one of the most beautiful rosary prayers. It begins with the words:

**Hail Holy Queen, Mother of Mercy,
Our life, our sweetness, and our hope ...**

In this prayer, we call Mary our Mother, as the Mother of Mercy and indeed she is the Mother of Mercy constantly interceding for us sinners. Our Mother said to St. Bridget of Sweden: *"I am the Queen of Heaven and the Mother of Mercy; I am the joy of the just, and the door through which sinners are brought to God."* Mary's words here also remind us of what she said to St. Juan Diego in Guadalupe: *"Am I not here, I who am your Mother? Are you not under my shadow and protection? Am I not the source of your joy? Are you not in the folds of my mantle, in the crossing of my arms? Is there anything else that you need?"*

The first reason we can rightfully call Mary our "Mother of Mercy" is because, through her Immaculate Conception, God created her to be His masterpiece of mercy in the world. This special gift of grace within her was the foundation of God's whole work of mercy in the world through Christ. Everything about Mary was fashioned by Divine Mercy and for the work of Divine Mercy. No other creature, therefore, so completely manifests God's mercy as does Mary Immaculate.



The second reason we are right to call Mary 'Mother of Mercy' is because God had chosen her to be the Mother of His Son — in other words, she was the Mother of the merciful Saviour, and in this way she literally brought Divine Mercy Himself to birth in our world. When Mary humbly accepted the angel Gabriel's call, she actually conceived in her womb, and brought to birth into our world, the merciful God made flesh, Mercy Incarnate, Jesus Christ.

In the conclusion of his encyclical **Veritatis Splendor** (1993), Pope John Paul II summarized this Gospel truth for us:





"Mary is Mother of Mercy because her Son, Jesus Christ, was sent by the Father as the revelation of God's mercy (cf Jn 3:16-18). Christ came not to condemn but to forgive, to show mercy (cf Mt 9:13)."

Another reason for calling Mary our *"Mother of Mercy"* is that during her sojourn on earth, she performed a tremendous work of mercy for us all: She showed us the way to be true disciples of Jesus Christ. As St. Faustina, the promoter of the Divine Mercy wrote, *"Mary is my Instructress, who is ever teaching me how to live for God. My spirit brightens up in Your gentleness and Your humility, O Mary"* (Diary, 620).

On the one hand, Mary taught St. Faustina how to be a true disciple of Jesus Christ by her words: her exhortations to practice the virtues. In her message to St. Faustina, Mother Mary reminded her to focus on 3 virtues, which she herself possessed: humility, purity, and love of God. Mary teaches us that humility is the only good soil from which spiritual growth can arise. Unless the soil of humility is in us first, nothing good in us can grow and bear fruit. In other words, unless we can first humbly admit

our need for our heavenly Father — our need for His forgiveness for our past, His strength within us for the present, and His guiding light for our future — unless we can admit our need for Him in these ways, our hearts cannot be open to receive all that the Lord wants to give to us. In other words, how can God fill us with His grace if we are already full of ourselves? There is just no room in our hearts for his grace to be poured in.

In her earthly life, she showed us the way to reach out to others. She shows us the act of mercy through her visitation to her elderly cousin Elizabeth in her need. As soon as Mary heard from Angel Gabriel that her elderly cousin Elizabeth was with child, she quickly made a long and hard journey to visit her. In those days, we must remember that there was no easy transport and often people walked long hours over dusty, stony paths. Mary did the same. She did not think of her own pain or difficulty. She focused on the help she could give to Elizabeth.

Mary showed us the act of Mercy through kindness and charity. Mary was not rich, she was born in a poor family. But she was rich in charity. Not with her money because she had little, but with her time for others. At the wedding feast at Cana, it was she who realized that there was a shortage of wine. She did not wish that the young couple should face shame and embarrassment over the incident. She promptly with no delay brought the problem to her Son, Jesus. By her intercession, Mary came to their help. To come to the help of those in need is the essence of mercy.

Another reason why Mary can be called as *"Mother of Mercy"* is because from heaven she continues to come to our aid. By her tender





intercession for us, she looks after our needs and nurtures the Christ-life within us, from now until the hour of death.

It was at the foot of the Cross, however, that Mary explicitly received her role as our everlasting Mother of Mercy. Jesus said to her from the Cross, *"Woman, behold thy Son,"* and then, turning to His beloved disciple Jesus said, *"Son, behold thy mother"* (Jn 19:25-27). According to the ancient Fathers of the Church, all Christian believers were prefigured in this beloved disciple who stood beneath the Cross, and to whom Jesus said, *"Behold thy Mother."* Thus, Mary was given not only to be the mother of St. John the beloved disciple, but our mother, too, the mother of all the faithful disciples of Christ.

What could this mean for us, if it did not mean, principally, that she was meant to be our Mother in Heaven, who intercedes for us; if she is willing to intercede for us and pray for us, and open the door (so to speak) to all the graces that Christ wants to shower upon us, then she is indeed our *"Mother of Mercy"* — for all of God's graces are acts of His Divine Mercy to weak and sinful creatures such as we all are. In short, by her maternal intercession and compassion for us, Mary opens the floodgates of God's merciful love to all.

Wishing you all a Happy Feast of the Nativity and the Parish Feast of our Patroness, Our Lady of Dolours.

MARIA, DOYECHEI MAI

Maria amchi Avoi, Doyechi Mai. Amam pathkyam pasot Sodanch Vinonti korit asta.

Mariek ami amchi Doyechi mai mhonn pachem karonn mhollear, tichea Nirmol ani khalteponantlean, Devan tika sonvsarant Doya ani Kaklut korunk Nirmun haddli. Tiche Bhitor ek Kurpechi Denni mhollear Krista vorvim Devache Doyechi Buniad akhea Sonvsarak mellunk.

Maria Doyechi Mai mhonnunk anink ek karonn mhollear, Devan tika aplea Putachi Avoi Zaunk Vinchun kaddli. Dusrea utramni ti soglea Sonsarachea Soddvonndarachi Avoi zaun asa.

Maria amchi Doyechi Mai mhonn pak karon kiteak, ti hea zogant astanam tinnem aple jinne vorvim Jezu Kristache Xis zaunk margdorshan dakhoilem. Mariek ami



Devachi Mai mhunnonk anik ek karon asa kiteak ti Sorgar thaun amchea adharak Pauta, ani amchea gorzam ani akantachea vellar aple kakluti ani khaltikaie vorvim amche bhitorlem kristi jivit Nittayer hadta.

Ti zaun asa somest Avoiyanchi modesti, sogllea bhoktank Devachi kurpa favo korta.

Tumkam soglleank Mariechea Zolmachi Porob Anvdetanv, ani Amchea Firgojechea Festachi— Our Lady Of Dolourarz—achi Porob. Boa Fest. Deu Borem Korum. Mog Assum

**- Fr. Anthony Banz
Editorial**





CORPUS CHRISTI

“The greatest love story of all time is contained in a tiny white host” – Archbishop Fulton Sheen. Corpus Christi is a Latin word which means the Body of Christ.

Corpus Christi is linked to the Last Supper where Jesus instituted the Holy Eucharist – in the form of that tiny little white host! Such exceptional humility for a sublime Master like ours to condense into something so lowly as a host for us to consume! Why not seek to be with Jesus every day in the Eucharist – as St. Carlos Acutis quotes. As we believe in a doctrine called “transubstantiation”, this solemn feast is meant to celebrate the real presence of Jesus in the Eucharist – His body, blood, soul and divinity.



The Institution of Corpus Christi as a feast resulted from about 40 years of work done by Juliana of Liege, a canoness along with groups of women who were dedicated to Eucharistic worship.



They lived together, devoted to prayer and charity. Juliana longed for a feast outside of Lent in its honour. This desire was enhanced by a vision of the church under a full Moon with a black spot – signifying the absence of a feast – which kept repeating for the next 20 years until she finally relayed it to her confessor who informed the bishop. Thus in 1246 Bishop Robert de Thorete of Liege ordered a celebration of the feast of Corpus Christi every year on the Thursday after Trinity Sunday.

The Eucharist is important because it is Jesus. The more we are around Jesus the more at peace we are; our stress lessens and our self-worth improves. We are healed, sustained and above all saved.

- Angel Fernandes
St. Anne Community





Congratulations



Sherwin D'Costa

We are proud to announce that Sherwin D'Costa has been elected Vice-President of the South Mumbai Deanery Council 2025-26.

Known for his dedication, leadership and unwavering commitment to youth ministry, Sherwin has consistently been a driving force in bringing young people together through faith, service, and community. His election is a testament to the trust and belief the youth and parish leaders have in his vision and abilities. As he steps into this new role, we look forward to the energy, creativity and passion he will bring to the Deanery Council.





INDUCTION OF FR. ANTHONY BANZ AS OUR PARISH PRIEST

The induction ceremony is a solemn and deeply spiritual occasion, marking the formal installation of a priest into a parish or community. It is both a liturgical celebration and a communal event, symbolizing the beginning of a new pastoral journey under the guidance of Christ and the Church.

On Saturday, June 21, the faithful of Our Lady of Dolours Church gathered in joyful anticipation for the Eucharistic Celebration at 7:00 p.m. for the induction of Rev. Fr. Anthony Banz as their new parish priest. The ceremony was presided over by Archbishop John Rodrigues and attended by fellow clergy, religious, family, friends and parishioners.

The Eucharistic celebration, presided over by His Grace Archbishop John Rodrigues began with a solemn procession accompanied by Fr. Anthony, Fr. Lester, Fr. Cherian, Deacon Inacin, Parish Pastoral Council members and altar servers accompanied by hymns that set the tone for a reverent and celebratory liturgy. In his homily, the Archbishop spoke of the sacred responsibilities of the priesthood, emphasizing the role of the priest as a shepherd, teacher and servant-leader within the parish community. He reminded the congregation that while the priest leads, he also walks with the people, sharing in their joys, sorrows and hopes.

The formal act of induction took place after the Liturgy of the Word. Rev. Fr. Anthony was presented to the Archbishop, who read the official letter of appointment.



After the Communion prayer, we had the symbolic handing over of the sacramental and administrative responsibilities by the Archbishop to the new Parish Priest. A moving moment came when Fr. Anthony renewed his priestly promises, pledging obedience to the bishop and a life of service to the people of God. He then made his profession of faith and oath of fidelity before the congregation. The congregation responded with a warm applause, signifying their support and welcome. The celebration concluded with the Eucharist uniting the community in the central mystery of the Catholic faith. After the final blessing, the parishioners had an opportunity to personally greet and welcome their new shepherd. A short reception was held in the parish hall for fellow priests and family members.

The induction of Rev. Fr. Anthony marks a new chapter in the life of Sonapur Parish filled with faith, hope and renewed commitment to the mission of the Church. May the Lord guide him in his ministry and bless the parish community abundantly.

- Greta D'souza
Holy Cross Community







TO BE OR NOT TO BE

This is a dilemma which every individual faces when it comes to contributing to society. Through my life journey, I have noticed 4 personality traits.

1. Proactive - the person takes responsibility to bring about positive change in their surroundings and will sacrifice their time and energy towards a specific goal.

2. Supporters - the people who stand by you and will co-operate in bringing about a change. They are the backbone for a proactive person. Without their help it's difficult to bring about major changes.

3. Critics - these people rarely contribute but will point out why a person should not go forward for the common good and will usually add to the problem and not be a part of a solution.

4. Passive - these people usually do not say or do anything, they just are fine even in the worst scenario.

Honestly, I believe that every person has all these personality traits, but our strengths are brought out when we are faced with social issues and the stand we take regarding the same.

As we look back and observe, our surroundings have changed for the better because of those people before us, who in spite of all the criticism and no support, had gone ahead and made decisions or contributions which



benefited not only themselves but those around them.

We are on a journey and I hope that each one of us will make decisions which will be a blessing to the lonely, the helpless and also in handling social issues like garbage disposal, hygiene etc.

Our children look up to us and I'm sure that one day they will also make decisions for the welfare of our community as they are always watching and observing the elders who lead by being doers and not just by words.

So let us always support those who want to bring about a positive change irrespective of caste, religion and creed, thus making our surroundings, a beautiful place to live in.

- Sera Fernandes
St. Anne Community





FEAST OF THE SACRED HEART OF JESUS

The Apostleship of Prayer joyfully celebrated the feast of the Sacred Heart of Jesus on Friday, 27th June 2025, with a deep spirit of devotion, reflection and community participation.

The spiritual preparations for the feast began with a novena, which commenced on Wednesday, 18th June 2025. Each day began with the Sacred Heart of Jesus rosary, followed by the novena prayer, setting a prayerful tone for the days leading to the feast.



A special highlight of the celebrations was the induction of new members into the Apostleship of Prayer, held on Tuesday, 24th June and Thursday, 26th June, welcoming new hearts into the mission of prayer and service.



The Triduum, held from 24th to 26th June, was a deeply moving spiritual experience. These three days were marked by Konkani Eucharistic celebrations presided over by Fr. Manuel Fernandes, each centered around a unique theme reflecting the love and power of the Sacred Heart:

Tuesday, 24th June

Theme: Sacred Heart – A Heart That Loved So Greatly

(Jezuchem Povitr Kalliz – Vorto mog dhakoil'lem kalliz)





Wednesday, 25th June

Theme: Sacred Heart – A Heart That Changes The World

(Jezuchem Povitr Kalliz – Sonvsar bodolta toslem kalliz)

Thursday, 26th June

Theme: Encountering The Sacred Heart

(Jezuchea Povitr kallzak, amchea jivitache chalinleant onnbhovunk)

The Feast Day Eucharist on Friday, 27th June, was a solemn and joyful celebration. The Konkani feast mass, celebrated by Fr. Anthony Banz, reflected on the central theme:

“The Sacred Heart of Jesus is the Gospel of Love which becomes for us the Water of Life.”
(Jezuchem bhov povitr kalliz, mogachem xubhvortoman, jem amkam jivitachem udok zata.)

The celebration was a powerful reminder of the self-giving love of Jesus and inspired all present, to live lives rooted in compassion, sacrifice and service.

The festivities continued with a procession, symbolizing the outward journey of Christ’s love into the world.

The following day, Saturday, 28th June, the community came together once again to celebrate the Feast of the Immaculate Heart of Mary, beautifully concluding the week of spiritual enrichment and thanksgiving.

The entire celebration was a testimony to the vibrant faith and unity of the Apostleship of Prayer Association, renewing hearts in the love of the Sacred Heart of Jesus.



– Merlyn Rodrigues
Apostleship of Prayer





UNDERSTANDING CHILDREN WITH LEARNING DISABILITIES: A JOURNEY OF SUPPORT AND INCLUSION

Education, at its heart, is about helping every child discover their potential and grow into confident, capable individuals. But for children with learning disabilities, this journey can be filled with unique hurdles that require patience, understanding and tailored support. Identifying a learning disability isn't always straightforward. It often begins with noticing consistent struggles in reading, writing, math, or following instructions—despite the child's effort. These challenges aren't due to lack of intelligence or motivation, but rather differences in how their brains process information.

There are several types of learning disabilities. Dyslexia affects reading and language processing, Dyscalculia impacts mathematical understanding and Dysgraphia makes writing difficult. Each child's experience is different, and so are the challenges they face— low self-esteem, frustration and feeling left out in classrooms designed for typical learners.

This is where parents play a crucial role. Their support, advocacy and unconditional love can make a world of difference. By working closely with educators and specialists, they help create a nurturing environment where their child feels safe to learn and grow.

Schools, too, have a responsibility to adapt. Inclusive teaching methods, individualized education plans, and trained staff can transform the learning experience for these



children. It's not just about academic success — it's about helping them feel seen, heard and valued.

And society? It must shift from judgment to empathy. Children with learning disabilities aren't broken — they're simply wired differently. With the right support, they can thrive, contribute meaningfully, and inspire others with their resilience.

Let's remember: Every child deserves a chance to shine. And sometimes, the brightest lights come from those who have had to fight hardest to be seen.

- Celine Gomes e Rodrigues
Holy Cross Community





ST. THOMAS COMMUNITY FEAST DAY

St. Thomas Community Feast Day, a day, long awaited by us, the members of the Community. A day where our members could relax and enjoy the entire evening, planned, curated and put together by the youth of our community. Held in the Nirmala Niketan College of Home Science, it leaves us forever indebted to the kind Sisters of this grand institute who have been overly kind in opening their hearts and doors to us on many such occasions.

The evening began with a meaningful and solemn Prayer Service conducted by Fr. Lester along with the youth and Daughters of the Heart of Mary (DHM) sisters to The Jubilee Cross which would then be visiting our individual homes in the days to follow.

We were then treated to refreshing drinks and delectable snacks that revived our spirits, preparing us to fully immerse ourselves in an evening of entertainment and lively games. By splitting into groups, we were able to connect and interact with fellow members of our community. Lively games and engaging quizzes kept the energy high, with spot prizes sparking excitement and holding everyone's interest throughout.



A token of gratitude was presented to Samuel Sequeira on successfully completing his graduation with flying colours.

Brief speeches by our Parish Priest Fr. Anthony Banz and Fr. Cherian Kizhikandayil brought our thought processes together in living the Catholic faith and being truly Christlike to our neighbours and loved ones.

Dinner was served, yet the conversations carried on well into the night, as new friendships blossomed and old ones were joyfully renewed. It was a truly wonderful and memorable evening—one that reminded me how deeply such gatherings weave the threads of our parish community together. While we celebrate it only once a year, occasions like Parish Family Day still offer beautiful moments to connect, share, and grow closer to our fellow parishioners.



- Samantha Vaz
St. Thomas Community





AUTOMATION AND US: FINDING BALANCE IN A FAST-PACED WORLD

In today's hyper-connected world, automation has become second nature. From ordering food to managing finances, technology now handles many of our daily tasks with incredible speed and efficiency. For today's generation, it offers ease, quick access, and more breathing room in their daily lives.

Automation has made life more accessible. Services that once required travel, waiting or effort, are now available at the tap of a screen. It has improved safety in healthcare, boosted productivity at work, and helped people focus on creative and meaningful tasks.

Yet, as our reliance on technology grows, quiet changes are unfolding in how we live and think. We are growing impatient, expecting instant results in every aspect of life. Our youth are losing basic skills like cooking, changing a tubelight at home, navigating routes, etc. - as we outsource more to technology. Even typing a simple letter without AI seems like a task. What we should also remember is that with constant digital stimulation comes mental fatigue, anxiety and social disconnection. And for many in the workforce, the fear of being replaced by machines is real and growing now.

So where do we go from here? To our generation and society at large, automation is a powerful tool, not a replacement for who we are. The real challenge isn't whether we should embrace technology, but how we do it. We must learn to use automation to enhance our



lives without letting it define us. Let it save time, but don't let it steal patience. Let it guide us, but not replace our thinking. Let it serve us, but not isolate us.

The future will be automated and that is inevitable. But whether it brings us closer or pulls us apart depends on how we choose to live with it. Let's move forward with wisdom, not just convenience, and make sure humanity stays at the heart of progress.

- William Rebello
St. Teresa Community





PARENTS' DAY CELEBRATION – A JOYFUL TRIBUTE BY OUR PARISH YOUTH

On Sunday, 27th July, our parish youth came together with great enthusiasm to host a beautiful Parents' Day celebration, honouring the love, guidance, and sacrifices of our beloved parents. The programme was a heartfelt expression of gratitude, woven with music, dance, laughter and togetherness.

The evening began with a warm welcome and introduction by the emcee, setting a joyful tone for what was to follow. Shortly after that, an opening prayer and hymn created a spirit of thanksgiving, reminding us of the precious gift of parents.

The cultural segment opened with a lively dance performance, where the youth showcased their talents through a medley of songs. The energy and joy of the performances reflected the happiness of celebrating with family.

One of the highlights of the evening was a skit presented by the youth, which beautifully captured the essence of family life. Through humour, drama and emotion, the skit portrayed the love, challenges, and silent sacrifices that parents make every day for their children. The message was heartfelt, moving many parents to smiles and reflection.

The celebration also included interactive team games designed especially for parents, sparking laughter and cheerful participation. Spot prizes and surprises added fun to the programme, keeping everyone engaged throughout the evening.

The youth once again delighted the gathering with another round of dance performances, followed by a special boys' dance that received enthusiastic applause. A quick round of Housie added excitement and joy.

The much-awaited live band performance soon followed, filling the hall with melodies that had everyone clapping, singing, and dancing along. The celebration concluded with a heartfelt vote of thanks, acknowledging the efforts of the youth, the encouragement of our Parish Priest, and above all, the loving presence of our parents. The evening ended on a high note with a short DJ session, where everyone joined in on the dance floor, followed by a cheerful group photo, capturing the joy and unity of the night.

Special thanks go out to Aunty Abby and Aloysius for their constant support and guidance in helping us plan and execute this event so beautifully.

Parents' Day was not just an event but an experience – one that celebrated family, faith and love in its purest form. It reminded us once again that while no gift can ever repay our parents, the joy of coming together as one parish family is itself a beautiful way of saying, **“Thank you for being our guiding light.”**

– Shervic D'souza
Parish Youth Group







FEAST OF ST. IGNATIUS OF LOYOLA: A JOYFUL COMMUNITY GATHERING

Our community came together to celebrate the feast of St. Ignatius of Loyola—patron saint of our community—on 31st July at the 7:30 am Eucharistic celebration. On Saturday, 2nd August, our community organized an evening of celebration and fellowship in the Church conference hall for its members across generations, united by gratitude as a community.

The evening began with everyone joining hands and singing the hymns “Thank you Lord” and “Argam Tuka Somia”. Many interactive and mind-teasing group games were conducted in which everyone joined in. Laughter, friendly competition and spirited teamwork set the tone and everyone found a way to participate in their respective groups.



A highlight of the evening was the appreciation awards presented to several members who serve our church faithfully and regularly. Sherwin D’costa was acknowledged for being elected as Vice-President South Mumbai Deanery Youth Council 2025-06 and Shervic D’souza elected as the Vice-President of the Sonapur Youth Group. We are truly proud of them. In the same spirit, tokens of appreciation were presented to coordinators of other communities present, acknowledging their time, talent and goodwill.

The celebration concluded with a good, sumptuous dinner shared in fellowship.

We closed the night with hearts full—everyone heading home happy, joyful and grateful for a truly memorable feast of our patron, St. Ignatius.

- Joslyn Braganza
St. Ignatius Community





MY COMMITMENT TO THE CHURCH I BELONG TO

Not many of us were born Christians. I myself have a Kamat ancestry and so do many of us. We were surely born into a family of non-believers, yet today we are members of a community of believers. Shouldn't we be bonded strongly and our commitment strong as the roots of a banyan tree? Yet many of us fail to give back to our community and church what we received – love, care, a helping hand, a smile, financial support. We are so busy, we have no time to even join a parish group, be it the choir, be it the Legion of Mary or the Eucharistic Ministry.

We are not ready to make that sacrifice, yet, we expect things to be perfect or else we refuse to come to church. Some of us are very happy with the option of an online mass or retreat.

Let's ask ourselves if the others did not come forward, would the church even exist? Someone has to give their precious time, their hard-earned money, their relentless efforts to have a strong church community. Could I be one of them? Surely the Lord will reward you for that sacrifice as he has done to me.

Today the Catholic community is short of priests, be it the Salesians, the Jesuits, the Redemptorists or the Capuchins. Can we be the hands of the priests by lending our hands for the various activities required to be done in the church. This must be done without any expectations.

Let's all say 'Our Lady of Dolours Church' is my parish church and I am going to contribute my very best to make it outshine as far as church activities and celebrations go.



Now with the church repairs round the corner, let's pray fervently that the persons responsible for the repairs do a fantastic and dedicated job so that we can pray with reverence. Let me commit myself by saying I will visit the church as often as I can and not just be a Sunday church goer. Friends, let's not ask what my church can do for me, let's ask: what do I need to do for my church?

- Lorna D'souza
St. Ignatius Community





THE SWEET TRADITION OF AUGUST 1ST



The more convincing reason I discovered was that August usually brings a slight change in the weather, and people often fell ill during this time. Eating jaggery and coconut—both abundant and inexpensive—was believed to help boost immunity.

Interestingly, the combination of coconut and jaggery is also a common filling in many traditional sweets. And so, this practice of eating coconut and jaggery on August 1st has continued over the years—rooted not just in superstition, but also in simple, practical wisdom.

For the past few years, every August 1st, someone would remind me: *“Make sure you put something sweet in your mouth—like coconut and jaggery, or at least a little sugar.”* I often wondered—why only on August 1st?

Curious, I started doing some research. As expected, there were many different stories about the origin of this tradition. One said that August was considered an unlucky and gloomy month, so if you sweetened your mouth on the first day, the rest of the month would pass without misfortune.

Not entirely satisfied with that explanation (besides, Google can only tell you so much), I decided to ask a few people directly.



- Lynette Vaz
St. Jude Community





PILGRIMS OF HOPE – A JOURNEY OF FAITH AND RENEWAL

This year, we are invited to walk as *Pilgrims of Hope*—not just moving forward, but journeying with faith, trust and joyful expectation. It's a reminder that even when life feels uncertain, we are never walking alone. God is with us and we are called to carry His Hope into the world.

On Saturday, 2nd August 2025, the Holy Cross Community welcomed the Jubilee Cross with deep reverence. Received by our Coordinator Mrs. Sheryl Noronha from the member of St. Thomas at the Church, it was carried in procession by the community members and placed on a beautifully prepared altar near the Lane's Cross—a truly sacred moment.

A prayer service followed, where we reflected on the meaning of the Jubilee Cross, listened to Scripture, and shared in a quiet moment of reflection.



We lifted up our intentions in intercessory prayer, and then came together to recite the Divine Mercy Chaplet, seeking God's grace and healing. Fr. Anthony Banz concluded the service with a special blessing.

As we continue this Jubilee journey, we hold onto the Cross—not just as a symbol, but as a reminder of Jesus' sacrifice, which anchors us in hope. In every storm, His love remains steady, and together as a community, we walk forward—renewed, united and deeply blessed.

- Celine Gomes e Rodrigues
Holy Cross Community





INTERVIEW ALBERTINA PINHEIRO

In this issue of The Sonapur Connect, we feature an interview with Albertina Pinheiro. For over 20 years she has been actively involved in various church ministries—including Catechism, Youth Ministry, the Pre-Baptism course, First Holy Communion, Confirmation classes, and more. A mentor to many, Albertina's spirit of service shines through everything she does, making her a true example of Christian values in action. We, the Editorial Team had the privilege of meeting and chatting with her, gaining valuable insights into what inspires her dedication—insights we are delighted to share with you, dear parishioners.

Can you tell us a bit about your journey in the parish and how your involvement began?

Spirituality has always been a central part of my life. From a young age, family daily rosaries, novenas, and personal prayer were instilled in us, shaping the foundation of our faith. Naturally, my late husband and I felt called to dedicate our time in service to the Lord.

We first began with the Ministry of the Word (MOW), which nourished us with a deeper understanding of the Scriptures and strengthened our spiritual journey. From there, we joyfully offered our service to the parish by joining Couples for Christ. In time, we were further blessed to be part of the Confirmation and First Holy Communion classes, walking with young Catholics in their faith formation. Much of this journey was guided and inspired by our mentor, Fr. Lancy,



who is today our beloved Bishop Lancy. His encouragement deeply influenced our commitment to serve the Church with faith and love.

How has your faith shaped your approach to service and community work?

My faith guides me to serve with love, seeing each person as precious and worthy of care. It reminds me that true service is not only about helping, but also about sharing, uplifting, and building community with a joyful heart.

What inspired you to get involved in so many areas of church life—ranging from catechism and youth ministry to the pre-baptism course, First Holy Communion, Confirmation





classes, and more? How does it feel to play such an important role in the most formative years of our young Catholics?

Being a teacher all my life, I have always shared a special bond with children and the youth. I believe that shaping young minds and hearts is one of the most noble callings. Children are the future pillars of the Church, and what greater mission can there be than to instil in them the values of God?

It has been my honour and privilege to take part in this noble work, which fills me with deep joy. I pray that, if God wills, I may continue to serve Him and make a difference in every way I can.

‘Blessed are the poor in spirit, for theirs is the kingdom of heaven.’ (Matthew 5:3) — reminding me of our total dependence on God. It is truly a blessing to walk with our young Catholics during these important stages of their faith. Their excitement and growing love for Jesus are deeply inspiring and remind me to keep my own faith simple and strong. For me, it is more than just teaching—it is a shared journey of faith and joy. Each interaction has not only enriched the lives of our students but has also deepened my own understanding of God’s love and grace.

As a Eucharistic Minister, what has your experience been like bringing Christ to others, especially the sick or elderly?

It was a privilege to carry Christ to the sick and elderly. In this service, I have come to realize how deeply the Eucharist comforts, heals, and unites us to God. So often, their faith and gratitude inspired me far more than I could inspire them. Through these encounters,

I was drawn closer to my Heavenly Father, experiencing His divine presence in everything I did. Truly, each visit was a grace-filled encounter.



How has being part of the Small Christian Community enriched your faith and relationships within the parish?

Sharing Scriptures, prayer, and personal experiences has deepened my understanding of God’s Word and made it come alive in my everyday situations. It has also helped me build genuine friendships within the parish—people I can turn to for encouragement, prayer, and support. Through our various meetings, I’ve learned that faith grows best when it is shared. We are united in Christ as one family, walking the journey together. Each gathering has strengthened and empowered us, reminding us that we are never alone, but always guided by our Master in every decision.

You’ve also worked closely with the youth—what do you think young people need most from the Church today?

As technology has advanced and connected everyone virtually, it has also created distance from family, relatives, and friends. In the





process, human interaction and the warmth of personal relationships are slowly being lost—even within homes and families.

In such times, young people especially need the Church to be a place where they feel truly welcomed, heard, and valued. They are searching for genuine relationships and guidance to strengthen their faith. Most importantly, they need to encounter the Living Christ in a way that is real and personal, especially through the celebration of the Eucharist—the food of Angels. In the Eucharist, their deepest questions find answers, and they can experience peace, joy, and the hope of one day having their own ‘mountain experience’ with God.

As Jesus reminds us in Matthew 5:3: “Blessed are the poor in spirit, for theirs is the kingdom of heaven”—a call to total dependence on God. And through the prayer of the Rosary, which touches the heart of the Mother of God, we are drawn closer to Christ and strengthened in our journey of faith.



“As one of the many young people whose lives have been touched by Auntie Abby, I am truly grateful for the love, faith, and guidance she has always shared with us.

Auntie Abby is not just a Sunday School teacher or a youth animator — she is a mentor, a friend, and a constant source of encouragement.

Through her patience, her willingness to listen, and her joy in serving God, she continues to inspire us to grow — not only in faith, but also as individuals.

Who I am today has been shaped by the values she instilled in me, and we, the youth who have learned from her, carry her lessons in our hearts every day.”

– Adelda Fernandes
(Ex Vice-President, Parish Youth Group)



Your late husband was also actively involved in the Church. Would you like to share how your shared faith shaped your family life and service?

Our shared faith was the foundation of our marriage and family life. We prayed together,





served together, and supported each other in our ministries. Serving the Church not only brought us closer as a couple but also strengthened our commitment to live the Gospel in our home, within our extended family, and in our community.

Looking back, what has been your most fulfilling moment in service to the Church?

God works through us in quiet, mysterious, and powerful ways. Simple acts—like teaching, visiting the sick, or sharing in prayer—can touch hearts deeply and draw people closer to Him.

"Auntie Abby has always been a person filled with love, dedication, and a deep willingness to serve the church. Her charisma and joyful presence have brought the youth together and continue to shape our personalities, values, and involvement in the youth ministry. She has touched the lives of countless young people, including mine, by supporting, guiding, and motivating us to actively participate not only in youth activities but also in various services to the church.

With her ever-patient listening ear and her example of faith, she has inspired us to walk on the right path towards God.

I will always carry with me the teachings, lessons, and values that she has instilled in me—not only as a youth, but as a person striving to live a meaningful and faith-filled life."

**- Sherwin D'costa
(Parish Youth Group)**

If you could change or improve one thing in our parish community, what would it be?

To create more opportunities for fellowship and connection among parishioners, groups such as the Family Cell, Couples for Christ,

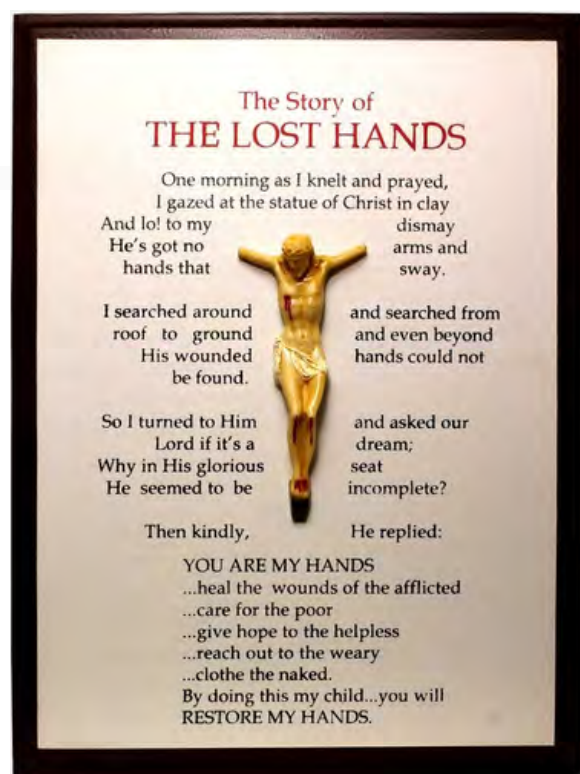
and Widows' Cell can help us grow together in faith and support one another as one big Family in Christ.

What keeps you going after all these years of tireless service?

Surviving cancer and the loss of my loved one has taught me that every day is truly precious. The love, prayers, and support of the parish carried me through those difficult times, and now I feel called to share the same hope and encouragement with others. As long as God gives me strength, I will continue to serve with all my heart. Serving the Church fills me with joy, purpose, and deep gratitude.

What message would you like to leave for the next generation of parish volunteers and leaders?

Don't be afraid to share your time and talents with the Church. In serving others, you will discover the countless ways God blesses you and your family in return.





FEAST OF ST. JOHN MARIE VIANNEY – PATRON OF PRIESTS

The feast day of our beloved priests and their patron, St. John Marie Vianney, is celebrated on 4th August. While the Archdiocese marked the occasion on Sunday, 10th August as Vianney Sunday, our parish came together at the 9:00 a.m. mass to celebrate and pray for our priests.

Our priests give so much of themselves for us. We may not always notice it, but without them, we would not receive the sacraments that sustain our faith. They sacrifice the comfort of their homes and the closeness of their families, moving from parish to parish in service to God's people.

To show our appreciation, we hosted a simple yet heartfelt lunch for the priests of our parish. Some Parish Pastoral Council members lovingly cooked the food themselves, while others contributed in various ways. Together, we ensured the day was special and memorable for those who so generously shepherd our parish community.

– Lynette Vaz
St. Jude Community





Congratulations



Victor D'Souza

We are proud to announce that Victor D'Souza has been elected as the Lay Coordinator of the South Mumbai Deanery.

Victor D'Souza has been a driving force behind the growth and unity of the South Mumbai Deanery. As coordinator, he has worked to bring parishes, youth and leaders together in faith and service. His guidance, humility and commitment have inspired many and continue to shape the deanery into a vibrant, faith-filled community.





PARISH YOUTH TREK TO PARADISE FALL

On Friday, the 8th of August, our Parish Youth, together with the youth of our neighbouring Dabul Parish, embarked on an unforgettable trek to Paradise Fall. It was a day filled with adventure, fellowship and joy as both parishes came together to explore the beauty of God's creation and strengthen bonds of friendship.

The trek began in the morning, with the group setting out in high spirits, eager for the journey ahead. The trail, surrounded by lush greenery, echoed with laughter, conversations and the encouragement of friends walking side by side. Along the way, we marvelled at the beauty of nature and enjoyed the peace and freshness of the outdoors.

When we finally reached Paradise Fall, we were greeted by the breathtaking sight of a sparkling waterfall hidden amidst the forest. The cascading waters and cool breeze refreshed everyone instantly. Many of us enjoyed a joyful swim in the clear waters, an experience that brought out the childlike excitement in all. The sound of splashing water and laughter made it a moment none of us will forget.

After a fun-filled morning of trekking and swimming, we gathered for a much-deserved afternoon lunch. Sharing a hearty meal together was the perfect way to rest, recharge, and enjoy fellowship. The food was delicious, and the conversations over lunch brought both parishes even closer.

Just when we thought the day had given us its best moments, the youth leaders surprised us



with a visit to a hidden scenic spot nearby. This unexpected stop, revealed after lunch, amazed everyone with its beauty and serenity. It added the perfect finishing touch to an already memorable day, reminding us that life, like a trek, is full of wonderful surprises when journeyed together.

A special word of thanks goes to our parish priest Fr. Anthony, our youth animators, and the leaders of both parishes for their guidance and support in organizing this trek. Their efforts ensured that the day was not only safe and smooth but also filled with moments of joy and togetherness.

The Paradise Fall Trek was truly more than just an outdoor activity; it was a celebration of nature, unity and community. It reminded us that every journey becomes meaningful when walked together in faith and friendship.

- Shervic Dsouza
Parish Youth Group





INDEPENDENCE DAY

This year 15th August 2025 marked 78 years of India's independence. 78 years may seem like a long time, but that was nothing compared to the 200 years of British rule that our ancestors struggled under, 200 years of struggle that our freedom fighters and citizens had to endure.

15th August is about more than just celebrating independence, it's about celebrating the relentless struggle, sacrifice and courage of our citizens, our freedom fighters like Mahatma Gandhi, Subhash Chandra Bose, Jawaharlal Nehru and countless others that helped make our country the great nation it is today.

On this, the 78th anniversary of Indian Independence let us shine a light on how far we have come as a nation - from being a struggling country to growing into the world's largest democracy and a fast-growing major economy, India has carved its name into the History Books.

Whether it's Olympic medals, cricketing success or scientific prowess, India has left a mark wherever her children have set foot.



But independence is not just about the past, it is also about the present and the future. As a country we may have come very far, but there is still a long way to go, more progress to be made and a lot of wrongs to be righted, to keep the nation's head held high.

Amidst the parade and flag hoisting and while our Prime Minister addresses the nation from the Red Fort in the country's capital, let us also remember our values of democracy, unity, diversity and equal opportunity for all. Values that will help us, India's future, lead the country into a brighter tomorrow.

We are the future, and as we watch the flag waving in the wind, let us all make a commitment to uphold the values of the past so that we can build towards the future.

Jai Hind!!

**- Keane Noronha
Holy Cross Community**





SOUTH MUMBAI DEANERY YOUTH MASS

On Saturday, 16th August 2025, the youth of Sonapur hosted a spiritually enriching Youth Mass, celebrated by Fr. K. T. Emmanuel. His joyful presence and meaningful reflections set a prayerful tone for the evening.

Following the mass, a short session on the 'Eucharist' was conducted, where Fr. Emmanuel highlighted its profound significance in the life of every believer.

He inspired the youth to view the Eucharist as the heart of Christian life – a sacred encounter with Christ that nourishes faith and strengthens commitment.

The evening concluded with a renewed sense of purpose among the youth, who left inspired to participate in the Eucharist with deeper understanding and devotion.



- Sherwin D'costa
Parish Youth Group
(Vice-President, South Mumbai Deanery Council 2025-26)





MORE ALIKE THAN DIFFERENT: A VISIT THAT CHANGED HOW WE SEE THINGS

Firstly, I would like to thank Fr. Glasten my Director of Prison Ministry Mumbai (PMM), the Dongri Remand Home Authorities, and finally the PMM Team Co-ordinators—Juliet, Joyce, Winnie and Sunita — for giving us the opportunity to enter the premises.

I have been an active volunteer at the Dongri unit for the past ten months. The reason I took my Confirmation kids along was to help them grow in sensitivity to the needs of others, to nurture empathy and to help them realize that the only difference between the remand home children and us is this: *“they got caught, and we haven’t.”*

Below are some of the heartfelt experiences shared by our young confirmandi. I would also encourage more of our parish youth to visit the children’s homes in Mumbai—it’s an experience that truly leaves a mark.

Yohan

“My experience with the outing taught me that life is a struggle, but if you trust in the Lord, you will never fall on the wrong path.”

Ethan

“We left in the morning in a taxi for the prison visit. During our time there, we met the kids, played games together—including one where they had to balance a ball on a spoon in their hands. They really enjoyed it, and through these activities we learned that teamwork and focus can help us achieve great things. Later, we distributed snacks, which they truly relished. Overall, it was an amazing experience, and



I would love to go for many more such visits.”

Cassandra

“My day started with so many thoughts rushing in. I felt nervous and a bit scared on my way to the remand home after all the warnings we were given. But when we reached, I was surprised—it was calm, clean, and surrounded by greenery.

We said a short prayer with Fr. Anthony before meeting the girls of our age group. We played games, shared snacks, danced, and sang with them. I noticed how loving they were, nothing like what I had feared. One girl, the happiest of all, danced with me until we both fell laughing, but she was so apologetic as though she had lost something precious. Later, she softly said in Hindi, ‘Sister, you look pretty and remind me of a family member who is normal, unlike me, who is not and is in a place like this.’ That line struck me deeply—it felt like she had accepted her fate. Another girl was bold and confident, leading the group with energy and curiosity. By the end of the





day, I realized how lucky I am to be in my own shoes and not complain about my struggles, because many my age face worse and still don't crib. I am thankful to God, my parents, and our educators for exposing me to such an unforgettable experience."

Abigail

"I learned that life is a precious gift from the Lord and we should not commit sins—minor or major. I am grateful that I could experience this, and I felt very happy doing this good deed. Thank you once again."



Elijah

"At first it was nerve-racking because I didn't know what to expect. But once we started playing games, it felt normal—like hanging out with friends my age. We were laughing, having fun, and for a while I forgot where I was. It made me realize they're just people like us, and it felt good to bring some joy into their day."

Skylar

"This was my first time visiting a remand home. Honestly, I expected it to feel darker, but it was the opposite—green, colourful, and welcoming. When we met the boys, they weren't arrogant or rude, just normal teenagers like me. I was also surprised to learn about the skill training they receive—carpentry, computers, photography, fireless cooking etc etc —and that they have a basketball court and gym. I didn't expect them to be treated with such care."



Cassica

"My experience of the visit was amazing. The people had such great energy. The most important thing I learned is that God is always with us in hardships and problems. We must face them bravely, avoid doing wrong, and never hurt anyone no matter what."

Finally, I'd like to thank Aloysius for giving us this opportunity of a lifetime."





The reflections above were shared by our kids. Sometimes, the most powerful catechesis is not only learned from textbooks but experienced through real encounters—moments that open hearts and transform perspectives.

Special thanks to our Parish Priest Fr. Anthony Banz for being with us on this amazing journey; to Sr. Rena, Christopher, Charlton and the St. Thomas Community members for contributing snacks and adding to the fun

and fellowship; to the supportive Parents/Guardians of our Confirmation kids—Bernard, Michelle, Sandra and Sophia; and finally, to my wonderful Confirmandi, who made this journey truly meaningful.

Stay blessed and continue to be a blessing to others.

- Aloysius Dsouza
Confirmation Catechist /Youth Animator PYAT
(PMM Volunteer, Dongri Unit)





EXTRAORDINARY MINISTERS OF HOLY COMMUNION (EMHC)



Perhaps some of us still wonder who are Extraordinary Ministers of Holy Communion? And who are the Ordinary Ministers then? Well, here's a brief explanation and a glimpse of the EMHC in the parish of Our Lady of Dolours – Sonapur.

The Ordinary Ministers of Holy Communion are bishops, priests and deacons who are ordained for this role of distribution of Holy Communion to the faithful.

However, when the number of communicants is large and the number of ordinary ministers is limited, where there are large numbers of parishioners who are sick in hospitals or homebound who need to receive communion, lay persons who are installed as EMHC are called upon to assist the priests in this role of distribution of The Eucharist during Holy Mass and also to the sick in hospitals and the homebound.

Therefore, in the Catholic Church, an Extraordinary Minister of Holy Communion (EMHC) is a lay person or religious, authorized to distribute Holy Communion, typically when there are not enough ordinary ministers (priests and deacons) available.

The Church of Our Lady of Dolours – Sonapur has 11 Extraordinary Ministers including a religious nun for the distribution of Holy Communion as listed below:

Fr. Lester Vaz – Spiritual Director for the EMHC

1. Alexio C. Fernandes – Coordinator
2. Alba Andrade
3. Aloysius D'souza
4. Assuciana Soares
5. Celine Gomes e Rodrigues
6. Christina Franco
7. Egilia D'souza
8. Hanuma Vaz
9. Margaret D'souza
10. Lazarus Rodrigues
11. Sr. Maria D'souza

The Extraordinary Ministers for distribution of Holy Communion are good practicing Catholics and of sound upbringing. They will be under spiritual guidance and training by the Spiritual Director at their quarterly meetings. The above members of EMHC serve the parish by assisting the priest in distribution of Holy Communion during the weekly morning and evening masses as well as at Sunday masses. They also carry Holy Communion to the homebound parishioners and to those in hospitals every Saturday / Sunday and whenever needed.

The parish deeply appreciates their generous and selfless service to the Church, and prays that God may bless them and their families, keeping them always close to the Sacred Heart of Jesus.

**– Alexio C. Fernandes
Coordinator – EMHC**





WINNERS OF THE LAST ISSUE

Congratulations !!



Mylene Sequeira

(St. Thomas Community) - Word search



Dielle Fernandes

(Holy Cross Community) - Quiz

THEMES FOR TRIDUUM 2025

DAY	DATE	TIME	THEME	LANGUAGE	PREACHER
Friday	12th Sept.	7:00 p.m.	THE HOLY NAME OF MARY	English	Fr. K.T. Emmanuel (Bishops House)
Saturday	13th Sept.	7:00 p.m.	LOOK UP TO THE CROSS	English	Fr. Ashwin Castellino (St. Micheal's, Mahim)
Sunday	14th Sept.	5:00 p.m.	THE CROSS - THE INSTRUMENT OF SALVATION	English	Fr. Walter D'souza (Seminary)
Monday	15th Sept.	7:00 p.m.	FEAST DAY MARY - MOTHER OF SORROWS	Konkani	Fr. Anthony Banz Parish Priest





THEMES FOR SEPTENA 2025

DAY	DATE	TIME	THEME	PREACHER
Saturday	20th Sept.	7:00 p.m.	MARY - HANDMAID OF THE LORD MARIE - SORVESPORACHI CHAKORN	FR. AVIN FRANKLIN Finance Office / Cavel
Sunday	21st Sept.	5:00 p.m.	MARY - BLESSED AMONG ALL WOMEN MARIE - OSTOREAM MODEM SODOIV	FR. LAWRENCE D'SOUZA Dabul
Monday	22nd Sept.	7:00 p.m.	MARY - COMFORTER OF THE AFFLICTED MARIE - DUKHESTANCHE BUZVONNDARE	FR. CAJETAN PINTO Gloria Church
Tuesday	23rd Sept.	7:00 p.m.	MARY - SOLACE OF MIGRANTS MARIE - PORDEXEANCHEA SOMADHANA	FR. AVIN FRANKLIN Finance Office / Cavel
Wednesday	24th Sept.	7:00 p.m.	MARY - OUR MANTLE OF PEACE MARIE - XANTICHO ASRO	FR. CAJETAN PINTO Gloria Church
Thursday	25th Sept.	7:00 p.m.	MARY - GUIDE IN THE STORMS OF LIFE MARIE - JIVITACHEA VADOLLANT DIXA	FR. MANUEL FERNANDES Mandvi
Friday	26th Sept.	7:00 p.m.	MARY - REFUGE OF SINNERS MARIE - PATKEANCHEA ASREA	FR. CAJETAN PINTO Gloria Church
Saturday	27th Sept.	7:00 p.m.	MARY - MOTHER OF HOPE MARIE - BHORVAXEACHI MAIE	FR. NEIL DOS SANTOS Archbishops House
Sunday	28th Sept.	10:30 a.m.	PARISH FEAST DAY - MARY - MOTHER OF SORROWS MARIE - DUKACHE MAIE	BISHOP DOMINIC SAVIO FERNANDES

SEPTENA CULTURAL PROGRAMME 2025

DAY	DATE	EVENT	DETAILS	
Saturday	20th Sept.	KONKANI NITE	Solo / Duo / Group	OPEN TO ALL
Sunday	21st Sept.	SONAPUR'S GOT TALENT	OPEN TO ALL	
Monday	22nd Sept.	MOCK BEAT	Solo / Duo / Group (Max 6 persons)	OPEN TO ALL
Tuesday	23rd Sept.	SOUTHERN FUSION	COMMUNITY BASED	COMPETITION
Wednesday	24th Sept.	MUSICAL SKIT	CHOIR	by Adelaide Vaz
Thursday	25th Sept.	DANCE & SWAY	Solo / Couple / Group (Max 6 persons)	OPEN TO ALL
Friday	26th Sept.	YOUTH ZEST	YOUTH	Parish Youth Group
Saturday	27th Sept.	CINEMASCOPE	Open to All	COMPETITION
Sunday	28th Sept.	HOUSIE	Open to All	Parish Pastoral Council

This Programme is open to parishioners of Our Lady of Dolours, Sonapur only.
All entries to be routed through your respective Coordinators.





COMMUNITY-WISE SPIRITUAL DIRECTORS

COMMUNITY NAME	COMMUNITY COORDINATOR	COMMUNITY JOINT COORDINATOR	SPIRITUAL DIRECTORS
ST. IGNATIUS	Monica D'costa	Victor D'souza	Fr. Cherian Kizhikandayil
HOLY CROSS	Sheryl Noronha	Campbell Murray	Fr. Anthony Banz
ST. ANNE	Margaret D'souza	Judy Dias	Sr. Maria D'souza
ST. BAKHITA	Alba Andrade	Anthony D'souza	DHM's
ST. TERESA	Trevor Rodrigues	Fanny Sequeira	Fr. Anthony Banz
ST. JUDE	Assisa Crasto	-	Deacon Inacin Fernandes
ST. THOMAS	Christopher Pereira	Samantha Vaz	Fr. Lester Vaz & DHM's
*Sisters of the Daughters of the Heart of Mary (Nirmala Niketan Sisters)			

THE CELLS AND THE ORGANIZATIONS

CELLS / ORGANIZATIONS	LAY IN CHARGE	PRIEST IN CHARGE
Alcoholics Anonymous	Agnelo C.	Fr. Cherian Kizhikandayil
Altar Servers	Thomson Rodrigues / Ryan D'souza	Fr. Cherian Kizhikandayil
Apostleship of Prayer	Merlyn Rodrigues	Fr. Anthony Banz
Bombay Catholic Sabha	Charles Vaz	Fr. Anthony Banz
Charismatic Prayer Group	Hanuma Vaz	Deacon Inacin Fernandes
Choir	Dr. Adelaide Vaz	Fr. Lester Vaz
Confirmation Classes	Aloysius D'souza	Fr. Anthony Banz
Confraternity	Stephen Fernandes	Fr. Anthony Banz
EMHC	Alexio C. Fernandes	Fr. Lester Vaz
Lectors	Greta D'souza	Fr. Lester Vaz
Media Cell	Sheryl Noronha	Fr. Anthony Banz
Parish Youth Group	Shervic D'costa	Fr. Anthony Banz
Senior Citizen	Joanita Pinto	Fr. Anthony Banz
Sunday School	Marietta Fernandes	Deacon Inacin Fernandes
SVP	Sebastian Colaco	Fr. Anthony Banz





PRAYER FOR REPAIRS OF THE CHURCH

As you may be aware, we will soon begin the repairs of our Church. We kindly request you to include a prayer for this in your family or personal prayer time.

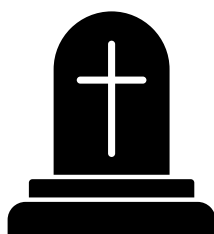
Heavenly Father, we come to You today, as we seek to renovate our Church which is a dwelling place for You and a place of worship for us.

Increase our faith, renew our hope, guide our decisions, purify our motives and remove all obstacles along the way.

Bless our team of Priests, architects, engineers, consultants, contractors, workers, everyone involved in this endeavour.

May each decision we take as we embark on this journey, be led by Your Holy Spirit in the direction You want us to go.

Grant we pray, our request, through the intercession of our Patroness, Our Lady of Dolours, in the name of Jesus Christ our Lord Amen.



RESTING IN CHRIST



DATE OF DEATH

NAME

COMMUNITY

08 June 2025

Pravin Coutinho

St. Ignatius

18 June 2025

Augustine S. Lawrence

St. Jude

20 August 2025

Maria Luizinha Dias

St. Ignatius

28 August 2025

Agnelo Carvalho

St. Teresa





PARISH OFFICE TIMINGS

09:30 a.m. to 11:30 a.m. – Monday to Saturday

(Closed on Sundays and Bank Holidays)

Office Telephone Numbers: Tel : 22001052 | Mob : 7208421327

MASS TIMINGS

MASSES ON WEEKDAYS

07:30 a.m. and 07:00 p.m. in English

MASSES ON SATURDAY / SUNDAY

SATURDAY – 07:30 am

and 07:00 p.m. in English (Sunday Service)

SUNDAY – 09:00 a.m. and 10:30 a.m. in English

05:00 p.m. in Konkani

MASS AT CROSS MAIDAN

Every Friday at 06:30 p.m. in English

Dear Parishioners, Your contribution and feedback are needed for the bulletin to be interesting. So please help by writing articles for the same and send them to: dolourschurch@gmail.com

EDITORIAL TEAM:

Fr. Anthony Banz – Parish Priest,

Sheryl Noronha, Napoleon Fernandes, Juellyn Lobo and William Rebello.



