



# Lily of St. Anthony

**Our bodily HEALTH is our WEALTH!**

*Let us conserve it as our inestimable treasure.*



*Bulletin of the Parish of St. Anthony, Siolim*

**FEBRUARY 2025 Vol. 2 XXXX**



### **Tumche Sevek:**

Rev. Dr. S. Mendes (Pri. Vigar)  
Rev. Fr. Mario Carvalho (Pri. Kur)

### **Editorial Board:**

Rev. Dr. S. Mendes  
Ms. Carmine Simoes

### **MISAM IGORJENT/KOPELANT**

- Igorjent: Dispottim - Sokallim 6.30 & 8.00
- Mungllarak - Sokallim 6.30, 8.00, 9.30 & Sanje 4.30
- Sonvarak (Aitarachem Mis) - Sanje 5.30 & 7.00 (English)
- Aitarak - Sokallim 6.30, 8.00
- Aitarak (Mhoineachea Poilea) - Sanje 4.00 (Hindi)
- Marna: Aitarak - Sokallim 6.45
- Portavaddo: Aitarak - Sokallim 8.30

**POVITR SNANACHI XIKOUNN:** Dor Brestarak Sanje 6.00

**POVITR SNAN:** Mhoineancho poilo Aitar bhairavun dor Aitarak Sokallim 11.00

**POVITR SONVSKARA K NOMOSKAR:** Dor mhoineachea Poilea  
Sukarak sokallim 7:05 tem 7:55

### **ZOMATI:**

- |                              |                    |              |
|------------------------------|--------------------|--------------|
| Gonvlik Firgoz Sobhechi      | - Poilea Aitarak   | - 10.30 a.m. |
| Tornnatteanchi               | - Dusrea Aitarak   | - 09.15 a.m. |
| Dev Sondexkaranchi           | - Tisrea Aitarak   | - 10.30 a.m. |
| Novsornnechea Zomeachi       | - Dor Somarak      | - 04.00 p.m. |
| Vedi Sevokanchi              | - Dor Sonvarak     | - 03.30 p.m. |
| Doton                        | - Dor Aitarak      | - 08.00 a.m. |
| Misionary families of Christ | - Dor Sukarak      | - 06.00 p.m. |
| Vinontichea Magneachi        | - Dor Budhvarak    | - 05.45 p.m. |
| Dev Kakluticho Zomo          | - Dor Sukarak      | - 03.00 p.m. |
| Women of Hope                | - Poilea Brestarak | - 08.00 a.m. |

**Kochericho vell:** Satolleachea disannim - Sokallim 08.30 tem donpar 12.30  
- Sanje 03.30 tem 05.00

*Mhoineachea 2rea ani 4tea Sonvara Sanje toxench dor Aitarak kocheri bond.*

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**Kocherint vavurpi:** Ms Carmine Simoes ani Ms Janice Fernandes  
Email: church.anthony@gmail.com

### **MÃE DE DEUS, IRMIT, GAUNSAVADDO**

- Kopelanv: Pri. Sebastian Arokia sss, Adhari Pri. Dhanam sss
- Misam Dispottim: Somar tem Sonvar - 6.30 a.m. Konknni
- Mungllar, Brestar & Sonvar - 6.30 a.m. - English
- Aitar - 7.30 a.m. - Konknni & 5.30 p.m. - English
- Dor Poilea Sukrara 6.00 p.m. - English

*Khasgi upeogak (For private circulation only)*



### *Guest Editorial*

## **FOUNDATION OF HEALTH IS GOOD HEALTH - WE MUST CARE FOR IT**

In this vast cosmos our physical being is just a speck. Yet, it is the most sophisticated equipment on planet Earth. There is an intelligence here, there is competence here which is capable of turning a piece of bread or fruit or just anything that we eat into energy that spikes the growth of this multicellular being called Human Body.



Just the way human hands and bodies works is tremendous; an incredible gift from God that is masterfully designed. We are embodied souls and so we cannot slip into a mentality that over values the soul or the spirit or the immaterial over against the material or the physical.

We need to realise that there is a holistic view given by the Bible of human persons as body and soul and so we need to care for our bodies and our souls. The Psalms and Proverbs talk about the effects, the relationships between body and soul. So, if we do not take care of ourselves physically it can have spiritual, emotional, relational physical effects on us.

Having said all this, we do know that physical health is the most basic need and that we cannot afford to ignore it. Our bodies belong to our physical world. The minute one walks in a room, people can tell a lot that person's habits as well as what he/she thinks about himself / herself just by looking at one's body.

Here is a simple truth, without enjoying good health, energy and vitality, all the riches in the world can never be enjoyed. The sad thing about human nature is that people want to pay attention to health only after they realise that they have symptoms of a disease like diabetes, or a mild heart attack and so on. Our human body is considered the most



sacred temple (1Cor 6,19-20) in the world though we intellectually know that we do not really treat this temple with dignity.

Very often we care only for the fitness and we assume that we care for the body. In our times, vast majority of people talk about fitness and they think that they are actually talking about health. Well there's a big difference between health and fitness. Fitness is the physical ability to perform an athletic activity. Health, however, is defined as the state where all the systems of the body, nervous, muscular, skeletal, circulatory, digestive, lymphatic and hormonal are working in optimal way.

If one opens up a medical dictionary, the definition of health is not the absence of symptoms, it is actually, 100% functions of all the cells of the organs and all the nerves in the body working perfectly, it is actually a function of the physical, chemical and spiritual well-being.

The quality of health one enjoys is due to the flow of energy one experiences every day. When there is hindrance to the flow of energy, one begins to lose the ease with one's body and consequently, the disease strikes. Bottom line is this **'Quality of Health is Energy'**. Energy is built at cellular level, energy comes from the cells. Cells are the building blocks of every living being. Cells need oxygen and nutrients to produce energy.

Our lives place us at many different highways of health. The lifestyle decisions we make everyday, determine our health and disease. The real improvement in our healthcare is less likely to be driven by the advancement of medical science than by our improved decisions in dietary changes and our healthy lifestyle.

Our life, our health is a gift from God so we must choose to stay fit, healthy and contented. Here are few guidelines that one may choose to follow.

- 1) For a normal healthy person, once in a month he/she should observe "fruit day" and eat only fruits to give rest to the digestive system and improve the metabolism. Fruits are easily digestible and generate energy and alertness.
- 2) Water is the most important element, because our body is made up of around 70% water. Experts always advice to drink sufficient



water everyday .One may make it a habit to also drink twice in a day warm water with a pinch of salt and lemon to detox one's system naturally at regular intervals.

- 3)To remain fit and healthy one has to be active and use his/her muscular and skeletal system. Once a day practice Yoga Asanas which stretches one's spine. Asanas strengthen the muscles of one's spine and improves one's postures.
- 4)One has to practice four rounds of breathing exercise. It has the power to dramatically change your emotional state by inducing calmness within seconds.
- 5)One has to take a break from constant chatter of one's mind for 10 minutes every day by sitting comfortably in a quiet place, closing one's eyes, keeping the spine erect, relaxing one's shoulders and passively observing one's breathing. The mind will relax.
- 6)In one's daily schedule, one has to make it a point to give 10 minutes every day to do anything, especially, things that one loves like, gardening, painting, trying a new recipe and the like. This will help rejuvenate one's whole person and one will find more creative ways to express himself/ herself.
- 7)Once a week one has to get involve in some selfless voluntary work, cooking food for someone who is sick, teaching underprivileged children and the like. This will help one to develop empathy for other people and definitely make one a better person.
- 8)Every day, one has to make time for prayer and other spiritual activities like meditation, contemplation, reading of Scriptures and life of Saints. This will give a boost to one's soul and help one to grow spiritually.

In the present world of negativity, hopelessness, disappointments, anguish, stress and worries, following these guidelines will help one to discover a better and fitter version of oneself leading to a fulfilling life that honours God. It will enrich one's mind, body and soul. This is the only way to acknowledge our gratitude to God.

**Bertha Kadam**  
*Portavaddo*



## **BEING CHANNELS OF HOPE TO THE SICK AND ELDERLY**

*'I have come that you may have life and have it abundantly'*  
**(John 10,10)**

Life is beautiful and precious, we as pilgrims, are on a journey and are called to live and love life to its full. In many cultures, caring for the elderly and the sick is considered a sacred duty, one that requires compassion, empathy and patience.



However, this selfless act is not only a moral obligation but also a unique privilege that can bring profound joy, personal growth and a deeper sense of purpose.

As we journey through life, we inevitably encounter loved ones who require our care and support. Whether it is a family member battling illness or an elderly neighbour needing our assistance; providing compassionate care can be a rewarding yet, challenging experience. Caring for them is not only an obligation but also a vital aspect of building strong, supportive communities, moreover, care giving can have a profound impact on the individual receiving care. Studies have shown that patients who receive emotional support and companionship from care givers experience improved mental and physical health outcomes, including reduced stress, anxiety and depression.

As on my part, being a nurse, and helping our sick and elderly sisters at 'Claudine Home for the Aged' at Marna Siolim, I feel chosen, blessed in breaking of myself in service, a fulfillment that I experience beyond words. One of the most significant benefits of serving them is the opportunity for my personal growth. By putting others before self, I learn to appreciate the simple things of life, like a warm smile, a kind word or a gentle touch. I also gain a deeper understanding of human experience with all its complexities, challenges and triumphs. Moreover, serving them, I have found meaning, purpose and satisfaction in my own personal life. I have realised that when we focus on the needs of others, we shift our attention away from our own problems and worries. We begin to see the world from a different

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## EXPERIENCING A THRILL IN RENDERING ASSISTANCE TO THOSE AGED UNDER OUR CARE AT ST. MARY'S HOME, SIOLIM.

*There are varieties of gifts but the same spirit, and there are varieties of services but the same Lord. 1 Cor 12, 4-5*

To assist the elderly is a call. Based on my “Core experience”, I am drawn towards my mission in my life's Journey. Assisting elderly in St. Mary's Home is truly a thrilling experience that gives deep fulfillment, satisfaction and long lasting joy. Various walks of elderly women come to St. Mary's home, along with their physical and psychological baggages. They are aware that this journey is New in this place, Short and Final. Those who surrender their past are cheerful, graceful and have lot of fun, and they care for others. They are inspiring and they are enthusiastic. Those who are forcefully admitted are like children who are learning to walk as though they are in the nursery class. Some are mischievous, some naughty, some silent, and the others seek attention all the time, some stubborn, some of them frown, some smile and some of them always laugh in spite of their pain and loneliness. What a great lesson for all of us, to learn that our suffering is nothing compared to these elderly women who stay her in this home. Along with psychical care we also take spiritual care and give meaningful farewell at the end of their life by creating a joyful atmosphere, by playing audio clips, spiritual songs, chanting particular songs and throughout the day a holy atmosphere is maintained.



This smallest act of kindness can have profound impact on someone's life. As I reflect back on this experience I am filled with the sense of gratitude and renewed commitment to continue giving back to those who need the most. I become aware that this experience was not just about 'giving' myself back to God in service but also about 'receiving'. I received valuable life's lesson such as the importance of gratitude, resilience, patience and compassion. I received wisdom from their experiences, their love and their appreciation. However rich or poor every person longs for love and especially at the evening of their life. We are called to accompany our elderly to pray for them daily; for once upon a time they have sacrificed their life for their children, siblings and for their family members. Let us widen our horizons and assist our elderly in our families or in our surrounding as we add the drop in the ocean and make a difference. Let us not forget that one day it will be our turn, so let us show compassion and love to one another and the people who “come in and out” of our life.

**Sr. Chitra Borde**  
*St. Mary's Home, Vaddy*

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perspective, one that is characterised by kindness, generosity and love. The Church during this Jubilee year has also recognized its role in bringing 'Hope' (A Hope that does not disappoint) to the elderly who frequently feel lonely and abandoned. We are called to esteem the treasure that they are, their life experiences, their accumulated wisdom and the contribution that they still make. Our elderly are like the sap of a tree that pass on the faith and wisdom from one generation to the next, it is up to us to discover in their roots a source of understanding and encouragement.

Caring for the sick and the elderly is a labour of love that requires compassion, patience and dedication. By providing emotional support, encouragement and prioritising health care, we can make a profound difference in the lives of our loved ones. Serving the elderly and the sick is a unique privilege that offers numerous benefits for one's personal growth and deeper sense of purpose to stronger relationships and a greater sense of community life. Let us draw closer to our dear ones in our homes and in our communities and neighborhood, and become channels of hope radiating the light of Christ.

**Sr. Hazel Alvares**  
*Holy Cross Corso Farm, Marna*



## WORLD DAY OF THE SICK

On February 11<sup>th</sup> Feast Day of the Blessed Virgin Mary of Lourdes, the Church celebrates World Day of the Sick in memory of the many healings of body and mind given through the apparition of the Blessed Virgin Mary at Lourdes. This significant event has become a beacon of hope for millions of people seeking physical and spiritual healing. Coincidentally the World Health Organization (WHO) celebrates World Health Day on April 7<sup>th</sup>, promoting global awareness on various health issues.

The apparition of the Blessed Virgin Mary at Lourdes is deeply connected to the theme of health and healing. Bernadette's vision led to the discovery of a spring, whose waters have been reported to possess healing properties. Since then, Lourdes has become a major pilgrimage site, attracting people from all over the world seeking physical and spiritual healing.

The message of Lourdes resonates with the objectives of World Health Day. Both emphasise the importance of holistic well-being, encompassing physical, emotional, social and spiritual health. The apparition of the Blessed Virgin Mary serves as a reminder of the interconnectedness of body, mind and spirit, encouraging us to adopt a more integrated approach to health and wellness.

Mary's apparition to Bernadette rekindled the lukewarm faith of millions of Catholics; many pilgrims from different parts of France and from all over the world began to come to Lourdes to practice their devotion. Many of them experienced spiritual renewal, comfort and solace, which has had a profound impact on their overall well-being.

As we reflect on the apparition of the Blessed Virgin Mary at Lourdes and the themes of World Health day, we are reminded of the importance of prioritizing our health and well-being. We are called to adopt a holistic approach to health, recognising the intricate connections between our physical, emotional and spiritual selves.

In conclusion, the apparition of the Blessed Virgin Mary at Lourdes serves as a powerful reminder of the importance of health, healing and hope. As we celebrate this significant event on February 11<sup>th</sup>, we are invited to reflect on our own approach to health and wellness, embracing a more integrated and holistic understanding of what it means to be truly healthy.

*Helen Fernandez, Gaunsavaddo*



## THE CONSECRATED: A SIGN OF GOD'S LOVE IN THE CHURCH

*You did not choose me, I chose you [Jn15,16]*

These are the words from where it all begins, a journey into the unknown, following the voice of an unseen face into a wide world. These words attracted young hearts to a voice [GOD] who suddenly got hold of their lives and would not let them go but sealed them as His Forever.



Yes, every consecrated has a story to tell. Some were struck at a young age, others as teenagers but wherever and whatever, each one had to make a firm decision to the invitation – “Follow Me.”

Consecrated life starts by looking at Jesus, recognizing His sway over them and falling in love with Him. But where do they really find Jesus. Well, they find it in the ordinary events of their lives, in their work, in their encounter with people and in the challenges and moments of silence and prayer.

Today the young consecrated women and men offer themselves and surrender to Gods invitation - leaving behind their nets, their families, career, status and friends for a greater purpose, a purpose to be a sign of God's love in the Church today. They give themselves totally to Christ, their life of adoration and of intercession for the world bear witness to the church's holiness. They make God's love possible through various fields of evangelisation, different pastoral activities like education, care for the sick, the poor and the abandoned.

Consecrated life holds its beauty and its its attractiveness by following in the footsteps of Jesus, assimilating His values, growing in likeness to Him, relating to others with His unconditional and forgiving love and serving without seeking any rewards in tough times. All these make life more genuine, more divine, more worth living and more satisfying. As they serve each day the young, the old, the differently abled, the poor the needy, the homeless and so on they bring light in their homes, love and compassion in their hearts and a smile on their faces through their helping hands of the Consecrated. While at the end of the day, the Consecrated become more humane, more mature, contented, grateful and at peace at the close of the day .



One of the great humanitarian of our age, Saint Theresa of Calcutta showed the world how to love and serve the less fortunate. Small in size but great in zeal and dedication, became a sign of God's love to the outcasts and marginalized. In her words and actions we see that a life of love, however big or small it is, is significant, meaningful and powerful.

Reflecting on my years of service, I realise that it was a drop in the ocean. But that drop bore witness to God's love. I strongly believe that the church needs people today to work for God's kingdom. People who can offer their time, energy and talents for the Good of Humanity.

*I look back to that day when I said my first "Yes" to God's invitation. "Follow Me". Not all of us can do great things but we can do small things with great love said Mother Theresa. Together with Mother Anne de Xainctonge, the Foundress of the Society of St. Ursula –I can proudly say, He has let me bring light into the path of many girls, women and needy who came my way. When we TRUST him fully, He will not leave us alone, He WILL WALK with us.*

*My Life is a Gift from God and what I have Become is My Gift to God. May I continue to be a sign of God's Love to all.*

**Sr. Pushpa Kommattam**  
St. Mary's Convent, Vaddy.

## FEBRUARY 2025

### PAP SAIB MAGUNK LAITA

**Samania Sonkolp:**

**Padripponnachea ani Sonvskarlolea Jivitachea Apovnneam khatir:**



Yadniki ani Sonvskarlolea jivitantlean, Jezuchea misanvant seva diunk Dev apoilelea tornnatteanche haves ani dubav ugtea monan Povitr-Sobhen yeukar diunk vo manun gheunk magum-ia.

### POPE'S INTENTION

**General:**

**For vocations to the Priesthood and Consecrated life:**

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and consecrated life.



## INAUGURATION OF THE ORDINARY JUBILEE YEAR IN OUR PARISH

2025 is celebrated by the entire Roman Catholic Church as the "Ordinary Jubilee Year of Redemption". Jesus Christ our Redeemer our "Salvation" took flesh and came down from heaven two thousand and twenty five years ago with a Mission, to redeem the whole of creation. Though He is King of kings and Lord of lords, He set an example of profound humility, simplicity and selfless service to mankind. "HE" is Eternal Life, the Inextinguishable Light and the Infinite Love.

"Jubilee Year" is traditionally proclaimed by the Universal Church every 25 years. It is a particular Year set aside to encourage the faithful to embark on pilgrimages, spend time in prayer, repent for their sins, to forgive those who have offended them and to focus on the growth of one's Spiritual Life. In the Hebrew tradition as recorded in Leviticus a Jubilee was celebrated every fifty years with the freeing of slaves and the remission of debts. In 1300, Pope Boniface VIII instituted the first Christian Jubilee and since then the Church has designated each Jubilee as a special year of grace and forgiveness, offering the faithful a golden opportunity to obtain indulgences.

His Holiness, Pope Francis says thus: "We must fan the flame of hope that has been given to us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision. He chose the illustrious theme "Pilgrims of Hope" for the Jubilee Year of Redemption 2025.

St. Anthony's Church, situated in the village of Siolim in Bardez taluka, which attracts thousands of devotees from far and near, every Tuesday, is one of the privileged Churches in the Archdiocese declared by the Cardinal-Patriarch, Filipe Neri Ferrão, as the "special Church" whereby the faithful can come on pilgrimages and earn the indulgences and rejoice in having the Spiritual benefits.

To commemorate the Jubilee Year of Redemption, the inauguration was held on 29th December, 2024 at the 8.00 a.m. Mass, on the feast of the Holy Family and the Parish feast of Blessed Virgin Mary our Guide, with immense fervour and devotion. It was a Solemn occasion which began with the Eucharistic celebration, during which a sizeable, exquisite Crucifix was erected in the Church near one of the side Altars. Rev. Fr. Dr Socorro Mendes blessed the Crucifix and knelt in



Adoration before it and thus the Ordinary Jubilee Year of Redemption was declared open. The scintillating hymn "Old Rugged Cross" was melodiously sung by the choir filling the hearts of the faithful with profound reverence for Jesus crucified on the Cross. Rev. Fr. Mendes broke the Word of God and deeply explained the significance of the Holy Cross of Jesus. While Rev. Fr Mario Carvalho and Rev. Fr Marcus D'Souza concelebrated the Holy Eucharist.

Keeping in mind the teaching of the Holy Father, Pope Francis who has given the highest significance to the Cross of Jesus, our parish priest, celebrated Christmas by putting up two " Unique Cribs" which symbolised Redemption. One of the cribs was made on a Cross using the old rafters of our Church and the other crib in the Church which insightfully gave the message about Jesus' birth, His Cross and the Calvary. He emphasised on the Biblical verse Luke 2, 12 , " You will find a baby wrapped in swaddling clothes and lying in a manger," and enlightened the faithful about the significance and importance of "Swaddling Clothes" which at the death of Jesus Christ became the Shroud which wrapped the Body of Christ when it was placed in the tomb, thus symbolising the birth, sufferings and death of Jesus on the Cross. And hence his acclamation: *From the Crib to the Cross and to Calvary.*

In this year of hope and grace, let us all strive to spend some time before the Cross, gaze and contemplate not only on the Passion and Death of Jesus Christ but also contemplate on His Love, His Presence and Power, adore Him profoundly, thank Him for the gift of Salvation, make Him the center of our lives, imitate Him and inculcate the spirit of forgiveness and make our earthly journey fruitful and meaningful before God who will come to judge the living and the dead.

**Rosalia Barreto**  
Portavaddo



## **OUR SENIOR CITIZENS ARE OUR TREASURES TO CARE FOR SOMEONE WHO ONCE CARED FOR US IS THE HIGHEST HONOUR.**

The ones who cared for us, who told us amazing stories when putting us to sleep, who held our hand encouraging us to walk and picked us up whenever we fell, who applauded us every time we passed our tests of life, are now the elderly, who are forgotten in the wings longing to be called onto the stage to at least be acknowledged, if not appreciated and rewarded.

Growing and aging is an inevitable process of life every individual experiences. It is part of being human. With old age comes maturity, experience, wisdom and respectability. Senior citizens are **precious** members of the family who are wise sages and keepers of traditions and who possess knowledge gained from years and years of experience. Traditionally, in India, the elderly have always been revered by the young generation by touching their feet. However, in today's modern society, it is sad to see the soaring up of cases of the elderly being abused, harassed and abandoned. More elderly parents are left alone or sent to old age homes because we fail to understand the importance of elderly people in society. Sadly in today's world, the modern generation has lost focus of their priorities, or perhaps is confused with the wants and needs that their values seem to be misplaced.

In south Mumbai, long before it was conquered by high rises, there were clusters of two or three storey buildings consisting of rows of small one-room-kitchen apartments and a common veranda running along the front, one end to the other end. I grew up in one such apartment among the elderly, not only of my blood relations but the elderly of the whole neighbourhood. I was very attached to my grandmother and the other elderly of the colony. That, perhaps, is one of the reasons I connect easily with the elderly and they too instantly take a liking to me. In those by gone days, any elderly person, not only of our community but even of the neighbourhood could scold, correct or advise us and we would listen and heed, because we were brought up by our elders who taught us values of respect, love and care.

In my many years of community service as a parish sector animator and now as PPC, I meet many elderly people and have observed that they prefer to remain simple, only caring and sharing and making very



few demands. Mostly they seem content with whatever they have. But when we meet most elderly, we are struck by the undeniable fact that they long for human company.

In concluding I ask myself, could we care to spend a little of our time in the company of our elderly, as part of our daily routine? If we did, no doubt, we would be the ones to benefit. Because our elderly are the foundations, the roots of our family trees, the keepers and teachers of our culture and traditions, our mentors who influence our futures. **So indeed YES, our Senior Citizens are precious and we must consider them as our treasures.**

*Irene Fernandes  
Bamonvaddo*

### SIOLECHI POVITR SOBHA

#### I. Povitr Sobheche Nove Vangddi zaleat:

1. Samiksha Xalxo d/o Sanjoy & Susita, Modlo vaddo, 01/01/2025
2. Ayan Xalxo s/o Sanjoy & Susita, Modlo vaddo, 01/01/2025
3. Edwin Xalxo s/o Vinod & Munika, Portavaddo, 01/01/2025
4. Ansi Ekka d/o Ajay & Jyotisina, Portavaddo, 01/01/2025
5. Jimenisham Beck s/o Narsing & Nagrita, Portavaddo, 01/01/25
6. Emily Beatrice Franco d/o Nikhil & Adilea, Portavaddo, 26/01/25



#### II. Kristant ekvottleant:

1. **Jason Linus de Souza & Silvia Fernandes**  
Chauddivaddo, Marna / Baga Arpora 04/01/2025
2. **Myron Eustace Anthony D'Cruz & Nyomi Farad Bhathena**  
Mumbai, 07/01/2025
3. **Craig Anthony Pereira & Charissa Maria do Rosario Lobo**  
Pereira vaddo / Porvorim 08/01/2025
4. **Richcil Cyril Fernandes & Reema Jessica Fernandes**  
Tarchibhatt / Modlem Bhatt 11/01/2025
5. **Denver Lenin Gomes & Tasha Danica Gracias**  
Vaddy / Caranzalem 11/01/2025
6. **Ryan D'Souza & Sweezel Eldrida Carvalho**  
Portavaddo / Bamonvaddo 18/01/2025



#### III. Bapachea Utrak Raji:

1. Maria Ana Apolina D'Souza, Vaddy, 10/01/2025
2. Claude Francis Borges, Vaddy, 27/01/2025



## THE JUBILEE OF THE CONSECRATED IN THE ORDINARY JUBILEE YEAR

On February 2<sup>nd</sup>, as the Church celebrates the Feast of the Presentation of the Lord, we also observe the Day of Consecrated Life—a day to give thanks for the invaluable gift of consecrated men and women in the life and mission of the Church. This year, in the context of the Ordinary Jubilee year, along with the Archdiocese of Goa and Daman which has a wider plan for the full year for different sections of people, we reflect on the contributions of Consecrated life bringing hope to the world through their ministries particularly in the Siolim Deanery. Thus, we try to bring meaning to the celebration of the jubilee of the consecrated men and women in this month of February.

#### Consecrated Life: A Witness of Hope:

Consecrated life is a profound response to Jesus' call, “*Come, follow me*” (Mt.19, 21). Rooted in the evangelical counsels of poverty, chastity, and obedience, consecrated persons live as witnesses of hope in a world yearning for the light of Christ. The Catechism of the Catholic Church reminds us, “*By their state of life, consecrated persons manifest the Church's holiness and presence of the Kingdom of God.*” (CCC 933).

Pope Francis, in his call to celebrate this Jubilee year, encourages us to recognise consecrated life as a gift to the Church. In *Evangelii Gaudium*, he exhorts the Consecrated to be “*missionary disciples,*” bringing the hope of Christ to the margins of the society.

#### Bringing Hope to the Siolim Deanery:

Keeping the Jubilee year theme in mind the Consecrated in the Siolim Deanery have been beacons of hope, tirelessly serving the community through ministries.

**1. Hope to the Elderly and Sick:** Inspired by Christ's compassion, the Consecrated visit the sick and elderly, providing comfort, spiritual care, and healing. Their presence reminds us of Jesus' promise: “*Come to me, all you who are weary and burdened, and I will give you rest*” (Mt. 11,28).

**2. Hope to Migrants:** The Consecrated extend their outreach to





migrants, addressing their material and spiritual needs. They create a sense of belongingness and offer support to those who feel displaced, embodying the words of Leviticus: “*You shall treat the stranger who sojourns with you as the native among you*” (Lev. 19, 34).

3. **Hope to Youth and Children:** Through Catechesis and pastoral care, the Consecrated nurture young minds and hearts, guiding them to grow in faith and moral integrity. Their work reflects the mission of Jesus, who said: “*Let the children come to me*” (Mk. 10,14).
4. **Education and Health Care:** The Consecrated-run schools and health centers are lifelines in the community. They provide holistic development and care, ensuring access to education and health services for all, especially the underprivileged.
5. **Preaching, Counselling, and Family Welfare:** By proclaiming the Gospel, offering counselling, and supporting families in crises, the Consecrated help to heal broken lives and relationships. Their work embodies St. Paul's exhortation: “*Comfort one another and build each other up*” (1 Thes. 5,11).
6. **Hope to the Prisoners:** Inspired by the words of Jesus, “*I was in prison, and you visited me*” (Mt.25, 36) The Consecrated of Siolim Deanery have embraced the prison ministry, bringing hope and healing to those in confinement by providing spiritual guidance, emotional support and reminding them of unending love of God.

**A Time to Celebrate and Pray:**

As we honour the consecrated life, let us thank God for the unwavering commitment of the Consecrated in bringing hope to the Church and Society. Pope Francis reminds us in *Vultum Dei Quaerere*, (to seek the

*face of God)* “*Consecrated life is at the heart of the Church as a decisive element for her mission.*” On this special day, let us pray

for vocations and encourage young people to respond to God's call.

give **love**  
 spread **joy**  
 create **hope**  
 know **peace**

**Fr. Dhanam SSS**



**THE FEAST OF THE PRESENTATION OF THE LORD**

The Feast of the presentation of the Lord goes back to the first half of the 4th century. It was introduced into the Eastern Empire by king Justin I in the year 526 A.D. in gratitude for the cessation of the great plague at Constantinople. This feast was celebrated 40 days after Christmas and it was called "Candlemas", when , in the 8th century Pope Sergius introduced the solemn procession of the clergy and laity carrying the blessed lighted candles into the Church as a reminder of the, “light of the gentiles” and “ the entry of the Son of God into the temple.”



Under the Mosaic Law, a woman was considered as unclean after the childbirth. So she had to present herself after 40 days to the priest at the temple and offer sacrifice in purification of her uncleanness and redeem her first born son Jesus being the Son of God, the law was not binding on Mary. Yet it was with obedience to the law that Mary submitted to the rituals, offering two young pigeons, keeping in mind her economic status. That was the sacrifice of the poor.

After the purification, a prophetic scene took place. Simeon and Anna encountered the Child Jesus in the temple. It is in this holy encounter that Jesus' Divinity was manifested by a prophet for the first time. At His birth the Angels proclaimed His Divinity to the shepherds, but in the temple, Simeon was the first to understand and proclaim Jesus as the Saviour of the world. He also prophesied that the salvation would be accomplished by a sword of sorrow that would pierce the Heart of Mary. Anna, a prophetess also came forward and “*gave thanks to God and spoke about the Child to all who were awaiting the redemption of Jerusalem.*” (Lk 2, 38)

The ancient practice of purification has no place in the Christian faith today. The Catholic church firmly believes that no one becomes unclean at childbirth, but the tradition of lighting the candles takes place to show that Jesus is the Light of the World, and we too, His followers are called to radiate the same light to those around us.

**Fr. M. Carvalho**



## THE ROLE OF LEGAL AID IN PROMOTING ACCESS TO JUSTICE OF THE VULNERABLE GROUPS IN INDIA

Legal aid is crucial in promoting access to justice, especially to the marginalised and economically disadvantaged groups. This article stresses on importance of legal aid, the challenges, models of legal aid delivery, benefits, challenges, and the way forward.

### Vulnerable groups

India, the largest democratic country with a written Constitution ensuring the access to legal rights of people from being excluded without lawful justifications. The term vulnerable is nowhere defined in Indian Penal Code, 1860, but generally defined as proneness to harm or damage originating from external forces. Vulnerable groups are those who suffer a higher risk of poverty, health issues and social exclusion due to disability, weakness, poverty and experience structural discrimination from different sections of society, which pave the way to the unequal and injustice in access to economic opportunity, social status and basic amenities of life. This remains unchanged as stumbling block. People who belong to the vulnerable groups are unable to acquire their rights and equality of the opportunity in public status and they are deprived of access to even basic needs of their life, such as food, good housing, education and proper medicine. In fact, they are disadvantaged in comparison with others, mainly on account of their limitations. Certain groups in the society often encounter discriminatory treatment and need special attention to avoid potential exploitation.

Who are the ones who comprise of the vulnerable in India? A group is generally considered as vulnerable if they are disadvantaged in comparison with others. They face systemic violence of their rights in the form of denial of access to land, good housing, primary education and employment and to face a higher risk of suffering poverty and social exclusion constituting drawback in the eyes of society at large. Vulnerable sections in India consist of Children, Women, Scheduled caste, Scheduled tribes, Other backward communities, minorities, aged and persons affected with disability, transgenders, LGBT, to name a few.

In India, these groups face different types of structural discriminations from the different walks of life, in various forms. The structural discrimination against these groups mostly takes place in the form of physical, emotional and cultural abuse.

### Constitutional provisions for the Vulnerable groups

The Constitution of India guarantees to all the civil, political, economic, social and cultural rights without any kind of discrimination. As a social



animal, everyone is entitled to human rights irrespective of religion, caste, sex, language, or nationality. Human rights are basic rights which are guaranteed to all persons without any discrimination, under the Constitution of India. Preamble to the Constitution ensures the concepts of justice and equal status of opportunity to all without any discrimination. Fundamental rights guaranteed under the Constitution, also provide for some provisions with a view to uplifting those who suffering humiliation and social exclusion due to imperfections and disability. Directive Principle of State Policy (DPSP.), mentioned in part 4 of the Constitution, promote economic and educational interest of backward people and the main object of the DPSP is welfare of the public at large.

Article 14 : The State should ensure equality before the law and equal protection of law. Article 15(3): The State can make special provisions for women and children, .Article 15(4): The State can make special provisions for SCs/ST. Article 16(4): The State can make reservation for the appointment of SCs/STs.Article 17: The State should abolish untouchability in any form. Article 21(A): The State provides free and compulsory education from the children of age of 6 to 14. Article 23: The Prohibition of traffic in human being and forced labour..Article 24: The Prohibition of employment of children in factories. Article 25 to 28: The right to practice one's religion. Article 29: Protection of interest of minorities. Article 30: The Right of minorities to establish educational institution. Article 39(A): To provide equal justice and free legal aid. Article 45: The State provides early childhood care and education for all children until they complete the age of six years. Article 46: The promotion of education and economic interest of Scheduled Castes, Scheduled Tribes and other weaker sections. Article 243D: To provide reservation for the scheduled casts and scheduled tribes in every panchayat. Article 243T: To provide reservation for the Scheduled Castes and Scheduled Tribes in every municipalities. Article 330: To grant reservation for the Scheduled Castes and Scheduled Tribes in the House of people. Article 332: To provide reservation for the Scheduled Castes and Scheduled Tribes in the Legislative Assemblies of the States. Article 275: Allows special grant in aids to States for the welfare.

### Statutory provisions for vulnerable sections;

- Protection of women from domestic violence Act
- Maintenance and welfare from domestic violence Act, 2007
- Dowry Prevention Act.
- National trust for Welfare of persons with Autism, protection of rights and full participation Act,1955.
- The Protection of Civil Rights Act,1955.
- The Scheduled Castes and Scheduled Tribes Act,1989.
- The National Commission for Backward Classes Act,1993.



- Persons with Disabilities Act, 1995.

#### **Institution for the development of Vulnerable Section:**

1. Deen Dayal Upadhyaya Institute of Physically Handicapped.
2. National Institute of Social Defence.
3. National Institute of Visually Handicapped.
4. National Institute for Mentally Handicapped.
5. Ali Yavar Jung National Institute for the Empowerment of persons with multiple Disability.
6. National Institute of Rehabilitation Training and Research.

#### **Bodies for the Development of Vulnerable Sections;**

1. National commission for Scheduled tribe.
2. National commission for Scheduled cast.
3. National commission for Backward class.
4. National commission for Safai Karmacharis.
5. **Vulnerable groups:**

#### **Women**

Women, are suffering different types of violence such as infanticide, neglect of nutrition needs, humiliation, lack of proper education and health care. Excess of the early marriages, more or less cause health issues. They face unlawful discriminations at several stages in their life, from first childhood to second child hood. In order to expand their rights, the Indian Constitution provides a plethora of concessions. The Constitution makers included many provisions regarding the welfare of women.

However, women have low status in society as compared to men, inspite of existing many acts such as 'The Protection of Women from Domestic Violence Act, 2005', 'The Prohibition of Child Marriage Act 2006', 'Dowry Prohibition Act 2006' and so on. But even these existing acts cannot protect the rights of women from being violated.

#### **Children**

Children are the most vulnerable in the society especially in India due to physical disability, mental ability, powerlessness, defencelessness, poverty, discrimination, lack of proper education and the like, owing to lack of access to nutritious foods. High rates of death of children under the age of 5 are registered mainly due to lack of proper vaccination and also female infanticide.

The government of India is earnestly trying to overcome the vulnerabilities faced by children in India. Framers of the Constitution made some provisions in order to uplift them in all fields.

#### **Disabled and aged**

Both disabled and aged groups are unable to meet with their rights due to their weakness and helplessness. Disabled person is one who is unable to ensure the necessities of a normal individual or social life as a result of



his/her deficiency. Persons with disability are still facing discrimination and social exclusion in many forms due to the lack of access to education, employment and other socio-economic opportunities. According to an aged person, it is one who attained the age of sixty or above. They suffer the lack of access to their rights, face many forms of abuse such as physical financial, sexual and psychological or emotional.

#### **Scheduled caste and scheduled tribe**

The Dalits, legally classified as scheduled caste and the tribes. Who have been exploited for ages and denied the right to education and are not mixed with the main society.

#### **Lesbian, Gay, Bisexual and Transgendered (LGBT) Persons**

Persons have been facing discrimination as well as violence from time immemorial, around the world. Though the framers of the Indian Constitution made some provisions so as to be protected and their rights from being violated, they still suffer social discrimination, denial of use of public places and residence in household.

To avoid the denial of access to their rights, Indian constitution introduced a plethora of provisions for safeguarding them from being excluded from the society.

Access to justice is a fundamental human right, essential for protection of other rights. It provides legal assistance to those who cannot afford it. Everyone, regardless of their financial status, has the opportunity to seek and obtain legal assistance. Legal aid helps to uphold the rule of law and promote social justice. Legal aid is a service that provides free or low-cost legal assistance to individuals who cannot afford to hire a lawyer. Eligibility for legal aid varies by jurisdiction but generally includes individuals with low income, those facing serious legal issues, or vulnerable groups such as victims of domestic violence, refugees, and the elderly. Articles 38 and 39A highlight the State's responsibility to promote welfare of the people and to ensure that justice is accessible to all. The Legal Services Authorities Act 1987 was a significant step towards institutionalising legal aid in India.

For legal aid, one needs to contact the legal aid offices at taluka district, State and national level. The process may involve filling out an application form and providing documentation to prove one's financial situation and the nature of one's legal issue.

#### **The Evolution of Legal Aid and Models of Legal Aid Delivery**

Legal aid existed in ancient civilizations where rulers provided free legal assistance to the subjects Modern legal aid systems shaped in the early 20th century, with significant developments occurring post-World War II. Legal aid services were widespread, with the influence of international human rights framework.

The legal aid delivery models are:

- *Judicare Model*: Here, the government pays private lawyers to represent



indigent clients. This model is prevalent in countries like Canada and Germany.

– *Public Defender Model*: Here, the State employs full-time lawyers to provide legal assistance to those in need. This model is commonly seen in the United States and Latin American countries.

– *Mixed Model*: A combination of the *judicare* and public defender models, where both private lawyers and public defenders provide legal aid. Many countries, such as UK and Australia, adopt this approach.

### **The Challenges encountered with Legal Aid**

Without, legal aid individuals from lower socio-economic backgrounds would be disproportionately disadvantaged, unable to navigate the complexities of the legal system or defend their rights effectively, legal aid strengthens the rule of law and ensures that laws are applied fairly and consistently, and that everyone has a chance to be heard in court, preventing miscarriage of justice. It helps reduce poverty and inequality, improve public health outcomes that affect well-being, and enhances social stability.

The challenges encountered are inadequate funding. Legal aid programmes often struggle with limited budgets, which restricts their ability to serve all those in need and can lead to long waits, lower quality of service.

The primary obstacle is lack of awareness amongst the general public about the availability of the free legal aid services coupled with illiteracy especially in rural setups. Even if they are aware, accessing these services can be challenging due to geographic, linguistic, or bureaucratic barriers.

Ensuring high-quality legal representation is another significant challenge. Overburdened legal aid lawyers may not dedicate sufficient time and resources to each case, potentially compromising with quality. Besides, there is a shortage of advocates willing to provide *pro bono* legal services.

The legal aid movement is said to be fragmented and unorganised due to the gap between the goals set and results achieved.

### **The way forward in Enhancing Legal Aid**

*Innovative and Increased Funding*- Governments and private sectors need to increase funding towards legal aid services and Innovative funding mechanisms, such as public-private partnerships and dedicated legal aid levies, can help.

*Legal Education and Awareness Campaigns*- Raising awareness about legal rights and the availability of legal aid through public education campaigns can ensure that more people benefit from these services.

*Technological Integration*- Utilizing technology, such as online legal resources, virtual consultations, e-filing systems, and automated legal advice platforms, can make legal aid more accessible and efficient.

*Training and Support for Legal Aid Providers*- Providing continuous professional development and support for legal aid lawyers can improve the quality of representation .which includes training in specialised areas of law



by providing access to the resources and tools.

Linking of legal aid clinics to local courts and conducting of campaigns in remote areas and in local languages is the need of the hour to ensure that the illiterate and marginalised are covered. Further, NGO's can play a vital role in this regard.

Promoting a culture of *pro bono* work amongst lawyers and also legal education should encompass social education emphasising role of lawyers as servers to society.

Promotion of Alternate Dispute Resolution (ADR) mechanisms as part of legal aid could help in dispute resolution.

More efficient mechanisms for monitoring and evaluating the quality of legal aid services provided to ensure effectiveness rather than availability.

### **Case laws**

*Sheela Barse v. State of Maharashtra*

The court issued directions on the need to provide legal assistance to all prisoners lodged in jails in Maharashtra and reiterated the constitutional imperative of providing legal aid to poor accused. It emphasized to protect rights of prisoners against torture and ill- treatment and especially when their incarceration may prevent access to legal assistance.

*Ramakant & Ors. v. State of M.P.*

The court, in this case, noted that an eligible person is entitled to free legal aid at any stage of the proceedings. The court highlighted that The Constitution of India, 1950 or the Legal Services Authority Act, 1987 does not make any distinction between a trial and an appeal to provide free legal aid to an accused or a person in custody.

*Mumtaz v. State Govt. of Delhi*

The Court observed the importance of providing legal aid to those who come from the underprivileged background of society and who are not able to get legal assistance on their own. According to Article 39A of the Constitution, citizens are entitled to free legal aid and equal justice and that persons should be provided with experienced legal aid counsel who would work effectively and help persons.

*AI Statutory Corporation v. Labor Union*

Article 39-A furnishes beacon light that justice be done based on equal opportunity and no one be denied justice because of economic or other disabilities. Courts are sentinels on the *qui vive* of the rights of the people.

Legal aid is indispensable for promoting access to justice. By ensuring that everyone, regardless of their financial status, has access to legal representation, we uphold the principles of equality and the rule of law, fostering a more just and equitable society.

*Adv. Lida João*



## FEVRER - MARSACHEA ACHEA MHOINEANT

### Somudaiam Pormonnem Igorjent Aitarachea Misachi Mandavoll

01 <sup>st</sup> February Saturday	5.30 p.m. - Bhag. Filipe – Tarchibhatt 7.00 p.m. - Mass in English
02 <sup>nd</sup> February Sunday	6.30 a.m. - Bhag. Pedro – Chauddivaddo 8.00 a.m. - Bhag. Paulo – Igrejvaddo
08 <sup>th</sup> February Saturday	5.30 p.m. - Fatima Saibinn – Igrejvaddo 7.00 p.m. - Mass in English
09 <sup>th</sup> February Sunday	6.30 a.m. - Padr Agnel – Noronha vaddo 8.00 a.m. - Bhag. Christopher – Portavaddo
15 <sup>th</sup> February Saturday	5.30 p.m. - Bhov Povitr Kallza Jezuchea – Dongormag 7.00 p.m. - Mass in English
16 <sup>th</sup> February Sunday	6.30 a.m. - Bhag. Andrew - Cruz vaddo 8.00 a.m. - Bhag. Francis d' Assisi – Portavaddo
22 <sup>nd</sup> February Saturday	5.30 p.m. - Bhag. Bernard - Bamonvaddo 7.00 p.m. - Mass in English
23 <sup>rd</sup> February Sunday	6.30 a.m. - Bhag. Anton - Vaddy 8.00 a.m. - Bhag. Jacob – Modlovaddo
01 <sup>st</sup> March Saturday	5.30 p.m. - Bhag. Sebastiao – Voilo vaddo 7.00 p.m. - Mass in English
02 <sup>nd</sup> March Sunday	6.30 a.m. - Bhag. Augustine - Costa vaddo 8.00 a.m. - Bhag. Mathew – Aforamento
05 <sup>th</sup> March – Ash Wednesday	6.00 a.m. - Mass in English 7.15 a.m. - Bhag. Jerome – Tarchibhatt 8.00 a.m. - Bhag. Thomas – Portavaddo
07 <sup>th</sup> March – Khursachi Vatt & Mis	4.30 p.m. – Women of Hope
Way of the Cross in English – No Mass	– 6.00 p.m. – Ish Kripa & St. Joseph's Convent
08 <sup>th</sup> March Saturday	5.30 p.m. - Bhag. Tadeus – Tarchibhatt 7.00 p.m. - Mass in English
09 <sup>th</sup> March Sunday	6.30 a.m. - Bhag. Don Bosco – Bamonvaddo 8.00 a.m. - Bhag. Maria Goretti – Bamonvaddo /Modlem Bhatt
14 <sup>th</sup> March – Khursachi Vatt & Mis	4.30 p.m. – PPC
Way of the Cross in English – No Mass	– 6.00 p.m. – Queen of Apostles & Vivian Niwas



## MHOINEACHI KARIAVOLL

### FEBRUARY

Sonvar- 01 <sup>ter</sup>	6.30 a.m. Arghanchem Mis: Zacharias & Esther Fernandes 8.00 a.m. Poilea Vorsacho Ugddas: Conciecao Maria Fernandes 11.00 a.m. Logn Sonvskar – Jason Valentino Fernandes & Sasha Saldanha 5.30 p.m. Arghanchem Mis: Anthony Araujo 7.00 p.m. Thanksgiving Mass: Jason & Jonathan D'Souza
Aitar- 02 <sup>ter</sup>	6.30 a.m. Blessing of candles & candle procession 6.00 p.m. Mis – Sonvskaroleam khatir bhettoilolo Dis
Somar- 03 <sup>ter</sup>	6.30 a.m. Somplole Preciosa Fernandes 8.00 a.m. Somplole Augusta Fernandes
Mungllar- 04 <sup>ter</sup>	6.30 a.m. Thanksgiving Mass: Isabel Rodrigues 8.00 a.m. Arghanchem Mis: Francisco Ribeiro 9.30 a.m. Arghanchem Mis: Edvina Braganza 4.30 p.m. Arghanchem Mis: Preciosa Satardekar
Budhvar- 05 <sup>ver</sup>	6.30 a.m. Legacy Mass 8.00 a.m. Poilea Vorsacho Ugddas: Conceicao Francisca Fernandes
Brestar- 06 <sup>ver</sup>	6.30 a.m. Arghanchem Mis: Floyd & Maria Fernandes 8.00 a.m. Arghanchem Mis: Fatima Carvalho
Sukrar- 07 <sup>ver</sup>	6.30 a.m. Somploleam Inas & Jackline Fernandes 8.00 a.m. Arghanchem Miss: Jacob & Gianna Jose
Sonvar- 08 <sup>ver</sup>	6.30 a.m. Somploleam Mathias kuttumbantleam vangddeam khatir Mis 8.00 a.m. Mhoineacho Ugddas: Apolina D'Souza 5.30 p.m. Bolaike khatir: Christina Fernandes 7.00 p.m. Thanksgiving Mass: Treza Rodrigues
Somar- 10 <sup>ver</sup>	6.30 a.m. Somploleam Fernandes kuttumbantleam vangddeam khatir Mis 8.00 a.m. Tisrea Vorsacho Ugddas: Ephrezina Fernandes
Mungllar- 11 <sup>ver</sup>	6.30 a.m. Thanksgiving Mass: Neville D'Costa 8.00 a.m. Arghanchem Mis: Dias Family 9.30 a.m. Arghanchem Mis: Mervin D'Souza 4.30 p.m. Arghanchem Mis: Starsky Coutinho



**Budhvar- 12<sup>ver</sup>** 6.30 a.m. 1<sup>o</sup> Zolm Dis: Jade Samuel Rodrigues  
8.00 a.m. Somploleam Michael & Sebastiao Fernandes  
**4.30 p.m. Mis - Piddestam Khatir Bhettoilolo Dis**

**Brestar -13<sup>ver</sup>** 6.30 a.m. Zolm Dis: Paul Fernandes  
8.00 a.m. Arghanchem Mis: Nicholas D'Souza  
5.00 p.m. Feast of Infant – Bamonvaddo  
Chapel (Fr. Robert's property)

**Sukrar- 14<sup>ver</sup>** 6.30 a.m. Somplolea Santan Fernandes  
8.00 a.m. Arghanchem Mis: Denver & Tasha Gomes

**Sonvar- 15<sup>ver</sup>** 6.30 a.m. Arghanchem Mis: Reginaldo & Martha  
8.00 a.m. Arghanchem Mis: Perpetua Fernandes  
5.30 p.m. Arghanchem Mis: Charles & Fiona Dias Do  
Rosario  
7.00 p.m. Thanksgiving Mass: Marcelino & Bharati  
D'Souza

**Aitar- 16<sup>ver</sup>** 9.15 a.m. Annual Catechetical Day

**Somar- 17<sup>ver</sup>** 6.30 a.m. Zolm Dis: Camilo Franco  
8.00 a.m. Tisrea Vorsacho Ugddas: Juvencio Carvalho

**Mungllar- 18<sup>ver</sup>** 6.30 a.m. Thanksgiving Mass: Jason & Hyacintha  
Fernandes  
8.00 a.m. **Feast of St. Anthony's Tongue** –  
Arghanchem Mis Arkan Bangera  
9.30 a.m. Arghanchem Mis: Jervis & Valerie Fernandes  
4.30 p.m. Arghanchem Mis: Dale Pereira

**Budhvar- 19<sup>ver</sup>** 6.30 a.m. Khasgi intessanv: Bella Fernandes  
8.00 a.m. Sompun geloleam Noronha Kuttumbantlea  
vangddeam khatir Mis

**Brestar- 20<sup>ver</sup>** 6.30 a.m. Zolm Dis: Sohali Rohilla  
8.00 a.m. Tisrea Vorsacho Ugddas: Thomas D'Souza

**Sukrar- 21<sup>ver</sup>** 6.30 a.m. Zolm Dis: Paulo Mascarenhas  
8.00 a.m. Somplolea kuttumbacheam vangddeank Mis

**Sonvar- 22<sup>ver</sup>** 6.30 a.m.  
8.00 a.m. Bolaike Khatir: Nathan Dias Do Rosario  
5.30 p.m.  
7.00 p.m.

**Aitar- 23<sup>ver</sup>** From 23<sup>rd</sup> February to 15<sup>th</sup> June 2025, no  
Mass at 9.15a.m.

**Somar- 24<sup>ver</sup>** 6.30 a.m. Legacy Mass  
8.00 a.m. Zolm Dis: Ann Fernandes

**Mungllar- 25<sup>ver</sup>** 6.30 a.m. Thanksgiving Mass: Rosy D'Souza  
8.00 a.m. Arghanchem Mis: Ellison & Anastasia



Fernandes  
9.30 a.m. Arghanchem Mis: Frank D'Souza  
4.30 p.m. Khasgi intessanv: Alice D'Souza

**Budhvar- 26<sup>ver</sup>** 6.30 a.m.  
8.00 a.m. Somplole Cheodolina Juliet D'souza

**Brestar- 27<sup>ver</sup>** 6.30 a.m. Somplole Clara Pereira  
8.00 a.m. Mhoineacho Ugddas: Claude Borges

**Sukrar- 28<sup>ver</sup>** 6.30 a.m. Zolm Dis: Fabio Fernandes  
8.00 a.m.

**MARCH**

**Sonvar- 01<sup>ter</sup>** 6.30 a.m. Somplolea Arcanjo Fernandes  
8.00 a.m. Tisrea Vorsacho Ugddas: Tereza Fernandes  
5.30 p.m. Zolm Dis: Aaron Trindade  
7.00 p.m.

**Somar- 03<sup>ter</sup>** 6.30 a.m. Zolm Dis: Annie Lobo  
8.00 a.m. Tisrea Vorsacho Ugddas: Ludovina  
Rodrigues

**Mungllar- 04<sup>ter</sup>** 6.30 a.m. Thanksgiving Mass: Rubertina D'Souza  
8.00 a.m. Arghanchem Mis: Anthony & Joanita  
Fernandes  
9.30 a.m. Arghanchem Mis: Lucy Fernandes  
4.30 p.m. Arghanchem Mis: Martha & Zina Fernandes

**Budhvar- 05<sup>ter</sup>** Gobracho Budhvar  
6.00 a.m. Mass in English  
7.15 a.m. Mis  
8.30 a.m. Mis  
3.30 p.m. Walking Pilgrimage to Dongormag Chapel  
followed by Mass

**Brestar- 06<sup>ter</sup>** 6.30 a.m. Somplolea Nelson Fernandes  
8.00 a.m. Tisrea Vorsacho Ugddas: Macaria Bella  
D'Souza  
Poilea Vorsacho Ugddas: Umberto D'Souza

**Sukrar- 07<sup>ter</sup>** 6.30 a.m. Zolm Dis: Agnelo Rodrigues  
8.00 a.m.  
4.30 p.m. Khursachi Vatt uprant Mis  
6.00 p.m. Way of the Cross – English – *No Mass*

**Sonvar- 08<sup>ter</sup>** 6.30 a.m. Somplolea Andrew Vaz  
8.00 a.m. Poilea Vorsacho Ugddas: Michael Fernandes  
5.30 p.m.  
7.00 p.m.

**Aitar- 09<sup>ter</sup>** 8.00 a.m. Mass dedicated to Women



## MHOINEACHIM VACHPAM

FEBRUARY

01	Sat	Rdg	Heb 11, 1-2.8-19; Ps Lk 1, 69-70. 71-72. 73-75; Mk 4, 35-41
02	Sun		<b>The Presentation of The Lord</b>
		Rdg	Mal 3, 1-4; Ps 23, 7.8.9.10; Heb 2, 14-18; Lk 2, 22-40
03	Mon	Rdg	Heb 11, 32-40; Ps 30, 20.21.22.23.24; Mk 5, 1-20
04	Tue		<b>St. John de Brito</b>
		Rdg	1 Cor 9, 19-27; Ps 67, 29-30. 33-35a. 35b-36d; Jn 12, 20-32
05	Wed		<b>St. Agatha</b>
		Rdg	Heb 12, 4-7. 11-15; ps 102, 1-2. 13-14. 17-18a; Mk 6, 1-6
06	Thu		<b>Dedication of The Cathedral Church of Goa</b>
		Rdg	Is 56, 1.6-7; Ps 83, 3-5. 10-11; Jn 2, 13-22
07	Fri		<b>Sts. Gonsalo Garcia, Peter Baptista &amp; Comp.</b>
		Rdg	2 Cor 6, 4-10; Ps 29, 2+4. 5-6. 11-12a+13b; Mt 10, 17-22
08	Sat	Rdg	Heb 13, 15-17. 20-21; Ps 22, 1-3b-4.5.6; Mk 6, 30-34
09	Sun		<b>5<sup>th</sup> Sunday in Ordinary Time</b>
		Rdg	Is 6, 1-2a.308; Ps 137, 1-2a. 2bc-3. 4-5.7c-8; 1 Cor 15, 1-11; Lk 5,1-11
10	Mon	Rdg	Gen 1, 1-19; Ps 103, 1-2a. 5-6.10+12. 24+35c; Mk 6, 53-56
11	Tue	Rdg	Gen 1, 20 ---2, 4a; Ps 8, 4-5. 6-7. 8-9; Mk 7, 1-13
12	Wed	Rdg	Gen 2, 4b-9. 15-17; Ps 103, 1-2a. 27-28. 29bc-30; Mk 7, 14-23
13	Thu	Rdg	Gen 2, 18-25; Ps 127, 1-2.3.4-5; Mk 7, 24-30
14	Fri		<b>Sts Cyril &amp; Methodius</b>
		Rdg	Gen 3, 1-8; Ps 31, 1-2. 5.6.7; Mk 7, 31-37
15	Sat	Rdg	Gen 3, 9-24; Ps 89, 2.3-4.5-6.12-13; Mk 8, 1-10
16	Sun		<b>6<sup>th</sup> Sunday in Ordinary Time</b>
		Rdg	Jer 17, 5-8; Ps 1, 1-2.3.4+6; 1 Cor 15, 12. 16-20; Lk 6, 17. 20-26
17	Mon	Rdg	Gen 4, 1-15. 25; Ps 49, 1+8. 16bc-17. 20-21; Mk 8, 11-13



18	Tue		<b>St. Kuriakose Elias Chavara</b>
		Rdg	Gen 6, 5-8, 7: 1-5. 10: Ps 28, 1a+2. 3ac-4. 3b+9b-10; Mk 8, 14-21
19	Wed	Rdg	Gen 8, 6-13. 20-22; Ps 115, 12-13. 14-15. 18-19; Mk 8, 22-26
20	Thu	Rdg	Gen 9, 1-13; Ps 101; 16-18. 19-21. 29+22-23; Mk 8, 27-33
21	Fri	Rdg	Gen 11, 109; Ps 32, 10-11. 12-13. 14-15; Mk 8, 34 --- 9,1
22	Sat		<b>The Chair of St. Peter The Apostle</b>
		Rdg	1 Pt 5, 1-4; Ps 22, 1-3a. 3b-4. 5. 6; Mt 16, 13-19
23	Sun		<b>7<sup>th</sup> Sunday in Ordinary Time</b>
		Rdg	1 Sam 26,2.7-9.12-13.22-23;Ps102,1-2.3-4.8+10.12-13;1Cor15, 45-49; Lk 6, 27-38
24	Mon	Rdg	Sir 1, 1-10; Ps 92, 1ab. 1c-2.5; Mk 9, 14-29
25	Tue	Rdg	Sir 2, 1-13; Ps 36, 3-4. 18-19. 27-28. 39-40; Mk 9, 30-37
26	Wed	Rdg	Sir 4, 12-22; Ps 118, 165. 171. 172. 174. 175; Mk 9, 38-40
27	Thu	Rdg	Sir 5, 1-10; Ps 1, 1-2. 3. 4+6; Mk 9, 41-50
28	Fri	Rdg	Sir 6, 5-17; Ps 118, 12. 16. 18. 27. 34. 35; Mk 10, 1-12
			<b>March</b>
01	Sat	Rdg	Sir 17, 1-13; Ps 102, 13-14. 15-16. 17-18a; Mk 10, 13-16
02	Sun	Rdg	Sir 27, 5-8; Ps 91, 2-3. 13-14. 15-16; 1 Cor 15, 54-58; Lk 6, 39-45
03	Mon	Rdg	Sir 17, 24-28; Ps 31, 1-2. 5.6.7; Mk 10, 17-27
04	Tue	Rdg	Sir 35, 1-15, Ps 49, 5-6.7-8. 14+23; Mk 10, 28-31
05	Wed		<b>Ash Wednesday</b>
		Rdg	Joel 2, 12-18; Ps 50, 3-4. 5-6ab. 12-13. 14+17; 2 Cor 5, 20---6,2; Mt 6, 1-6. 16-18
06	Thu	Rdg	Deut 30, 15-20; Ps 1, 1-2. 3. 4+6; Lk 9, 22-25
07	Fri	Rdg	Is 58, 1-9a; Ps 50, 3-4. 5-6ab. 18-19; Mt 9, 14-15
08	Sat	Rdg	Is 58, 9b-14; Ps 85, 1-2. 3-4. 5-6; Lk 5, 27-32
09	Sun		<b>1<sup>st</sup> Sunday of Lent</b>
		Rdg	Deut 26, 4-10; Ps 90, 1-2. 10-11. 12-13. 14-15; Rom 10, 8-13; Lk 4, 1-13

# First Holy Communion - 19th January 2025



## Sport's Day 1st Jan 2025



# Republic Day - 26th January 2025



## St. Sebastian Feast, Marna 26th January 2025

