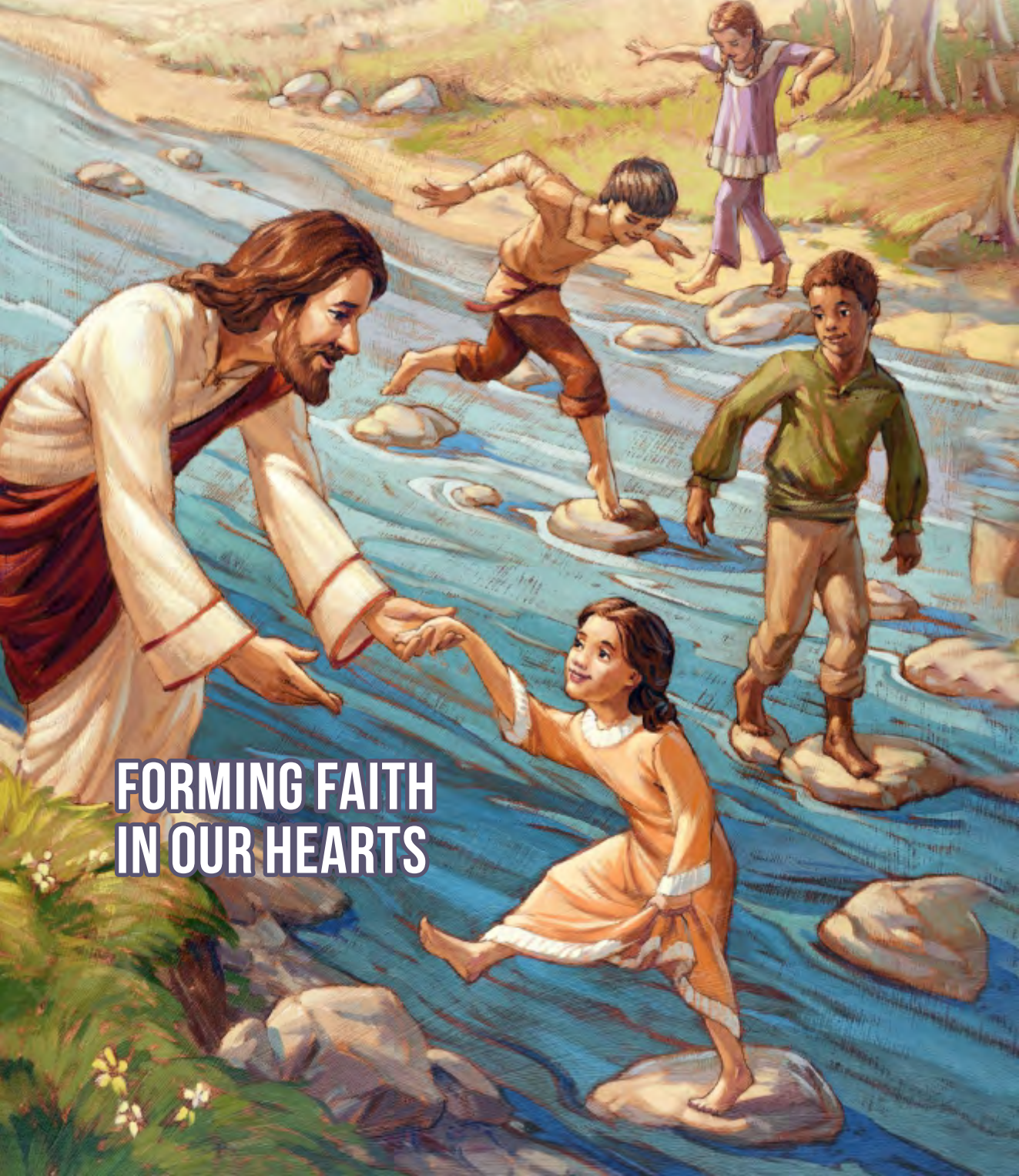


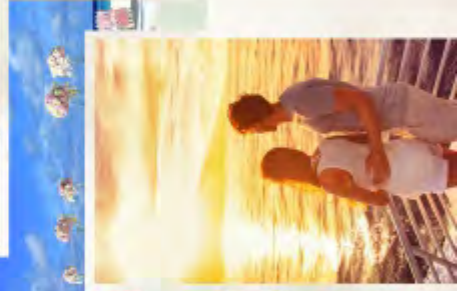
Kalyan Lantern

JUNE 2022

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**FORMING FAITH
IN OUR HEARTS**



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'Faith is taking the first steps even when you don't see the whole staircase'
— Martin Luther King

Faith is taking the First Step

It is evident that people who have faith in their daily lives, complete their life journey even if they don't see the whole picture. Taking the staircase example, even if we can't see all the steps ahead, we still continue to move, knowing that the final destination is the desired one.

Faith in life is quite similar. Even if we can't fathom or see clearly the immediate steps ahead, we need to continue moving forward and have the assurance of the final destination – in the presence of our loving Father in Heaven.

As we move from pandemic induced lockdown and online classes to an offline and in-person catechism experience, I want to urge all the children that mega changes in our life around us were not foreseen by anyone, yet the Lord our God embraced us and gave us the courage to face each day as it went past. We also learnt new ways to connect with each other. New ways of learning – supported by interactive and audio-visual experiences. We must be eternally thankful to our loving Father that He embraced us through this journey.

Now we are all invited to continue taking the next step forward. This is where Martin Luther King's words must echo in our minds and hearts. Even if we don't see the whole staircase, it is our Faith that will help us to move forward. A Christian life is never about quitting. It is about facing challenges, learning and then having the faith to move ahead even if we don't see the steps ahead.

Churches are now open, people are freely moving and the presence of our Lord in the Holy Qurbana will again be a blessed experience for all the children. This is the time God wants us to be more close to Him and allow Him to stay in our hearts.

Through this edition of Kalyan Lantern, the Department of Catechesis is inviting each one of you to take the first steps, grow in faith and get closer to God and leave the doubts to our loving Jesus. In the articles and testimonials shared in the following pages, you will witness reflections of our own catechism students, teachers and parents.

Lets journey with Him
Lets get closer to His Heart
Lets get healed by His touch



YOUR WORD IS A LAMP TO
MY FEET & A LIGHT TO MY PATH

JUNE 2022

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FROM HEAD TO HEART

FAITH FORMATION AND BELIEF SYSTEMS



Jancy James

St Joseph's Church, MC Road

Faith is a term that we all look at with a certain amount of reverence and want to attain in our lives. It means complete trust in God in times of suffering as well as happiness. We often wonder aloud, "Why does God let me go through suffering when I have been devout all my life?"

Dear believers in Christ, despite the fact that we are made to attend Sunday classes and study The Bible in detail all through our childhood, Faith Formation still remains as 'rote learning' and not as a true expression of Faith as a Christian. Faith is a tool that should enable us to fight our temptations, resist our personal

compulsions that lead us to sin, and help us get through our sufferings with gratitude and thanksgiving.

One thing we must implement in our weekly Sunday class sessions is Faith that is not just 'professed' or 'by hearted', but faith that should be demonstrated with ample examples, experiences and testimonies, so that those who listen to them are more convinced that a God centric approach to life can sustain their



happiness and struggles alike with equal poise.

Home is where the heart is

Just as everything good starts from our home, faith formation too has its base from home and ultimately shapes the course of our religious



beliefs and convictions. Children inherit faith from their parents, through religious practices as well as through observation.

Therefore, it is important for parents to demonstrate their faith to their kids through personal narrations that provide a strong foundation for cementing their belief in the Almighty. Coupled with faith practices that have to be followed religiously, they must aim to create a strong belief system that cannot be shaken in times of trouble.

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. (Philippians 1:6)

I was brought up by a mother who was steadfast in her faith; who believed that attending Sunday class without fail is an integral part of faith formation. 3 pm on Sundays still remain etched in our memories due to the sheer effort she took in taking us for catechism classes.

However, in retrospect, I realize that the early years of my spirituality paved the way for a strong foundation of Faith which remains intact

and has stood the test of time and trials.

It is this firmness of faith that was clearly demonstrated by my mother through personal experiences that has helped me surrender myself completely to God's will.

How do we persist in Faith?

Every sin starts from a distrust towards God and his plans, and a belief that God will not take care of our situations, and we can act according to our free will.

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future (Jeremiah 29:11).

God loves us so much that even when he puts us through trials and temptations, he offers his helping hand in keeping us from falling into sin completely. He puts saviors on our paths, throws life jackets, hooks with strong ropes for us to hold on to, and finally pulls us out of situations we were struggling from. All we need to do is to listen to His voice, trust in His providence, and surrender ourselves entirely to Him.

Does our catechetical methodology call for a change in teaching and sharing Faith?

Faith formation is about experiencing Jesus personally. But the roots of faith have to be instilled in childhood through the understanding of scriptures.

As catechists, we have a moral responsibility towards our children to show them how years and years of struggles led the Israelites to the Promised Land, how the steadfast faith of Abraham and Job was rewarded with abundant blessings from our Father in Heaven.

God can turn every evil into a blessing and every struggle into a victory if we trust in Him completely, and surrender to His Holy will. Let God give us the Faith to move mountains and bring forth life sustaining springs. Amen





LEARNING FROM THE HEART



Shobi Varghese

St. Joseph's Church, Mc Rd

Why does the idiom say 'Learning by heart' and not 'Learning by Head'? When we want someone to study or work hard, we say 'put your heart into it'.

When we learn something just for the sake of it, we forget about it soon. But when we learn by feeling it and experience through our heart it remains in our memory for lifelong. That's why it is necessary to Faith formation to seep into our heart i.e. through activities and actions, making us realize the actual concept, rather than just rote learning for mere exam.

Catechism is for the formation of our Faith by disciplined studying and understanding the Word of God, Church history, Liturgy etc. All these should be etched in our heart from the early years of life.

CATECHISM BUILDS CHARACTER

Some may even question the necessity of learning catechism. Isn't just going to Church enough? Why Sunday school?

Ignoring faith formation will be a huge mistake a parent would do as the true knowledge of God must be poured into the young mind of the child for growing up in good Christian character. Catechism helps understand the Word of God, the Sacraments, the Commandments and teachings of Jesus in a systematic manner. In Ephesians 5:10-11, St. Paul urges us "Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness".

PRACTICE MAKES PERFECT

It has been rightly said that children are not passive absorbers of knowledge; rather they are active constructors of concepts. Therefore teachers should include their own experiences or examples from Bible to enhance the learning of the students. Teaching in different modes, multiple formats and in interesting ways will



challenge the children and make it interesting and enjoyable learning.

1 Timothy 4:15 tells us "Put these things to practice, devote yourself to them, so that all may see your progress". Children should be taught to practice what they are learning through the textbooks of catechism, thus forming a habit which ultimately leads to character formation. The students and parents should understand that grades/marks are only short term gains; instead the focus should be on the overall development of a child into a true follower of Jesus.

NURTURING LOVE & FAITH

If we do not build our Faith in Jesus Christ, our life will become meaningless.

St. Paul [1 Corinthians 13:13] has said that 3 things will last forever, Faith, Hope and Love and greatest of these is Love. We know God is Love. When we read the Bible, we understand the love that God has for his people and how He gave his only Son, to redeem us- his people. Students should comprehend and experience this love of God .They should practice this love and share this love with other fellow beings. Only then they can call themselves the true followers of Jesus Christ. We should have thorough Faith in God, otherwise how can one believe that in every Holy Qurbana, it is Jesus we are receiving with our tongue. Without faith, it is impossible to please God [Hebrews 11:6]

Jesus Christ's disciples were mere fishermen who were not even properly educated. In terms of the world they were ordinary people but Jesus what their potential was. Children should stop learning Catechism intellectually for the sake of marks or certificates, instead understand the Word of God and the Teachings of the Church with our heart. Only and only then we can have faith, hope and above it, love for our Church that is the body of Christ.

സഹയാത്രികൻ

കൈകോർത്തു ദൂരമത്ര നടന്നു നാം കരൾ ചേർത്തു കൂടെ നടത്തി നീ ഉയിരേ നീയെന്നിൽ ഉത്സവമായെന്റെ- നിറങ്ങൾ ചാലിച്ചെഴുതിയ സന്ധ്യയിൽ ഇടറിയ നേരങ്ങളിലും കണ്ടില്ല ഞാൻ നിന്റെ പരിഭവമേറിയ മിഴികൾ; കണ്ടതോ, പിന്നെ നിന്റെ വാത്സല്യമുറും വാക്കുകൾ തൻ അതിരില്ലാത്തൊരാകാശം. നിൻ വിരൽ തുവെറിയത്തോടിയ നേരത്തും വഴികണ്ണുമായെന്നെ കാത്തിരുന്നു നീ എൻ ആയുസിൻ ബലം നീയേ എൻ ആത്മാവിൽ നിറയുന്ന സംഗീതവും കരകാണതലയുന്ന നേരത്തമരത്തെനിക്കായ് കരുതലിൽ കരം നീട്ടി നിൽപ്പതും നീയേ... നൊമ്പരത്തിൻ അഗ്നിയൊളന്നൊരൻ- പാതയിൽ പെയ്തു നിന്ന സഹയാത്രികൻ നീ. തമസിലാണു പോകവേയെൻ മനസിൽ വെളിച്ചമായുദിച്ചുയർന്നതും നീയേ. കൂടെയുണ്ടാകുമെന്ന വാക്കിനാൽ- പുത്തുലത്തെൻ ജീവിതം പ്രിയനേ ഇത്രമേലെന്നെ സ്നേഹിച്ചിടാൻ ഞാൻ എന്തുചെയ്തെന്റെ സ്നേഹമേ നന്മയേ പുട്ടാമിഴികളുമായെൻ ജീവിതത്തിനു കാവൽ നിൽക്കും ജീവവൃക്ഷമേ; ഈ കുഞ്ഞായുമ്പൊടുങ്ങും വരേ നിന്റെ കൂടെ ചരിക്കാൻ തുണയേകണേ.

Sr. Anliya DDP
Sacred Heart Church,
Bhayandhar



FROM MIND TO SOUL

A SPIRITUAL JOURNEY WITHIN



Joseph Anto

Mary Matha Church, Sakinaka

A SPIRITUAL JOURNEY WITHIN

To every individual who is born and raised as a catholic, Faith Formation is a spiritual journey of inner discovery. Attending the Sunday masses followed by the catechism classes are some of the fond memories of our childhood. However, things seem to fade off as we grow up. Also, an incorrect notion does persist in our society that faith formation and catechism are confined to children alone and it does not apply to everyone in the Catholic Church. Catechism should be a lifelong learning by every individual to know more about Jesus and more importantly to know yourself.

Understanding Catechism by the life of Jesus Christ:

The life of Jesus Christ teaches us that his approach was a perfect blend of preaching the Word of God as well as living it. In Luke 4:43 we see 'I must preach the kingdom of God to the other cities also, for I was sent for this purpose' - shows how Jesus Christ taught us the Word of God. Again in verses of Matthew 7:24 'Everyone then who hears these words of mine and does them, be like a wise man who built his house on the rock' encourages us for specific call for action and lead a life of righteousness in-line with the Christ teachings.

For individuals like us, the life of Christ is a perfect example of living Faith throughout your life and more precisely acting upon that Faith to add more meaning to our life. Jesus Christ teaches us to live our life by the values from the Holy Bible and that is Faith Formation in the real sense.

Valuable Learning from our Apostles and the Early Christians:

It is clear that our apostles had to endure a lot of challenges, but they dared to endure them solely

due to their strong Faith and got the courage to share Jesus wherever they went.

The lifestyle of our early Christians presents another beautiful facet of faith. Early Christians prayed as well as ate together. A sense of oneness persisted among themselves. So our early Christians teaches us how faith can give us the courage to endure harsh circumstances and also how it leads us to live a life of righteousness.

Practical Life Lessons from our Faith:

Witness Faith by knowing yourself:

The way we speak, act and approach should reflect Christ's teachings. Our Faith would face both happy and difficult circumstances. We can witness Faith not just by learning the Scripture but by living with those teachings.

Place yourselves in the place of our Apostles:

The apostolic journey of faith has taught us a valuable lesson about embracing challenges. It gives us courage to perform our duties without worrying about the outcome and moving ahead for the greater glory of God.

Answering our problems with Faith:

We tend to focus on our problems all the time.

Faith teaches us to have a solution-based approach rather than worrying about problems.

Art of sharing and caring:

The life of early Christians taught us how Faith Formation assists, in the growth and progress of society. An attitude of caring persisted in their lifestyle which is evident from the fact how the needy ones in their society were treated.

A practice of Life-long learning:

Rather than considering the Faith Formation as an aspect only for the initial phase of our life, we must take it as a lifelong learning of developing our Faith. Our work, behavior and the way we express ourselves should be in line with our Faith.

Conclusion:

The teachings of our Faith Formation process should not be confined to the textbooks but should be expressed by our actions. Faith Formation is not just a test to be passed but a lifelong journey to lead a life of righteousness with continuous inner exploration and keeping our trust in Jesus.



We Catechists

WHAT IF WE SEE IT AS A VOCATION?



Ajimon Francis

Diocesan Secretary,
Department of Catechesis
St. Thomas Catholic Church, Mira Road

A melodious hymn goes like this..

**Make me a servant, Humble and meek
Lord let me lift up those who are weak
And may the prayer of heart always be
Make me a servant, make me a servant
Make me a servant today**

We often need to ask ourselves as Catechists, are we really humble enough to introspect and see if we really know and understand what we are sharing with our students.

Are we really meek to accept that our brain is only partly contributing in our catechism class, it is the grace poured into our hearts that is really sharing Jesus with children.

How important is it for me to be the teacher of senior class in Catechism? Just like being a class teacher in High School? Is it because it defines our seniority? Does ego play a role in our class selection? Are we really meek and humble to realise that we need fresh ideas, imagination & new ways to teach and share Jesus with every passing year? If we consider Catechism as a Vocation, then our whole perspective towards senior classes, junior classes etc will change.. isn't it?

This pandemic & lockdown was a lesson for all Catechists – students were one step ahead! A wake up call for all teachers!

If Catechism is a Vocation, will we not yearn to continuously learn, read, introspect and think of newer ways to connect with the young minds of our students – who have various kinds of distractions today and in that mind, we have to plant the seed of Jesus.

Bishop Fulton Sheen took just 25 mins to speak (every week) to his global audience sharing Jesus.. and he left an

impression for over 50 yrs. We as Catechists have much more minutes than that ! How many of us understand the gravity of our responsibility?

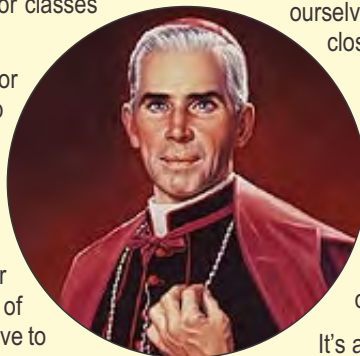
We have heard of forgiving Jesus.. the forgiving Father in the parable of the Prodigal son.. we must also remember



Mathew 23 : 25 a furious Jesus saying “You Hypocrites ! You clean the outside of the cup and dish, but inside are full of greed and self-indulgence”

Jeremiah 12 : 13 says “They have sown wheat and have reaped thorns; they have tired themselves out but profit nothing. They shall be ashamed of their harvests because of the fierce anger of the Lord.”

As a Catechist, we can sow the seeds of Jesus in the fertile minds of our young students and at the same time redeem ourselves, deepen our faith ourselves and get closer to Jesus with every passing day.



Its time to ask ourselves – Are we really Catechists who take it up as a Vocation, an opportunity to serve Jesus? Are we Humble to accept that the grace works through us? Have we truly understood it is a Vocation that needs hunger to learn and humility to accept ourselves as a tool of our Lord.

It's a wake up call for all of us Catechists – not just Catechism teachers.. all those who have the responsibility of sharing Jesus with children.. Are we really being Christ like? Persona Christi?



Parents

The Primary Catechists



Jolly Thomas

PRO – Department of Catechesis
St Bartholomew Church, Kalyan East

Faith formation of all children begins in the family. Some parents are unaware of their duties as teachers and models of faith within their homes. Some parents seem to think that their role in the faith formation of their children is to take their children to Church for the Sacraments of initiation - Baptism, Communion and Confirmation and relinquish their responsibility to the priest, the religious sister,

and the Catechism teachers who instruct their children on basic doctrine.

We need to understand that as parents, we are responsible for the moral and Faith formation of our children. Starting with the Sacrament of Baptism, kids are initiated into the Church with their parents and godparents supporting them as they begin their Faith journey. Parents are the primary teachers (catechists) of the Christian faith for their children. Growing your faith at home doesn't necessarily mean spending hours reading the Bible and meditating. This spiritual growth at home should begin with baby steps, which by the help of parents - the child practices throughout



“Parents have the first responsibility for the education of their children. They bear witness to this responsibility first by creating a home where tenderness, forgiveness, respect, fidelity, and disinterested service are the rule. The home is well suited for education in the virtues. This requires an apprenticeship in self-denial, sound judgment, and self-mastery-the preconditions of all true freedom. Parents should teach their children to subordinate the ‘material and instinctual dimensions to interior and spiritual ones.’ Parents have a grave responsibility to give good example to their children. By knowing how to acknowledge their own failings to their children, parents will be better able to guide and correct them.” (CCC 2223)



their life and passes it to the next generation.

I have been a Catechism teacher since my graduation days, and never have I felt tired teaching the Word of God or sharing my Faith experiences or working for the Ministry of God. Been associated with the Department of Catechism for a period of more than 20 years, I would often think, what made me so attached to this Department of our Diocese? What is so special about this Department?? The reason is my faith in Jesus, our Saviour. Many ups and downs in life! But he has always kept me sailing!! And the reason for this strong faith formation is my ‘Parents’. As a child, making me understand the importance of God in our life, the importance of prayer in our life and more importantly, parents being a great role-models themselves. The childhood memories of my mother taking me to Church every day for Mass is still afresh! Its not about pushing your children to attend the mass, but more importantly as parents you taking them along, going as a FAMILY! As parents, you being an active participant of all activities in the Church, which is automatically imbibed by our children. Thus, we become part of the Church as A FAMILY! We become part of God! Any act, that you do as a family, shall keep the family bonded together in love. The seeds of Faith formation need to be sowed by a mother right from the womb and eventually grow in faith as a Family.

The essence of our Christian Faith, however, is really a Person: Jesus Christ. It is all about our relationship with him and his Church, which is his mystical body. Christ saves us through him. The experience of being a member of a family which has Jesus as its center - and living this conviction each day - is something every parent can provide, regardless of their level of theological sophistication or learning levels. Just “come and see,” as Jesus invites us.

Let us understand and believe that nothing can replace the influence of the example of a parent on the spiritual life of a child.





DO NOT doubt **But BELIEVE** **JESUS**

ST. THOMAS first speaks in the Gospel of John. In John 11:16, when Lazarus had recently died, and the apostles do not wish to go back to Judea, Thomas says: "Let us also go, that we may die with him."

John 20:24-29 tells how Thomas was sceptical at first when he heard that Jesus had risen from the dead and appeared to the other apostles, saying, "Except I shall see on His hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into His side, I will not believe." But when Jesus appeared later and invited Thomas to touch His wounds and behold Him, Thomas proclaimed his belief by saying, "My Lord and my God".

According to Syrian Christian tradition, Thomas was killed with a spear at St. Thomas Mount in Chennai on 3 July in AD 72, and his body was interred in Mylapore. Ephrem the Syrian states that the Apostle was killed in India, and that his relics were taken then to Edessa. This is the earliest known record of his death.

The Passing of Mary, adjudged heretical by Pope Gelasius I in 494, was attributed to Joseph of Arimathea. The document states that Thomas was the only witness of the Assumption of Mary into heaven. The other apostles were miraculously transported to Jerusalem to

witness her death. Thomas was left in India, but after her first burial, he was transported to her tomb, where he witnessed her bodily assumption into heaven, from which she dropped her girdle.

The hymns of ST. EUPHREM helps us to understand the aim with which ST. THOMAS had come to India as per the plan of the heavenly father, it goes as follows- "It was to a land of dark people he was sent, to clothe them by Baptism in white robes. His grateful dawn dispelled India's painful darkness. It was his mission to espouse India to the One-Begotten. Thomas works miracles in India, and at Edessa Thomas is destined to baptize peoples perverse and steeped in darkness, and that in the land of India."



Let us deepen our faith with the life of ST. THOMAS who obeyed the will of the Father and helped us to know our holy, mighty, immortal GOD.

**ST. THOMAS,
 PRAY FOR US**



My experience about catechism in these 12 years is excellent. When I was a young child the only thing I knew is that I'm a Christian and Jesus died on cross. But as I entered catechism so learned, I understood that Jesus died on cross for us for the forgiveness of our sins and that we may be saved. As I moved ahead in catechism, I gained more and more knowledge of Jesus Christ and understood that we should help others and share with each other whatever we have and should pray to God for the whole world and not only for oneself. I'm happy that now I would be able to share this knowledge about Jesus with others also.



Surya Thomas

St Joseph's Church, MC Road

From Head to Heart

In Faith Formation classes, I experienced the true Love of Jesus. We cleared doubts about our Faith during different sessions. Our teachers made sure the details are communicated well and the class is fun filled taking us one step closer to our faith and helping in understanding true Will & Love of our Lord Jesus Christ. During classes we were taught to proclaim the Gospel to others through our social interactions. Whenever given opportunity, I do proclaim gospel to my friends, so they can experience the true meaning of being a Christian.



Jeevan Stanly Pallikunnath

St. Alphonsa Forane Church, Kalewadi, Pune

From Head to Heart - Faith Formation is about Experiencing Jesus and not just memorizing lessons.

Faith formation is spiritual training. As kids we are introduced and nurtured in our Catholic Faith. We became familiar with teachings of Jesus and the Church teachings. Faith formation lays the foundation of our spiritual journey. The chapters we learn during faith formation classes inculcates the values of empathy, resilience, respect for everyone and the ability to follow our conscience. In this fast moving world, where people are in competition for wealth, power, status and so on..., Faith formation helps us to reflect about our lives and keep our Faith strong to lead a Christian life.

Faith formation is not only about prayers and spiritual learning, but also teaches us to face difficult times with inner spiritual strength. During the recent pandemic, the entire world came to a standstill. This was also a time when it was very easy to get away from the Church as there was no Holy Qurbana or Catechism classes. Prompt arrangement of online mass, online catechism classes, various online activities arranged ensured we were very much in touch with God and his merciful Love.

Our loving Jesus has protected my family, especially my old grandparents during this pandemic and my near and dear ones too. To summarize- Faith formation is more than a subject to be taught. It is an invitation to a way of life.

Joseph Jithu

Carmel Parish, Vadagaonsheri, Pune.



PERSONAL REFLECTION



Joel Joseph

Mary Matha Church,
Kamothe

I find it really interesting to participate in seminars and camps conducted by the Diocese. While attending one such session, a senior asked everyone, "What is the greatest joy you have about being a Catechism student?" Someone responded, "The opportunity to get closer to Jesus Christ". It sounded a bit dramatic but in reality this is the privilege we get as a Catechism student. Faith formation is a lifelong process of getting closer to him.

As students, we are going to be busy from the month of June. Let us start each day with at least 10 minutes prayer. Fortunately, each floor of our school has Bible verses written on the walls. Nurturing Faith formation through the power of Biblical stories and testimonies help us to build a foundation of our Faith.

The task of Faith Formation is to present Christ as Son of God, friend, guide and model who can not

only be admired but also be imitated. Faith formation should be more about faith practices. Those practices don't live on the pages of a book but in our hearts which reflect through the good deeds and actions we do. Faith is not another program or activity; it is the system that makes everything more meaningful.

There are lots of apprehensions and questions for Youth as they step into adolescence. With the help of spiritual leaders and teachers we should try to clear up our doubts otherwise we may feel lost. We require definite answers to Faith related doubts to build our relationship with God.

Faith formation is equipping people to live as disciples of Jesus. It informs, forms and transforms a youth into a robust Christian faith. "Preach you may but practice you must" As the proverb says we must practice our faith. May God help us all to live in faith.

TRUSTING IN GOD NO MATTER WHAT

Kevin Jose

Kristuraj Church, Marol

God has provided us with so much knowledge on how to lead a good, loving and meaningful life through the Bible, his son Jesus's teachings and his death and resurrection which also saved us from the shackles of sin. We have everything we need, to call ourselves as God's children - only if we actually believe in the things that are taught to us.

In today's world, we see people from different faiths are blessed by our Lord despite having only a limited knowledge about Jesus. So, the question arises, how are these people different from us who are literally chosen by him to be a part of his family? The answer is simple - they have 'Faith' in their hearts which many of us lack.

It's hard to have Faith when there is so much suffering and pain in this world, but God teaches us that he has a plan for all of us and that this material world is not the end and that we also have eternal life filled with joy and love if we just surrender ourselves to God because that's what Faith is all about - its accepting that you don't know everything and that God will always be there to help, guide and protect you.

We're quite lucky that we've got the opportunity to learn about God with the help of our Church and family. And once you've completely placed your trust in God and in his kindness, you can go out in the world and teach others about his infinite love for us.

Connect Right in Faith



Shiny Varied Ajimon
St. Thomas Church, Mira Road

“For we walk by Faith, not by sight” - 2 Corinthians 5:7

We have successfully completed two years of online Catechism classes and these two years taught us that ‘different’ can be exciting, exacting and yet rewarding. It has no doubt added another interesting dimension to the way we Catechism Teachers impart our Faith to the children. The tools that we adopted are here to stay and will undoubtedly enrich our physical classes. While we are all excited and happy about going virtual and digital, for us teachers it will always be ‘Work in progress’ & ‘Learning new ways to keep students interested’. We can use this time before the new academic year kickstarts to reflect on how we can bring a newness to the way we interact, add fresh perspectives to the content and innovate ways of sharing.

It is imperative that we connect with the students well as with every new batch we find the students are sharper and are armed with smarter questions. To begin with we should be ready to ‘Unlearn’, ‘Learn’ and then ‘Share’. The means adopted to impart Faith should be distinctly different from conventional teaching methods. We should start by questioning ourselves whether we are able to create an interest in the children in the topics that are being discussed or shared. We should realize that today’s children are facing multiple challenges and cannot be compared to our times where there were lesser distractions. Children today are living a fast-paced life and are juggling with different pressures. Besides the academic and extra-curricular classes, they, especially the youth, must deal with the peer pressure to be ahead in their knowledge about the latest trends on social media, latest gadgets, contemporary music, trending games etc. Amidst all this it would be imaginably difficult for them to pay attention to a topic which may seem extremely boring. Here is where our connect with them will come into play – when we establish a good connect with the students, we will immediately sense their disinterest and their inability to relate to the subject.

We should try creating an interesting and relatable context and then introduce the topic. Draw parallels to practical situations, more importantly the ones that the current generation can relate to, where it is easier to imagine

themselves in. It is also very important for us to know the current threats to our Faith, at a global and national level, the theories that are taking the current generation away from our Faith and how certain sections of the secular world are projecting our Catholic Values. We must be aware of these universal notions that are shaping the personalities and thought processes of our youngsters. We must prepare our students to comfortably face these challenges and hence ensure to give them examples from the real incidents around us. The textual content in the book must be translated to real life scenarios to help them understand that these are not just theories to be learnt by rote and later reproduced for exams but are values that can be practiced to positively evolve their personal and professional life.

Encourage students to ask questions. We will realize that these questions are a way to know ourselves and the students better. We may sometimes be stumped by their questions and may feel the need to research and then answer. Other times these questions provide us insights about the students, their deeper thoughts, aspects that are probably blocking the growth of Faith etc. which will then help us to tweak our method of sharing, bring in added conviction or add more insights.

Some of the other methods to make a class interesting is to make groups and conduct quizzes, skits, debates etc., helping them absorb and own the content in the process. During assessments, encouraging students to write as per their interpretation of the topic, rather than reproducing verbatim from the text is an effective way to assess their understanding of the topic.

“Be on guard. Stand firm in the faith. Be courageous. Be strong” – 1 Corinthians 16:13

All over the world our Faith is facing huge challenges and the children will need to rise in Faith and Grace to overcome them. It is therefore prudent to empower them with a strong foundation of Faith, through a process that is likeable, relatable, convincing, and interesting.

Wishing all a spiritually fruitful year ahead! God bless!



YOUTH IN THE CHRISTIAN PERSPECTIVE



Ida Sabu

St. Alphonsa Forane Church Vasai (West)

Children step in the youthful stage. It's a blooming time, a time to explore and develop themselves, a phase to develop into mature, strong person of moral values. It has been observed that the child fed with the essentials of faith, when he/she grows into a youth deviates from the faith, shows lack of zeal for prayer, participation in spiritual activities also deteriorates.

Every youth is precious and belongs to God "Isaiah 43:1". During the youthful days, one tends to go away from God. Children should be encouraged to speak of their faith, to share their testimonies, to read the bible, to reflect on it and obey it, giving emphasis to spirituality and not just acquiring good grades. At home, let the conversation be Christ centered, intervention of God in one's life etc... Initially let the elders take the lead in doing so, then the youth and kids can follow. Above all surrender the youth in the hands of the lord and pray for them. If a youth is going astray, let the other youths take the initiative to bring the lost sheep into the fold by loving, caring and sharing. So parents who earnestly pray for their children, will never go astray.

Let every youth strive not only to grow physically but in the grace of God. Lk. 2:52. "Jesus increased in wisdom and in years, and in divine and human favour."

Youthful days is the prime period between childhood and adulthood. When a seed is planted in the soil... manure, fertilizers etc are provided to the seed so that it grows into a plant/tree bearing fruit. Just like that youthful days are blooming period where one finds meaning to one's life and to others too. If the faith of the youth

is strong in the Lord he/she will not be deterred when temptations set in.

Dear youth consider yourself to be the light of the world so as to spread the light of Christ to others through your presence, words and actions. Matthew 5:14.

Above all that parents must give Jesus to their children because Jesus is the treasure, a precious treasure. Jesus should be born in their lives and in their hearts. Its not enough to know about Jesus through the books but one should have an utmost desire to experience Jesus within your heart. Jeremiah 33:3 "Call to me and I will answer you and I will tell you great and hidden things you have not known".

When Jesus becomes the hero of one's life, transformation is bound to happen. The youth who have encountered and tasted the Lord, will never deviate from Christ/ Church. They will be instrumental in leading others to Jesus. The church/ world needs such vibrant, zealous youth to spread the message of the gospel. "Go into all the world and proclaim the good news to the whole creation." Mk 16:15.

Parents should pray for the sanctification of their children. Prayer is the only weapon through which they can overcome the wiles of the evil one. When the Holy Spirit is their teacher, advocate, rest is assured. "Your children will be taught by the Lord and in all that they do, will prosper." Isi. 54:13.

Remember "You did not choose me but I choose you. Jn 15:16." So God has chosen you to work in his vineyard. So gear up yourself with the armour of God and be ready for the mission. Get, Set, Go.



LISTEN TO YOUR Heart



Celene Ciby

Sacred Heart Forane Church, Malad (W)

We often say 'listen to your heart'. Now the rhetorical question here is, 'whether we receive Jesus in our heads or our hearts? What impact does it have in our faith formation?'

I can surely answer these questions for myself. I still remember the first time I received Jesus. Seemingly on the outside, it was just a thin, wheat bread dipped in sacramental wine. But the nanosecond it touched my tongue, I experienced and felt that something was different. During the preparation, priests and sisters told me Jesus will be entering my heart and my body thereafter will become a temple of the Holy Spirit. At first, I was somewhat sceptical but on the day of my communion, my faith was reassured.

I found my anchor, comfort, solace and hope in the lord. Reading the Holy Bible 2-3 times a day was a ray of hope for me. During the Holy Mass, whether I'm standing in the choir or sitting in the nave when the celebrant lifts the bread and the chalice in remembrance of the sacrifice Jesus offered at calvary, while the hymn 'karthavil njan dhruthamai sharanpettu' is chanted, I offer my everything at the altar. Be it the highs and lows of my life, my family, friends, career, happiness, sorrow, every single thing. And this fills my soul up to the brim with a sense of security, love, peace and serenity one can only experience after devoutly offering a Mass.

I realized that there isn't going to be any sudden miracle in my life when I'm sitting idle, I realised that Jesus makes each day an epiphany for me! Each day has its share of love, sorrow, hardships, failures, success and a lot of other life lessons. I got to create my epiphany moment and I observed significant improvement in my moods when I took joy in the tiniest of joys through the lord and how it filled my life with more splendid and vibrant hues. These are some practical ways in which I experienced Jesus in my life.

In schools and colleges, we emphasize on flipped classrooms, experiential learning and practical work. So why not in church? Yes, theoretical knowledge is important, but have you ever thought about going beyond your catechism textbook to experience the love of God practically rather than just memorizing the textbook material?

Remember, always trust in god's divine providence and love. Never lose faith. Having incredible faith doesn't mean you are scared, it rather shows how ready you are to overcome the obstacles with gods grace. I am a student of science and I can urge you, most of the science-cy people, let Jesus into your life to experience the lord's love and grace practically.



What I Think About Catechism



Anisha Vadassery
 St. Joseph's Church, M.C Road

Most Christians to teach children about Jesus are sending them for Catechism. It's not necessary that learning always has to include punishments, scolding, and loads of homework – and I learnt that when I started going for Sunday classes.

Lots of bonding and interaction, making new friends, loads of mischief, along with a ton of fun – these aspects together form a part of Catechism. Not just learning about Biblical figures but getting to know more about various values and virtues forms a major part of Sunday class.

When all of us had to submit to the new

Coronavirus norms around two years ago, I was sure that Catechism would take the backseat. But I was wrong! Our online classes were a completely different level of enjoyment. The so-called 'network issues', the virtual interaction, and the digital learning – all of this was simply exhilarating!

Every Sunday, we proudly sing our Sunday school anthem at the top of our voices, and that's when we proclaim who we are – children of one God. But the best part about Catechism is that each moment is special!



Fruits of Holy Spirit

I have always liked catechism classes. During the years of catechism, my favourite topic is 'Fruits of Holy Spirit'. Catechism classes have helped me to receive these Fruits.

I felt joy and peacefulness in every small thing I do. When my parents came back from their job stressed and tired I stopped disturbing them. Once my catechism teacher explained that it is good to wait patiently for good to come, I started to practice patience. Before I was always hasty. I also practiced self-control on my anger, and became kind, generous and gentle hearted.

All these changes were noticed by others and they started praising me and my parents. I want to thank catechism classes and my teachers for helping me improve my behavior.



Jeswin Joseph Eldhose
 St. Joseph's Church, M.C Road

FAITH GOES RIGHT WITH ME THROUGHOUT MY LIFE!

Tina Sony

Kristuraj Parish, Marol

'Go to church on Sunday's or else you will be punished.'

'Say your daily prayers as you get up or else whatever you do the entire day will go wrong.'

'Go for a retreat or else the devil will tempt you to do wrong and you fall into a bad company.'

The list is never ending. These are the threatening sentences we kept hearing from our childhood .

Growing up, hearing all this made no sense. With some experiences I started knowing my friend Jesus in a different way. I always had a good relation with my Lord from childhood talking to him and getting his answers from the Holy Bible. I always understood that my Lord is not a scaring person, rather I have learnt nobody can be as forgiving as he does.

Many a times instead of bringing our children closer to God we scare them away with all this kind of worthless ideas. Instead, we should be showing the good sides of our Lord who just teaches us with two equations of life that is, to love our enemies and forgive others .

You will experience the presence of God in form of good friends always around you to protect you like guardian angels if you follow two simple things in your life. Learn to 'Let go things'. Teach kids the same thing by being a role model practising the same in your own family.

Today's generation need a lot of understanding as they are actually undergoing lots of stress and pressure from the younger age due to pressure from studies, peer group and various competitions. Teach the kids what the holy Bible says

“TRUST IN THE LORD with all your heart ; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.”-Proverb 3: 5-6

From Head To Heart - Experiencing JESUS

Sumesh Pallikunnath

St. Joseph's Church Airoli

Christ sent forth the apostles he had chosen, commissioning them to proclaim the gospel: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age.

This treasure, received from the apostles, has been faithfully guarded by their successors. All Christ's faithful are called to hand it on from generation to generation, by professing the faith, by living it and by celebrating it in liturgy and prayer. The name catechesis was given to the totality of the Church's efforts to make disciples, to help men believe that Jesus is the Son of God so that believing they might have life in his name, and to educate and instruct them in this life, thus building up the body of Christ.

CCC1693 Christ Jesus always did what was pleasing to the Father, and always lived in perfect communion with him. Likewise Christ's disciples are invited to live in the sight of the Father "who sees in secret," in order to become "perfect as your heavenly Father is perfect."

CCC1698 The first and last point of reference of this catechesis will always be Jesus Christ himself, who is "the way, and the truth, and the life."

The prerequisite for a Catechist is that he/she needs to have Jesus within him/her and only then he/she can give Jesus to the Children.

Catechists need to spend quality personal time with the LORD invoking His abundant mercies and infinite grace. Surrender your students to the foot of the cross and uphold them in your daily prayers . Cling onto Jesus , Hold Onto His promises and follow His Commands, Mathew 28:20 and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.

Interesting Facts about St Thomas

Fact 1

He is the Patron Saint of Architects, Builders

Fact 2

He is said to have been sent as an architect to build a great palace for Gondoforus the King of the Indies.

Fact 3

He is the Patron Saint of India

Fact 4

Thomas was also called the Twin (Didymus)

Fact 5

Thomas the Apostle undertook to preach in Persia and India

Fact 6

Saint Thomas is represented in Christian Art with a builder's square

Some more interesting Trivia:

He was a dedicated follower of Christ. When Jesus said He was returning to Judea to visit His sick friend Lazarus, Thomas immediately exhorted the other Apostles to accompany Him on the trip which involved certain danger and

possible death because of the mounting hostility of the authorities.

At the Last Supper, when Christ told His disciples that He was going to prepare a place

for them to which they also might come because they knew both the place and the way, Thomas pleaded that they did not understand and received the beautiful assurance that Christ is the Way, the Truth, and the Life.

St. Thomas is best known for his role in verifying the Resurrection of his Master. Thomas' unwillingness to believe that the other Apostles had seen their risen Lord on the first Easter Sunday.

Eight days later, on Christ's second apparition, Thomas even put his fingers in the nail holes and his hand into Christ's side. After verifying the wounds were true, St. Thomas became convinced of the reality of the Resurrection and exclaimed, "My Lord and My God," thus making a public Profession of Faith in the Divinity of Jesus

St. Thomas is also mentioned as being present at another Resurrection appearance of Jesus - at Lake Tiberias, when a miraculous catch of fish occurred.

Tradition says that at the dispersal of the Apostles after Pentecost this saint was sent to evangelize to the Parthians, Medes, and Persians. He ultimately reached India, carrying the Faith to the Malabar coast, which still boasts a large native population calling themselves "Christians of St. Thomas."

Following his death, some of his relics were taken to Edessa while the rest were kept in what is now known as India. They can still be found within the San Thome Basilica in Chennai, Mylapore, India.

The relics taken to Edessa were moved in 1258 to Italy, where they can be found in the Cathedral of St. Thomas the Apostle in Ortona, Italy. However, it is believed that Saint Thomas' skull rests in the Monastery of Saint John the Theologian on the Greek Island Patmos.

In art, Saint Thomas is commonly depicted as a young man holding a scroll, or as a young adult touching the resurrected Christ's wounds.



Saint Thomas was mentioned in several texts, including one document called The Passing of Mary, which claims then-apostle Thomas was the only one to witness the Assumption of Mary into heaven, while the other apostles were transported to Jerusalem to witness her death. While the other apostles were with Mary, Thomas was left in India until after her first burial, when he was transported to her tomb and he saw her bodily assumption into heaven, when her girdle was left behind. Thomas and the girdle were often depicted in medieval and early Renaissance art.

Compiled by:

Core Team, Department of Catechesis



ദൈവം മാത്രം പരിശുദ്ധൻ



മാർ തോമസ് ഇലവനാൽ
കല്യാൺ രൂപതയുടെ മെത്രാൻ

കാർമ്മികന്റെ, വി. കുർബ്ബാന വിശുദ്ധ ജനത്തിനുള്ളതാകുന്നു എന്ന, പ്രാർത്ഥനക്ക് പ്രത്യുത്തരമായി ഏക പിതാവ് പരിശുദ്ധനാകുന്നു, ഏകപുത്രൻ പരിശുദ്ധനാകുന്നു, ഏക റൂഹാ പരിശുദ്ധനാകുന്നു എന്ന് സമൂഹം ചൊല്ലുന്നു. അങ്ങനെ ദൈവത്തിന്റെ പരിശുദ്ധിയെ പ്രകീർത്തിക്കുന്നു. ദൈവം മാത്രമാണ് പരിശുദ്ധനെന്നും അവിടുത്തെ പരിശുദ്ധിയിൽ പങ്കുചേരുന്ന തോതനുസരിച്ച് നമ്മൾ പരിശുദ്ധരായിത്തീരുന്ന എന്നും ഈ പ്രാർത്ഥന നമ്മെ ഓർമ്മിപ്പിക്കുന്നു. അതുകൊണ്ട് അവിടുത്തെ പരിശുദ്ധിയിൽ പങ്കുചേരാനുള്ള ക്ഷണമാണിത്. “നിങ്ങൾ പരിശുദ്ധരായിരിക്കുവിൻ, എന്തെന്നാൽ നിങ്ങളുടെ ദൈവവും കർത്താവുമായ ഞാൻ പരിശുദ്ധനാണ്” (ലേവ്യർ 19:2). വി. പത്രോസ് നമ്മെ അനുസ്മരിപ്പിക്കുന്നു : “നിങ്ങളെ വിളിച്ചവൻ പരിശുദ്ധനായിരിക്കുന്നതുപോലെ എല്ലാ പ്രവൃത്തികളിലും നിങ്ങളും പരിശുദ്ധരായിരിക്കുവിൻ” (1 പത്രോ. 1 : 15).

ദൈവത്തിന്റെ പരിശുദ്ധിയിൽ പങ്കുചേരുന്ന

മാമ്മോദീസായിലൂടെയാണ് ദൈവത്തിന്റെ പരിശുദ്ധിയിൽ നമ്മൾ പങ്കുകാരാകുന്നത്. ത്രിത്വൈകദൈവത്തിന്റെ നാമത്തിലാണ് നമ്മൾ മാമ്മോദീസ സ്വീകരിച്ചത്. ത്രിത്വൈക ദൈവത്തിന്റെ പരിശുദ്ധിയിലുള്ള നമ്മുടെ ഭാഗഭാഗിത്തമാണ് നമ്മെ പരിശുദ്ധരാക്കുന്നതെന്നും വി. കുർബ്ബാന സ്വീകരണത്തിന് നമ്മെ അർഹരാക്കുന്നതെന്നും ഈ പ്രാർത്ഥന നമ്മെ ഓർമ്മിപ്പിക്കുന്നു. അതോടൊപ്പം വി. കുർബ്ബാന സ്വീകരണത്തിലൂടെയാണ് നമ്മൾ ത്രിത്വൈക

ദൈവത്തിന്റെ പരിശുദ്ധിയിൽ പങ്കുകാരാകുന്നതെന്നും ഇവിടെ നമ്മൾ ഏറ്റുപറയുന്നു.

പ. പിതാവ് ബനഡിക്ട് പതിനാറാമൻ മാർപ്പാപ്പ അനുസ്മരിപ്പിക്കുന്നതുപോലെ വിശുദ്ധി എന്നത് കുറെ സത്പ്രവർത്തികൾ ചെയ്യുന്നതിലൂടെ നമ്മൾ നേടിയെടുക്കുന്നതല്ല, മറിച്ച് എല്ലാ നന്മകളുടേയും വിശുദ്ധിയുടേയും ഉറവിടമായ ദൈവത്തെ സ്വന്തമാക്കുന്നതിലൂടെ നമുക്ക് ലഭിക്കുന്നതാണ്. അതുകൊണ്ട് വി. കുർബ്ബാന സ്വീകരണത്തിനു മുമ്പായി “ഏകപിതാവ് പരിശുദ്ധനാകുന്നു...” എന്നുള്ള പ്രാർത്ഥന ഈ സത്യം നമ്മെ അനുസ്മരിപ്പിക്കുന്നു. ദൈവത്തെ സ്വന്തമാക്കുന്നതിലൂടെയാണ് നമ്മൾ വിശുദ്ധരായിത്തീരുന്നത്.

അങ്ങിനെ ദൈവത്തിന്റെ പരിശുദ്ധിയിൽ നമ്മെ പങ്കുകാരാക്കി നമ്മെ വിശുദ്ധീകരിക്കുന്ന നിമിഷങ്ങളാണ് വി. കുർബ്ബാന സ്വീകരണത്തിന്റെ സമയം. വി. കുർബ്ബാന സ്വീകരിക്കാൻ ഒരുങ്ങി നില്ക്കുന്നവരെ ദിവ്യരഹസ്യങ്ങളിലേക്ക് ക്ഷണിക്കുന്ന ആഹ്വാനമായിട്ട് ‘വി. കുർബ്ബാന വിശുദ്ധജനത്തിനുള്ളതാകുന്നു’ എന്ന ആഹ്വാനത്തേയും അതിന്റെ മറുപടിയായ പ്രാർത്ഥനയേയും മനസ്സിലാക്കാം.

നീ ഭയം ജനിപ്പിക്കുന്നവനാകുന്നു

‘ഏകപിതാവ് പരിശുദ്ധനാകുന്നു’ എന്ന സമൂഹത്തിന്റെ പ്രത്യുത്തരത്തിനുശേഷം പ്രധാനപ്പെട്ട തിരുനാളുകളിൽ ചൊല്ലാനായി നല്കപ്പെട്ടിരിക്കുന്ന ‘ദഹീലത്ത്’ എന്ന പ്രത്യേകഗീതം ഇവിടെ ചൊല്ലുന്നു. ഈ ഗീതത്തിന്റെ സമയത്ത് മദ്ബഹ

വിരി ഇടാനും നിർദ്ദേശമുണ്ട്. 'ദഹീലത്ത്' എന്നാൽ 'നീ ഭയം ജനിപ്പിക്കുന്നവനാകുന്നു' (സങ്കീ. 47:2; 68:35) എന്നാണ് അർത്ഥം. നമ്മൾ സ്വീകരിക്കുവാൻ ഒരുങ്ങുന്ന ദിവ്യരഹസ്യങ്ങളുടെ ഔന്നത്യവും രഹസ്യാത്മകതയും ഇതിലൂടെ ഉദ്ഘോഷിക്കുകയാണ്. അതോടൊപ്പം ഭക്തിയാദരങ്ങളോടെ ദിവ്യരഹസ്യങ്ങൾ സ്വീകരിക്കാൻ ഇത് നമ്മെ ഒരുക്കുകയും ചെയ്യുന്നു.

ജീവിക്കുന്ന ദൈവം

തുടർന്ന്, 'ജീവിക്കുന്ന ദൈവത്തെ നിങ്ങൾ പ്രകീർത്തിക്കുവിൻ' എന്ന് ശുശ്രൂഷി ആഹ്വാനം നടത്തുന്നു. നമ്മുടെ ദൈവം സജ്ജീവനും ജീവദായനുമാണ്. അവിടുന്ന് 'ജീവിക്കുന്നവരുടെ ദൈവമാണ്' (മത്താ. 22:32). വി. പത്രോസ് ഈ വിശ്വാസം ഏറ്റുപറഞ്ഞു: "നീ ജീവനുള്ള ദൈവത്തിന്റെ പുത്രനായ ക്രിസ്തുവാണ്" (മത്താ. 16:16). അതുകൊണ്ട് "എല്ലാ മനുഷ്യരുടേയും, വിശിഷ്ടാ വിശ്വാസികളുടേയും രക്ഷകനായ ജീവിക്കുന്ന ദൈവത്തിലാണ് നമ്മൾ പ്രത്യാശയർപ്പിച്ചിരിക്കുന്നത്" (1 തിമോ. 4:10). സജ്ജീവനായ ഈ ദൈവം നമ്മോടു കൂടെയുണ്ട്. വി. കുർബ്ബാന ഒരു സജ്ജീവരഹസ്യമാണ്. അത് കഴിഞ്ഞുപോയ രക്ഷാകരചരിത്രത്തിന്റെ വെറുമൊരനുസ്മരണം മാത്രമല്ല, മറിച്ച്

ഈശോയുടെ മരണത്തിന്റേയും ഉത്ഥാനത്തിന്റേയും രക്ഷണീയസംഭവങ്ങൾ അൾത്താരയിൽ സജ്ജീവമായി സന്നിഹിതമാക്കപ്പെടുകയാണ്.

സജ്ജീവസാന്നിദ്ധ്യം

അതുകൊണ്ട് വി. കുർബ്ബാന സജ്ജീവവും ജീവദായകവുമായ രഹസ്യങ്ങളാണ് എന്ന് നമ്മൾ ഓർത്തിരിക്കണം. ബാഹ്യമായ കണ്ണുകൾ കൊണ്ട് നമ്മൾ കാണുന്ന വെറും അപ്പത്തിൽ സജ്ജീവനായ ദൈവത്തിന്റെ സാന്നിദ്ധ്യമുണ്ടെന്ന് നമ്മൾ വിശ്വസിച്ചേറ്റു പറയുന്നു. വി. കുർബ്ബാനയിലൂടെ നമ്മോടു കൂടെയുള്ള ദൈവത്തിന്റെ സജ്ജീവ സാന്നിദ്ധ്യത്തെക്കുറിച്ച് നമുക്ക് ബോധ്യമുണ്ടായിരിക്കണം. ഈ ദിവ്യരഹസ്യം സ്വീകരിക്കാൻ നമ്മെ യോഗ്യരാക്കുന്ന ദൈവത്തെ സ്തുതിക്കാനാണ് ശുശ്രൂഷി ആഹ്വാനം ചെയ്യുന്നത്. വി. കുർബ്ബാന വെറും അപ്പമല്ല സജ്ജീവനായ ദൈവത്തിന്റെ സാന്നിദ്ധ്യമാണെന്ന സത്യം നമ്മൾ എപ്പോഴും ഓർത്തിരിക്കണം. അതുകൊണ്ട് വി. കുർബ്ബാനയെക്കുറിച്ചു പറയുമ്പോൾ വെറുതെ ഓസ്തി എന്നും അപ്പവും വീഞ്ഞും എന്നും പറയാതെ തിരുവോസ്തി എന്നോ തിരുശ്ശരീരരക്തങ്ങളെന്നോ ആണ് പറയേണ്ടത്.



God alone is Holy

Mar Thomas Elavanal
Bishop, Diocese of Kalyan

In response to the prayer of the celebrant 'Holy Qurbana is for the holy people' the people say 'God the Father alone is holy, the Son alone is holy, God the Spirit alone is holy'. Thus the community proclaim the holiness of God. This prayer reminds us that really God alone is holy and to the extent we participate in the holiness of God we become holy. Hence this prayer is an invitation to participate in the holiness of God. We read "be holy, for I, Yahweh your God, am holy" (Lev. 10:2). St. Peter reminds us "be holy in

all you do since it is the holy one who has called you" (1 Pet. 1:15).

We participate in the Holiness of God

It is through baptism that we participate in the holiness of God. We have been baptized in the name of Holy Trinity. This prayer reminds us that our participation in the holiness of Holy Trinity make us holy and worthy to receive Holy Qurbana. So too we acknowledge that it is through our Holy Communion that we share in

the holiness of God. So the moment of our reception of the Holy Communion is the time of our sanctification through the participation in the life and holiness of God. This proclamation of the celebrant and the response of the community can be understood also as an invitation for those who are prepared, to come and participate in the Holy mysteries.

You Beget Fear

After the response of the community “God the Father alone is holy” there is the special hymn called ‘Da Heelath’ to be sung by the community on important feast days. According to the rubrics the sanctuary veil is to be closed during this hymn. ‘Da Heelath’ means you beget fear (Ps. 47:2, 68:35). This hymn proclaims the sublimity and mysterious nature of the Mysteries we receive. So too, it prepares us to receive the divine mysteries with proper fear and devotion.

The Living God

The deacon makes the proclamation saying ‘Let us praise the living God’. Our God is the living and life giving God. He is God of the living (Mt. 22:32). St. Peter proclaimed this faith “You are Christ, the Son of the living God” (Mt. 16:16). St. Paul says ‘we have put our trust

in the living God and he is the saviour of the whole human race but particularly of ‘all believers’ (1 Tim. 4:10). This living God is with us in the Church, and the Eucharist is a living mystery. It is not merely a commemoration of a past history. But in the Eucharist the redemptive acts of Jesus’ death and resurrection are made a living reality of the present.

The Living Presence

Hence we should always have in mind that Eucharist is a living and life giving mystery. We strongly believe and proclaim our faith that there is a living God present in what we see with our human eyes, as an ordinary bread. We should have deep conviction about Jesus’ true and living presence with us in the Eucharist. Here the deacon invites us to praise God who makes us worthy to receive this sublime mystery. Hence we should all have in mind that Eucharist is not an object but the person of Jesus and His living presence. Hence when we speak about Eucharist we should not use merely such terms as ‘host’ ‘bread and wine’ but rather ‘Sacred Host’ or ‘Sacred Body and Blood’ because Eucharist is God’s Living presence.

LIFE Corner



Every day over 1,50,000 babies are killed by abortion worldwide. Only the hand of God can end this massacre. Prayer is the best weapon to help them - the most effective.

After the US Supreme Court legalized abortion in 1973, Venerable Archbishop Fulton J. Sheen wrote a prayer to let the faithful know that we are not powerless against anti-life forces. It was this prayer of Spiritual adoption. Since then, millions of people have prayed this to protect babies in the womb from the danger of abortion.

Eva Pro-life invites you to spiritually adopt unborn babies and to pray for their lives for the next 9 months.

May Jesus Christ, the Author of Life, bless us all.

Prayer for Spiritual Adoption

Jesus, Mary and Joseph, I love you very much, I beg you to spare the life of (baby's name), the unborn baby that I have spiritually adopted who is in danger of abortion.

—Venerable Archbishop Fulton J. Sheen

(Say this prayer everyday for 9 months)

Spiritual adoption date:

Birth date:



evaprolife@gmail.com
 24/7 helpline #7304777437



Bennita Bineesh

St Antonys Church, Khopoli



Ann Manoj

Sacred Heart Church,
Bhayander



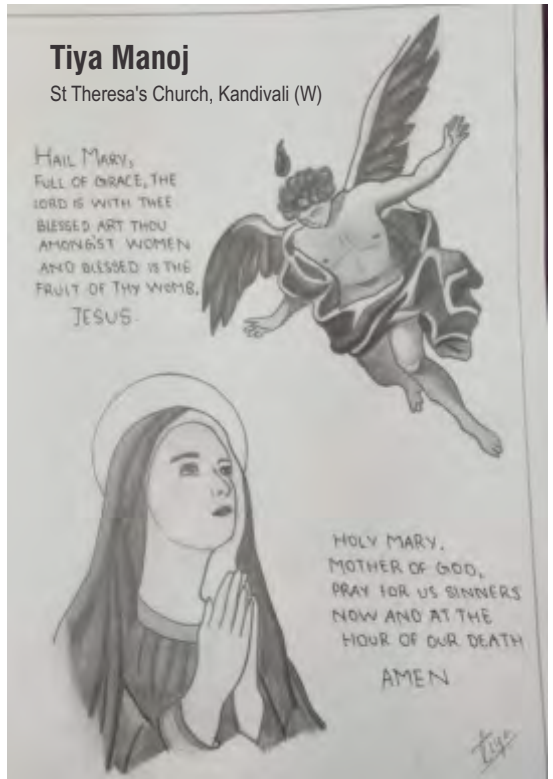
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Sacred Heart Forane Church, Malad West



Eva Shaison

St Joseph's Church, MC Road



Tiya Manoj

St Theresa's Church, Kandivali (W)

John Joby

St. Theresa's Church, Kandivali (w)



Juvana Joby

St. Theresa's Church, Kandivali (w)



Amy Fredy

Sacred Heart Forane
Church, Malad West



Surya Thomas

St Joseph's Church,
MC Road

1st Death Anniversary



Mr. V.A. Michael (our beloved Papa)

Left us on 7th June 2021

We Miss You.

Remembered by: Ammini Michael,
Lovely, Jolly, Blessen, Deena,
Grace, Yanik, Joshua & Aayana

Remembrance

10-04-2022

*A Smile for all and a heart of gold, One of the best this world could hold.
Never selfish, always kind. A beautiful memory left behind*

Fondly remembered

Wife: Tressa Varghese

Daughter: Annie P.K.J. Varghese

Son-in-law: P.K.J. Varghese

Grand Children: Jose Varghese, Justin Varghese

Son: Shaji Varghese

Daughter-in-law: Indira Shaji

Grand Child: Krish Shaji

Son: Bravi Varghese

Daughter-in-law: Eliya Pinky Bravi

Grand Children: Dollina Bravi, Jude Bravi

Son: Joseph Varghese

Daughter-in-law: Jessy Joseph

Grand Children: Joel Joseph, John Joseph



K.V. VARGHESE

Born: 20-10-1937

Died: 10-04-2022

1st Death Anniversary

*Our heart and soul will always
be wounded by your loss.
It has been a year
since you said goodbye to all of us.
We miss you in our own special way.*

Fondly remembered by

Wife: Agnes Mathew

Daughter: Rashmi & Swapna

Son-in-law: Bijoy & Joe

Grand Children: Ryan, Natasha,
Niharika



P.P. MATHEW
Date of Death: 1st June, 2021

50th Wedding Anniversary
17th May, 2022

Chakkunni and Lilly

With lots of love

**Bijoy, Joble, Sharlet, Reinette
Lijoy, Dimple, Gabriel, Rafael
Cijoy, Diana, Christina**

Amala Matha Church, Mulund



Solemn Holy Communion
15th January, 2022

Christina Chowalloor
Amala Matha Church, Mulund





3rd Birthday in Heaven

20-06-2022

*"I am the Resurrection and life;
Whoever believes in me, even if he dies will live."
(John 11:25)*

Dn. Jerine Joyson Chittilapilly

Born on: 19-06-1992

Ordained as Deacon: 13-04-2019

Abode on: 20-06-2019

*"Till memory lives and life departs,
you will live forever in our hearts.
We all love you dear, Three years since
you are away from us but closer to God."*

Fondly Missed & Deeply Remembered by:
Parents: **Joyson & Mary**; Sister: **Jusmi**
All Chittilapilly & Arikat Family Members,
Relatives & Friends



1st Death Anniversary

*Your loving memories will remain
in our hearts forever.*

Fondly remembered by

Mecherry Family

Mother: Alphonsa varghese

Wife: Princy Sobin

Daughter: Jiana Sobin

Sister: Sindhu Anthony

Bro-in-law: Anthony K.

Nephews: Chris & Shaunn

Sobin Varghese Mecherry

Born: 28.04.1982

Died: 10.05.2021

St. Thomas Forane Church, Borivli

1st Death Anniversary
27-06-2022



*"Those we love don't go away,
They walk beside us everyday,
Unseen, Unheard, but always near,
Still loved, still missed and very Dear..."*

*"Your love will light our way
Your memory will forever be with us."*

Kallukaran Devasy George

Born on: 07-11-1942

Born in Heaven: 27-06-2021

*Wife, Son, Daughters,
Son-in-laws & Grandchildren*

First Death Anniversary
20-5-2022

*You will be a light unto our feet
and a lamp unto our path
until we meet again.*



**Boban George
Marina George
Rohit George**

Rosa George, Thundiyl

Of Happiness ... Of Peace ...
Of Success ... To find new rays ...



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1st Death Anniversary

19/04/2022

You left us beautiful memories,
Your love is still our guide,
Although we cannot see You,
You are always at our side.
Your life was blessing,
Your memory a treasure,
you are loved beyond words and
missed beyond measure.

Children: Roy, Ruby, Reji

Son-in-law: Johnson

Daughters-in-law: Mini, Jessy

Grandchildren: Femi, Fetsi, Nhovin,
Allan, Allecia

Great-grandson: Ryan

Mrs. Chinnamma Mathews

Date of birth : 23/10/1938

Date of death : 19/04/2021



In loving memory of

*Mrs. Thresiana Johny
Puthanangady*

Those we love don't go away,
they walk beside us every day.

Unseen, unheard but always near,
still loved, still missed, and held so dear.

Loved and missed immensely by:

Husband: Mr. P.L. Johny (Mob.: 9221994799)

Children: Johnson & Bella

Joy & Teresa (Terry)

Irene & Charushil

Grandchildren: Angela, Chris, Nigel, Nancy & Tanisha

Birth: 24/02/1941

Death: 21/03/2022



1st Death Anniversary
03.05.2022



Papa, you were the best father anyone could ever have. The immense love you showered on us and lovely memories we shared is leading us ahead. You always counted the infinite mercies of the lord and then lord took you to heaven to sing praises to God.

Deeply missed and fondly remembered by:

Wife: Mrs. Jessie Johnson

Children: Anne-Sony, Jubin-Ansa

Grandchildren: Aaron, Ashlin, Johan

Johnson Philips | Birth: 11.12.1953 | Death: 03.05.2021

St. Thomas Cathedral Church, Kalyan (W)

First Death Anniversary

In the everlasting memory of,

DAVID ANTONY

(25 January 1953 to 17 May 2021)

*"A star that shines so bright,
has left behind a ray of light.
It has been a year that you have gone,
but so many memories to look upon"*

WE MISS YOU EVERY DAY.

✦ — Deeply missed and remembered by — ✦

Wife, Reena David

Daughters,

Jennifer David and Nikita David



50th Wedding Anniversary

21st May 2022

Prayerful best wishes to
Mummy and Papa

Cicily and Josy,
Dr. Shobha and Bennet,
Jose and Jitty Teresa,
Grandchildren:
Joshua, Christie,
Shaun, Brian,
Ethan and Nathan

**Antony Joseph Mannala &
Leelamma Antony**

St. Joseph Church, Airoli Parish

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 / irinejev221@gmail.com GOC202276100



Fair, 30 / 175 / 69 / P.G. Cert. in Robotics
 + B.E. Mechanical / Present working as
 Robotics Engineer, Canada / Parents
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THANKSGIVING TO ST. JUDE
 George Kurian — Kalyan (W)
 Wilson Joseph — Bhandup



KERYGMA 2022 PORTIONS:

Acts of Apostles	- 28 Chtrs.
1 Letter of St. Peter	- 5 Chtrs.
Hosea	- 14 Chtrs.
TOTAL	- 47 Chtrs.

"Those who die in the LORD will Live, their bodies will rise again."
 (Isaiah 26:19)



1st Death Anniversary

09/06/2022

Deeply Missed and remembered by:

Wife: Mariamma Chakkunny

Son: Melvin Chakkunny

Son: Broonal Chakkunny

Daughter-in-law: Michelle Broonal

Grandson: Jordan Broonal

Kannezhath Chakkunny Varkey
Birth: 15th September, 1949
Died: 9th June, 2021

St. Thomas Syro Malabar Church, Kalyan (W)



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25th JUNE 2022 SATURDAY

9.00 AM TO 4.00 PM



You will receive power when the Holy Spirit comes upon you ... Acts 1:18



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REV. FR. ANTONY PAYYAPPILLY VC
Divine Retreat center Kerala**

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- ❖ Confession
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REV. FR. ANTONY PAYYAPPILLY VC

2022 JUNE 27th Monday 05.00 pm to
30th Thursday 04.00 pm
At ARC Panvel

Venue: Animation and Renewal Centre (ARC)
Santhome Nagar, Kolkhe Village, ONGC PO, Panvel

For More Information Please contact: Tomy Thomas (Chairman-KCCRS) 9820482788 / George Anjil (Vice Chairman-KCCRS) 9869245337
Fr. Anoop Poyyaniyil, Director KCCRS

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JUNE

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KALYAN (W)

He breathed on them and said to them "Receive the Holy Spirit"
John 20:22

Contact : +91 98333 80283 / 77670 52050