



Our Lady  
of the  
Visitation  
Church  
NERUL  
NAVI MUMBAI

A Peep into Nerul Parish  
**Reach Out**  
FOR PRIVATE CIRCULATION ONLY  
VOL.-XXIV, No.-3, December 2025  
Parish Newsletter



### Green Cell - Advent Recollection and Bird Watch



### Advent Fiesta



### St Francis Xavier Feast Celebration



# Parish Priest Speaks.....



## Renewed Hearts, Restored Hope

- **Fr Sunil Tirkey, O-Pream**

Christmas is often wrapped in lights, carols, and familiar traditions. Yet, beyond the decorations and celebrations,

lies a message that speaks deeply to the human heart—a message of renewal, restoration, and hope.

The birth of Jesus did not take place in a palace or amid comfort and certainty. It happened in a humble manger, in the quiet of the night, among people who were weary, uncertain, and longing for deliverance. This alone reminds us that God enters our world not when everything is perfect, but precisely when it is fragile. Today, many of us carry silent burdens. Some are weighed down by broken relationships, unfulfilled dreams, financial pressures, illness, or a sense of spiritual dryness. Others feel tired from constantly giving without receiving, hoping without seeing results.



Christmas assures us that God is not distant from these realities. He comes close. He chooses to dwell among us. A renewed heart begins when we allow God to enter the messiness of our lives.

Renewal does not mean the absence of pain; it means the presence of Christ within it. Like Mary, we are invited to trust even when we do not fully understand. Like Joseph, we are called to choose faith over fear. Like the shepherds, we are reminded that God reveals Himself to the humble and the open-hearted. With renewed hearts comes restored hope. Hope is not simply optimism or wishful

thinking—it is the deep assurance that God is at work, even when we cannot see it. The star that guided the Magi continues to guide who overcomes darkness. This hope encourages us to rise again after failure, to

(Continued on pg.-02)

### PARISH SCHEDULE

**Confessions:** Everyday half an hour before Mass and on request

**Children's Sunday School:**

**8.00am** Catechism Classes for Class 1st to 11th is conducted at OLVC after the 8:00 am Mass

**Mass Schedule:**

**OLVC: Mon to Sat:**

**6:45am** Mass in English

**6:30pm** Rosary (Daily)

**7:00pm** Mass in English

**Note:** The 7pm mass on Saturday is an Anticipatory Mass

**Every Sunday:**

**8:00am** Children's Mass (English-OLVC)

**9:30am** Mass (English-OLVC)

**5:00pm** Mass (Konkani (OLVC)

**6:00pm** Mass (English (OLVC)

**4th Sunday: 6:00pm** Mass in Tamil

**Popular Devotions:**

**The Blessed Sacrament Chapel:** is open on all days from 6:00am to 11:00am and from 5:00pm to 8:00pm.

**Adoration on the First Friday:** is conducted after the 7:00p.m mass

**Every Wednesday after 7:00 p.m:** Novena to Our Lady of Perpetual Succour

**Every Friday after 7:00 p.m Mass:** Divine Mercy Novena

**Every Tuesday after 7:00 p.m Mass:** Praise & Worship by English Charismatic Prayer Group

**Church Office:**

**Weekdays:** 9:30am to 12:30pm and 4:00pm to 6:00pm

**Thursday & Sunday** Office will remain closed. (In an Emergency contact the Parish Priest)

**Parish Email:**

olvisitation.church@gmail.com

### REACH OUT TEAM

#### Reach Out

Parish Bulletin of OLVC  
Nerul, Navi Mumbai

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# Christmas Reflections: God's Love, Hope, and Renewal



**-Lourdes Ramachandran  
Immaculate Conception  
Community,**

As Christmas approaches, we reflect with gratitude on God's boundless love and mercy. Through the birth of Jesus, we are reminded that hope is renewed and hearts are transformed. Pope Francis beautifully reminds us, "Christmas is the feast of hope... the hope that God has for us."

This Christmas, let us allow God's love to renew our hearts—healing past wounds and restoring hope. Jesus' message of love,

forgiveness, and compassion calls us to share kindness, peace, and joy with everyone we encounter. May our hearts be filled with gratitude and gladness as we welcome Jesus, the Light of the world, and experience His transforming presence in our lives.

As Scripture tells us:

"For God so loved the world that He gave His only Son, that whoever believes in Him shall not perish but have eternal life." (John 3:16)

As we celebrate this holy season, may we renew our hearts and restore hope, shining Christ's light through our words and actions.

Wishing you a blessed and joyful Christmas.

## The Promise of Christmas

**- Michael Arasu  
St. Joseph Community**

The Joy and Hope of Christmas arrive each year like a gentle knock on the door of the human heart. It comes with a promise—quiet, humble, full of meaning and a powerful message that hearts can be renewed, and hope can be retrieved.

A renewed heart is not one that has never been hurt, but one that has been touched by grace of the infant Jesus. Christmas invites us to lay down bitterness, guilt, and despair, and to receive forgiveness, peace, and new beginnings. The light of Christ does not erase our past, but it redeems it. It gives meaning to our pain and transforms our scars into testimonies of hope.

Christmas assures us that hope is rooted in

a promise—that we are not alone. When the angels proclaimed "good news of great joy," they announced a hope that would outlast sorrow, injustice, and even death. This hope reaches into the darkest corners of our lives and whispers, "This is not the end."

In families, Christmas becomes a time of reconciliation. In hearts, it becomes a season of reflection. In communities, it becomes a call to love beyond boundaries. A renewed heart naturally overflows into acts of kindness, compassion, and generosity. When hope is retrieved within us, it is reflected through us. May weary hearts find rest, broken spirits find healing, and lost hope find its way home again.

"The light shines in the darkness, and the darkness has not overcome it." — John 1:5

(Continued from pg.-01)

## Renewed Hearts.....

forgive when it feels difficult, and to believe that our story is not finished. Christmas also calls us to become bearers of this hope. In a world wounded by division, loneliness, and indifference, our smallest acts of love matter. A kind word, a listening ear, an act of service, or a moment of prayer can become a reflection of God's presence to someone else. When we live with compassion and generosity, we allow Christ to be born anew through us.

As we celebrate this sacred season, may we

pause to make space for Him—not just in our homes, but in our hearts. May Christ renew what feels worn within us and restore hope where it seems lost. This Christmas, let us walk forward with renewed hearts and restored hope, confident that Emmanuel—God with us—continues to journey with our parish community today, and always.

WISH YOU ALL A SPIRIT FILLED  
CHRISTMAS & NEW YEAR

# God Does Not Need Us

- Sheldon Dsouza

Not our prayers.  
Not our Mass attendance.  
Not our decency,  
our morality, or our habits.

God is complete in Himself. If He needed us, He would not be God. That truth alone is already enough to unsettle a comfortable religion built on routine rather than wonder.

And yet—this God creates.

Christian faith has always insisted that love is not born of lack. Love is willing the good of another. To exist is good. Therefore, our very existence is already an act of love.

None of us earned it. None of us caused it. We are here because God willed that it should be so.

This becomes disturbingly concrete when we consider human life. Every person who comes into being does so because God directly wills that life into existence regardless of whether it was planned, welcomed, or convenient. Before we respond to God in

any way, He has already acted. Christmas goes further still.

**God does not need us -yet He comes anyway.**

The One through whom all things exist chooses to exist as one of us. The eternal enters time. The all-sufficient accepts dependence. Not to impress, not to reassure, and not to force belief—but to dwell within the very condition He did not have to share.

The child in the manger arrives quietly, to what already belongs to Him, fully aware that He can be ignored, reduced to decoration, or dismissed altogether. That, too, is part of the risk love takes when it is truly free.

This is why Christmas is not sentimental. It is searching. It asks an uncomfortable question of anyone content with inherited faith or religious routine: if God does not need us, yet has taken our humanity seriously enough to enter it—why do we so often treat our lives, and one another's, so lightly?



## Renewed Heart, Restored Homes

### From the Perspective of the Women's Cell

- Joyce Fernandez

This theme speaks of a profound spiritual transformation—one that begins within an individual woman and gradually flows into her family, her relationships, and her future. Healing is far more than the ability to survive pain; it is the grace-filled journey of becoming whole again. As Psalm 23 reminds us, restoration is not only possible—it is promised through Christ. Every day, women who have endured deep trauma take courageous steps toward freedom, dignity, and renewal. Their journeys—marked by tears, strength, setbacks, and victories—teach us that healing unfolds over time, one brave decision after another.

Scripture assures us in Psalm

34:18 that “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” With this hope, the renewing of the mind begins. Trauma may leave scars and whisper lies of shame, yet through patience, compassion, and God’s love, women begin to see themselves not as broken pieces, but as beloved daughters of God.



True healing restores life in its fullness—body, mind, and spirit moving together toward wholeness. As hearts are renewed, aspirations shift, attitudes soften, and lives align with God’s purposes. Intimacy with God becomes the anchor, and restored homes become living testimonies of His transforming love—a love that rebuilds, redeems, and makes all things new.

# Pre-Baptism Catechesis – October 2025

## **- Calist Urban Rosario**

Pre – Baptism catechesis, conducted on 12th, 13th, 19th and 20th October 2025, was attended by three couples and godparents. This course prepares parents and godparents for the baptism of the child, covers the religious significance of baptism and how to bring up children in true Christian faith explaining them role and responsibility of godparents. This course is compulsory before the baptism.

## **Immanuel and Uma Maheswari**

Attending the pre-baptism classes has been a deeply meaningful and spiritually enriching experience for us. The sessions helped us to understand the true essence of baptism and the sacred responsibility we undertake as parents in nurturing our child's faith. We learned that baptism is not merely a ceremony, but the first sacrament of initiation, a beautiful beginning to a lifelong journey of faith and communion with God.

Through the discussions, we reflected on what it means to grow in love, both as individuals and as a family rooted in Christ. The sessions reminded us that living our baptismal promises is a continuous commitment to walk in God's light, to love unconditionally, and to lead by example. We also realised how important it is to witness our faith to our children, not only through prayer and words, but through the way we live, forgive, and show compassion in our daily lives. We are truly grateful to the church and the Pre Baptism team for guiding us with such warmth and wisdom, and for helping us prepare our hearts to welcome our child into the community.

## **Rebecca and Sherwyn Jude Noronha**

The pre-baptismal course was a transforming experience that went far beyond preparation for a ceremony - it was a call to renewal, reflection, and responsibility.

**The first session**, growing in love, reminded us that faith begins in the quiet, ordinary moments of family life. Through discussions on commitment, shared values, and compassion we realized that love is not only emotion but a daily decision to nurture one another and build a home rooted in faith.

**The second session** helped us rediscover our baptismal promises, as living commitments that guide our choices. We were invited to bring Christ's presence into every space – our home through prayer and patience, our workplace through integrity, our social circles through kindness, and our leisure through gratitude. It became clear that baptism marks the start of a lifelong journey of discipleship, not a single day of celebration.

**The third session**, on witnessing to our children, moved us deeply. We spoke about how children learn faith not as much from lessons but from love, through how we speak, forgive, serve and hope. It challenges us to truly live what we wish to pass on. The final session along with godparents taught us about the significance of structure and symbols used during the baptism such as door, lectern, font, altar, oil, water, white garment, and candle. It opened our eyes on how these visible signs allow God's invisible grace into our lives. We are eagerly awaiting to bring our new born to Church and baptise our baby.



# A Celebration of Care and Compassion

In a spirit of compassion and care, a special Mass for the Sick, Aged, and Homebound was celebrated in our parish on 27th September 2025. This Mass was specially arranged by our Parish Priest, Rev. Fr. Sunil Tirkey, soon after the Feast of the Nativity of Our Blessed Mother, so that our sick, aged, and homebound parishioners could also share in the joy of the Feast Novena and the birthday celebration of Mother Mary.

The Eucharistic celebration was presided over by Rev. Fr. Anthony Fernandes, who had previously served as Parish Priest of our parish, and was concelebrated by Rev. Fr. Sunil Tirkey and Rev. Fr. Gabriel Xalxo, Spiritual Director of the Legion of Mary. It was a touching moment for many, as Fr. Anthony recognised several familiar faces among the congregation. With warmth and affection, he shared a few heartfelt words during the Mass, recalling fond memories and expressing his joy at seeing so many of the faithful, despite their frailty, gathered once again in prayer and thanksgiving.

At the request of our parish priest, the Legion of Mary took on the responsibility of organising this Mass, as they lovingly do each year on 11th February, the Feast of Our Lady of Lourdes, also observed as the World Day of the Sick. The Legion members worked with

dedication, preparing the liturgy, assisting during the Mass, and ensuring that even those unable to travel on their own could participate. With generous hearts, they arranged to pick up and drop off several of the sick, aged, and homebound, enabling them to be part of this grace-filled celebration.

After the Mass, refreshments were served to the participants, providing a joyful time of fellowship and sharing. The smiles and conversations reflected the happiness of those who often feel forgotten but were made to feel once again that they belong deeply to the parish family.

This celebration was a beautiful reminder of our Christian mission — to reach out with love to those who suffer, to comfort the lonely, and to bring Christ's presence into every heart. It was truly a day of blessing and encouragement, not only for the sick and aged but for all who witnessed the love and unity of our parish community.

May our Blessed Mother Mary, Health of the Sick, continue to intercede for all our sick, aged, and homebound parishioners, and may her gentle care fill their lives with strength, peace, and hope.

## ***Legion of Mary – OLOV, Praesidium***



# United in Prayer and Fellowship under Our Lady's Mantle

A spirit of joy and devotion filled the 1st Floor Hall of MMVK (OLOVC) on 8th November 2025 at 4:45 p.m., as around 70 auxiliary members, together with the active members from three Praesidia of the Legion of Mary, gathered for the much-awaited Annual Auxiliary Rally.

This rally, held once a year, is a very special occasion for the Legion. It offers a precious opportunity to express heartfelt gratitude to our auxiliary members, who are the spiritual pillars of the Legion through their faithful recitation of the Tessera prayers each day.

The evening began with an Opening Prayer and the Holy Rosary, invoking the intercession of our Blessed Mother for all Legionaries and their apostolates.

Our Spiritual Director, Rev Fr. Gabriel Xalxo, then gave an enlightening Spiritual Talk, reminding everyone of the importance of Marian devotion and encouraging all to continue imitating Mary's faith and humility in their daily lives.

The program continued with a light-hearted game, filling the hall with laughter

and fellowship. Afterwards, everyone enjoyed light refreshments, providing time for joyful conversation and bonding among members. The program continued with a heartfelt Appreciation Speech, acknowledging the indispensable role of our auxiliary members and the power of their prayers for the success of the Legion's mission, which was then followed by the Catena Prayer. Excitement filled the hall once again with another game, followed by interaction with the Auxiliary members.

The evening concluded with a sincere vote of thanks, expressing gratitude to everyone who contributed to making the rally a success, followed by the Concluding Prayers, placing all Legionaries under the loving protection of Our Blessed Mother. It reminded all, that, whether active or auxiliary, each member shares the same mission and heart in Mary "to bring Christ to the world through His Blessed Mother".

**- Legion of Mary, OLOV-Praesidium**



# Mass for Deceased Legionaries

## A Cherished Tradition of the Legion of Mary

Every year in the month of November, the Legion of Mary throughout the world offers a special Mass for all deceased legionaries. This is a deeply treasured tradition of the Legion - one that reflects its profound love, gratitude, and loyalty toward every member who has served Our Blessed Mother with devotion.

This year, in our parish too, the three praesidia - Our Lady of Visitation (English Praesidium), Our Lady of Good Counsel (Tamil Praesidium) and Mary, Queen of Angels (Junior Praesidium) - reverently offered their Mass as they do every year.

The Legion of Mary never forgets its members, even after death. Long after a legionary has completed their earthly mission, their spiritual family continues to pray for them,

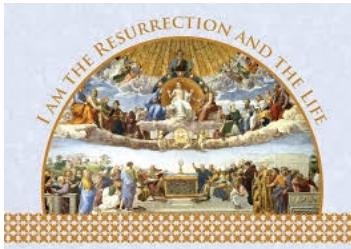
honour them, and entrust their souls to the tender care of Our Blessed Mother. This act of remembrance is not just a custom - it is a reflection of the Legion's heart: a heart that values service, faithfulness, and eternal life.

The Mass for deceased legionaries is a powerful reminder that:

- ♦ No good work is forgotten before God.
- ♦ Every prayer, visit, sacrifice, meeting, and duty done in Mary's name carries eternal merit.
- ♦ The bond of the Legion does not end at the grave - it continues into eternity.

May the souls of all our departed legionaries, who served Mary with humility and faith, rest in the peace of Christ. And may we who carry on the work follow their example with the same devotion. Mary, Queen of the Legion - pray for them.

*- Legion of Mary  
OLOV, Praesidium*



## OLVC YOUTH - OUR PRIDE

The OLVC Youth Football Team showcased exceptional talent and determination by securing Second Place at the Sacred Hearts Cup, held in Vashi on 6th December.

Competing against strong teams, our youth displayed not just skill on the field but also admirable discipline, unity, and sportsmanship throughout the tournament. Their coordinated teamwork and never-give-

up attitude were evident in every match, reflecting the true spirit of OLVC.

This achievement is a moment of pride for our parish and stands as a testament to the hard work, commitment, and passion of our young players. Heartfelt congratulations to the entire team and everyone who supported them in this wonderful journey. May this success inspire many more victories ahead.



# Tabor Ashram Pilgrimage on First Friday

**- Violet and Antony Fernandes,  
sector-4, Nerul**

For the past three years, our parish community has been blessed with a deeply enriching spiritual journey to Tabor Ashram, Kalyan, held on the first Friday of every month. This beautiful initiative, sponsored generously by kind-hearted parishioners, has allowed us to travel together free of cost, strengthening both our faith and our fellowship.

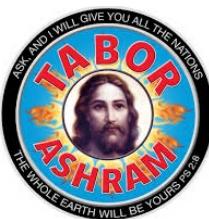
Our day begins early, as we gather and board our bus at 7:00 AM. Under the warm guidance of Mrs. Wilma Pereira, who ensures that everyone is comfortably seated and no one is left behind, the bus becomes a joyful space for singing, prayer and laughter. Br. John from Vashi leads us in heartfelt prayers and uplifting praise and worship songs that sets a spiritually charged tone for the journey.

We arrive at Tabor Ashram by 8.30am, where we are welcomed with light refreshments to prepare us for a day immersed in the presence of God. The

morning praise and worship sessions fill our hearts with devotion, followed by inspiring preaching from various preachers. Father Dipin's sermons resonate deeply with many of us, offering clarity, connection, and renewed faith. We then began a reverent time of adoration led by Father Mathew, that culminates in the celebration of the Holy Eucharistic Mass. These moments leave us spiritually nourished, peaceful, and grateful.

After the service, we have a simple and satisfying lunch and coffee, share reflections and fellowship. On our return journey and true to our community spirit, someone always delights everyone with treats—whether it's ice-cream, snacks, or sweets — making the ride back as joyful as the morning. We continue singing, praying and cherishing the sense of unity that these trips foster.

Each month, we return home with hearts full of peace, joy, and spiritual renewal. This monthly pilgrimage has become a cherished part of our lives— something we eagerly look forward to, as it strengthens our bond with God and each another.



## Immaculate Conception Community Feast



**- Lourdes Ramachandran**

We the Community of Immaculate Conception (Sectors 20 & 28 New) celebrated the Feast of the Immaculate Conception of the Blessed Virgin Mary on 14th December 2025. After celebrating our feast mass, everyone gathered in the hall for a get-together.

Post breakfast, the program began with the Advent wreath prayer, followed by singing and dancing performances. We had games and a Bible-topic quiz contest. All participants felt like God's children and enjoyed every

moment. Before lunch, we offered a prayer and then savoured sumptuous food. Winners of the contests received gifts and each family received a token of remembrance for the day. Fr. Anand joined us to bless all the members. The vote of thanks was given by Lourdes and Rahul.

The community gave thanks to Almighty God for blessing the event and for enjoying a memorable occasion together.



# Little Flower Community Activities

## Feast of Our Patron St. Thérèse of the Little Flower

Our Community of the Little Flower joyfully celebrated the feast of our patron on 4th October 2025. After the Holy Mass, a get-together was held in the church hall, which was attended by over 70 community members. The celebration began with a prayer and an inspiring message from Fr. Sunil, who encouraged everyone to grow together in faith and fellowship.

New families in our community were warmly introduced and welcomed. Various fun games and activities were conducted, which added to the joy of the occasion. Everyone had a wonderful time, interacting and getting to know one another better, and strengthening the bonds within our community.



## Little Flower Community Picnic at Visava Resort, Panvel

A cheerful group of 20 members from the Little Flower Community enjoyed a delightful picnic on 9th November 2025 at Visava Resort, Panvel. The day began with a prayer, followed by joyful hymns sung on the way. Upon reaching the resort, everyone eagerly took part in the various water sports and recreational activities. The day was filled with laughter, enthusiasm, and a wonderful sense of togetherness. An enthusiastic little boy, Jonathan, kept everyone smiling throughout the day with his infectious energy.

It was truly a memorable day of bonding and fun, where members of all age groups shared quality time, strengthened friendships, and celebrated the spirit of our Little Flower Community.

- **Ophilia D'souza**



## Empowering Young Minds: Addiction Prevention Awareness

### **- Zarine D'souza St Lawrence Community**

On Sunday, September 21, Rotary Club of NaMastu Navi Mumbai's Club Service Projects Chair, William Charles D'Souza, in collaboration with Chetana Foundation, held a session on Addiction Prevention for

approximately 75 Sunday School children from classes 7th to 10th. The session focused on the dangers of substance abuse and ways to recognise and mitigate mobile screen overuse. The initiative underscored a crucial community effort to empower young minds with knowledge to navigate modern-day challenges and promote healthier lifestyles.



# When The Absence Becomes a Part of Us

- **Vincent Mathias**

The ache of missing someone close in your family is one of the most profound experiences we can go through. It's a pain that lives in your body – a weight on your chest, the quite emptiness in rooms that once felt alive. It's the instinctive reaching for your phone to share something, followed by the realization that they are no longer there.

What makes this grief so particular is how it weaves itself into our everyday life. It's not just the big moments where their absence hits – the holidays, birthdays, milestones – but also the smallest, most ordinary ones. A joke they would have loved. A recipe you want to ask them about. The way certain songs or smells bring them flooding back so vividly that for an instant you forget.... and then the forgetting itself becomes another gentle loss.

There's also something

about family loss that touches our sense of identity. These are the people who knew us the longest, who carried our history and shaped our story. When they are gone, part of our own story feels untethered. You may find yourself wanting to ask them more – about your childhood, about family history, questions you never thought of asking when you had the chance to.

The sorrow does not follow a neat path. It can ambush you months later in a grocery store aisle or on an ordinary afternoon. At times, it softens into something bearable, and then suddenly feels fresh and raw again. In time, you learn to carry it rather than overcome it. It becomes part of you, woven quietly into who you are now.

Is there someone particular you're missing right now? Sometimes, simply talking about them helps to keep their memory alive and close to the heart.



## The Chosen Encounter



- **Mervin Mathias**

On 6th December 2025, the Holy Cross Church Grounds, Kurla witnessed an evening of deep faith, unity, and spiritual renewal as thousands gathered for The Chosen

Encounter. The event was blessed by the esteemed presence of His Eminence Oswald Cardinal Gracias, who graced the gathering as the Chief Guest. More than 4,000 participants came together, along with 75 priests, 151 religious sisters, and 12 seminarians, making it one of the most vibrant and spirit-filled gatherings of the year.

The program began at 5PM with engaging pre-event activities, setting a joyful and prayerful atmosphere. By 5:30 PM, the grounds echoed with energetic Praise and Worship, drawing everyone into a collective spirit of prayer and gratitude. At 6:15 PM, the much-awaited Chosen Encounter segment began. Short, meaningful clips from The

Chosen series were screened, touching hearts and helping everyone reflect on the life and ministry of Jesus in a fresh, relatable way. This was followed by a beautiful session of Eucharistic Adoration, creating a sacred space filled with peace, reverence, and the gentle presence of the Lord. Post-adoration, the crowd was uplifted by the YU4C Gospel Music Concert at 9:15 PM, where lively gospel music brought everyone to their feet, celebrating faith with joy and togetherness. The event concluded at 10:00 PM, leaving every participant spiritually enriched and emotionally fulfilled.

The Chosen Encounter was not just an event, but a powerful spiritual experience. From worship and reflection to community bonding and heartfelt prayer, every moment was memorable. For many, it was a reminder of God's love, the strength of fellowship, and the beauty of experiencing faith together. Overall, it was an amazing, grace-filled evening that will remain etched in our hearts for a long time.

# Science and Faith - Can they go hand in hand?



**- Ruben Nadar**

For centuries, a silent duel has been fought between the cold, calculating logic of the scientific mind versus the warm, ancient assurance of the believer's mind. This

common narrative suggests that every breakthrough made in a laboratory is a retreat from the tenets of faith. However, history, the lives of monumental thinkers, and the latest discoveries in the physical universe unveil a far more cohesive reality, which is that science and faith are often two complementary lenses focused on the same ultimate truth. This perspective is perhaps best encapsulated by the observation that "a little bit of science makes you an atheist, but a lot of science makes you a believer."

At its core, Science investigates the mechanism that is the laws, processes, and physical actions that govern the cosmos. Faith, conversely, explores the meaning, the purpose, the moral framework, and the origin story behind existence itself.

To grasp the deep compatibility of these fields, we must return to the period of the Renaissance and the Enlightenment, the birthplace of the scientific revolution. Far from being a secular uprising against spiritual authority, modern science was forged in a world intensely devoted to religious thought. The driving intellectual force behind early scientific pioneers was a theological assumption that a rational and perfect Creator must have established a rational and orderly universe. If the universe operated according to immutable divine law, then it was a knowable, predictable system, discoverable through rigorous observation and experiment. This conviction was the philosophical precondition for developing the scientific method.

This pursuit of divine order permeated the era's greatest achievements. From the soaring, geometrically perfect vaulting of Gothic cathedrals to the complex mechanical devices of the period, human innovation was often a tribute to an attempt to interpret what early thinkers called "God's second book," the book of nature. This historical context explains why so many of science's architects were men of profound personal belief. Their

faith did not hinder their intellectual curiosity but it galvanised it, providing the assurance that structure and logic underpinned the cosmos. These were not conflicted souls but individuals who viewed their careful scientific analysis as an act of profound reverence.

Consider the humble Austrian friar, Gregor Mendel, now celebrated as the founder of modern genetics. Working in the peaceful cloister of his 19th-century monastery, Mendel conducted exhaustive pea-plant experiments that systematically deciphered the hidden laws of heredity. He was an Augustinian monk seeking to reveal the beautiful, systematic order woven into the fabric of life, called a divine design. He represents countless others, including Sir Francis Bacon (the father of empirical thinking), Robert Boyle (the cornerstone of modern chemistry), and James Clerk Maxwell (whose work united electricity and magnetism).

These pioneers proved that devotion can be the spark of intense scientific inquiry, but the most profound convergence was still centuries away, awaiting the cold, vast revelations of cosmology.

Perhaps the most startling intersection of these two worldviews occurred in the 20th century with the genesis of modern cosmology. The concept of the Big Bang, the idea of a single, instantaneous, and cataclysmic cosmic flashpoint from which all time and matter erupted, was not the work of a determined secularist. It was first hypothesised by a Roman Catholic priest, physicist, and cosmologist named Georges Lemaître.

Lemaître developed his "hypothesis of the primaevial atom" by carefully applying Albert Einstein's equations of General Relativity. Ironically, Einstein was deeply troubled by the conclusion. Like many of his peers, he preferred a universe that was static and eternal, feeling philosophically uneasy about the implication of a clear origin and creation. Yet, Lemaître's mathematical deductions were unassailable, demonstrating that Einstein's own physics predicted a dynamic, expanding universe that must have had a precise beginning.

Today, the Big Bang theory stands as the

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## Science and Faith.....

most accepted model for the universe. Its central conclusion that the universe is not perpetual carries immense philosophical weight, leading many to conclude that an external initiator or Creator was necessary to launch this grand event.

The alignment between this modern finding and ancient texts is striking. The very first line of the Bible, Genesis 1:1, "In the beginning, God created the heavens and the earth," is viewed by many as a powerful pre-scientific summary of existence. Physics requires three fundamental elements for reality: Time ("In the beginning"), Space ("the heavens," representing the expanse), and Matter ("the earth"). The precision with which ancient scripture frames these three essential components presents a remarkable and powerful convergence.

Even at the frontier of current knowledge, science generates concepts that echo the profound mysteries of faith. Quantum mechanics, the science governing the subatomic world, introduces paradoxes that dissolve the tidy order of classical thinking. The most famous is wave-particle duality, often called the quantum enigma. It demonstrates that fundamental entities, like light and electrons, simultaneously inhabit two contradictory states, behaving as a localised, discrete particle (matter) and as an

expansive, non-local wave (energy). Reality, at its most fundamental level, is dual.

For those of faith, this scientific paradox offers a powerful, symbolic parallel to deep theological principles, such as the Catholic doctrine of Transubstantiation. This belief asserts that the physical incident (the sensory properties of bread and wine) remains unchanged, yet the spiritual substance is fundamentally transformed into the Body and Blood of Christ. The duality of matter at the quantum scale provides a conceptual framework that reality is far stranger than our senses can capture, establishing a space where scientific truth and spiritual mystery can comfortably coexist.

Ultimately, the deeper humanity explores the lawful, elegant, and impossibly vast universe revealed by science, the more compelling the questions of purpose and origin become. In this partnership, science provides detailed blueprints and engineering, while faith offers the magnificent context and ultimate meaning. Science builds the cathedral, brick by precise brick, showcasing the flawless structure, whereas faith provides the stained glass with the colour, light, and meaning that flood the interior. We are left, then, with not a competition, but a perfect complementarity.

# When GOD Feels Silent

There are days,  
when the world feels too loud  
and my soul too small to hold it.  
Where every breath is borrowed,  
and even sunlight feels heavy on my skin.

There's a noise in my head that never stops  
a thousand thoughts screaming over each other,  
all asking "what if?" and "am I?"

My heart runs marathons inside my chest,  
my lungs forget how to breathe.

My prayers hit the ceiling  
and slide back down as tears.

People say, "Have faith,"  
but how do you hold faith  
when your hands are trembling?

And despite the turmoil within,  
I pretend it's fine,  
with the most cheerful smile I can find and  
whisper "I'm okay"  
when I can't even face the mirror.

I laugh loud so no one hears the breaking,  
I shine bright so no one sees the cracks.

My heart beats,  
but sometimes I wonder if I'm really living  
or just existing out of habit.

Everyone's moving forward,  
collecting milestones like seashells on a shore  
careers, love, new beginnings,  
while I'm still stranded, asking if I'll ever reach the  
tide.

Parents beam at someone else's child,  
their pride spilling into stories where my name  
goes missing.

I feel like a pause in a world full of motion,  
a shadow watching others bloom.

I don't cry for eyes to see me  
I cry because the silence answers louder than  
any voice ever did.

I begged God for help,  
but Heaven stayed silent.

And in that silence,  
I began to believe I was forgotten.  
I thought maybe His love had limits,  
and I had finally crossed them.

But one night;  
when sleep wouldn't come  
and tears stained my pillow again  
I opened the Bible, not for faith,  
but out of desperation.

And there it was  
words that felt like they knew my name:  
"Come to me, all you who are weary..."  
and I realized He was there all along,  
not shouting,

but whispering through the pages.  
For the longest time, I thought God had forgotten  
me.

I searched the silence for answers and mistook  
His stillness for absence.

But now I see, he was never gone; I was just lost  
in the fog of my own fear.

The Bible whispered what my heart had  
forgotten:

"You are precious in my eyes, honored, and I love  
you." (Isaiah 43:4)

I wasn't abandoned... I was being refined.

There was a time I couldn't look in the mirror  
without flinching.

Now I see someone still standing; weary, yes, but  
not defeated.

I've learned to accept the parts of me that fall  
short

and trust that grace can still use them.

If I've shone bright before, I can burn again  
not to impress the world, but to illuminate the  
dark corners of my own soul.

I used to chase worth in places that only echoed  
my doubts,  
counting flaws like failures, mistaking delay for  
denial.

But God reminded me, persistence is faith in  
motion.

That even if I stumble seven times, I can rise  
eight (Proverbs 24:16).

That my cracks aren't shameful; they're how the  
light gets through.

My scars are proof that healing isn't instant, but  
it's real.

And maybe that's what love really is  
not waiting for others to notice you,  
but learning to notice yourself the way God does.

Because people start to love you  
the day you stop apologizing for existing.

And I finally believe it

I am not too late, not too broken,  
not too much.

I am His, still precious, still  
becoming.

And that... is enough.



- Rosita Dsouza

# Winners of Sunday School Competitions - 2025-26

## Class 1

### **Fancy Dress**

**1st** Elijah Dias  
**2nd** Santiago Stalin

## Class 2

### **Drawing**

**1st** Andrina Pascal  
**2nd** Zoe Fernando  
**3rd** Tony

### **Recitation**

**1st** Zoe Fernando  
**2nd** Abigail Sequeira  
**3rd** Rihaan Kumar

**Fancy Dress**

**1st** Jasper Fernando  
**2nd** Abigail Sequeira  
**3rd** Ashlynn Francis

## Class 3

### **Drawing**

**1st** Avnish Dung  
**2nd** Ian Fernandes  
**3rd** Evan J. Noronha

### **Singing**

**1st** Jonalynne Maria  
**2nd** Stephen Mathias  
**3rd** Danica D'costa

### **Recitation**

**1st** Stephen Mathias  
**2nd** Arwin Fernandes  
**3rd** Rayner D'souza  
**3rd** Danica D'costa

### **Fancy Dress**

**1st** Sinnon Sequeira  
**2nd** Stephen Mathias

## Class 4

### **Drawing**

**1st** Kian D'souza  
**2nd** Angel  
**3rd** Janisha D'cruz

### **Singing**

**1st** Ezekiel Dias  
**2nd** Jason Rozario  
**3rd** Niven Nair

### **Recitation**

**1st** Jason Rozario  
**2nd** Kian D'souza  
**3rd** Kenneth Fernandes

### **Fancy Dress**

**1st** Jason Rozario  
**2nd** Kenneth Fernandes  
**3rd** Ezekiel Dias

## Class 5

### **Drawing**

**1st** Nathania  
**2nd** Merl Rodrigues  
**3rd** Sia Britto

### **Fancy Dress**

**1st** Pearl Rosario  
**2nd** Nathania Rebello  
**3rd** Audrina D'Costa

## Class 6

### **Drawing**

**1st** Sherlly Maru  
**2nd** Gwyneth Fernando  
**3rd** Jeremiah Wesley

### **Recitation**

**1st** Sherlly Maru  
**2nd** Jeremiah Wesley  
**3rd** Astriya Vailankanny

### **Fancy Dress**

**1st** Sherlly Maru

## Class 7

### **Drawing**

**1st** Kiara Pereira  
**2nd** Sienna Goes  
**3rd** Rhea Kumar

### **Singing**

**1st** Sienna Goes  
**2nd** Chris Harry Bino  
**3rd** Rhea Kumar

### **Recitation**

**1st** Joel Martin  
**2nd** Rhea Kumar  
**3rd** Ryan Jimmy

### **Fancy Dress**

**1st** Ancel Rayan  
**2nd** Chris Harry Bino  
**3rd** Delvin Fernandes

## Class 8

### **Drawing**

**1st** Arockia Krisha  
**2nd** Precious Rosario  
**3rd** Abigail Gomes

### **Singing**

**1st** Yohann D'souza  
**2nd** Renee Rodrigues  
**3rd** Jeff Rozario

### **Recitation**

**1st** Arockia Krisha  
**2nd** Precious Rosario  
**3rd** Abigail Gomes

## Class 9

### **Drawing**

**1st** Felicia D'cruz  
**2nd** Nethan Lobo  
**3rd** Jianna Sebastian

### **Singing**

**1st** Jithra Santh  
**2nd** Chris Melbin  
**3rd** Lester Mathias

### **Recitation**

**1st** Melvin Pious  
**2nd** Esther Victor  
**3rd** Arianne Maria

## Class 10

### **Drawing**

**1st** Angelina Rebello  
**2nd** Agnel Bryson  
**3rd** Cruz Olivera

### **Singing**

**1st** Angelina Rebello  
**2nd** Arnold Fernandes  
**3rd** Liza Aby

### **Recitation**

**1st** Shawn Britto  
**2nd** Angelina Rebello  
**2nd** Deia D'souza  
**3rd** Melvin Fernandez  
**3rd** Cruz Olivera  
**3rd** Ethan Fernandes



# FROM THE CHURCH REGISTER

## BAPTISM - BORN IN CHRIST

Sr	Date	Child's Name	Father's Name	Mother's Name	Address
1	13.09.2025	Rayna Nadar	Santhana Kumar	Steffy Shree	Ganesh Apt. Sec.10, Nerul(W)
2	14.09.2025	Liam Beresford	Benjiimin	Latika	303, Sheetal Kunj, Sec.44, Nerul(W)
3	01.11.2025	Noah Rebello	Mashreq Savio	Sabrina Mashreq	C-05/2, Balaji Tower, Sector 22, Nerul(W)
4	08.11.2025	Thea D'Souza	Christopher	Geetika Kunder	Chriseily, Khochivda Rd., Lalbaugwadi, Vasai
5	16.11.2025	Angel Pokhriyal	Sampurnanand	Annie Thomas	A403, Hemkunt Niwas, sec.19, Ulwe

## MARRIAGE - UNITED IN CHRIST

Sr	Date	Bridegroom Name	Brides Name
1	20.09.2025	Nixon Fernandes	Merlyn Jessica
2	09.11.2025	Shane Aaron D'Costa	Merryll Rebello
3	05.12.2025	Yogesh D. Khade	Margaret Sandhya
4	13.12.2025	Alan Johnson Campbel	Francina Francis Thapa
5	21.12.2025	Nikita William D'Souza	Sebastian Rebello

## BURIAL - RESTING IN CHRIST

Sr	Name	Date of Expiry/Burial	Age	Sr	Name	Date of Expiry/Burial	Age
1	John Louis	13.09.2025	57 years	6	Lancelot Sequeira	08.10.2025	77 years
2	Frank Mark Serrao	19.09.2025	73 years	7	Gladys D'Souza	04.11.2025	64 years
3	Abraham Mendonca	25.09.2025	77 years	8	Irene Mathias	27.11.2025	75 years
4	Sunny Chandy	25.09.2025	82 years	9	Peter Couthino	02.12.2025	68 years
5	Apoline D'Souza	30.09.2025	97 years				

## CHILD SAFETY & AWARENESS

### Protect Our Children — Act Early, Stay Alert

Children going missing is a growing concern. Early awareness, communication and quick action save lives.

### IMPORTANT HELPLINE NUMBERS

Emergency (All India)	112
CHILDLINE (Missing Children)	1098
Navi Mumbai Police Control Room	2757 2298 / 2757 4928
Navi Mumbai Police WhatsApp	84248 20686 / 84248 20665

### SAFETY TIPS FOR PARENTS & TEACHERS

- ★ Talk to children daily; listen without judgment.
- ★ Watch for sudden behaviour changes or withdrawal.
- ★ Monitor online activity gently and stay aware.
- ★ Ensure children inform a trusted adult before going out.
- ★ Know their routine, friends, and safe routes.
- ★ Encourage them to call 1098 or 112 in emergencies.
- ★ Build a supportive home environment.

### ROLE OF PARENTS IN PROTECTING TEENAGERS

- ★ Be approachable and open to conversation.
- ★ Guide teens calmly rather than punishing harshly
- ★ Help them manage peer pressure and emotions.
- ★ Set reasonable boundaries with explanations.
- ★ Teach them to identify risk and seek help early.

### MISSING CHILDREN FACTS — NAVI MUMBAI (2025)

- 499 children reported missing (Jan–Nov).
- 458 children traced and safely found.
- 41 still missing — majority girls.
- Many disappearances linked to emotional distress, conflicts, or online influence.

Prepared by: Joyce Fernandez — Women's Cell

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- Crochet
- Calligraphy
- Canvas Painting
- Art & Craft



#### Academic & Language Skills

- English Grammar Crash Course
- Handwriting (Hindi, English)
- Phonics
- Spoken English
- Tuitions (1st-8th Std)
- Day Care



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The gift of peace  
The gift of happiness

May all these be yours at Christmas!

# Merry Christmas



# Happy New Year 2026!

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