



Our Lady
of the
Visitation
Church
NERUL
NAVI MUMBAI

A Peep into Nerul Parish

Reach Out

FOR PRIVATE CIRCULATION ONLY

VOL.-XXIV, No.-2, September 2025

Parish Newsletter



Eco-Snippets



Faith & Creation

"The earth is the Lord's,
and everything in it."
(Psalm 24:1)

As caretakers of
God's creation, every
little action we take—
whether planting a
tree, refusing plastic,
or saving water

Green Living Tip

Join the Parish
Green Cell for a
clean-up drive
around the church
compound.
Together we make
God's house and
His creation shine
brighter! 🌍 ✨

OLVC NERUL GREEN CELL

Eco-Reflection

"Live simply so that
others may simply
live." – St. Teresa of
Calcutta

This month, try a
simple eco-challenge:
switch off extra lights,
walk instead of driving
short distances, and
reduce food waste.

Eco-Meal Tip

Bring steel or
reusable
containers for
parish picnics and
meetings.
Avoid disposable
plates and cutlery
saves tonnes of
waste. 🍴

From the PASTOR'S DESK



MARY- A SYMBOL OF GOD'S LOVE AND PLAN FOR HUMANITY

- Fr Sunil Tirkey, O-Pream

Mother Mary is the profound symbol of God's love and plan for humanity. The birth of Jesus Christ, as foretold by the Angel Gabriel, marks the beginning of God's plan for humanity's salvation. Mary's acceptance of God's will, despite the challenges and uncertainties, demonstrate her unwavering faith and trust in the Divine Plan. This event highlights God's love for humanity, as he sends his only son to redeem the world.

Throughout Jesus' life and ministry, Mother Mary plays a pivotal role. At the wedding in Cana, she intercedes on behalf of the host, and Jesus performs his first miracle, revealing his divine nature. Signifying her maternal care and ability to bring people to Jesus. For us in times of doubts and uncertainties it is through Mary to Jesus the divine healer. In our lives her life serves as a model of faith, obedience and humility. Her YES is willingness to serve God's plan.

Mother Mary's role as an intercessor is evident in her actions and is reflected very much in the lives of our parishioners as many of us spent hours before the presence of the Lord in the Adoration Chapel. Her presence in the upper room praying with the disciples shows her continued role in the early Christian community and today she continues to journey with us as we pray the Rosary, thus God's love and plan for humanity continues to overflow in our lives.



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

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 6am to 11am and from 5pm to 8pm.

Adoration on the First Friday: is conducted after the 7 p.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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WELCOME BACK - Fr SUNIL TIRKEY O.Praem

A familiar face in the Parish. A calm and serene person, soft spoken but firm with his decisions. A warm and approachable priest, makes himself available to all in spite of his varied engagement. Fr. Sunil is serving his 2nd innings in the Parish. He is familiar with his



Parishioners, with the place and the nature of work. He was the Parish Priest of St. Joseph the Worker at Bandra (E) before his transfer to OLVC, Nerul. A warm welcome to you Fr. Sunil and wishing you a pleasant stay and a promising Ministry at OLVC

WELCOME - Fr GABRIEL XALXO O.Praem

We joyfully welcome Fr. Gabriel Xalxo friendly and approachable nature reflects the O.Praem to our parish. Having faithfully loved of Christ, making him a true shepherd served as a priest for the past 39 years, he who listens, cares, and guides with compassion. brings with him a wealth of spiritual wisdom, pastoral experience, and a heart deeply rooted in Christ. His journey of nearly four decades has been one of walking closely with Jesus, joyfully serving God's people, and bearing witness to the Gospel in word and deed.

Fr. Gabriel is well-loved for his simplicity, his ever-smiling presence, and his ability to befriend everyone he meets. His



As he begins this new chapter with us, Fr. Gabriel looks forward to sharing his rich priestly experience, journeying together in faith, and nurturing our parish community with joy and hope. We are truly blessed to have him among us, and we pray that his time here will be filled with grace, peace, and mutual growth in the love of God.

WELCOME - Fr ANAND J O.Praem

We joyfully welcome Fr. Anand J O.Praem to our parish and are especially blessed that this is his very first parish assignment. From his early years, Fr. Anand felt a deep stirring in his heart to dedicate his life to God. Inspired by the witness of faith and service he saw around him, he discerned the call to the priesthood and responded generously by joining the Norbertine Order (O.Praem). His journey has been marked by prayer, commitment, and a desire to bring God's love to all people.

One of Fr. Anand's beautiful qualities is his ability to connect with everyone: he is a child among children, a youth among the young, and an elder among the



elderly. This gift makes him approachable, and a true shepherd to all.

Fr. Anand has a special passion for guiding souls in faith, fostering a spirit of community, and encouraging the faithful to grow closer to Christ in their daily lives. As he begins his ministry with us, he looks forward to walking alongside our parish family sharing in our joys and struggles, enriching our spiritual life through the sacraments, and journeying together in the mission of the Church.

May this new chapter be a time of grace and blessing both for him and for all of us.

INDEPENDENCE DAY CELEBRATION



Anna Fernandes
Member of Civic &
Political Cell & Green Cell

The Independence Day Celebration at OLVC was organized with a lot of gusto by the Civic and Political Cell Members in collaboration with the Green Cell Members. It was a unique experience to work as a team with members coming from different interest areas. Each of us were very sure that we would look at things a little differently this year. When our views and ideas were put into action we found a wonderful schema of practice.

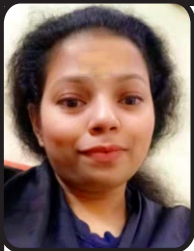
Our Independence Day celebration began with the Eucharistic Celebration where we received the message of the Assumption of our Blessed Virgin Mary and the Much-Deserved Freedom of Our Nation. The Chief Guest of the Day, was our very own parishioner Dr. Alfven Edwy Vieira, an Orthopaedic Surgeon by profession, who gave us

this beautiful message of how A Healthy Mind and a Healthy Body is necessary for a Healthy Nation. As he stressed on our role as good citizens of the nation, he also stressed on the fact of how healthy living can nurture a healthy Nation.

As Organizers we were mindful of our role as Eco Ambassadors to take forward the ecological mission of the Church. We began this journey by avoiding use of fresh flowers for the occasion. This thought helped us to challenge our creativity and to dare to be different. This was only possible because Mama Mary was with us all through our planning and execution. We thank our Parish Priest and his Clergy team for their total trust and cooperation. Their presence for the program added meaning to the celebration. The ever growing participation of our fellow parishioners always gives us an assurance of their cooperation at all times. Our Youth participation always makes things so easy going in any celebration. God bless their efforts always.



“Mary, the Symbol of God's Love & Plan for Humanity”



- Jeisyl D'Souza

O Immaculate Virgin, Mother of God, you have designed to set up your Throne of Queen and Mother, where you reign so mercifully. From the depths of my heart, I greet & invoke you as my Mother. You are, Our Lady of Perpetual Help & Untier of all Knots, Obstacles coming our way, blocking us from the fulfilment of our true potential. But not many invoke you as “UNTIER OF KNOTS” & are not aware of this Powerful Prayer.

I hereby recite “UNTIER OF KNOTS” for the benefit of all.

Dearest Holy Mother, Most Holy Mary, you undo the knots that suffocate your children. Extend your merciful hands upon us. I entrust to You today this knot [Mention your request here] and all the negative consequences that it provokes in our lives.

I give You this knot that torments me and makes me unhappy, and so impedes us from uniting ourselves to You and Your Son Jesus, my Savior. I run to You, Mary, Undoer of Knots, because I trust in You and I know that You never despise a sinning child who comes to ask You for help.

****I believe that You can undo this knot because Jesus grants you everything.**

****I believe that You want to undo this knot because You are my Mother.**

****I believe that You will undo this knot because you love me with eternal love.**

Thank you, Mother, “UNTIER OF KNOTS”, pray for us. AMEN.

Let us not underestimate the Power of Prayer. Let us be her devout children carrying with us fond recollections of the benefits we receive in our own way, proclaiming her goodness to our other needy brethren.

Thus, making the Mother of God, really a Mother of “Untier of All Knots” to all who invoke and take refuge in thy Loving, Pure, and Immaculate Heart.

Pre-Baptism Catechesis – July 2025

Pre-Baptism catechesis was conducted in OLVC on 19th and 20th July 2025 by catechists Zarine/William, Adeline/Theo and Rosy/Calist. Two couples along with the godparents participated and have shared their experience.

Steffi Shaun Dias: The sessions were incredibly enriching and an eye-opening experience for us. The facilitators graciously shared their personal journey and practical insights which gave us a deeper understanding of faith-filled family life and what it truly meant to raise a child in love and faith. The program also focused on the foundation of married life: love, forgiveness, and mutual understanding with respect. We learned that Christ is the bridegroom who gave His life for the Church, His bride, and we as couples are called to mirror this sacrificial love in our own marriages. The three C's : Communication, Commitment and Common Values are the building blocks of a faithful, loving, and lasting relationship. The beautiful journey of Christian initiation through the sacraments of Baptism, Confirmation, and Holy Eucharist gave us a striking realization that a child's faith formation begins even before birth i.e. from the moment of conception and continues for a lifetime. Our vocation as parents is to nurture this faith, both by instruction and by example. Some thought-provoking case studies helped us to understand how children absorb parents' practical lifestyle through the seven dimensions where parental influence plays a key role – at home, work, leisure, community, church, spirituality, and life in the world at large. It reaffirmed that our home should be a domestic church, a place where faith is lived daily and moral values are consistently practised. The role of godparents shed light on the spiritual journey and the personal bonding with the godchild should not just be as ceremonial witnesses but rather is a greater responsibility as second parents in total welfare. We were explained the structure and symbols of the Baptism ceremony – the door, lectern, baptismal font and the significance behind the use of holy water, holy oil, white garment and candle as the visible expressions of invisible grace. I would wholeheartedly recommend all expecting couples to take part in this course in the initial stage of pregnancy itself instead of waiting till the due date or after the birth of

the baby. It not only prepares you for what lies ahead but also gives you direction and clarity in bringing up your child rooted in faith, love, and togetherness.

Mashreq & Sabrina Rebello: The Pre-Baptism Course was a deeply enriching experience, held over four sessions. Each session began on a positive note with a heartfelt prayer that set the tone for reflection and learning. In the first and third sessions, we explored how our lives are expected to change after the birth of a child with the increased responsibilities to bring our child closer to God and to integrate faith into everyday life; especially by making church an essential part in the upbringing. We spoke about the importance of spending quality time with our children, making them feel truly loved, and understanding the powerful influence we have in shaping who they become. Through real-life case studies, we learned how our actions and words significantly impact their growth, behaviour, and beliefs. We were reminded that parenting is not just about guidance but about living by example. We also recalled our marriage vows and were encouraged to make a similar promise to our child to be loving and faithful in nurturing them both spiritually and emotionally. In the second and fourth sessions, the focus shifted to spirituality and the critical role it plays in a child's life. We as parents, are called to nurture our child's faith from an early age by laying a strong, spiritual foundation through prayer, trust in God, and participation in the sacraments. We learnt about distancing ourselves from superstitions such as putting black tikka/black bangles to ward off the evil eye, astrology, palmistry, and other non-Christian beliefs. We were reminded that our faith lies in the Holy Spirit, who will always protect and guide our child. The sessions also emphasized the important role of godparents as

to how they are not just witnesses to the sacrament but also spiritual guides throughout life. Finally, we were given a deeper understanding of the elements and symbols used in the Baptism ceremony. We ended the course with a hymn, Word of God, personal prayer, and a beautiful moment of greeting one another with the peace of Christ and blessing with holy water which left us spiritually uplifted and better prepared to welcome our child into this world, to grow in faith.



Pilgrims of Hope – Jubilee Year 2025

- **Rev Fr Allwyn Misquitta SDB**

The Jubilee Year 2025 focusses on renewal of hope and trust. It began on Christmas Eve 2024 and concludes on January 6, 2026, with the opening and closing of the Holy Door of St. Peter's Basilica in Rome. The theme emphasizes pilgrimage, both to Rome and within local churches, as a means to experience grace and draw closer to God.

The 6 Priorities of the Jubilee Year 2025

- The Year of Hope **Romans 5:5** *"Hope does not disappoint us, because God's love has been poured out into our hearts through the Holy Spirit who has been given to us."*

Priority 1: Faith Formation & Word of God – The Jubilee Year invites us to deepen our faith by rooting it in the living Word of God, which guides, nourishes, and transforms us.

- Daily personal and family Bible reading
- Join or form Bible study groups
- Memorize and reflect on verses that bring hope

Bible References: 2 Timothy 3:16-17, Hebrews 4:12, Psalm 119:105, Matthew 4:4

Priority 2: Family, Woman, and Children – Families are the first school of faith and love.

- Pray together daily as a family
- Support single mothers, widows, and vulnerable families
- Protect and care for the well-being of children
- Organize family days and parenting workshops

Bible References: Ephesians 6:1-4, Proverbs 22:6, Joshua 24:15, Proverbs 31:26-28, Psalm 127:3

Priority 3: Youth, Digital Technology & Social Media – The digital space is a modern mission field. Young people are called to witness to Christ online with creativity and responsibility.

- Use digital technology and social media to spread hope, Scripture, and uplifting messages
- Train youth in digital evangelization
- Create parish media teams to produce faith content

- Promote responsible digital citizenship and online safety

Bible References: 1 John 2:15-17, Matthew 5:16, Philippians 4:8, Matthew 28:19, 1 Timothy 4:12

Priority 4: Ecology & Climate Stewardship – Caring for creation is an act of hope for future generations. As stewards, we honor God by protecting His gift of nature.

- Promote sustainable lifestyle choices
- Reduce waste and promote sustainability
- Advocate for environmental justice and policy changes
- Educate parishioners on Laudato Si' and ecological spirituality

Bible References: Genesis 2:15, Psalm 24:1, Romans 8:19-21.

Priority 5: Migrants & Socially Excluded People – Hope becomes real when we embrace the excluded, welcome migrants, and become a Church of compassion.

- Organize outreach to migrant communities and refugees
- Offer language classes, legal aid, or job assistance
- Pray for the persecuted and displaced

Bible References: Matthew 25:35, Leviticus 19:34, Hebrews 13:2

Priority 6: Ecumenism & Interreligious Dialogue – In the Jubilee spirit, building bridges with other Christians and people of other faiths nurtures a culture of peace and mutual respect.

- Pursue unity and cooperation with other Christian denominations.
- Engage in respectful dialogue with people of other faiths.
- Collaborate in social works that serve the common good.

Bible References: John 17:21, Romans 12:18, 1 Peter 3:15, Corinthians 9:22-23

By prioritizing these areas, we can live out our faith in a meaningful way, bringing hope and light to a world in need. May we strive to apply these biblical principles in our lives.

Lord of Hope, help us live these Jubilee priorities with faith and courage. May Your Spirit inspire us to be signs of hope to our families, youth, migrants, and all creation. Amen.

SHROUD BURIAL



- **Fr. Allwyn Misquitta, SDB**

Shroud burial involves wrapping a deceased person in a shroud, a piece of cloth, instead of using a coffin.

Biblical Context: The burial of Jesus is the most referenced shroud burial in the Bible.

Luke 23:50-53: 'Joseph of Arimathea wrapped Jesus' body in a linen shroud and placed it in a tomb.'

John 19:40: *Jesus' body was wrapped according to Jewish custom in linen with spices.*

John 20:6-7: *The disciples saw the linen cloths and the separate cloth for his head in the tomb.'*

Choosing a shroud burial today echoes both the honour and humility found in Christ's burial.

The key aspects of shroud burial are:

- **No Coffin:** The primary characteristic is the absence of a coffin, with the body placed directly in the earth.

- **Material:** The shroud can be made of different materials, often linen or cotton.

- **Cultural Significance:** Shroud burial is a traditional practice in some cultures and religions (Jewish Burial Custom), often symbolizing simplicity, and reverence for the deceased. Wrapping a body in linen strips with spices (not elaborate trappings) was the norm; this reflects simplicity, humility, and respect for the body.

- **Secured:** The shroud is typically wrapped around the body and secured with ties or rope.

- **Eco-Friendly:** Shroud burials allow the

body to decompose and return nutrients to the earth, fostering new plant life and biodiversity. Forgoing embalming fluids and synthetic materials prevents soil and water pollution. This reduces carbon footprint and helps preserve natural habitats. Choosing a shroud burial is a way to bless future generations by stewarding creation-even in our death, we care for God's earth.

- **Economic Considerations:** Shroud burials are typically much less expensive than traditional burials. They do not require embalming or elaborate funeral processes. Opting for a shroud is an act of financial wisdom, freeing resources for the bereaved and aligning with scriptural values of stewardship and contentment.

Psalm 24:1 *'The earth is the Lord's, and everything in it.'*

Shroud burial manifests this by reducing waste and honouring the cycle of life. Shroud burial reflects humility, environmental responsibility, and financial wisdom, echoing the way Christ was honoured and the earth entrusted to our care. By choosing this practice, families witness to their faith, stewardship, and respect for God's creation, setting an example for future generations.



PLEASE NOTE

FOR YOUR KIND ATTENTION

To ensure that the Reach Out magazine engages you better and to avoid repetition, we will no longer publish articles about common events that happen in all communities at the same time. e.g. Community Rosary, Christmas Carol singing etc. You may still share pictures for these events which will be uploaded for a limited period on our parish website www.olvcnerul.org

Why we should entrust ourselves to Mother Mary

Entrustment to our Mother Mary is a critical component of consecrating ourselves fully to Jesus Christ and Mother Mary. This article explains both the reason and the method to do so, so as to help us live a joyful and meaningful life in this world and to try and become saints after our brief journey on earth is complete, as other great Marian saints have done and achieved.

1. What is the Church telling us Christians about Mary?

The Church is pointing first and foremost to Mother Mary's maternal mediation with God Almighty, because she is our mother in the order of Grace, and she is the Immaculate Conception. Saint Maximilian Kolbe urged his friars to become soldier saints for God under the generalship of Mary Immaculate.

2. Why under Mary Immaculate?

Because she alone does the will of God perfectly. This is true as we know from her response at the Annunciation and in all her actions and words. Therefore, when our wills are united with her, they are necessarily united to God's will.

Saint Maximilian Kolbe explains that becoming a saint is very easy when we consecrate ourselves to Mother Mary, as she is the Mediatrix of all graces from God Almighty. We can get a better idea of this, if we look at her image on the miraculous medal, which comes to us through her apparitions to Saint Catherine Laboure. This image depicts Mary standing on a globe with rays of light (graces) streaming from the rings on her fingers. In one of the apparitions, Catherine noticed that rays did not stream from all of Mary's rings. Mary explained that rays and Graces were available but did not come because nobody asked for them. Saint Maximilian Kolbe's way is not just to ask for these Graces but allow Mary to take us

completely into her hands, to make us channels of these very graces for the whole world.

1. How Jesus entrusts all of us to our Mother Mary

Seeing Mary standing at the foot of the Cross next to His beloved disciple John, Jesus said "Woman, behold, your son". Then to John, "Behold, your mother" (Jn 19:26-27). And from that hour, the disciple took her to his own home.

In the most important time of the entire humanity's salvation, Jesus Christ Himself is confirming to us, that Mary is our spiritual mother, and He is entrusting us to her. We are to then entrust ourselves to her, by taking her 'into our homes', into our inner life, and into all that concerns us. We are to let her into our joys and sorrows, hopes and fears, plans and activities.

When we let Mary into our lives, when we entrust ourselves to her care, she intercedes for us with her Son Jesus Christ, consoles us, and gives us courage and strength to unite ourselves to Jesus Christ, and believe in His power to save us.

A small Prayer to the Holy Spirit is as follows:

Come, Holy Spirit living in Mary,
Unite my will to the will of the Immaculata,
which is one with Your will

Conclusion: The book **33 Days to Morning Glory' Fr Michael E Gaitley, MIC** confirms to us Christians that without a doubt, total consecration to Jesus through Mary truly is the surest, easiest, shortest, and the most perfect means to become a saint. Reading this book will help internalize the concepts explained in the above article:

- Compiled by Francis Antony



The Enthronement of the Sacred Heart of Jesus

- **Wilma D'Souza**

We Legionaries have taken up the task of promoting The Enthronement of the Sacred Heart of Jesus in our parish. We have already been blessed to carry out this beautiful devotion in two homes upon request. The Enthronement of the Sacred Heart is a Catholic devotion that recognizes Jesus' Sacred Heart as the head of a home, parish, workplace, or other dwelling. It is a public and personal declaration that acknowledges Jesus as king, brother, and friend, and is a commitment to live a Christian life under his reign. It is the recognition of the living presence of our Lord in the home, where His Divine Heart, as King of Love, is the centre of the family, attracting all its members. Jesus is invited to participate in all activities of the family. In the devotion to the Sacred Heart, the heart of Jesus represents the divine wellspring of love, the source from which flows

an abundance of compassion, mercy, and grace. The Sacred Heart is often depicted in Christian art as a flaming heart shining with divine light, pierced by the lance-wound, encircled by the crown of thorns, surmounted by a cross, and bleeding.

This practice involves installing a picture or statue of the Sacred Heart in a prominent place and consecrating the home or other space to Jesus' love. Enthronement is believed to offer spiritual protection and strengthen families, parishes, and other communities.

You are welcome to contact any of the legionaries if you wish to get your home Enthroned to the Sacred Heart of Jesus.



Making A Difference in the lives of People

- **Joycie Fernandez**
Women's Cell

The Women's Cell continues to reach out and support those in need through compassionate visits and activities. Recently, members visited pioneers Joe and Uffrin Cabral, long-time active church members, with the aim of cheering them up. The gathering was filled with music and dance, highlighted by Joe's deep baritone singing. On Raksha Bandhan, the group visited Jeevan Jyoti, a care centre for AIDS patients run by the Brothers of Charity, whose families have often abandoned them. Bringing essential supplies like steel plates, rice, dal, oil, and spices, the members offered not only material help but also emotional warmth. At Jeevan Jyoti, patients are treated with dignity, compassion, and hope,

free from stigma. Despite challenges such as scarce resources and societal prejudice, the brothers remain dedicated. The Women's Cell tied rakhis, distributed sweets, and entertained residents with songs and dances, brightening their day with care and companionship.



Lex Orandi, Lex Credendi: Worship Forms Faith

- Sheldon Dsouza

The Church teaches a simple but profound truth: *lex orandi, lex credendi*—"how we pray shapes what we believe." This is not merely a slogan, but a reminder that the way we celebrate the liturgy forms our faith and identity as Catholics.

Today, many are rediscovering the beauty of Latin in the Mass—not as a step backward, but as a step deeper. Latin is not just an old language; it is a sacred one, set apart for worship across centuries and continents. In praying with the same words as the saints before us, we're reminded that the Mass is not ours to redesign, but a sacred inheritance to revere.

This rediscovery includes sacred music. *Sacrosanctum Concilium*, the Second Vatican Council's document on the liturgy, declares that "Gregorian chant should be given pride of place" (SC 116). Sacred music is not background entertainment; it is

prayer. When we chant the *Sanctus* or hear a reverent motet, our hearts are lifted toward heaven.

Reverent worship also shapes how we live the liturgical year. The Feast of the Immaculate Conception and the feast of the Assumption—so central to our Catholic understanding of Mary—should be celebrated with joyful solemnity. While the re-instating of the former to a holy day of obligation rests with the Bishop's conference and the Holy See's approval, it would be a beautiful witness of faith in our parish and therefore in our Archdiocese if we the faithful revered, celebrated and kept the feast as such.

As a parish, let us renew our love for the sacred. Through reverent liturgy, meaningful silence, sacred music, and the use of Latin wherever appropriate (Mass Proper, *Pater Noster* - Our Father), we do more than preserve tradition—we deepen our communion with Christ and His Church.

A Heart-warming visit to the Elderly, by the Legion of Mary

**- Sr Hermiya Bino, Legion of Mary
Our Lady of Good Council Praesidium**

The Legion of Mary draws profound inspiration from the life of Mary, the Blessed Mother of Jesus. We see her as an exemplary model of unwavering faith, perfect obedience, and selfless service to God. Embodying these values, members of the Legion of Mary undertook a heartfelt visit to the senior citizens' centre at 'All is Well Foundation' located in Ulve ashram. This visit was a special part of our celebration of the Rosary Month of May, where we aimed to share love, service, and companionship with the senior citizens residing there. The entire experience turned out to be an unforgettable one, filled with moments of connection, sharing, and mutual joy.

During our visit, each of us took the time to individually visit and engage in conversations with the senior citizens. We found them to be eager and happy to share their life stories, experiences from the past, and reflections on their present lives with us. We, in turn, listened attentively and spoke with them with genuine care and love. The

interactions were meaningful and touching. In addition to these personal conversations, we also shared a meal with the senior citizens, gifted them new dresses, and together we prayed the Rosary. These acts of sharing and prayer brought a deep sense of connection and spirituality to our visit.

The experience of visiting the senior citizens at 'All is Well Foundation' was truly enriching for all the Legion of Mary members who participated. Seeing the joy on the faces of the senior citizens as we spent time with them, listened to them, and showed them care, was a beautiful reward for our efforts. We are filled with gratitude to God and to Mother Mary for granting us this opportunity to share our love, care, and service with these senior citizens. We also extend our appreciation to all the members of the Legion of Mary who participated in this visit, making it a successful and heart-warming event. This visit underscored the importance of the values of sharing, caring, and learning true life lessons through acts of service. It was a meaningful and impactful way to celebrate the rosary month, fostering connections with senior citizens in the spirit of Mary's example.

ROSARY CRUSADE

- **Wilma D'Souza**

We the Legion of Mary Members of Our Parish, in the month of May conducted Rosary in the homes of the Sick and Home-bound members. It is a grace-filled time, as we gather with them in prayer, bringing the comforting presence of our Blessed Mother into their homes. It gave these families great joy as we joined with them as one family in the rosary. We carry a statue of Our Mother, allowing households to experience her tender love and maternal care in a special way. The tender gaze of Mother Mary brought smile on their faces & gave us legionaries a heart overflowing with love to feel the grace of mother Mary.

A Rosary Crusade is a way to increase devotion to Mary in the Catholic experience of discipleship, with the Rosary as a powerful tool for healing, renewing and strengthening families. Family Rosary Crusade is a spiritual movement that brings together families and communities in prayer and devotion to the Blessed Virgin Mary. It is a powerful way to seek intercession, find strength to withstand life's constant battles, and to promote peace and love within our families and the world.

On 13th October 1917 at Fatima our Mother said "I am the Lady of the Rosary, I have come to warn the faithful to amend their lives and ask for pardon for their sins. They must not offend Our Lord any more, for He is already too grievously offended by the sins of men. People must say the Rosary. Let them

continue saying it every day".

The Rosary is both prayer and meditation. It is addressed to the Father, to the Blessed Virgin, and to the Holy Trinity, and is a meditation centred on Christ. It protects us from temptation and spiritual attacks. It brings Mary's purity and obedience into the spiritual space, which demons cannot withstand.

It gives us immense joy to serve our Lord Jesus through the loving intercession of our Blessed Mother. We would be overjoyed if you would consider joining our Legion of Mary family, sharing in prayer, service, and devotion.

We currently have three Praesidium in our parish:

*** English: Our Lady of Visitation**

*** Tamil: Our Lady of Good Counsel**

*** Junior: Mary Queen of Angels**

Come and be part of this beautiful mission of prayer, love, and service—strengthening our parish family and drawing more souls closer to Jesus through Mary



To,
All
Parishioners

Choir Picnic at Karjat – A Day to Remember

- **Angelina Rebello**

This year's choir picnic to Karjat Pinewood Resort was truly one for the books – the first time such a large number joined in, with a total of 39 members of our choir family. From the youngest little ones to the seniors, and everyone in between, it was a beautiful gathering of ages, voices, and hearts united in joy.

The day unfolded with fun, laughter, and fellowship that created memories to cherish for years. From poolside splashes to the thrill of water slides and the excitement of the bucket splash, there was never a dull moment. With so many water sports and activities, the children of all ages had the time of their lives. The best part – the entire resort felt like it was ours that day, giving us the freedom to play, sing, and relax together as one big family.

The resort, with its natural charm and open spaces, provided the perfect setting to bond and celebrate the gift of community. Adding to the delight, the food was delicious, bringing extra flavour to the happiness of the day.

Special appreciation to the organising team, whose thoughtful planning and dedication ensured the success of the picnic—including a fantastic line-up of games that had everyone teaming up, cheering, and laughing together. Their efforts reminded us that choir life is about much more than music – it is about family, friendship, and shared experiences.

As the sun set, tired yet joyful faces returned home with hearts full of gratitude. This picnic was more than a day out; it was a celebration of unity, music, and faith. The OLVC Choir has truly come a long way, and together, we look forward to many more such gatherings in the future.



Mary, the symbol of God's love and plan for humanity

- **Michael Arasu, St. Joseph Community**

The title reflects a deep theological and spiritual perspective often emphasized in Christian tradition, particularly in Catholic and Orthodox theology. Mary, the mother of Jesus, occupies a unique and profound role not only as the mother of the Savior but as a living sign of God's love, mercy, salvific plan and even the archetype of redeemed humanity. she is the space where God's love became flesh.

“The Word became flesh and dwelt among us” (John 1:14).

God's willingness to become human and enter into the world and His plan to redeem the world through Jesus began to unfold through Mary's 'YES'. Mary's acceptance of

God's will— “Let it be done to me according to your word”—is a pivotal moment in salvation history. It made her the first and greatest disciple, that's why, Mary is believed to intercede for believers and guidance on their path to Jesus. She is a coparcener in God's plan. Mary's presence at the crucifixion (John 19:25–27) is a profound testimony of love and solidarity. There, Jesus entrusts her to John, and through him, to the Church. Mary becomes a mother to all, symbolizing God's enduring care and love. In her, we glimpse the love of God. Her Immaculate Conception is the sign of God's pre-emptive love and a glimpse of the holiness humanity is called to through Christ. So let us be a symbol of love to the humanity like our mother Mary.

CLAYM: A Journey of Leadership, Faith & Friendships



-Rosita Dsouza
Parish Youth Council

Imagine a space where you can speak your mind without fear, learn to lead with confidence, and discover the kind of person God is calling you to be. That's what the

Certificate for Leadership Acumen in Youth Ministry (CLAYM) is all about. It's not just about sitting in a hall listening to talks — it's about getting on your feet, trying new things, and building skills you'll carry for life. From public speaking that makes your voice heard, to mental wellness sessions that help you stay strong inside and out, every session brings something new to challenge you, inspire you, and connect you with other passionate youth. If you've ever wanted to grow, give back, and have fun while doing it, CLAYM is your chance.

Being part of the CLAYM Leadership Program has been one of the most enriching experiences of my journey in youth ministry. From the very first session, I knew this was going to be something special.

As a leadership course, every session is

packed with insight. The activities, discussions, and reflections have helped me step out of my comfort zone, speak out more confidently, and believe in my ability to lead. Each month feels like another step forward — not just in leadership skills, but in personal growth too.

“Step by step, bloom by bloom, we grow into the leaders God calls us to be.”

But here's the thing that makes CLAYM extra special – the people. You walk in not knowing anyone, and by the end of the session you've got a group laughing with you, swapping stories, and planning to sit together next time. Meeting youth from other Parish Youth Councils (PYCs) has been truly inspiring. We swap ideas, share how things work in our parishes, and honestly, learn just as much from each other as we do from the sessions 'Iron sharpens iron, and one person sharpens another' (Proverbs 27:17) and that's exactly what these interactions feel like. We learn from each other, encourage each other, and walk this journey together.

'Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.' (**Matthew 5:16**)

Feast of St. Augustine Community



ABBA'S FEAST DAY



- Anna Fernandes

On the 3rd of August, 2025, the English Charismatic Prayer Group organized a beautiful Eucharistic Adoration in thanksgiving to Our loving Abba Father at Our Lady of Visitation Church, Nerul, Navi Mumbai. Leading up to this event, a 9-day novena was devoutly prayed by parishioners in the quiet of their homes. Each day's prayers, meditations, and hymns were thoughtfully shared with various parish groups, ensuring that more and more brothers and sisters could experience the boundless and unconditional love of our awesome Abba Father.

The Adoration began at 3:00 pm, with our vibrant youth from the Music Ministry guiding us in prayerful praise through song and worship. Together, we lifted our hearts in gratitude to our Abba Father—for His

constant protection, for knowing what's best for us, for never abandoning us, and for lovingly steering us away from paths that lead astray. The response to this Eucharistic Adoration was truly overwhelming. The presence of the Holy Spirit was felt powerfully, and it was evident that our Abba Father had deeply touched many hearts and lives.

Each one of us who attended came with a humble spirit, acknowledging that we are merely clay vessels, often failing to fully reflect the treasure of His Gospel. Yet, with renewed hearts, we expressed our desire to walk in the footsteps of the saints—faithful witnesses to His love and sacrifice, devoted to building His Kingdom. With hearts full of gratitude, we extend our sincere thanks to the entire English Charismatic Prayer Group for helping us encounter the tender and transformative love of our dear Abba Father.

May Our Loving Abba draw many more to His tender heart



LIES THROUGH WHICH THE DEVIL MISLEADS US



- **Sally Lazarus**

Jesus says to us in tears, *“Even my death is not enough for you, what more can I do for you?”*

1. Humans do not need to repent as God the Father is merciful – “His mercy endures forever” - Ps 136:1

God's mercy is only for those who are willing to repent and give up their sinful habits. Jesus came to save the world but could not save the Pharisees even unto death because of their hardened hearts.

Real spirituality is a call to pray for sinners. We are called to suffer and save souls imitating Jesus, not just for ourselves but also for those who are doing wrong. We need to become ANOTHER CHRIST and save souls through our suffering by overcoming the temptations of this world.

2. Jesus came to save us, died for us and was resurrected, so we do not need to repent and go to the Sacrament of Confession for our salvation

The devil is present in the world, but he cannot touch you or enter you unless you invite him through committing sin. So examine yourself of all your sinfulness. If you are afraid of the devil, you should be afraid of sin.

The Holy Eucharist and the Rosary can save the world. Sin is devil's property and a gateway to our hearts, so we need to examine our conscience and confess it as soon as possible.

3. We have no time to Pray

We need to pray and praise God unceasingly on earth just like the Angels and Saints do in heaven. When we don't pray, devil rules the family and there is no peace and forgiveness.

When someone irritates you, does something against you, it is a call to pray for them. We need to build a relationship with the Lord by communicating with Him in prayer.

4. Comparing yourself with others

Each one's talents are different and unique

to themselves. Jealousy makes you block your own blessings. Identify whether your intentions are pure. If there is hypocrisy, your prayers will not be answered. God will bless you only when your intentions are pure.

God has made us precious and unique; He is pure and hence blesses only the pure. We need to be content with ourselves and what we have.

5. Worry Unnecessarily

We worry only about External or Material things and not about Eternal Life. We are enthusiastic about obtaining success in worldly matters and not spiritual matters. We think we can go to confession and continue to sin.

We need to pray about Eternal Life and to repent for our sins. We have to try our best to overcome sin and temptation.

6. Discouragement / Hopelessness (nobody loves me)

Discouragement and hopelessness are the walking sticks of the devil. We feel depressed because of rejection, feeling unloved, loneliness and no confidence in the Lord.

Surrender to God and His mercy will take care of it. Pray for the people who feel the same way as you.

7. The devil does not exist

As long as there is sin and evil in the world, devil exists in it. Those who think that there is no devil, that it is only a fabricated story are sadly mistaken, as the reality is, that if sin exists, devil exists and we become his slaves due to sin.

So be on your guard always. Resist the devil and his temptations and he will flee from you.

8. There is no hell or purgatory, this is the only life, so enjoy it

The ones who do not believe in the existence of hell will be the first ones to go to hell. We commit sin through our 5 senses. By taking us to hell through the sins we commit, devil is taking his revenge on God.

This life is a preparation of the eternal life so don't waste it on sinful pleasures but live it meaningfully, righteously, and fruitfully.

SEAWOOD BUTTERFLIES

A Testimony of Faith in the Little Moments

In Seawoods behind TSC Campus lake side , NMMC walking track garden, and Mathre Garden Ground, I've often found myself surrounded not just by nature — but by the presence of Butterflies, in all their angelic grace, dancing through the flowers as if Heaven whispered, “I am with you always.” (Matthew 28:20)

I didn't just observe them. I waited. I prayed.

Sometimes, I would softly pray: “Lord, let me catch just one good click.” And almost instantly — He answered many a times. That was no coincidence, it was a favour.

Like Elijah waiting for rain on the mountaintop (1 Kings 18:42-45), I waited for long hours for the right moment so that my camera captured the essentials with patience and faith. Because I wasn't just taking photos — I was receiving gifts. Every butterfly became a message with beautiful names.

Every click, a moment of worship. God's painting over motion wings, and I was just blessed enough to watch and catch.

I feel like “This was never just a hobby. It was God's way of teaching me patience, joy, and praise Look at the names of the little wonders:-

1.Zebra Blue, 2. Plain Tiger, 3. Blue Tiger, 4. Common Rose, 5. Sleepy Orange, 6. Tawny Coster, 7. Lemon Emigrant, 8. Common Emigrant, 9. Peacock Pansy, 10. Painted Lady, 11. Rustic Desi, 12. Common Sailor, 13. Blue Mormon, 14. Common Jezebel, 15. Common Grass Yellow, 16. Great Eggfly, 17. Danaid Eggfly, 18. Lime Swallowtail, 19. Common Mormon, 20. Tailed Jay, 21. Pioneer White, 22. Orange Tip, 23. Orange-barred Sulphur, 24. Common Gull, 25. Striped Tiger, 26. Three-spot Grass Yellow, 27. Psyche."

- Mr. Ravi Varma
St. Joseph's community



SEAWOOD BUTTERFLIES

FROM THE CHURCH REGISTER

BAPTISM - BORN IN CHRIST

Sr	Date	Child's Name	Father's Name	Mother's Name	Address
1	04.06.2025	*Michael Pinto	Anthony	Cecilia	NL-6, GreenField, Bldg.No.8, Sec.8, Nerul(W)
2	07.06.2025	David John Louis	James Louis	Soni J. Louis	NL-2/13/C-3. Sec.15, Nerul(E)
3	08.06.2025	Austin Chris	Alex Arun	Michal Vijaya	104, Parijat Sadan, Pratiksha Nagar, Sion
4	20.04.2025	*Asila Boda	Shabbir	Lucia	201, Deep Complex, Sec.28, Nerul(W).
5	20.07.2025	Raphael Mantri	Wilson Moses	Angela	Satyam Exotica, Sec.18, Ulwe.
6	10.08.2025	Marcus Fernandes	Kevin	Blessy	403 Orion Tower, Plot No.120, Sec.50(N), Nerul(W)

*Adult Baptism

MARRIAGE - UNITED IN CHRIST

Sr	Date	Bridegroom Name	Brides Name
1	28.12.2024	Shaun Anthony	*Steffi Michele Lobo
2	17.05.2025	Elton Clint Bothello	Aishwarya Sawant
3	20.08.2025	Issac Raj	Sujatha

BURIAL - RESTING IN CHRIST

Sr	Name	Date of Expiry/Burial	Age
1	Rita Belchar Dantes	23.06.2025	86 years
2	Cruzinha Cardoz	15.07.2025	85 years
3	Meena Jairam	31.07.2025	80 years
4	Anthony Pinto	05.08.2025	61 years
5	Denish Fernando	16.08.2025	46 years

VIANNEY SUNDAY CELEBRATIONS AT OLVC

- Annie Gomez Parish Council Member

On 10th August 2025, our parish joyfully celebrated Vianney Sunday, honoring St. John Mary Vianney, the patron saint of priests. The celebration began with the Holy Eucharist at 9:30 a.m., offered in thanksgiving for the gift of priesthood and for the priests who serve the community with dedication and love.

The Mass was solemn yet uplifting, with parishioners joining wholeheartedly in prayer. After the Eucharist, the faithful expressed their affection for their shepherds by offering handmade cards, thoughtful gifts, and warm wishes. The parish choir added a special touch to the morning by singing the prayerful hymn, "Keep them, we pray Thee, dearest Lord". The congregation joined in, and the hymn echoed throughout the church as a heartfelt blessing for the priests. The children too contributed to the joy of the day offering hand made cards, painting and drawings that brought smiles to the priests.

Following the Mass, the Parish pastoral council members gathered for a felicitation program. Among those honored were Norbetine priests - parish priest Fr. Sunil Tirkey, Fr. Anand, Fr. Gabriel and Salesian community priests - rector Fr. Barnabe D'

Souza, Fr. Adolf Furtado, Fr. Shekhar Mariadas and Fr. Allwyn Misquitta. The priests were felicitated with tokens of love and handmade cards prepared by the PPC members, in recognition of their tireless ministry and compassionate service. Words of gratitude were expressed, acknowledging the priests' role in guiding, encouraging, and strengthening the faith of the community.

The celebration concluded with moments of fellowship and joy. A festive cake-cutting ceremony added to the spirit of unity, after which the council members shared in a potluck buffet featuring delicious homemade dishes prepared with love. The shared meal became a symbol of communion, where laughter, conversation, and gratitude filled the air.

The Vianney Sunday celebration reminded the parish of the vital role of priests in their spiritual journey. In prayer and fellowship, the faithful renewed their commitment to support and pray for their shepherds in the spirit of St. John Mary Vianney.



Parish Feast Day Celebration



Farewell to Our Dear Priests



Thank You Fr Arul & Fr Prem



Devotion to Our Mama Mary at OLVG

