



*“They are trees planted by streams of water; they bear fruit; their leaves do not wither; in all that they do they prosper.” Ps 1:3*

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**The Theme for 2013: “LIVE BY FAITH” *Romans 1:17***

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### MARTHA, MARTHA.....YOU ARE WORRIED & DISTURBED

A few years ago, as a family, we were blessed with an opportunity to visit Salalah during Khareef season. During our short stay of about four days there, we thoroughly enjoyed the nature, lush green mountains, serene flowing wadis and water falls from mountains, different kind of birds, occasional drizzles and mist. Among many other things, we experienced God’s loving presence while we spent time at Job’s tomb, situated up in the hills. Every morning, we would eagerly await our vehicle to arrive to take us to the hill to spend time in prayer, enjoy serene and quiet time and experience God’s loving presence.

Psalmist David in *Ps 119:37* prayed, “Turn your eyes away from worthless things; preserve my life according to your Word”. Today we are tempted in every side and walk of life to keep ourselves busy, stressed, tired, occupied and disturbed with something or the other. There are ample ways and means around us. This is one of the strongest weapons of Satan, that if we

are busy and occupied with cares of the world such as overwork, sports, social life, parties (nothing wrong if done in moderation), then we won't have sufficient and quality time for prayer, family spiritual needs, family meal, scripture, community prayer, cell and ministry meeting, witnessing and reaching out to the needy, poor and sick. Our constant mantra will be "I'm busy" or "I don't have time for anything" which is not actually true. We slowly turn out to be selfish in our own way, catering to our own needs without being aware! To add to our busyness, we have other avenues such as the internet, smart phones, MP3, music, and other electronic gadgets. The greatest concern today is that we just cannot manage time and not that we don't have time. Being lazy, tired, occupied and stressed, we tend to take recourse to other means of relaxation and are forced to keep ourselves away from nourishing our souls and the souls of our family, which is of utmost importance.

Keeping oneself busy also keeps one away from righteousness as we read in *Is 32:17* "The fruit of righteousness will be peace; the effect of righteousness is quietness and confidence forever." *Ps 131:2* says "but I have stilled and quietened my soul; like a weaned child with its mother, like a weaned child is my soul within me.

In order to grow in faith and mature spiritually, it is often required that we spend quiet and uninterrupted time with our Master. This has to be done consistently and in a disciplined manner. Of course, we will have our weaknesses and failures, but it should not deter us from pursuing our goal day after day. When we sit at the feet of the Lord, then we shall be able to listen to Him, discern His Will and plan for us, our family and community. Without knowing God's Will and plan, we will continue to lead and live somewhat defeated lives not knowing what to do especially in times of trouble.

We need to decide on a time and place to spend quiet time with the Lord daily. Before doing that, we need to seek in prayer what areas we need God's intervention and where we are distracted and troubled. Once we deal with the root cause, then, we can concentrate in prayer and enjoy our quiet time with the Lord.

Knowing our present situation and what exactly we are going through in our daily lives, we have been given a beautiful example in the Gospel of **Lk 10: 40-42**. Our Lord Jesus reprimands Martha on her complaint about Mary not helping her in household chores. Jesus tells her that she is too distracted and because of which not able to concentrate on the Lord and sit at His feet to listen to Him. Often, we are like Martha, too busy and occupied with too many things, many of which are not of much use. Let's sit back, take time out to evaluate our lives and see where we find ourselves wanting. Slowly but surely, by God's help and through the Holy Spirit, we shall discover our weaknesses and be able to overcome the same through prayer and God's mercy. Once we realize our flaws and weaknesses, we need to repent and return to the Lord in prayer and supplication to love and bless Him. Slowly and surely as time passes we will learn that we can identify ourselves with Mary in verse 42, "there is need of only one thing. Mary has chosen the better part which will not be taken away from her".

Finally, in this disturbed, distracted, occupied, busy and stress-filled world, let's try our best through God's help, prayer and support of our brethren that we may be able to adorn our inner self with the lasting beauty of a gentle and quiet spirit, which is very precious in God's sight (**1Pet 3:4**).

- *Felix Menezes*

## **THE LUMINOUS MYSTERIES OF THE HOLY ROSARY**

The Rosary of the Virgin Mary, is a prayer loved by countless Saints and encouraged by the Magisterium. Simple yet profound, it still remains a prayer of great significance, destined to bring forth a harvest of holiness. It blends easily into the spiritual journey of the Christian life, which, after two thousand years, has lost none of the freshness of its beginnings.

The Rosary, though clearly Marian in character, is at heart a Christ centric prayer. It has all the depth of the Gospel message in its entirety. Through the Rosary, the faithful receive abundant grace, as though from the very hands of the Mother of the Redeemer.

## **Why needed:**

In the year of the Rosary (October 2002 - October 2003), when Pope John Paul II introduced the new “Luminous mysteries” (Mysteries of Light), the general response was why the inclusion of 5 more mysteries? For years we have been meditating upon the Joyful, Sorrowful and Glorious Mysteries, why then the inclusion of these mysteries?

When we carefully look into the traditional sequence of the Rosary’s joyful ( Incarnation and the hidden life of Christ), sorrowful (focusing on the sufferings of His Passion) and glorious mysteries (the triumph of His Resurrection) we can find something missing – a large part of the Gospel story - Jesus’ whole public ministry was missing. To be precise, if we refer to the gap between the last joyful mystery (finding of the 12 year old Jesus in the temple) and the first sorrowful mystery (Jesus' agony in the garden the night before his death), we can find the whole gap. Therefore to bring out fully the Christological depth of the Rosary, it was suitable for Pope John Paul II to make an addition to the traditional pattern to include the mysteries of Christ's public ministry, between His Baptism and His Passion.

Moving on from the infancy and the hidden life in Nazareth to the public life of Jesus, our contemplation brings us to those mysteries which may be called in a special way “mysteries of light”. Certainly the whole mystery of Christ is a mystery of light. He is the “light of the world” (*Jn 8:12*).

## **The meaning:**

Each of these mysteries is a revelation of the Kingdom now present in the very person of Jesus. The Baptism in the Jordan is first of all a mystery of light. Here, as Christ descends into the waters, the innocent one who became “sin” for our sake (*2 Cor 5:21*), the heavens open wide and the voice of the Father declares him the beloved Son ( Mt 3:17), while the Spirit descends on him to invest him with the mission which he is to carry out. Another mystery of light is the first of the signs, given at Cana (*Jn 2:1- 12*), when Christ changes water into wine and opens the hearts of

the disciples to faith, thanks to the intervention of Mary, the first among believers. Another mystery of light is the preaching by which Jesus proclaims the coming of the Kingdom of God, calls to conversion (Mk 1:15) and forgives the sins of all who draw near to him in humble trust (Mk 2:3-13; Lk 7:47- 48): the inauguration of that ministry of mercy which he continues to exercise until the end of the world, particularly through the Sacrament of Reconciliation which he has entrusted to his Church ( Jn 20:22-23).

The mystery of light par excellence is the Transfiguration, traditionally believed to have taken place on Mount Tabor. The glory of the Godhead shines forth from the face of Christ as the Father commands the astonished Apostles to “listen to him” (Lk 9:35) and to prepare to experience with him the agony of the Passion, so as to come with him to the joy of the Resurrection and a life transfigured by the Holy Spirit. A final mystery of light is the institution of the Eucharist, in which Christ offers his body and blood as food under the signs of bread and wine, and testifies “to the end” his love for humanity (Jn13:1), for whose salvation he will offer himself in sacrifice.

In the course of these mysteries we contemplate important aspects of the person of Christ as the definitive revelation of God. It is during the years of His public ministry that the mystery of Christ is most evidently a mystery of light: *“While I am in the world, I am the light of the world” (Jn 9:5).*

The addition of these mysteries, without prejudice to any essential aspect of the prayer's traditional format, is meant to give it fresh life and to enkindle renewed interest in the Rosary's place within Christian spirituality as a true doorway to the depths of the Heart of Christ, ocean of joy and of light, of suffering and of glory.

Contemplating on the mysteries of the Rosary offers the “secret” which leads easily to a profound and inward knowledge of Christ. We might call it *Mary's way*. It is the way of the example of the Virgin of Nazareth, a woman of faith, of silence and of attentive listening. It is also the way of a

Marian devotion inspired by knowledge of the inseparable bond between Christ and his Blessed Mother: the mysteries of Christ are also in some sense the mysteries of his Mother, even when they do not involve her directly, for she lives from him and through him. By making our own the words of the Angel Gabriel and Elizabeth contained in the *Hail Mary*, we find ourselves constantly drawn to seek out afresh in Mary, in her arms and in her heart, the “blessed fruit of her womb” (*Lk 1:42*).

I would like to conclude in the words of Bl. Pope John Paul II, an ardent believer of the Rosary of the Blessed virgin Mary, whose prayer to the Queen of the Holy Rosary was:

*“O Blessed Rosary of Mary, sweet chain which unites us to God, bond of love which unites us to the angels, tower of salvation against the assaults of Hell, safe port in our universal shipwreck, we will never abandon you. You will be our comfort in the hour of death: yours our final kiss as life ebbs away. And the last word from our lips will be your sweet name, O Queen of the Rosary, O dearest Mother, O Refuge of Sinners, O Sovereign Consoler of the afflicted. May you be everywhere blessed, today and always, on earth and in heaven” Amen.*

(Source: “*Rosarium Virginis Mariae*”)

- *Hilda Rasquinha*

## **WINDOW THROUGH THE PAST WEEKS**

### **10-18 May 2013 - Holy Spirit Novena.**

The novena to the Holy Spirit was held from 10<sup>th</sup> to the 18<sup>th</sup> of May, 2013 based on the theme “To get back to the first love (Rev. 2:4)”

The speaker for each day was given a theme to share the Word, which was then followed by Praise, Thanksgiving, Intercession and Worship. We believe that each one of us experienced the fresh anointing of the Holy

Spirit every day. The feast day i.e Pentecost was celebrated on Sunday, 19<sup>th</sup> May, followed by fellowship which was led by Bro. Freddy.

### **16 May 2013 – Bro. Louis Ryan – Spirit of order and peace**

Reflection on the theme's chosen for the Novena to the Holy spirit. In preparation for the Feast of Pentecost, for the first three days we reflected on the themes - Who is the Holy Spirit; How did the Holy Spirit work in the early church & What does the Holy Spirit do in the present time, what he wants to do in our life today.

The reflection on the 4<sup>th</sup> day was on "Spirit of order and peace" (*1 Cor 14:33*). Holy Spirit is the one who brings order and peace in our lives, for that we need to do four things:

1. Get right with our brother before we can worship (*Mt. 5: 23-24*)
2. Put spiritual things before material things (*Mt.6:33*)
3. First judge ourselves before we try to judge anyone else (*Mt 7:1-5*)
4. Purify the inside and then the outside (*Mt.23:25-26*)

A person who has order in his life will **walk with a heart that is mouldable, work with a heart that is meek & worship with a heart that is merry.**

### **23 May 2013 – Sis. Ann Pinto - People of Power**

*Eph 3:20* says “*God is able to do abundantly, exceedingly far beyond anything we can ask, think or imagine according to **Christ Jesus who is at work in us***”. Stemming from this there is no doubt that we ought to realize that the Word of God declares & certifies us as ‘**People of Power**’. And really, with all bravery we ought to believe and live out this expectation because it is Christ who has spoken these words over all believers.

So, how do we go about it? Jesus told his disciples, “...*You will receive power from above when the Holy Spirit comes upon you. And you will be my witnesses unto the ends of the earth...*” (*Acts 1:8*)

Why does Jesus make such bold statements? With what surety does he make them? It's his own experience with the following 'P's laid out here that makes him say them. They are:

**(a) People of Power are people of Praise (Phil 4:4):** Praise is a perfect weapon for spiritual battle for it silences the enemy and draws us into the presence of God. Praise simply put is declaring confidently what Christ has already done and reminding the enemy that his game is up.

**(b) People of Power are people of Prayer:** As we know there's little else that is the key to opening the channel of God's grace and mercy than fellowshiping with him as in the example of Jesus himself. No wonder so much of his public ministry was done immediately after deep communion with his Heavenly Father.

**(c) People of Power depend on the Promises of God:** The Promises of God are among the treasures laid up in God's word. When we stand on them we are showing to the world that we believe God's words hold true for us and that they are already at work in our lives like wheels in motion - even when circumstances are against us. We just keep on believing the Word (the Truth) rather than the situation (the Facts).

**(d) People of Power are people who practice living in the Presence of God:** This in other words is being connected to the Holy Spirit, being fine tuned to Him by having a sensitive heart to HIS promptings and obeying Him at every turn. Because when we disobey, His presence will depart.

The Anointing descends upon the one who will regularly do this. But the Word of God in *1 Jn 2:27* goes on to say "...**As you receive the Anointing, abide in it**". Now, the obstacles to abiding in the anointing are those things like disobedience, over-focus on self and one's ability, pre-occupation with some business or the other, & breakdown of relationships apart from neglecting the 'P's stated above. Let us bear this in mind and be careful to observe them.

*1 Cor 5:20* says we are "**Christ's Ambassadors and that He is making his appeal through us...**". Let us co-operate with our Lord Jesus in His Salvation work by being His ambassadors of Power to reach the world, one soul at a time.



## **30 May 2013 – Bro. Renato Gomes – Time to talk to Jesus**

Renato led the entire session of Praise and Worship.

**(Jn 12:32)** “And I, when I am lifted up from the earth, I will draw all people to Me” He gave a call to praise and thank God especially those who do not get chance to come to the mike. It was a very spirit-filled time of lifting the name of Jesus through the Hymn- I wanna sing of Your Love—Jesus we lift up Your Name.

**(Ps. 5:3)** - “O Lord in the morning You hear my voice, in the morning I plead my case to You and watch”. He shared on this verse and his conviction of praying first thing in the morning when our mind is so peaceful to talk to Jesus with no worries and anxieties. Jesus too prayed in the morning, **(Mk1:35)**. Based on this verse, he reminded us, of the MIPC call for daily Morning Prayer 6.30 a.m. lifting the weekly intention. Morning time is the best time to talk to Jesus and watch – for His direction during the whole day.

Session ended with deep worship entering in His inner courts **Ps.5:7** “But I through the abundance of His steadfast love will enter His House; I will bow down toward your Holy Temple in awe of YOU”.

## **20 June 2013 – Bro. Ryan Pinto – Remember the LORD**

**Remember the LORD.... (Deut 8:18)** is a Bible verse and a little song the children of our Community sang at the MIPC Anniversary last year. Incidentally, this verse had more impact on me than I thought one like it could.

It is a command from the Word of God that we remember Him many times in the day. We’re not called to remember him only at our morning personal prayer or when occasional disappointments come our way: To gain a little insight on this we might think of how many times He remembers us.... you guessed it - **all the time!** That’s how much God thinks of every one of us during the day.

Well, recently I had a verbal exchange at my office with my senior in which I politely no doubt, but rendered an interruption all the same. What's more, it had a certain negative vibe to it that made it slightly uncomfortable. As I thought a little later about my conversation and moreover my behavior that day, I realized that I was fearing rejection and reacting to what I perceived as a person's taking advantage of me, whether or not it was happening. I can't say something similar has not happened to me before but there and then it struck me that I was doing it yet again – I was being my own savior and trying to 'save myself'. Later that evening I received the grace to apologize to my boss and mend our relationship. I also got to understanding that Jesus is my Saviour and all my relationships need come under his Lordship. Otherwise I will fall into sin like I did employing mere Good Intention.

There are many BLOCKS to our remembering the Lord of which some are:

- **Distractions** in form of persons or situations
- **Emotions** (Fear, Anger etc.)
- **Lack of Humility**
- **“All I know to do” – that’s the old man (as St. Paul calls it) or our old self before** we work at renewing ourselves. We can't use other's behavior to license our own bad behavior.
- **A lack of Faith** – Faith is evidence of things unseen..... and even evidence of our Lord who is unseen.

We ought to understand it this way:

- Fear prevents us from Remembering the Lord
- Then we attempt to 'Save our selves'
- Then Jesus is no longer our Saviour (we're open to attack)
- As a result we can't appropriate his Mercy & Grace
- All that remains is Good Intention
- Armed with mere 'Good Intention' we fall into Sin
- “The dark side of trying to do good is sin”

(That is meaning well, we try to relate to people devoid of love - when all

that hold relationships together is **LOVE**). In conclusion, let us **cast out fear**, remember that **Jesus is our Saviour** and not us. And we need to **accept His Mercy & Grace** to steer clear of falling into sin.

## 27 June 2013 – Henry Sanjivi – Suffering

The topic for 27<sup>th</sup> June was 'suffering' - Why are there earth quakes, floods, tornados? Why are there so much of unheard and incurable diseases? Why is there so much of disaster all around us? Does God really care about the parents, who have deformed children? If this universe is created by God, did He not do a good job? With this preamble, Henry shared his views on suffering - Is God the cause of all the suffering in the world?

The Bible Tells about 3 different types of sufferings:

- (a) People suffered because of their own actions. (*Ps.107:17*). **Some** were sick through their sinful ways, and because of their iniquities suffered affliction;
- (b) People suffered because of the actions of others for example a pedestrian being knocked down by a car (Uriah Hittite)
- (c) People who complained to God and grumbled at God about their suffering - The Israelites during the Exodus.

- Pain and suffering can help us to comfort others who are going through similar pain: **2 Cor 1:3-5** Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, **(Subject to our going to Him, being available to HIM)** so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.
- Pain and suffering can help to shape our character. **James 1:2-4**
- Pain and suffering can lead to repentance and salvation.
- Pain and suffering can prevent us from becoming dangerously proud. Paul said that his "thorn in the flesh" was to keep him from becoming proud and arrogant (**2 Cor12:7**).

The scripture tells us in **1 Cor 10:13** that God is wise and faithful, and will make our burdens according to our strength. He knows what we can bear. He will also make a way to escape.

**Rom.8 :14-17** verse **17** says 'and if children, then heirs, heirs of God and fellow heirs with Christ, provided (**PROVIDED IS THE KEY WORD**) we suffer **with** him in order that we may also be glorified with him.

### **CHILDRENS BIBLE QUIZ – 20 QUESTIONS**

The answers to our last quiz on the 20 question are (1) 11- He also had 1 sister (2) Raven and Dove (3) Rainbow (4) Pharaoh's daughter (5) Mt. Sinai (6) Trumpets, pitchers and lamps (7) Turning the water into wine (8) Tax collector (9) Moses and Elijah (10) Silas (11) Matthew, Mark, Luke, John (12) Psalms (13) 3 John (14) None (15) Saul of Tarsus (16) Israel (17) 12 (18) Hebrew (19) Greek (20) John the Baptist

We take pride in announcing the names of our winners, Patricia Fernandes & Rachel Fernandes.

Congratulations and well done!!

**PRAY THE 6.30 AM CALL**



***MIPC Prayer Meeting: Every Thursday at 8:00 pm in the Parish Hall, except on the second week of the month.***

***General Intercessory Meeting: Last Monday of every month at 8:00 pm.***

***Community Mass: Every Saturday at 9.00 a.m.***