



“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

VOL XI – ISSUE 33

JUL - AUG 2017

The Theme for 2017: “Watch and Pray” Mathew:26:41

CONTENTS

- *The Assumption of our Blessed Virgin Mary*
- *God is good all the time – A testimony*
- *Meaning of some titles of our Lady.*
- *Youth Outreach - Summer Thrills 2017*
- *Finding Apostles’ Creed in the Holy Bible*
- *The Sign of the Cross - A Short Prayer*
- *How Heavy is your Cross ?*
- *Quiz*

THE ASSUMPTION OF OUR BLESSED VIRGIN MARY

Contemplating on the Assumption of our Blessed Virgin Mary, we become aware that death is not the end, but an entrance into a life that knows no death.

The Assumption of our Blessed Virgin Mary completes God’s work in her, since it was not fitting that the flesh that had given life to Jesus should ever undergo corruption. The Assumption is God’s crowning of His work, as Mary ends her earthly life and enters eternity. The feast turns our eyes in that direction, where we will follow when our earthly life is over.

The feast days of the Church are not just the commemoration of historical events; they do not look only to the past. They look to the present and to

the future and give us insights into our own relationship with God. The Assumption looks to eternity and gives us the hope that, we too will follow Our Lady when our life is ended.

The prayer for the feast reads: “All-powerful and ever-living God: You raised the sinless Virgin Mary, mother of your Son, body and soul, to the glory of Heaven. May we see heaven our final goal and come to share her glory.”

When the Virgin Mary lay down to sleep in this world she woke up in heaven, in fact, for the final time, she simply followed her Son Jesus on the last and most decisive journey “From this world to the Father.” Like Him and with him she departed this world in order to “to return to the Father’s House.” And this was not in order to distance herself from us as it might at first appear, because we are all children of the Father, brothers and sisters of Jesus. We are also Mary’s Children and she is our Mother. All of us strive for happiness and happiness to which all of us tend, and this happiness we call heaven, which, in reality, is really God himself.

Mary helps and encourages us to ensure that at every moment of our existence, our every step on this journey tends towards God. She helps us to do this by making the reality of heaven and the greatness of God present to us here in this world.

What a great mystery of love is presented to us for our contemplation! Jesus Christ has conquered death by this omnipotent love. And Mary followed her Son and shared in his glory after sharing his passion. She comes with an irrepressible rush, keeping the path open behind her for all of us, her children. And this is why today we call her “Gate of Heaven”, “Queen of Angels” and “the Refuge of Sinners.:

We ask Mary to give us a portion of her faith, that faith which already makes us live here and now between the finite and infinite, which transforms even the passing of time and our existence, by which we feel deeply that our lives are sucked away from the past but drawn strongly towards God where Jesus Christ has gone before us and immediately after him, Mary.

Looking at Mary’s Assumption into heaven we understand our everyday lives better, though marked by trials and difficulties, like a river it flows

towards the divine ocean, to the fullness of peace and Joy. We begin to realize that our death is not the end. It is the entrance. It is the entrance into a life without end, where there is no death. Our sunset on the horizon of this world ushers in the dawn of an entrance into the dawn of a new world, an eternal day.

“Mary, while accompanying us in our everyday struggles of living and dying, keep us constantly directed towards our true homeland of eternal bliss. Help us to live as you did.”

Before the sad spectacle of so much false joy and with it so much distress and pain that spreads over the world, we should learn from mother Mary to become signs of hope and consolation, we must proclaim by our lives, the Resurrection of Jesus.

- *Core Team*

God is good all the time - A Testimony

As a result of working continuously on the computer in my office, pain in my neck was developed. After consulting the Doctor in Mumbai an MRI of my neck was done and found slipped disc on top of the neck spine. Doctor prescribed multi-vitamin tablets for two months. After taking the medication I felt better and after few months the neck pain reached my head. I had a vertigo attack. Fear gripped me as I couldn't move from my bed. I took medicine, prayed fervently and my sisters in the cell also prayed for me. God showed his mercy. From that time till date I did not get any vertigo attack. Praise the Lord and all glory to God. At the healing service conducted by Fr. Mathew during the retreat, he prayed for the healing of head pain. I felt heaviness in my head during that time and I claimed the healing. Praise the Lord I received the healing and since then there is no head pain.

My husband Peter had cataract surgery on both the eyes. His retina was affected and he had to do eye laser treatment for five times otherwise he would lose his vision. His left eye often had pain. Father Mathew prayed for his eyes. From that time, he doesn't have pain and I claim his retina is also in good condition and God has restored him clear vision. All glory and praise to our awesome God.

Perpetual Fernandes

Meanings of Our Lady's some of the titles in the litany of the Blessed Virgin (Litany of Loreto)

The word litany is derived from the Latin word *litania*, meaning prayer of invocation or intercession. The Litany of the Blessed Virgin was originally approved in 1587 by Pope Sixtus V. It is also known as the Litany of Loreto from the famous Italian Shrine where its use is attested in the year 1558. The 1587 version of the Litany of the Blessed Virgin was subsequently enriched with new invocations. Thus, in 1675, “Queen of the most Holy Rosary” was added for the Confraternities of the Holy Rosary. In 1883, “Queen Conceived without Original Sin” was added by Pope Leo XIII. In 1950, Pope Pius XII added “Queen Assumed into Heaven”. In 1980, the Congregation for Sacraments and Divine Worship directed that the invocation “Mother of the Church” be inserted, while, more recently Pope John Paul II added “Queen of Families” in 1995.

Given below are meanings of the 13 symbolic titles of Our Lady in the Litany:

1. **Mirror of Justice:** Mary is like a mirror who reflects the justice of God to us. It is meant to say that she is the Mirror of sanctity, holiness and supernatural goodness.
2. **Seat of Wisdom:** Mary is called the “Seat of Wisdom” because wisdom became incarnate in her son Jesus whom she carried in her womb. The Son of God, called in Scripture the Word and Wisdom of God, once dwelt in her, and then, after His birth, He was carried in her arms and seated in her lap during His first years. Thus, being as it were, the human throne of Him who reigns in heaven, she is called the “Seat of Wisdom”.
3. **Cause of Our Joy:** The moment Mary’s greeting sounded in Elizabeth’s ear, the baby leapt in her womb for joy (Luke 1:44). Mary is cause of our joy because, Mary brought Jesus into the world, and He is the source of all joy. Mary is also cause of our ever increasing joy, because she always unites us —if we pray—to the Heart of Jesus.

4. **Spiritual Vessel:** Mary is both the dwelling place of the Holy Spirit and dwelling place of Jesus Christ in the Incarnation. Mary received this title because she is the perfect vessel of the Holy Spirit, who dwelt in her by the fullness of His grace.
5. **Vessel of Honor:** This title was given to Mary because she, more than any other human person, deserves to be honored as the one who conceived and gave birth to the Son of God. As Mother of Christ she stands in close relationship with Him than any other creature in heaven or on earth. All the angels and saints of heaven pay her homage because of her exalted dignity and unsurpassed glory; all Christians place their confidence in her; and the souls in purgatory look to her for help.
6. **Singular Vessel of Devotion:** The word *devotion* as used in this title exceeds the narrow meaning of devotional practice and refers to total dedication and fidelity in the service of God. Mary was totally dedicated to her Son. In Mary, we at once see devotion in its true light. God, Her Divine Son, was the one end and aim of her life. She lived simply and wholly for His service. Her heart was a burning thurible from which there ever ascended as an incense of sweetest fragrance, holy desires, acts of love, and praise and thanksgiving.
7. **Mystical Rose:** The rose is regarded as the queen of flowers. The flower of royalty which surpasses all others in fragrance. A rose has a delicate bloom supported by a strong stem with thorns for defense. Similarly, our Blessed Mother's soul reflects the love of God, while her person represents a strong woman of firm faith conviction ready to defend the Lord. She has the sweetness of sanctity and the beauty of virtues. As described by sacred writers, she is the "mystical rose without thorn", the "rose of paradise", and the "rose bringing salvation to all who call upon her".
8. **Tower of David:** This is a biblical phrase from *Song of Songs 4:4* "*Your neck is the Tower of David, a display of trophies, a thousand bucklers hang on it, all of them worn by heroes of war*". The verse is not only praising the woman's physical beauty but also the inner beauty of her heart. Mary is the Tower of David because being full of grace

and highly favored by God, the beloved of God [Lk 1:28] she is also blessed with manifold virtues. Mary is compared to a strong fortress, full of weapons, to which you can always fly for refuge.

9. **Tower of Ivory:** This is a symbol of purity. It means Mary is pure in body and soul; and because of that, she is most beloved by God: “*Your neck is like an ivory tower*”. (Song of Solomon 7:4). Ivory is known for being precious and pearly white. It signifies God’s love for Mary as the highly favored one and the grace of being immaculate as She is protected by God the Father from sin. Mary is called the Tower of Ivory, to suggest to us, by the brightness, purity, and exquisiteness of that material, how transcendent is the loveliness and the gentleness of the Mother of God.

10. **House of Gold:** Gold is the most beautiful, the most prized, the most durable of metals; it is the union of these three qualities that makes it so precious. It is the richest of all material objects. Gold is thus a worthy image of Our Lady's spiritual qualities. This is also an ancient biblical symbol related to the temple of God in Jerusalem, which God Himself commanded to be covered with gold so that it would be worthy to be His dwelling place on earth. Mary was the temple of God. She was the house wherein God dwelt during nine months in her womb, and for his sake she was a house of gold, adorned by the Creator with the most precious virtues. Her soul was resplendent and glowing with charity, with love of God and Her neighbor—that is what made it so precious to God, that it was a House of Gold.

11. **Ark of the Covenant:** The Ark of the Covenant was a symbol of God’s presence to Israel.. Mary is the “Ark of the new Covenant” in the sense that she made God present to mankind in the incarnation of the Son. In the ark were placed the law of God inscribed in stone; in Mary’s womb was the Word of God in flesh. In the ark was the urn of manna, the bread from heaven that kept God’s people alive in the wilderness; in Mary’s womb is the Bread of Life come down from heaven that brings eternal life. In the ark was the rod of Aaron that budded, the proof of true priesthood; in Mary’s womb is the true priest. "Mary, in whom the Lord himself has just made his dwelling, is the daughter of Zion in person, the Ark of the Covenant, the place where

the glory of the Lord dwells. She is 'the dwelling of God . . . with men'" (CCC 2676).

12. **Gate of Heaven:** Mary is called the "Gate of Heaven," because Our Lord is in Heaven, and She is the way to Him. A gate is the entrance you pass through to get from one place to another. As Our Lord came to us through Mary, so we can go to Him through Her. We must think of Mary as the "Gate of Heaven" not only for us, the Church Militant, but also for the Church Suffering—the poor souls in Purgatory, who cannot help themselves. Through Her prayers many a soul may at this very moment be passing through the Gate of Heaven.
13. **Morning Star:** And just as the morning star precedes the sun, announcing the dawn of day, so the Blessed Virgin Mary preceded Christ the Son of Justice, announcing the day of salvation. Like the morning which separates the night from the day the Virgin Mary rose as the morning before the Sun of Justice, and separated the state of grace from the state of sin, the children of God from the children of darkness. Through Her coming, the whole world was enlightened. Mary was truly the bright Morning Star of that blissful day when the world saw the divine sun of its redemption arise upon it.

Overall then, we can see that the titles given to Our Lady in her Litany are not mere conventional pieties, but quite often have a deep biblical and symbolic meaning. By meditating on them we can deepen our knowledge of and love for the Blessed Virgin.

Compiled by Hilda Rasquinha

YOUTH OUTREACH - SUMMER THRILLS 2017

Summer thrills 2017 provided a great opportunity for the MIPC youth cell to interact with the children of the parish. Out of the 4 youth coordinators Clifton Das and Lanston Pinto were from our very own youth cell and hence succeeded in guiding the summer camp in a fun yet Jesus-centered way. Essentials of prayer, praise and worship were introduced on all days of the camp interspersed with the other exciting activities. The campers of each team lead a small time of praise and worship everyday thus encouraging them to make prayers of thanks and praise and

When God gives you one important thing in life, never hold to it too tight! So when He asks you to give it back...it's easy to let go without hurting so bad

learn action songs. The Tuesdays of the weeks saw a dedicated praise and worship session followed by relevant and insightful sharings by the youth and the elders of the youth cell. While the children enjoyed raising their hands and voices in praise , and dancing to the action songs; the sharings on the various topics such as power of words and importance of purity in our speech, relationship with and obedience to parents for the inters boys and girls, thanking God in the midst of suffering and offering it as a prayer for the senior boys and purity of the mind and body for the senior girls, produced thought provoking discussions between the campers and the youth resulting in a truly enriching session for everyone involved. The session on the power of words by Carmine followed by a powerful testimony made the children do a lot of soul searching and many left with thoughtful expressions on their faces. The youth took part in other responsibilities too, such as taking care of the sound and lights for the whole summer camp and heading the motor, robotronics and chorals club. Another remarkable lesson taught to the campers was on not wasting food. The campers were encouraged to hand over unfinished snacks to the volunteers who would finish it with no trouble, thus not allowing any food to reach the bins. The volunteers by the example of Lanston took it a step further even by having the food dropped on the ground by accident. This was a truly wonderful way to show the value of food. The children seeing the efforts of the volunteers were extra careful with their food and also tried to finish it even if they didn't like it. It was a delight to reach out to so many children bringing smiles to their faces and bringing the knowledge of God's love into their hearts not just by words but in action too.

- Esther Das

*Walk with God when your heart needs company.
Turn to God when you need someone to lean on.
Take His hand when you feel alone. He is there
when you need Him most. Never give up.
Never back down. Never lose faith. Trusting God can
do the impossible. When no one can be there,
remember God is there.*

DO YOU KNOW WHERE CAN YOU FIND APOSTLES' CREED IN THE BIBLE?

I believe in God the Father Almighty – Mt:5:45,
Creator of heaven and earth -Gen:1:1 and Rom: 1:20,
and in Jesus Christ, His only son and our Lord (Mt:3-17, Phil 2:12),
Who was conceived by the Holy Spirit –Lk:1:35,
Born of the virgin Mary – Lk: 2:7,
Suffered under Pontius Pilot : Jn:19:16,
was crucified, died and was buried (Jn:19:29-42)
He descended into hell (1Pet:3:19-20),
on the third day He rose again from the dead (Mt:28:1-10, Jn20:11-18)
He ascended into heaven (Lk:24-51)
and seated at the right hand of God (Heb:1-3)
the Father Almighty (Mk:14:36).
From there he will come again(Mt:16:27, Acts:10:39)
to judge the living and the dead(1Cor:15:51).
I believe in the Holy Spirit (Jn:14:15-20, Acts 1:7-8)
the Holy Catholic Church (Mt16: 18:19, Eph:5:26:27,Co:1:24)
the communion of saints(Mt:28:19-20, 2Cor 11:13, 1Cor:15:33)
the forgiveness of sins (Jn20:22-23)
the resurrection of the body (1Cor:15: 51-54, 1Thes:4: 13-18)
and life everlasting (1Jn: 5-20). Amen.



THE SIGN OF THE CROSS - A SHORT PRAYER

CCC 2157: “ The Christian begins his day, his prayers, and his activities with the Sign of the Cross: "in the name of the Father and of the Son and of the Holy Spirit. Amen." The baptized person dedicates the day to the glory of God and calls on the Savior's grace which lets him act in the Spirit as a child of the Father. The sign of the cross strengthens us in temptations and difficulties”.

We often make sign of the cross as we begin and end our prayers, when we celebrate the Holy Mass and for some of us when we leave our homes or before driving our cars, or even while passing by a church. Actually the

When you approach the Tabernacle remember that HE has been awaiting for you twenty centuries

sign of the cross is in itself a very short prayer. With it, we appeal to God to make our prayers worthwhile, and at the same time, we profess two truths: the first is the deepest mysteries of the Christian faith, which is the Holy Trinity – the Father, the Son and the Holy Spirit. When we say “in the name of”, we profess that we believe that there is one God. When we say, “the Father, and of the Son, and of the Holy Spirit, we state that we believe that in one God there are three Divine Persons. The second truth that we profess is the saving work of Christ on the cross. This is shown as we trace the cross from our forehead to our chest and from our shoulder to shoulder. This short prayer of words and action is not just a statement of belief but it is a vow to defend that belief, even if it means taking our own cross to follow Jesus, our Lord and Saviour.

Source : iamacatholicbyheart.com

IS YOUR CROSS TOO HEAVY – THE CROSS SHOP

The story is told of a man who complained long and loud to the Lord that the cross he had to carry was too heavy. "Come with Me," said the Lord as He took the man to the shop where crosses were made. Here were piled crosses of every shape and size. With an amused smile, the Lord said, "Just shop around and if you see one you like, take it along."

So the man entered the door, set his cross against the wall and rubbed his hands in glee and chuckled to himself, "This is the chance of a lifetime, something I have been waiting for. If I've got to carry a cross anyway, I might as well get one that's not too much of a burden, one that fits me personally."

So he tried this one and that and none suited him. One was too long and bumped along on the ground. Another was too short and tripped him. One was too light and swayed in the wind. Another was too heavy and cut into his shoulders. Almost ready to despair, he spied one leaning against the wall. He tried it on for size, walked around with it a bit and then turned to the Lord with a smile and said, This is IT! This is the one I have been looking for! I'll take it."

So out the door they went and the Lord turned to the crossbearer and said with a smile, "I'm glad you like that one; it's the one you brought in."

How beautiful it is to stand before the Crucifix, simply to be under the Lord's gaze, so full of love. - Pope Francis

Your Cross in life is tailor fit on you. God will never let you carry it if He knew you cannot rise above it.

- *Compiled*

MARIAN QUIZ

Tick (✓) the right answer

1. Where did Mary live her last days after Christ died?
a. Ephesus b. Rome c. Jerusalem d. Corinth
2. Mary is said to be a descendent of which character of the Old Testament through her father?
a. Naomi b. Aaron c. David d. Rebekah
3. Into what religion was the Blessed Virgin Mary born?
a. Catholic b. Jewish c. Roman d. Greek
4. On which date is the feast of Our Lady of the Annunciation celebrated?
a. April 2 b. January 1 c. December 8 d. March 25
5. How old, according to the teachings of the church, was the Blessed Virgin Mary when she died?
a. No one knows. b. 60 or more c. 70 or more d. 80 or above
6. Mary gave to the world the Rosary and the Scapular. What did she promise to do with the Rosary and the Scapular?
a. She would intercede for mankind. b. She would spread the love of Christ. c. She would appear and defend him against the enemy. d. She would save the world.
7. Which is the oldest Marian feast the Catholic Church celebrates?
a. Annunciation b. Assumption c. Solemnity of Mary, Mother of God d. the Immaculate Conception.
8. What is the translation from English to Latin of the Virgin Mary's title, "Star of the Sea"?
a. Maris Regina b. Maria Oceana c. Stella Maris d. Regina Maria

9. According to Luke 2:41-51, Mary and Joseph found Jesus in the temple when He was twelve years-old. What was Mary's response after Jesus told her that He needed to be in His Father's house?
- a. She told Jesus that he should respect his parents b. She said nothing. She treasured His words in her heart. c. She cried and asked Jesus to come back home. d. She said that Jesus was too young to be with Rabbis.
10. Which Eastern European country venerates Mary with the title, "Our Lady of Czestochowa"?
- a. Romania b. Germany c. Albania d. Poland
11. Which saint sought the help of the Virgin Mary to defeat the Albigensian heresy?
- a. St Louis de Montforte b. St Dominic c. St Alphonsus Liguori d. St Theresa
12. In which year was the dogma of the Immaculate Conception of Mary proclaimed by Pope Pius IX?
- a. 1854 b. 1925 c. 1890 d. 1885

ANSWERS FOR THE QUIZ ON THE ACTS OF THE APOSTLES CH 3 to 5

1. A (Three O" clock) 2. B (Solomon" Portico) 3. C (More than 40)
 4. D (A,B & C) 5. C (not to speak or teach at all in the name of Jesus) 6. A (Barnabas) 7. A (Cyprus) 8. C (Their teaching)
 9. C Yes 10. A (The Sadducees) 11. Look at us 12. Holy, Righteous one 13. Author of life 14. Moses , Lord , God , Prophet

Hearty congratulations to Susana Pinto, Ivy Pacheco, Jessie Fernandes and Yohan Yesudas for the correct answers. We also appreciate Brenda Netto, Glen Brooks, Juliet D'Souza, Jacintha Saldanha and Reuben Cardoz for participating.



***MIPC Prayer Meeting: Every Thursday at 8:00 pm in the Parish Hall.
 General Intercessory Meeting: third Monday of every month at 8:00 pm.***