

Our Lady Of Lourdes Parish, Orlem

Reaching Out



August 2026





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Reaching Out Theme**For October 2026**

Live a simple essential life, open to peace, fraternity and respect for creation !

Pope Leo XIV proclaimed a special Jubilee Year from January 2026 to 2027, to commemorate the 800 death anniversary of Saint Francis of Assisi, inviting believers and communities to rediscover the way of life of the Saint of Assisi : a life that is simple essential, open to peace, fraternity and respect for creation.

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Please send your articles/reports as attached word.doc files and good resolution photographs as jpeg files to reachingout.orlem@gmail.com by 20th of next month. Kindly mention your Community and Sector number or the Cell/Association you are reporting for.

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The Reaching Out

A Newsletter of Our Lady of Lourdes Church, Orlem

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PARISH INFORMATION

MASS TIMINGS

Weekdays: 6.00 am, 6.45 am, 5.30 pm & 7.00 pm
Saturday: 5.30 pm & 7.00 pm
Sunday: 6.00 am, 7.00 am (Konkani), 8.00 am, 9.15 am (Tamil), 10.30 am (Children), 4.00 pm (Tamil Children), 5.15 pm, 6.30 pm (Youth) & 7.30 pm

BAPTISM

Every Sunday at 11.30 am

Expectant parents are requested to complete the pre-baptismal course and produce the certificate while fixing the date for the baptism.

MARRIAGE

Couples intending to marry in our church have to meet any priest at least six months in advance, to check the availability of the church as well as to be briefed on marriage procedures.

Timings for Masses are as follows:

Weekdays: 10.30 am & 4.00 pm
Sunday: 10.30 am & 5.15 pm

OFFICE TIMINGS

Monday to Friday: 9.30 am to 12.30 pm & 4.30 pm to 7.30 pm

Saturday: 9.30 am to 12.30 pm
 4.30 pm to 6.30 pm

Telephone: +91 9920144967

CONFESSIONS

Every Saturday at 5.00 pm - 5.30 pm & 6.30 pm - 7.00 pm
 Dialogue confession is encouraged with prior appointment.

FUNERAL

Weekdays: 10.30 am & 5.30 pm
 (By exception 4.00 pm)
Sundays: 12.00 noon

Mary – A Beacon of Peace

Melville X. D'Souza

Today, the world is in turmoil and is searching for Peace more than anything else. One nation attacking another, one community attacking another, one family attacking another, people on the streets attacking each other, family members attacking each other. And the result is, Peace becoming the biggest casualty.

Where is the world heading? Where are we heading as individuals? Are we going to let matters go out of hand? Is it a lost case scenario where Peace has no chance of survival? Let us understand that at the end of the day, there is still hope. **We have Mary with us, after all she is known as the 'Queen of Peace!'**

There is not much mentioned about Mary in the scriptures. And yet, we see the devotion people all over the world have for Mary. Especially notable is Mary's appearance at Fatima against the backdrop of World War I where she urged the children to pray for peace and an end to the war.

Mary has numerous Titles, one of them being 'Queen of Peace'. Today, we continue praying to Mary to bring about peace – peace between warring nations, peace between warring communities as we've seen in the North-east of our country. Peace during communal disturbances in parts of the country.

But, one would be tempted to ask, how does Mary qualify to get this title of 'Queen of Peace'? Well, **Mary was the one to bring into the world the 'Prince of Peace' and that is, Jesus Christ our Saviour.**

We need to ask ourselves, besides praying, what is our contribution as individuals, in bringing about Peace?

We are not expected to go into the world or in other parts of the country and bring about peace. But, in our society, our neighborhood can we not make attempts to build bridges of understanding and compassion between two groups? How about our own community or even in our own families? Instead of making efforts to bring about reconciliation do we ignite the fires already consuming members of the family because maybe we are nursing a grudge against some of them?

At the end of the day, we all need to understand that bringing about **Peace is the responsibility of each one of us.** **Mary stands firmly beside us, we can count on her.**

The Assumption of the Blessed Virgin Mary

Reprinted from the RO dated August 2013 by late Fr. Philip Falcao

There are a number of ways in which we express our devotion to Mary. Some of these are, through round the year novenas to Mary, or novenas in preparation for the celebration of one of her many feasts, pilgrimages to popular shrines or places of her apparitions and the wearing of scapulars and medals. All these are pious expressions of devotion, but they do pretty little to increase our understanding of truths like the Incarnation, Redemption, Assumption and Immaculate Conception. Consequently, our Marian devotions do not lead us to take Mary as the model Christian, one to be honoured and emulated. To this day many people think of grace as something extrinsic, 'stored up' for them, rather than as the enrichment of their personal lives and relation with the loving Father. And the idea that through grace we are participating in Jesus' union with the Father and the Holy Spirit, becoming "sharers in the Divine Nature", is just abstract theology for too many of us, Catholics.

Ask someone to imagine a line with Jesus at one end and a person in the state of mortal sin at the other; then ask him where he would place himself on that line. Chances are that even a good person will tell you he feels closer to the sinner, or at best in the middle. The humility is admirable, perhaps, but the ignorance about sanctifying grace, is a sad loss.

If this diagnosis is correct, then the feast of the Assumption provides a fine opportunity for catechizing ourselves and our children. The essence of Marian theology is the exuberance of God's grace among men. "Hail Mary, full of grace, the Lord is with you." (Lk.1:28) Since the time of the Fathers of the church and even in the New Testament, Mary has been presented as the typical example of salvation in, 'a woman clothed with the Sun, standing on the moon and crowned with stars' (Rev. 12:1); 'the new Eve radiant in beauty'. And we celebrate her glory more authentically when we, her children, realize that it is our glory too. Mary provides the first instance of a destiny intended for us as well.

We the Church, God's people, are already being "clothed with the Sun" by grace, when we permit God's GRACE, that is God's Riches at Christ's Expense, to benefit us. If we do, we too will enter, like Mary, into a glory that eye has not seen, nor ear has heard. For we are the bride, desired by God, beautiful in his eyes.

Mary assumed into heaven, pray for us.
Happy Feast!

(This reflection has been inspired by a passage written by Fr William Marin, an American Priest and Theologian, on Mary, assumed into heaven)

Magnificent Humanity

Brinston Carvalho

A papal encyclical is one of the highest forms of communication issued by the Catholic Church. Derived from the Greek word for ‘circular,’ an encyclical is a formal letter written by the Pope that circulates through the global community of bishops, clergy and laypeople to provide doctrinal guidance on pressing moral, social or theological matters. Historically used to address internal Church affairs, modern ‘social encyclicals’ speak directly to contemporary challenges facing the entire world, analyzing human progress through the enduring lens of the Gospel.



In his historic first encyclical, **Magnifica Humanitas** ("Magnificent Humanity"), Pope Leo XIV utilizes this profound platform to establish a moral compass for the digital age, subtitled the document ‘On Safeguarding the Human Person in the Time of Artificial Intelligence.’

Published on May 25, 2026, the encyclical marks a significant departure from tradition in both its content and its delivery. Breaking with papal precedent

where such letters are typically delegated to cardinals for public release, Pope Leo XIV presented the text personally at a packed Vatican auditorium. In a striking display of global, cross-disciplinary dialogue, the Pope launched the encyclical alongside tech industry leadership, most notably Anthropic co-founder Christopher Olah. The presence of Olah—a prominent figure in the development of frontier artificial intelligence—underscored the Vatican’s intent to foster an earnest, collaborative partnership between the Church and the technology sector. The joint appearance symbolized that the existential, moral and social implications of AI are far too vast to be left solely to computer scientists, demanding instead a shared societal discernment.

Throughout the text, Pope Leo XIV meticulously defends the unrepeatable sanctity of the human spirit against the tides of rapid automation. He directly confronts the illusion of machine consciousness, stressing that algorithms fundamentally lack lived human experience, empathy and moral conscience. Recognizing the anxiety of an era gripped by technocratic transformation, the Pope notes that the choice before modern society is an ancient one: whether to succumb to an alienating culture of total dominance or build a community centered on mutual flourishing.

Rather than viewing technological growth as inherently adversarial, the encyclical reframes it as a tool that must explicitly serve human dignity rather than diminish it. Highlighting the ethical responsibility weighing on this generation, the Pope writes: ‘Never has humanity had such power over itself.’ He warns against passive compliance in the face of deep fakes, automated warfare and economic shifts, urging the world to take active responsibility for the future. Ultimately, the core mandate of the document is a call to resist a cold civilization driven purely by technological supremacy, reminding us that ‘if this technology is coming, it must go well—for our common home, and for the children to come.’

Pope Leo XIV concludes by invoking a timeless scriptural warning: the Tower of Babel. He reminds us that when humanity attempts to build structures out of sheer technological pride, seeking to replace God and dominate creation, the result is always fragmentation, confusion, and the collapse of community. Against the shadow of this automated Babel, Magnifica Humanitas holds up the promise of the Holy City—a vision of human progress where technology does not isolate us behind screens, but instead helps us build a true ‘civilization of love.’

The encyclical ultimately challenges humanity to ensure that technical progress remains a servant to the magnificent, divinely given dignity of the human person.

MFC TAKES ROOT IN ORLEM

Defending Faith, Family and Life

Timothy Pereira MFC

Missionary Families of Christ (MFC), is a catholic lay covenanted community dedicated to renewing families and individuals through evangelization. With a presence in 56 countries, MFC emphasizes renewal of the individual, family life, Church and Society.

The core values : Centered on Christ as the establishment of their relationship, Evangelistic and Missionary by spreading the Good News, Focused on the Family by nurturing strong, loving families as the foundation of society.

On Sunday, 26th April 2026, Our Lady of Lourdes Church (OLLC), in collaboration with the Missionary Families of Christ (MFC), hosted “Cherished & Chosen” - a day-long program aimed at renewing love and growing together in Christ.

In the weeks leading up to the event, members of MFC Orlem, dedicated their time after daily Masses to speak with couples about the value of attending. Registration desks were set up in the church compound. It was truly fulfilling to see so many couples, from all stages of marriage,

respond and participate.

The sessions were conducted by MFC members, who travelled from other Parishes, to give witness of how the "MFC way of life" transformed their families. Topics included: Keeping Christ as the Centre of Your Family, Witnessing Christ, Repentance & Faith, and Growing in the Spirit. Personal testimonies shared by the team were deeply touching and inspiring. Group discussions gave couples the space to share their own faith journeys, while a special prayer session saw MFC leaders and mentors pray individually over every participant.

It was indeed a beautiful day of prayer & worship, meditation, learning, sharing, and fellowship – a true blessing for our thriving parish.

COVENANT RECOLLECTION : A Covenant Recollection was held on July 19th at St. Anne's School Hall for all couples who had completed the Christian Life Seminar [CLS].

It was a time of returning to the Lord together as families. The session began with praise and worship, followed by teachings that reminded couples of God's call to love, forgive, and walk in unity as one flesh. "Therefore what God has joined together, let no one separate" Matthew 19:6 was a key reminder.

It was truly a blessed time of renewal, reconciliation, and recommitment to the covenant of marriage. "The cord of three strands is not quickly broken" Ecclesiastes 4:9. We sincerely thank the MFC team and Fr. Aniceto Pereira for the support and spiritual guidance in making this movement fruitful.

MFC Mission Statement: – "An evangelistic and missionary community committed to become followers of Christ, empowered by the Holy Spirit to renew the face of the earth." The goal remains simple: build happy families rooted in Christ



Because They Said "Yes"

Renita Sequeira

One day, they answered
An inner call;
Not knowing then
Where it would lead at all.

Years passed by.
Their faith held strong.
A simple "yes"
Became their everyday song.

A baby's first anointing.
A bride's joyful smile.
A whispered confession.
A hospital mile.

And somewhere between
The smiles and tears,
They silently sacrificed
Their family... their days... their years...

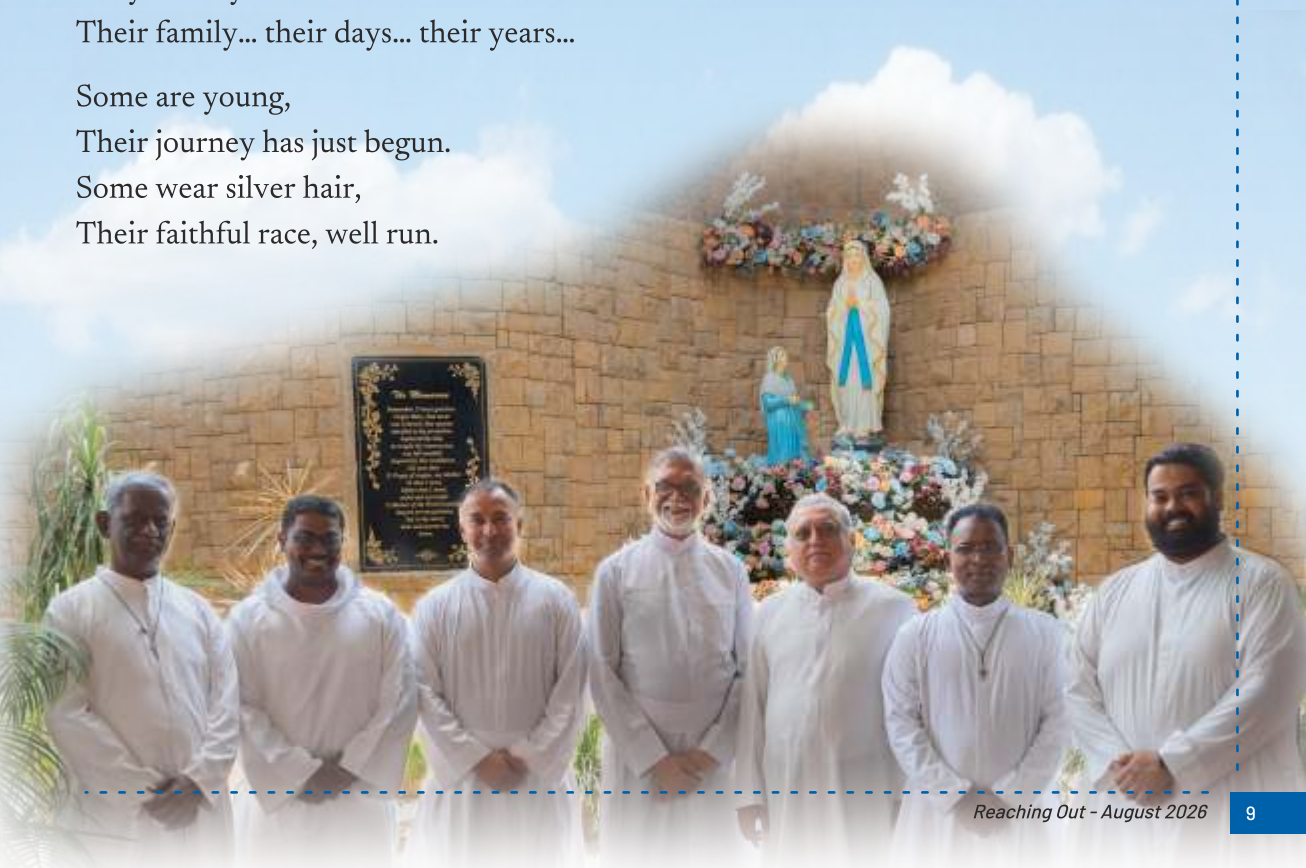
Some are young,
Their journey has just begun.
Some wear silver hair,
Their faithful race, well run.

They're not perfect.

They never claimed to be.

Just a reflection of God's selfless love,
A blessing for all humanity.

So this Vianney Sunday,
With our hearts filled with praise,
We thank the Lord, dear Fathers,
For your faithful "yes,"
May He who called you long ago,
Bless every step you take,
For every life you've touched with love,
And every sacrifice you continue to make.



A Look at the Parish Councillor and SCC Co-ordinator Animator of a Sector

Michelle Pinto



The Parish Pastoral Council is a consultative body in the spirit of Vatican II and in accordance with the provisions of Canon Law.

The Parish Councillor shares with the Parish Priest and his assistants, in a spirit of collegiality and collaboration, the responsibility for the growth of the Parish as a community of faith, hope and love, with the primary objective to act in collaboration with the Clergy team in such a manner that the entire Vision and Mission of the Church is promoted, through the active participation of all members of the parish community. The role of the Council is not primarily 'executing' the activities of the parish; rather, its role is more facilitative, reflective, discussing the pastoral plan, evaluating and coordinating,

The functions of the Parish Pastoral Council:

a. Overall Focus: The PPC will continuously address the existing and evolving pastoral needs, facilitate the process of creating a vision-mission statement, translate the vision mission statement into concrete implementable action plans, periodically evaluate the statement.

b. Implementation Imperatives: Assist the clergy team in implementing decisions pertaining to the pastoral life of the parish



The SCC Sector Co-ordinator : At the heart of every sector / SCC, is a core group of Animators. The core group is responsible for animating the families of the community.

The sector SCC Co-ordinator, along with the other Animators of the core group, will ensure attendance at the core group meeting, encourage Animators to visit and conduct cluster meetings with the families under its charge. The SCC Coordinator along with the Parish Councillor should take back what is discussed at the Steering Committee / Parish Council meetings and plan events for the Community along with the core group

Cluster meetings - Gospel sharing / rosary / prayers for the families, discussions on a current topic and/or discussion papers sent from Archdiocese SCC office should form part of the Meeting. The meeting could also plan and evaluate a project for the cluster outreach program e.g. visiting families, reaching out to the sick, old, bereaved etc. It is important that all plans of the cluster should be in line with the vision and parish at large.

At our Parish, it is mandated that going forward this year, each of the 51 sectors of the Parish, will have a Parish Councillor and a SCC Co-ordinator.

Mary, Queen of Peace

Arlene Alves, JBC S1



The words of this beautiful hymn we sing to Mary as a Gentle Mother, peaceful dove, teach us wisdom and teach us love, gives us meaning in this world torn apart by violence, war and conflicts.

This year Pope Leo XIV's message for the World Day of Peace is themed, "Peace be with you all, towards an unarmed and disarming peace." He called for a disarmament of the heart, rejecting military deterrence in favor of diplomacy, dialogue, and moral clarity to combat growing global militarization.

Pope Leo XIV emphasized that war is a painful failure of negotiations. In a recent meeting with 178 Cardinals in Rome, he said "God desires peace for every nation and every people. That is why we must not resign ourselves to violence. Violence will not have the last word." The Pope asks the Cardinals for continued collaboration in governing the church and advancing peace.

Real peace comes from God who loves us all unconditionally. Peace cannot be kept by force it can only be achieved by understanding. Peace is not absence of conflict it is the ability to handle conflict by peaceful means.

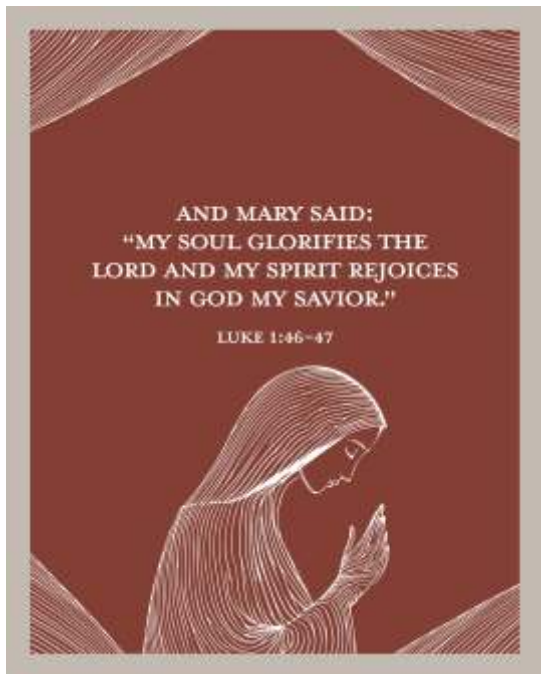
The words in this hymn "No one can give to me that peace which my risen Lord and King can give". "When I look around and see all the things that trouble me and I seem to lose my peace, in the world that is not at ease". When we look to Mary our Mother, we find her a person full of peace. Right from the time she was chosen to be the Mother of God's only begotten son, she accepted and surrendered to God's will. She found peace whenever she was troubled or anxious, right from the crib even till the last moments of Jesus dying on the cross.

May Mary "Queen of peace intercede so that people may find path of peace". Our world wounded by wars, we ask the Lord to grant us peace and justice and to wipe away the tears of those who suffer because of armed conflict.

The litany of the daily rosary gives the many attributes of Mary, one of them being the Queen of peace. Let us fervently ask in prayer that Mary our Mother through her son Jesus, there may be peace in the world. Let us all work towards being peace makers as Jesus invites us to be in the Beatitudes.

Mary, Queen and Mediatrix of Peace

Olga Pereira, JBC S1



We honour Mary as Queen of Peace, as she willingly co-operated in God's plan of Salvation with her "Yes" and she became the Mother of Christ, the Prince of Peace and our Mediatrix of Peace. Mary is the Queen of Peace as she always pondered on the word of God and filled with His grace she becomes a perfect intercessor of peace for the whole mankind. During her life she had to endure hardship, pain, separation and face a turbulent time yet full of trust and faith she reached out to everyone with peace, be it her cousin Elizabeth who was filled with joy and peace on meeting Mary. She reached out to the couple in distress at the wedding at Cana and asked Jesus for His help.

Throughout the centuries, we have witnessed in the history of mankind Mary's

intervention for peace, love and understanding among warring nations, famines and other natural and man-made catastrophes, always interceding for peace through prayer and penance. She is a channel of peace even today to our families, our youth and all those facing hardships in life. People flock to Lourdes in France, Medjugorje in Bosnia, Velankanni in India to pray for the various intentions in facing the challenges of life. Her intercessions bring peace of mind and body to the broken hearted, depressed and comfort to the sick and suffering.

Mary Queen of Peace is our rarest treasure and because of her presence in our life, we are never alone. She will always fill us with resilience, courage, guidance, peace and protection. When we pray especially the Rosary, we will experience her care, kindness, understanding and being strengthened by her, reach out to others in love and service. To be calm and compassionate we need courage and conviction. Mary will help us with her peace and guidance on our journey of life and like her we need to put our faith in God. "If one member suffers all suffer together, if one member is honoured all rejoice together" (1 Cor. 12:26). Hence let us all work for peace and become Channels of Peace.

**A Happy Feast of
Mary's Assumption to us all!**

So Long, Farewell, Fr. Cedric!

Willrine Mendonca Vaz

Some moments are difficult to fathom, and farewell is one of them- a mixed feeling of sad joy!

With a sad heart we bid farewell to Fr. Cedric, who for the last 6 years has been a Spiritual Director for our catechists, both Confirmation and Sunday School. I admire his faithful service and his deep commitment towards them. He was equally involved with EMHC, Pre-Baptism, RCIA, PLT, Lectors, Choirs, Ushers, Art Cell and BCS as their spiritual mentor.

Fr. Cedric has been this a no-nonsense priest – thorough and meticulous in his work, faithful to the rules, and grounded in dignity. We have all witnessed his well-read mind in his thoughtful and prayerful homilies, and we've also enjoyed his casual conversations that always came with a touch of humour.

The youth were especially blessed to have him as Youth Director for the first 2 years. Many hearts were warmed by his presence. He also enhanced the konkani masses by encouraging youth to read in Konkani and be a part of the choir which helped children to be in touch with their roots.

Fr. Cedric, it is sad to see you go but at the same time, we rejoice with you as you begin your new appointment at St. John the Evangelist, Andheri, your second parish

post your ordination. We are confident you will make a great impact in the lives of many more parishioners there. Be assured of our constant prayer for you.

But please remember, your first love will always be Our Lady of Lourdes, Orlem!



Welcome to Your Second Home, Fr Herold!

Willrine Mendonca Vaz

There is always a certain buzz when there is someone new in town. And the buzz has certainly been around our Parish with the arrival of our newly appointed priest, Fr. Herold Quadros.

It is a beautiful coincidence that this is Fr. Herold's second appointment since his ordination, after having served at St. John the Evangelist, Andheri.

In the little time we have interacted with him, we have found Fr. Herold to be warm, gentle, a good and patient listener, and a priest with creative energy.

Along with a few other associations, Fr. Herold has also been entrusted with the Youth Ministry – something very close to his heart, given his rich experience from his previous parish.

May God bless you, Fr. Herold, and may your Ministry among us be fruitful. Welcome to our parish!



PRAYATNA Parents' Day Celebrations - with a Difference

Melville X. D'Souza



Parents' Day is one of those special days when Greetings go out to all parents. And of course, zonal celebrations are held in all parishes where there are games and music & dancing, lots of prizes and refreshments. At Prayatna, there was a little different kind of

a celebration held at two centres viz., **the Nurseries at Jai Janta Nagar & Motta Pada** simultaneously, on 24 July. Parents' Day celebrations were also held at the **Prayatna Study Classes at St. Anne's School.**

One could see the love, joy, and gratitude fill the air at these celebrations.

The little children, the 'Little Stars of Prayatna' had lovingly made beautiful handmade cards and presented them to their parents to express their love, gratitude, and appreciation.

Parents visited the classrooms and spent

precious moments with their children, capturing beautiful memories through photographs. **Their smiles and happiness made the celebration truly special and memorable.**

At Prayatna, we believe that it is through

activities like these that we teach our children the importance of loving, respecting, and appreciating their parents from an early age. **We believe that strong family values are the foundation of a child's growth, confidence, and character.**

Corpus Christi - Commissioning / Recommissioning of Extraordinary Ministers of Holy Communion

Maxwell Murzello, EMHC



Corpus Christi, a Latin term meaning “Body of Christ”, is a solemn celebration in the Christian liturgical calendar dedicated to the Holy Eucharist. The feast highlights the Church’s belief in the real and abiding presence of Jesus Christ in the consecrated bread and wine. Instituted in 1264 by Pope Urban IV, the feast is observed on the Thursday after Trinity Sunday, or on the following Sunday in many countries. The feast provides an opportunity for Christians to deepen their faith, express gratitude for the gift of the Eucharist, and renew their commitment to a life centered on Christ.

The Feast of Corpus Christi is also a significant day in the lives of the Extraordinary Ministers of Holy Communion (EMHC) of our parish. On

Sunday, June 7, 2026, thirteen new Eucharistic Ministers were commissioned and seventy-three existing Eucharistic Ministers were recommissioned.

The commissioning of new EMHCs marks the beginning of their ministry of service, while the recommissioning of existing ministers renews their commitment to carry out this responsibility with faith, humility, reverence, and devotion. During the solemn rite, the ministers publicly expressed their willingness to serve the community and received the Church’s blessing for this sacred ministry.

Through this ministry, they serve the parish by bringing Holy Communion to the sick, homebound and those facing various health challenges. Their dedicated service extends throughout the year be it summer, monsoon, and winter alike ensuring that those who are unable to attend Mass can remain spiritually nourished and connected to the Eucharistic life of the Church. Their commitment reflects Christ’s compassion and the Church’s mission of reaching out to all in faith and love.

Page Turners: A Community of Readers in Orlem

Pooja Das Sarkar and Julie Arahna

It is 11:30 on a Sunday morning. Thirteen-year-old Marcus has just left church and is walking with a spring in his step. Crossing Orlem junction, he heads into the Cafe Coffee Day opposite Aaron's Bakery. Julie and Pooja are already there, deep in conversation. Julie has brought hand-painted bookmarks for everyone. Soon the others arrive. It's another Sunday gathering of the Orlem Reading Circle, where for two quiet hours people simply read together and discussions flow long after.

It's a motley group, but almost a year of meeting weekly has transformed this band of strangers into a sort of cool-nerdy family which loves to read and talk about all kinds of books. The readers have varied taste – from authors like Shakespeare and Sadat Hasan Manto, political graphic novels by Joe Sacco, theology and self-help books, historical non-fiction, fantasy literature set in other worlds, to contemporary Japanese authors like Asako Yuzuki and Indian novelists like Jeet Thayil, Kiran Desai and Lindsay Pereira, whose novel *Gods & Ends*, set in Orlem, is a collective favourite.

The circle's dedicated attendees – Julie, Tanaya, Brendon and Oscar had joined in on the very first day of the reading group on 7th September 2025. Soon, Marcus, Moira and three-year-old Azriel joined. Brendon told seventy-one-year-old Dr Milania Jacob about the group and she's

now an integral part of the circle. Vinita Bhatia, brought in her journalistic ethos and showed that reading newspapers front to back is as enjoyable as a fictional book! Karen Fernandes, takes time out from being a young mother to focus on reading. Here's something the readers have to say about their experiences:

"While my husband reads to our 3-year-old and they enjoy precious bonding time over books, I get my own uninterrupted reading space—something that had become difficult with a toddler around. The Orlem Reading Circle has become a meaningful family ritual that nurtures a love for books across generations." - Moira Alva

"I joined Orlem Reads because I enjoyed being in a group with other readers. It was great, and every session is amazing and filled with new ideas. So far, I am a big fan of the group and strongly advise anyone who enjoys reading to join. It's truly been a magical experience!" - Marcus Sebastian

Follow the group on Instagram @orlemreadingcircle and send us a message if you want to join.



Organ Donation

Aditi Chakrabarty

March 21st, 2026, our parish witnessed a meaningful and life-affirming initiative as the Legion of Mary organized an awareness talk on organ donation by none other than MOHAN Foundation "Multi Organ Harvesting Aid Network. As a committed organ donor since 2018, I felt deeply inspired to share both information and personal conviction about this noble act of love and generosity.

The session was attended by around 50 parishioners, reflecting a genuine interest in understanding the importance and impact of organ donation. The talk focused on dispelling common myths, explaining the process of organ donation, and highlighting how one donor can save

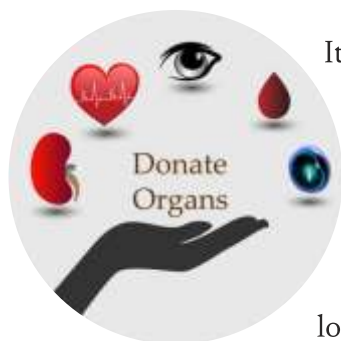
multiple lives. Emphasis was also placed on the moral and spiritual perspective, aligning organ donation with Christian values of selflessness, charity, and the gift of life. Many were particularly moved by the idea that even in death, one can continue to be an instrument of God's grace by giving life to others.

This initiative reaffirmed the importance of continued awareness and education within our communities.



Organ Donation – A Gift of Love, Hope and Compassion

Sarita Rego Pereira – Mithchowki S1



It is the happiest moment of my life to be a proud organ donor today. Cornea, heart, liver and a lot more that will be

considered fit by the medical team post my demise. Pledge, informed and signed with love.

We only understand the value of Organ Donation when a family member needs a transplant. There is no mutilation, nor is the body disfigured as is commonly

understood. The specific transplant (medical) team takes care of the retrieval and hands over the body safely to the family. Be a donor. Your selfless act will bring blessings to many families. Pledge your body parts / organs as you think fit which will anyways perish to dust after your demise.

A big thank you to the Legion of Mary, Orlem unit, for inviting Mohan Foundation to create an awareness about this incredible gift of life. One organ. One choice. One miracle at a time!

ALMs – Collaborating with BMC

Melville X. D'Souza

As a follow-up to the initial session on ALM held a few months ago, another session was held on June 21, 2026 at the School Conference Room. This time, we had two officials from the BMC conducting the session – Mr. Sunil Panaskar Asst. Engineer SWM P/West Ward & Ms. Amrapali Yengade Jr. Supervisor.

Fr. Aniceto Pereira set the session in motion with the opening prayer and welcoming the BMC officials. In his address, he thanked Mr Melwin Baptista for having organized this session. He further noted that after the session in April, things have been moving and ALMs in Orlem are in revival mode.

The main focus of the session was on the subject of Solid Waste Management (SWM). Sunil stressed upon the importance of getting ourselves organized and forming ALMs to ensure effective functioning of the BMC. **He stated that the ALM is a bridge between the BMC & the citizens of Mumbai calling for close cooperation between the BMC & the citizens.**

He further emphasized that **segregation of waste at source is the key to effective Solid Waste Management.** He stated that with the city generating tonnes of waste every day, the Dumping centres are already filled to capacity. He further hinted that if garbage generation continues at the

present rate, the BMC would be contemplating the idea of additional taxes in order to curb the waste generated by the citizens.

It is imperative therefore that segregation of garbage is done in order to ensure that less waste goes into the dumping grounds. When it comes to disposal of waste, Sunil says we are mostly familiar with Dry waste & Wet waste. **While we are aware the BMC provides Green Bins for WET waste & Blue Bins for DRY waste, we may perhaps not be aware of the Yellow Bins for Domestic hazardous waste & Sanitary waste to ensure safe disposal of such waste.** See pictures of bins below.

He further explained the concept of composting and vermiculture. He went on to explain the process and promised that the BMC would extend all possible help to Housing societies in setting up composting systems in the society premises. He also promised all help with regard to collection of waste from Housing societies.

Incidentally, Atlanta Co-op.Hsg. Society at Evershine Nagar have successfully set up and are operating a composting system in the society premises; see pictures below. In fact, the Society has been awarded a Certificate of Appreciation in May 2026 by the BMC for their contribution in the field of sustainability and a clean

environment. There are couple of other societies too, Shree Vallabh Tower at D'monte Lane for one, which have taken the initiative of installing composting systems, see pictures below.

Later, Sunil & Amrapali fielded questions from the participants and answered them with patience and understanding. Participants also put forward their suggestions. One of the suggestions was that the BMC themselves could set up composting plants in areas where they have their own spaces instead of putting the burden on the residents of Housing societies.

There were other issues also raised which were not related to their department but he offered to coordinate with the concerned

departments in sorting out the issues.

He stressed upon the participation of the public in ensuring that the BMC offers the best services to the citizens of Mumbai. Together we can work wonders, he opined.

At the end of the session, Fr. Aniceto thanked the BMC officials for conducting the session. He also suggested that we work closely with the parish councillors in this venture.

Fr. Aniceto also shared the views expressed by the officials and that if we can work together, it would make life happier both for the people and for the BMC. It was indeed a very cordial and informative session.



Composting Bins at Shree Vallabh Tower, D'monte Lane



COMPOSTING BINS at ATLANTA CHSL, Evershine Nagar

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Michael - 8850688112 | Jacintha - 9757167298

Unlock Your Career Potential: Essentials for Job Seekers

Veena Fernandes

The Employment Cell successfully conducted "Unlock Your Career Potential: Essentials for Job Seekers", an Employability Skills Workshop, on Sunday, 19th July 2026, at the School Conference Room, with the participation of 25 candidates from our parish and neighbouring parishes.

The workshop focused on Resume Writing, Interview Skills, Communication Skills, Job Readiness, and Hiring Insights from Industry Experts, equipping participants with practical skills to enhance their employability and interview readiness. Participants also learned how to create an effective elevator pitch, present their strengths with confidence, and understand employer expectations during the hiring process.

The session was facilitated by our volunteer trainers, Lourdes Miranda and Namrata K. Monteiro, who brought their industry expertise to the workshop through engaging activities, role plays, interactive discussions and practical exercises. A key highlight of the program was the personalized one-on-one resume review, where participants received valuable feedback and suggestions to strengthen their resumes.

The workshop was very well received, earning an overall participant rating of 4.7 out of 5, with attendees appreciating the

practical approach, interactive learning, and personalized guidance. Participants left the session with greater confidence, improved communication skills and a structured approach to preparing for interviews.

This workshop marks an important milestone for the Employment Cell as we continue to expand our efforts beyond connecting job seekers with employment opportunities to building their skills and confidence for long-term career success. The enthusiastic participation of the 25 candidates and the dedicated support of our trainers made the initiative a meaningful success, and we look forward to organizing many more such programs to empower our community with the skills needed to secure meaningful employment.



Significant May Observances

Ladislau Louis D'Souza, Mith Chowki S5

The Mary Help of Christians (MHOC) Community of Mithchowki honoured its Patroness, in a truly commendable manner in May 2026, with the Novena which commenced from 15 May. The 4 areas of the Sector, viz NEW LIFE, CARDINAL GRACIAS, MADONNA & MARVE LINK took turns across the 9 evenings in leading the Recitation. On 24 May, the Feast Mass was celebrated at 8 pm in the Church by our Zonal Priest, Father Clinton Rayar and was followed by enjoyable evening on the Cardinal Gracias ground which concluded with a sumptuous dinner!

The piece de resistance came on the 31st of May when a special floral crowning of the

Statue of MARY QUEEN OF APOSTLES, brought from the Daughters of Saint Paul Convent, Bandra, was held on the Cardinal Gracias ground. Our member, Ladislau, explained that the posture of the statue is that of Mary giving Jesus to us, rather than bearing him in her arms. He clarified that in this posture, she is the Patroness of the Pauline Family, the Pauline mission being to live and give to the world Jesus Divine Master, the Way, the Truth and the Life.

All present took turns in reciting a Hail Mary of the Holy Rosary and presenting a flower for the Coronet, while singing HAIL QUEEN OF HEAVEN. The coronet was lovingly placed on the brow of the statue.



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Saints, Beatified, Venerable - Quiz

The Catholic Church recognises these deceased Catholics as saints, beatified or venerable, who were either born, died, or lived in India. Name these saints and send your answers to reachingout.orlem@gmail.co, with your name, community and sector names.

1. The Apostle of India, who came to Tamilakam and was martyred in the south. _____
2. According to tradition, he did missionary activity in the region near Bombay on the Konkan coast _____
3. A British abbot, lived in India where he tamed wolves and returned to Britain with a wolf companion he had met in India. _____
4. Cofounder of the Society of Jesus (Jesuits) _____
5. Professed Religious of the Franciscan Friars Minor; Martyr, from Bassein__
6. From Oriyur, Madurai, also known as Swami Arulanandar _____
7. From Benaulim Goa, died in Sr Lanka Kandy _____
8. From Aralvaimozhi, Tamil Naudu, also known as Lazarus _____
9. Professed Religious of the Franciscan Clarist Congregation, born in Kottayam _____
10. Founder of the Missionaries of Charity. _____
11. Priest of the Missionary Society of Saint Francis Xavier of Pilar, Anjuna Goa____
12. Professed Religious of the Canossian Daughters of Charity_____

Winners of Church Quiz

Community 1 Baudi Abigail Azavedo Debra Fernandes Philomina Mani Carol D'Souza Maureen Lily Opehila D'Souza Diana D'Souza Marina Gonsalves Anita Rodrigues Community 2 SBLG Schneider D'Souza 1wrong Sheldon Lobo 1 wrong Elizabeth Saldanha Community 3 JBC Arlene Alves 1 wrong Leena Rozario Simran Gond Styrina Mascarenhas	Community 4 Tank Philomena Pinto 1 wrong Brian, James & Shaun Gwynet Johnson Leena Rozario Giselle D'Mello Cletus & Pamela Dsouza Lorraine Dias Valerie Fletcher1 wrong Sherrwin Clement Freda Fernandes Zubin & Zidelle Goveas Community 5 Lourdes Agatha & Aelred Abreo 1 wrong Mariana Coelho Jennifer Mendonsa Philomena Ferrao Cynthia Pereira Agnello D'Souza 2 wrong	Sydelle Rodricks Alvin & Valerie Braganza Thereza D'Souza 1 wrong Comm 6 Mith Chowki Raphael Fernandes Gwynette Lucia Gonsalves Meldon Furtado Comm 7 Evershine Joseph D'Souza Anthony Dmello Melissa Maxim Pashen
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Answers to the June 2026 'The Church Quiz

1D, 2D, 3D, 4A One, Holy, Catholic, Apostolic 3A Church 5A Pentecost	6A Holy Spirit 9D St Peter 10D Jerusalem 9A Jesus	11A Ekklesia 12D Antioch. 13D St.Thomas 13A St Michael
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SEP
2026 **AMERICA**
13 DAYS



OCT
2026 **CORDELIA WITH
KERALA**
8 NIGHTS & 7 DAYS



NOV
2026 **TURKEY**
10 NIGHTS / 11 DAYS



NOV 2026
2027 MAY **VIETNAM**
8 NIGHTS / 9 DAYS



NOV 2026
2027 MAY **SOUTH KOREA**
7 NIGHTS & 8 DAYS



NOV 2026
MAY 2027 **SRI LANKA
& MALDIVES**
8 NIGHTS & 7 DAYS



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2027 **JAPAN**
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