

# Awakening Zagruti

Voros 2

Janer 2024

Ank 1

St. Elizabeth's Church, Ucassaim, Bardez, Goa 403507



The Epiphany of Our Lord Jesus

For Private Circulation Only



**Carol Singing for the  
Seniors and  
Homebound  
in Punola**



**Preparing neureos for Ekantai**

**Sondexkaranchi Ekantai**



**Singing carols at Ekantai**



**Our Catechists!**



**Ward 5 Christmas Party! Somudai in action!**





# Zagruti

Voros 2

Janer 2024

Ank 1

## FOR PRIVATE CIRCULATION ONLY

St. Elizabeth's Church, Ucassaim, Bardez, Goa 403 507

Ph.: 2261608 | Website: [www.stelizabethchurchucassaim.com](http://www.stelizabethchurchucassaim.com)

**Vigar/Parish Priest:** Iad. Savio D'Souza

**Secretary:** Smt. Agnes Vaz

**Igorjecheo Vavr:** Ravindra

**Igorgent Misam:**

*Somar-Sonvar (Mon-Sat): 7.00am*

*Sonvar/Saturday: 5.00pm*

*Aitara/Sunday: 7am and 8.30am*

**Kochericho Vell/Office Timings:** Somar te Sonvar/Mon-Sat: 9.30am to 1pm

**Piddestank Komunhanv/Communion for the Old and Sick:** Fr. to announce

### Bhag. Bap Magonk Iaita/Pope Francis' Intention

Kristi somazantlea veg-vegilea karizmachem dan vollkhunk ani Katolk Igorjechea kallzantlea veg-vegilea sonskari poromporechi girestkay soddun kaddunk povitr Atmean amkam adhar diuncho mhone ami magtanv.

Let us pray that the Holy Spirit helps us recognize the gift of different charisms within the Christian community, and to discover the richness of different ritual traditions in the heart of the Catholic Church.

### Firgoz Zomeank Zomati

- Gonvllik Firgoz Sobha: Poilea Aitarak sokallim 10:30
- Dev-Sondexkaram: Dusrea Aitarak
- Tornnateancho Zomo: Chovtea Aitarak
- Mariechi Fouz (Legion of Mary): Dor Mungllara sokallim Mis zatoch
- Dublleanchi Sonvstha (SSVP): 2nd and 4th Sonvar/Saturday
- Vediche Sevok (Altar Servers): Dor Sukrara, 5:00 pm

“And the Lord said to me, ‘My child, you please Me most by suffering. In your physical as well as your mental sufferings, My daughter, do not seek sympathy from creatures. I want the fragrance of your suffering to be pure and unadulterated. I want you to detach yourself, not only from creatures, but also from yourself...The more you will come to love suffering, My daughter, the purer your love for Me will be.”

St. Maria Faustina Kowalska

## Editorial

Wishing all our Parishioners a **very Happy 2024**. May this new year bring you Love, Peace, Joy, Hope, happiness, success and good health. May all your dreams come to fruition in 2024.

It is that time of the year once again...another new calendar year. Many of us start a new calendar year with New Year Resolutions. And, within a few days, those “resolutions” go down the drain and are forgotten.

Some people decide they will give up smoking or drinking, only to get back to it with greater vigour. Some decide to exercise, including me, but give up when the going gets tough. Why do we fail?

I guess what is needed is a firm resolve and a lot of commitment to stick to our resolutions. Unless we stand firm in our resolve to just take baby steps instead of trying to jump, we are sure to fail. Unless we commit to stick to our resolutions even if there are ups and downs, we are bound to fail.

So I suggest, take things a step at a time. Move slowly and steadily as you go through the year. Take it a day at a time and do not get upset with small failures, just plug on.

Every year, for many years, I had thought of trying to read the whole Bible from start to finish. I went to the Internet and searched for “Read the Bible in a Year” plans...but somehow never stuck to the plans.

Then, last year, in May, I resolved to put up, on my WhatsApp status, a Read the Bible in a Year message every day and also to read the Bible as I went along. Has it been easy? No. Sometimes I am too busy to put the message out, sometimes too busy to get the message out on time. Sometimes I prepare the messages in advance and then post them everyday. Yes, it has been a challenge, but I am sticking to it with God’s grace.

One of the problems I faced was finding a Catholic Bible Plan. The Internet has a load of Bible Plans...but many of them come from Protestant denominations. Please also note that Protestants are very voracious readers of the Bible. They even memorise Scripture passages! I searched quite a bit for a Catholic Bible reading plan and have found a couple of plans that are really good. I would be quite happy to share Bible reading plans with you, if you are interested.

Here is the thing...resolve to read the Bible and stick to that resolve. Set a time aside everyday, anywhere from 15 minutes to half an hour for your Bible reading. Maybe you can set aside this time as part of your personal prayer time. Start off with a small prayer asking the Holy Spirit to guide you as you read the Scriptures. Then, after you finish reading, take some time to reflect on what you have read.

There will be times when you do not understand a passage. Try and re-read the passage that seems difficult. There will be days when you just do not have time and you may miss the reading. Do not worry, just continue reading from the next day. Remember, the key is small steps, consistency and a don’t-give-up attitude. As the tag line for Nike goes: Just do it!

St. Jerome insisted, “Ignorance of Scripture is ignorance of Christ!” As Catholics, for some reason, we are not Bible readers. So, for us, it is difficult memorising passages. I feel we are ignorant in this respect. Then how do we get to know Christ?

I am a sporty person who just loves a challenge, be it a Sudoku puzzle or a dare. I am not sure about you. However, can I challenge you? Can we resolve to start reading the Bible this year? Can we resolve to read the Scriptures to get a better understanding of what Jesus did for us; what he is asking of us; how we should live our lives as Catholics? It is not easy, but definitely doable! Just do it! Make it a part of your daily routine and it will become easier as you go along.

The more you read the Bible, the better you will understand God’s plan for you. The better you will understand what Jesus did for us and what he is calling us to do. For example, did you know that when you were baptised, you were given a three-fold office? You and I are expected to be prophets, priests and kings! Prophets by proclaiming and witnessing to God’s Word; priests by sacrificing ourselves to bring people to God; and kings by using our talents and efforts to lead people to God. Are you up for the challenge?

# MISAM ANI PORBO

Janver 2024

| Tarik | Dis      | Intesanv/ Porob   | Vachpi/Mandavoll   |
|-------|----------|---|--|
| 1ler  | Somar    | Ankvar Maria Deva Matechi Dobajik porob<br>7:30 a.m   | Mandavoll korunk-<br>Akhi Firgoz                         |
| 2rer  | Mungllar | 7.00 a.m  | Anouka Noronha   |
| 3rer  | Budvar   | 7.00 a.m Somp. Anton D'costa- Mis dita Maria Britto   | Maria Britto   |
| 4ter  | Brestar  | 7.00 a.m  | Peter Noronha  |
| 5ver  | Sukrar   | 7.00 a.m.   | Maia de Graca D'Souza                                    |
| 6ver  | Sonvar   | 7: 00 a.m Dhinvasnechem Mis- Garincha Gonsalves- birthday   | Loretta Gonsalves  |
| 7ver  | Aitar    | <b>Somia Jezuchea Ap- Porgotnechi Porob</b><br><b>7.00 a.m</b>                                      | <b>Mandavoll korunk-<br/>Legion of Mary</b>              |
|       |          | <b>8.30 a.m</b>   | <b>Mandavoll korunk-<br/>Post Communion<br/>Seniors</b>  |
| 8ver  | Somar    | <b>Jezuchea Povitr Snanachi Porob</b><br>7.00 a.m Dhinvasnechem Mis- Manuel Fernandes               | Deodita Soares   |
| 9ver  | Mungllar | 7.00 a.m Saude Saibinnichea manak Mis Dita-Tobias Gonsalves   | Antonia Gonsalves  |
| 10ver | Budvar   | 7.00 a.m  | Jacqueline Noronha                                       |
| 11ver | Brestar  | 7.00 a.m  | Milly Carneiro   |
| 12ver | Sukrar   | 7.00 a.m Somp. Oscar D'souza  | Maggie D'Souza   |
| 13ver | Sonvar   | 7.00 a.m Somp. Sofia D'sa ani Henry D'souza   | Nifa D'Souza   |
|       |          | 5.00 p.m Somp. Lizette Rodrigues- 3rea Vorsacho ugddass   | <b>Mandavoll korunk-<br/>Confraria</b>                   |
| 14ver | Aitar    | <b>Sadhea Kallacho Dusro Aitar</b><br><b>7.00 a.m Dhin'vasnechem Mis- Jeffery Noronha- Zolm Dis</b> |  |
|       |          | <b>8.30 a.m</b>   | <b>Mandavoll korunk-<br/>Post- Communion<br/>Juniors</b> |
| 15ver | Somar    | 7:00 a.m Somp. Margaret Fernandes- Mhoineacho ugddas ani fondaxim magnnim                           | Mila Fernandes   |
| 16ver | Mungllar | <b>St. Joseph Vazachi Dobajik Porob</b><br>7.00 a.m Dhinvasnechem Mis- Agatha Vaz                   | Agatha Vaz   |
| 17ver | Budvar   | 7.00 a.m  | Jeffrey Noronha  |
| 18ver | Brestar  | 7.00 a.m  | Marietta Noronha   |
| 19ver | Sukrar   | 7.00 a.m  | Daphne D'Souza   |

# MISAM ANI PORBO (continued)

Janver 2024

| Tarik | Dis      | Intesanv/ Porob   | Vachpi  |
|-------|----------|---|---|
| 20ver | Sonvar   | 7.00 a.m  | Lina Noronha                                  |
| 21ver | Aitar    | Sadhea kallacho Tisro Aitar<br>7.00 a.m Dhinvasnnechem Mis- Manuel Fernandes  | Mandavoll korunk- Parish Youth                |
|       |          | 8: 30 a.m Dhinvasnnechem Mis- Abisha Fernandes- Zolm dis                      | Mandavoll korunk- Post- Communion Sub Juniors |
| 22ver | Somar    | 7.00am Somp. Joseph Couto   | Milagrina Couto                               |
| 23ver | Mungllar | 7:00 a.m Somp. Isidore Guilhere Azavedo- 2rea Vorsacho ugddas                 | Pearl Azavedo                                 |
| 24ver | Budvar   | 7:00 a.m Somp. Johnny Anthony D'sa- 3rea Vorsacho ugddas ani fondaxim Magnnim | Bremda D'sa                                   |
| 25ver | Brestar  | 7:00 a.m  |   |
| 26ver | Sukrar   | Saude Saibinnichem Poilem Noven- Ters, Mis ani Salve<br>5:30 p.m              | Mandavoll korunk- Paliem Nogueira             |
| 27ver | Sonvar   | Saude Saibinnichem Dusrem Noven- Ters, Mis ani Salve<br>5:30 p.m              | Mandavoll korunk- Dhumpem                     |
| 28ver | Aitar    | Sadhea kallacho chovto Aitar<br>7.00 a.m Somp. Adeline D'costa                | Mandavoll korunk- First Holy Communion Group  |
|       |          | Saude Saibinnichem Tisrem Noven- Ters, Mis ani Salve<br>5:30 p.m              | Mandavoll korunk- Punola                      |
| 29ver | Somar    | Saude Saibinnichem Choutem Noven- Ters, Mis ani Salve<br>5:30 p.m             | Mandavoll korunk- Igorz vaddo                 |
| 30ver | Mungllar | Saude Saibinnichem Panchvem Noven- Ters, Mis ani Salve<br>5:30 p.m            | Mandavoll korunk- St. Anton                   |
| 31ver | Budvar   | Saude Saibinnichem Sovem Noven- Ters, Mis ani Salve<br>5:30 p.m               | Mandavoll korunk- Bela Flor                   |

Anxiety is the greatest evil that can befall a soul except sin. God commands you to pray, but He forbids you to worry.

St. Francis de Sales

# MISAM ANI PORBO

**Fevrer 2024**

| Tarik | Dis     | Intesanv/ Porob   | Vachpi                           |
|-------|---------|---|----------------------------------|
| 1ler  | Brestar | Saude Saibinnichem Satvem Noven- Ters, Mis ani Salve<br>5:30 p.m  | Mandavoll korunk-<br>Pelo Vaddo  |
| 2rer  | Sukrar  | Saude Saibinnichem Atthvem Noven- Ters, Mis ani Salve<br>5:30 p.m | Mandavoll korunk-<br>Paliem      |
| 3rer  | Sonvar  | Saude Saibinnichem Vespr- Stotram ani Mis<br>6:00 p.m             | Mandavoll korunk-<br>Confraria   |
| 4ter  | Aitar   | 7.00 a.m Poilem Mis   | Mandavoll korunk-<br>Akhi Firgoz |
|       |         | 08:30 a.m Dusrem Mis  | Mandavoll korunk-<br>Confraria   |
|       |         | 10:00 a.m Porbechem Mis   | Mandavoll korunk-<br>Akhi Firgoz |

Please note that the Mass timings given here are correct as of going to print. In case of doubts, we suggest that you contact your Ward representative. Please check your Ward WhatsApp groups in case there are changes notified.



## Saude Saibinnichem Novenachea Ani Porbechi Mandavoll

| Tarik    | Dis      | Novenachi Mandavoll | Canteenachi Mandavoll | Anj Nhesonk                               |
|----------|----------|---------------------|-----------------------|---|
| 26 Janer | Sukrar   | Paliem-Nogueira     | Paliem 1              | Meghan, Princy, Rynal, Renzel, Laryssa    |
| 27 Janer | Sonvar   | Dhumpem             | Pelo Vaddo            | Cedric, Maximus, Shanaira, Myrah, Esther  |
| 28 Janer | Aitar    | Punola              | Bela Flor             | Orelia, Nayden, Catriona, Kelly, Millissa |
| 29 Janer | Somar    | Igorz Vaddo         | St. Anton             | Meghan, Princy, Rynal, Renzel, Laryssa    |
| 30 Janer | Mungllar | St. Anton           | Igorz Vaddo           | Cedric, Maximus, Shanaira, Myrah, Esther  |
| 31 Janer | Budhvar  | Bela Flor           | Punola                | Orelia, Nayden, Catriona, Kelly, Millissa |
| 1 Fevver | Brestar  | Pelo Vaddo          | Dumpem                | Meghan, Princy, Rynal, Renzel, Laryssa    |
| 2 Fevver | Sukrar   | Paliem 1            | Paliem-Nogueira       | Cedric, Maximus, Shanaira, Myrah, Esther  |
| 3 Fevver | Sonvar   | Confraria           | SSVP                  |   |
| 4 Fevver | Aitar    |                     |                       | Orelia, Nayden, Catriona, Kelly, Millissa |

**Actions speak louder than words. Let your words teach and your actions speak.**

**Anthony of Padua**

## **In and Around the Parish**

### **Christmas Crib and Star by the Youth**

As is the past, the Youth worked hard on the Star and their Crib. From late November, they would come in every evening, some after work, to work on the star and crib. The result was awesome. This time they also decided to put up a corridor of lights on the front road leading to the Church, which was really nice!

### **Carol Singing by the Youth**

The Youth went around the Parish bringing good cheer to the parishioners singing Christmas carols. Of course, Santa Claus was with them distributing sweets to all those they visited.

The Youth started the serenading from 12th December. The idea was to start at around 7pm and visit houses in at least one or two wards till about 9pm.

The group has a nice mix of older and younger children. As they walked from house-to-house you could hear snatches of Feliz Navidad with a tambourine beating rhythm. And as they walked along, Santa would let out a “Ho ho ho” from time to time, which was quite amusing.

What was unique this time was that the Youth went around walking from house to house. This, of course, meant that they were a tired bunch by the end of the singing everyday. Kudos to them for persevering. And may God bless them for bringing a bit of Christmas cheer to the Parishioners.

### **Carol Singing for the Seniors and Home-bound in Punola**

A group of parishioners in Punola decided that they would go carol singing to those houses that have senior citizens who cannot really get out of the house and houses where people are unwell or bedridden.

As planned, we started off at 5pm on 20th December, visiting the first house where the lovely hosts gave us cake and a soft drink.

After that we visited two more houses. Those whom we visited were overjoyed to see us and there were smiles and happiness all around. It gave all of us a sense of family and community.

We also visited two apartment blocks in Punola and sang for those staying there. Once again, the idea was to bring Christmas cheer to the people.

Our group was a lovely mix of senior citizens and small children. The kids really sang with gusto, especially Jingle Bells! They kept time with rattles which was real cool!

The experience was so good, that we hope we can do the same next year as well.

### **Christmas in Ward 5**

Ward 5 celebrated our Somudai Christmas Party on 25th Dec. It started at about 5.30pm, at the Lourdes Chapel. We began with a small warm-up game, trying to eat the biscuit from the forehead and counting numbers with one breath, etc. We had a lot of spot prizes also. We also had a lovely Carol Antakshari, which was done group wise. Not forgetting a Christmas quiz also, which had a long stream of not too difficult questions. Our very own Greta, the great, and Deseree, both did a fabulous job with conducting all the games and keeping us entertained. It gave us a very good feel of the Christmas spirit. Each and every member participated in all the games. It was lovely exchanging Christmas greetings with one another on Christmas day itself. It gave us a feeling of being one big Happy family, what we call Somudai. We closed with a group selfie and lots of good cheer.

### **Programme for Catechism Children**

There was a special Mass for all the children in the Parish on the Feast of the Holy Innocents. This was followed by a short programme that started at 5pm in the evening. The kids had a great time participating in the games that were organised. There were some team games and even games for individuals.



One of the games involved teams competing in a relay race to blow balloons and then trying to burst them by sitting on them. It was amusing to see the smaller children trying to burst the balloons.

The day ended with snacks and photographs. From the smiles on the faces of the kids, they really had a good time.

## Senior Citizen's Day

The Legion of Mary and SSVP organised a Mass and small programme for Senior Citizens on 29th December. The day started with Mass at 9.30am. After Mass, the Senior Citizens gathered in the courtyard of the Church for a short time of games, activities and snacks. The games were good fun and they enjoyed themselves. There were spot prizes galore and they were contested enthusiastically! All those present were served spring rolls and soup. Kudos to the Legion of Mary and SSVP for a good job well done!



## Sondexkaranchi Ekantai

Christmas has been a time for preparation-not only preparation of decoration, cribs and stars and sweets but also preparing ourselves to welcome baby Jesus among us. On 10th December 2023, the ACAZ of the Mapusa Deanery organized a day long recollection for the catechists of the Mapusa Deanery. A total of 120 catechists participated in this programme. Our parish was represented by 13 catechists. The recollection was held at St. Xavier's Seminar Hall.

The recollection began with Praise and Worship conducted by the catechists of the Socorro Parish. After the Praise and Worship, Fr. Norbert, the spiritual director of Seminary Niwas, Duler gave us a talk on embracing the *Mindset of Christ*. The talk was about how we need to be humble like Christ and to show love and compassion to others just like Jesus Christ did to us. We should know how to pray and teach our children also to pray and read the Word of God.

Prayers are very important in our life. We should pray regularly. Just like Jesus who prayed any moment of the day, we should see that we pray on a regular basis. **"TO PRAY IS NOT AN OPTION"** rather it is a necessity before we take any decision in our life. To know Jesus, we should know and study the Bible, pray, worship, have fellowship and evangelize.

At 12 noon we had the celebration of the Holy Eucharist. The main celebrant for the mass was Fr. Valerian Andrade, Mapusa ACAZ in-charge and the word of God was broken to us by Fr. Peter Gama, Parish Priest of St. Anne's, Parra. The Dean of Mapusa Deanery, Fr. Caetano and the DCC in-charge, Fr. Marcelino Rodrigues came and thanked us for being a part of the recollection.

After Mass, we were served delicious lunch, followed by a small cultural programme. All the catechists from each parish performed a few carols. The day ended with distribution of Christmas sweets-*kuswar* prepared by each parish. The sweets included from *neureos* prepared by us to *doce*, *bebinca*, *dodol* and a lot more.

The recollection was indeed a refreshing one. It helped me connect back to the Lord and prepare myself for Christmas.

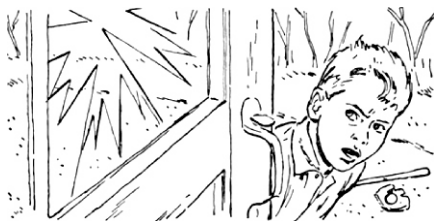
Clarissa Carneiro, Sondexkar

We become what we love and who we  
love shapes what we become."

Clare of Assisi

*Blessed is he whose sin is forgiven. Psalm 32:1*

## **Why We Can Always Be Happy**



Jerry wasn't happy. When his father came home from work, Jerry hurried upstairs. His mother had to call him four times before he came down to supper.

At the table his father asked, "Who broke the window in the garage?" Jerry said nothing, but he felt his face get hot.

"You played ball over there, didn't you?" said his father. "And we told you not to."

Jerry looked at his plate and still said nothing. He could hardly swallow the bread he was chewing. Then he began to cry.

"I'm sorry," he said. "I'll pay for it from my allowance. And I won't play ball there again. I promise."

His parents were glad to hear Jerry talk that way. He was sorry he had done wrong. And he promised to do better.

"All right, Jerry," said his father softly, "we'll forget it. God forgives you when you're sorry, so we will, too. But please don't disobey us again."

Next morning Jerry whistled as he walked to school. He was happy now. God had put joy into his heart.

"I wonder why it feels so good to be forgiven," he thought. "Thank You, God," he said, "for always being willing to forgive us."

**Let's talk about this:** Why didn't Jerry want to see his father? What wrong had Jerry done? Was it easy for Jerry to say, "I'm sorry"? Why did Jerry feel so good the next day?

The Bible says, "Be glad in the Lord . . . and shout for joy," because God forgives us our sins every day for Jesus' sake.

**Older children and grownups may now read:** Psalm 32:8-11

**Let us pray together:** Dear Lord, we're glad that we can come to You at any time and can always receive forgiveness. Keep us from doing wrong, make us sorry for our sins, and help us to believe in Jesus, our Savior. Then we shall always be happy children of God. We ask this in Jesus' name. Amen.



**Balloons ready to go BANG!**



**Smiles after a lovely time together!**



**Senior Citizen's  
Gathering  
29th December 2023**





To celebrate the Feast of Our Lady of Good Health, the  
Fabrica de Igreja de Ucassaim proudly presents...

**GOA NAVIGATION PVT LTD Asia Division**



presents

**THE EMPEROR OF KONKANI STAGE**  
**JOHN D'SILVA'S**  
**50th Tiatr**



**Impossible is possible with ALMIGHTY GOD'S Blessing**

**BESSAUM**

**4th February 2024, 7.15pm, St. Elizabeth's Church**

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