

*Awakening*  
**Zagruti**



**Voros XIV**

**Mai 2026**

**Ank 05**

**St. Elizabeth Church, Ucassaim, Bardez, Goa 403 507. Ph.: 2261608**

**For Private Circulation Only**



# HOLY TRIDUM



# Zagruti

Voros XIV

Mai 2026

Ank 5

St. Elizabeth Church, Ucassaim, Bardez, Goa 403507

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**Padr. Vigar : Fr. Savio D'Souza**

Secretary : Ms. Agnes Vaz

Igorjecho Vavr : Alok

Igorgent Misam :

Somar – Sonvar (Mon – Sat) : 7.00 am

Sonvar – Sanje (Sat – evening) : 5.00 pm

Aitar : 7.00 am

Bhurgeank Mis : 8.30 am

Doton : 9.30 am

Chouto Sonvar Mis English : 5.00 pm

KocherichoVell/Office Timing: Som-Sonv (Mon-Sat)10.00 am - 1pm

Piddestank Komunhanv/Communion for the old and sick : Padr. Vigar sangtolo.

## **Firgoz Zomeacheo 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
- Dubleanchi Sonvstha (SSVP) : 2<sup>nd</sup> and 4<sup>th</sup> Sonvar/Sat
- Vediche Sevok (Altar Servers) : Dor Aitarak sokallim 10.30



## **PAP SAIBA MAGONK LAITA - MAI 2026**

For ekleak jevonn melleche pasot : Vhodd utpadok te lhan giraikam meren,  
dor eklean jevnnacho ibadd korinam zaunk utor diunk ani  
dor ekleak borem (dorjeddar/quality) jevonn mellchem  
hachi khatri korunk magum-ia.

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## *Editorial.....*

Alleluia!... Alleluia! ...Alleluia!! The Lord has risen

Forty days of preparation for the Lenten Service in our church were well prepared and conducted by the WAF, Somudais, Catechists, Legion of Mary and the Confraria. Everyone did a great job and put in a lot of effort in making the service meaningful. The Holy Triduum was also beautifully organised. Our Parish Priest, Fr. Savio D'souza left no stone unturned in organizing and overseeing the whole programme.

Fr. Savio made it a point to visit each and every parishioner during the blessing of the homes. Though it was quite warm and tiring moving around visiting each and every family he had no complains.

We are experiencing very hot summer with temperatures rising above normal. A word of advice to take care and to keep ourselves hydrated and out of the heat all times. Avoid travelling outside between 11am to 3pm.

The feast of the Holy Cross will be celebrated in many Chapels in our villages.

The Legion of Mary completes 50 years of inception. The inaugural mass will be held on the 12th of May. The Legionnaires have planned a year full of activities as per their itinerary printed in this issue.

On the 1st of May we celebrate 45 years of the ordination of our Parish Priest, Fr. Savio D'souza. Let us all join together for the Eucharistic celebration at 7am wishing him God's blessings with good health, happiness and strength as he continues to work in the Lord's vineyard.

## **Protecting Our Faith and Ourselves in the age of AI**

Continued from last month.....

Pope Francis has warned that efficiency should never come before the needs of the worker. A computer doesn't need to feed a family or pay a house loan, but a human being does. When we prioritize cheap technology over holy labour, we are building a society that values profits more than people.

### **How We Can Respond as People of Faith**

So, in the light of the above, how do we protect ourselves and our families from these digital traps? The first remedy is Discernment. Before sharing a story online or believing a shocking video, we must pause and ask: Is this true? Is this helpful? AI capabilities are increasing in leaps and bounds. AI is now capable of sending fake SMS and emails so we need to be very vigilant when we are responding to emails which ask for personal information or when we are filling up personal forms online. It's always good to double-check the web site links (URLs) to make sure it's correct and secure (https). In school, AI poses a problem for teachers where students complete homework and school projects with the help of AI. Some schools/colleges are waking up to this issue, and trying to address this growing problem and this probably needs new policies at the board/district level. There is also a growing concern of AI chatbots being used as companions by children which if used incorrectly and without supervision can have negative effect on a child's mental well-being. One famous example is: "Character AI" which is a AI chatbot service that can generate human-like text responses based on a user's customisation. Some countries like Sweden are actively reducing, and in some cases removing, tablets (iPads) and laptops from classrooms in favour of traditional, paper-based learning to combat declining literacy and focus rates. The Swedish government is investing heavily to prioritize physical books, handwriting, and pens over digital devices. We must ensure that technology always serves the person, and the person always serves God. Let's use AI for the usefulness it offers to make our lives easier and it certainly brings a lot of benefits, but at the same time let us all be alert to its evils.

**- Olavo D'souza**

## THE RESURRECTION

Saint Luke tells us in his gospel that at dawn, a couple of days after Jesus had been violently killed, a few of the women who had been his disciples came to his tomb to wash and anoint his body.



Take a moment to put yourselves in their shoes as they make that journey in the grey dawn. Can you get some sense of what they might have been feeling, of what they might have said to each other as they walked along?

Within a day or two, this situation has been turned on its head. These women, and his other closest friends, meet Jesus again in all sorts of different times and places. The one whom they thought they had lost forever is suddenly with them again. What would that have been like, and, if you were there, how might you have found yourself reacting? It's not easy to move from darkness and despair to joy and excitement. It normally doesn't happen in a single moment.

You're invited to take some extended time to pray with the different appearances of the risen Jesus, and slowly let their atmosphere sink into you. Can you relate this to your own life? When have you known your hopes to be realised unexpectedly? Or found a dark situation giving way to brightness? What was that like? Share the joy of the risen Christ. This joy isn't something that you have to work up in yourself. It comes from getting in touch with the joy that Jesus experiences in this part of the gospel, and sharing something of that in the same way as, praying with the Passion, you shared his suffering. Try to imagine, for a moment, what Jesus felt as he was reunited with those closest to him, with his disciples, with Mary his mother. Ignatius had a real gift for being able to recognise God at work in any situation he found himself in. For him, this is what it meant to meet the risen Christ today, still present and active in our world. Notice how you yourself have met the risen Christ in these days. Ask Jesus to be able to continue to meet him in the days ahead.

- Fr. Bennett Aranjó, MBBS

## Poddun, Poddun Cholunk Xinkta

Halinch ami korezmacho kall sompun Jezuchea punorjivontponnachi porob somarombhli. Zaita vostuncher ami niall kelo, amchea jivitachi topasni keli. Nirnnoi ghetle, pun atam ami hea nirnnoiank thir ravtoleav kai vo Back to the pavilion oxi amchi zatoli kai. Amchea ghoreabeanim ai amchea bhurgeanchi vadd zata ti polletanv, bhurgem poilech pauttim cholunk xikta tednam tapa'ak korun poddta pun porot ubhem zata ani cholunk xinko meren tem tras kaddit ravta pun jedna tem cholunk lagta tednam tem anink fatim ploena, cholta, dhanvta, uddio marta porot dimkurio marina. Amkam hea lhan bhurgeanchem lisanv. Zaita pautti amchea jivitant oxench ghoddta. Ami porot porot poddta, hanv hem korchena, hanv chotur rautolem, mhoza faiddo kaddunk anink diunvchenam pun zaita pautti osoktaien porot tech vatten vetanv. Jechuchea jivitacher nodor marlear tannem zaita koxtt soslem, ti Bapachi khuxi mhunn mandun ghetli hem ami porot porot dor vorsa nialltanv. Punn Jezu mornnantlo jivont zalo ani sorgar voibhovant aplea Bapachea sangata Razvotki choloita ami hea amchea Soddvonndarachea panvlamni cholun-ia. Eke vatter amkam kantte topta ti vat ami soddun diun, dusri vat dorch goroz asa. Ami jem kitem amchea chukitlean novem iktanv taka ami thir ravum-ia.

Amchea onnbhovantlean dusreankui girest korunk ami apkhuxien vaurchi goroz asa. Poddlo mhonntoch uttun fuddle panvl marum-ia. Poddta mhunn ani chuk ghoddta mhonn bhorvanso ani fuddar soddun diunchie suvater kalljidarponnan utthon fuddem panvl marun ani jivitant khori dixi gheun vhoadd ani dixechiche monis zaunche proytn korun-ia. Poddun xikta toch zoitivont zata hem mat rami visrunkzainam.

*Great occasions for serving  
God come seldom but little ones,  
surround us daily. - Francis de Sales*

## THE VALUE OF A SMILE

The number of smiles your smile provokes in others in a day will tell you how many times you have aroused satisfaction and confidence in them. Learn to make as many people as you know happy. More than putting flowers on graves, fill hearts with love. Smile also to God, in loving acceptance of his will. Even in the most painful hours, may serenity, joy and a smile never disappear from your face. Although afflicted by illness, strive to be serene, do not welcome anyone without giving them the gift of a smile, even if it is barely visible, to show your gratitude. Your smiling, radiant serenity will impress your visitors more than anything else and will animate them to have faith, patience and constancy even in suffering. You will do much more for the Lord if you strive to bring more joy into your own life and the lives of others. If your whole person radiates joy, serenity and peace, God will use you to bring souls to Himself. You will never know the good you can do with a simple smile. A smile is the best ticket to a friendly soul. With it you will know how to establish immediate friendship contacts even at the first meeting. A smile is worth more than a right word that you cannot find. If you have nothing to give an indigent person, at least give him your smile that opens and sweetens the soul. If you offer him a gift, accompany it with a smile; a gift without a smile is like a flower without perfume.

**MY EXPERIENCE** of the Apostle service was deeply meaningful, centred on the values of love, forgiveness, and compassion. One of the most powerful aspects was the strong sense of community. Being surrounded by others who share the same faith created a feeling of unity and support, whether through simple greetings or acts of kindness.

As the service and prayers came to an end, I felt a renewed sense of hope and guidance. It inspired me to carry these values into my everyday life by practicing kindness and strengthening my faith.

A particularly touching moment was when Father Savio washed our feet. This humble act symbolized service, love, and humility, reminding us to care for others selflessly and to live with compassion in our daily lives.

**Nitin Badhe**

## Legion of Mary: 50 Years of Faith in Action



From the cobblestone streets of Dublin in 1921 to the heart of Ucassaim in 1977, the Legion of Mary has always been defined by one thing: a simple Yes to God. Founded by Frank Duff and a small group of 15 faithful souls in Ireland, the Legion of Mary was built on the model of the first disciples—going out in pairs to find Christ in our neighbours.

On that historic day on 12th May 1977, 16 Ucassaim parishioners stepped forward to answer the call. We honour the founding members who laid the foundation for our current mission. The incubator for this ministry was the dedication of two visiting legionaries from Mumbai, Br. Norman and Br. Cecil, who facilitated the start of our parish chapter. But it was the local commitment of Ida, Alba, Mercia, Monica, Bertille, Sylvia, Lucy, Auta, Manuel, Clarence, Lynette, Barbara, Sarita, Alda, Julie and Ruzaimarie —our founding members—who breathed life into the mission. Under the inspiring guidance of the Spiritual Director, Fr. Benedict Dias, they formed the original three Praesidiums that would serve our community for decades to come:

Health of the Sick (Adults)  
Queen of Apostles (Youth)  
Queen of Angels (Juniors)

The Legionary Way: More than just meeting for 50 years, our members have sought personal holiness through a unique blend of Marian spirituality and boots-on-the-ground evangelization. We don't just pray—we move! Our mission is simple: to sanctify ourselves and others through:

Direct Apostolate : Visiting the sick, the lonely, and those in need.  
Faith Education : Guiding our children through Catechism.  
Marian Devotion : Living out the spirituality of St. Louis Marie de Montfort.

What keeps us together? It's the Catena Legionis—the prayer of Our Lady that echoes in the hearts of every member, every single day. Who is she that comes forth as the morning rising, fair as the moon, bright as the sun, terrible as an army set in battle array? The Legion is the bridge between the Altar and the world. Bonded by the daily Catena Legionis and the spirit of St. Louis de Montfort, we celebrate this Golden Jubilee with gratitude for our past and a renewed fire for our future. Here's to 50 more years under Our Lady's mantle! The celebrations for our 50th Anniversary are just beginning! This Jubilee year, we all look forward to an exciting lineup of events, including Retreats, Rosary events, special visits, fun group outings and special masses of Thanksgiving. Keep an eye on the parish announcements—we can't wait to celebrate half a century of faith, service, and Mary's grace with all of you!

- Olavo D'Souza

## **Nympha's Receipe**

### **Sweet Mango Chutney**



Ingre : 250 gms seasonal half ripe mangoes  
2 ripe mangoes (peeled & chopped)  
3 tbsp sugar  
1" ginger

10 flakes garlic  
2 tsp chilli pd  
a handful of raisins  
½ cup vinegar

Method : Wash and peel the mangoes, cut into small cubes, mix with sugar and keep aside for an hour. Grind the ginger and garlic with vinegar. Add this paste to the sugared mango pieces together with 1/2tsp of salt and chilli pd. Mix well and cook on slow fire till the mango pieces are tender. Add the raisins a few minutes before removing the chutney. Cool and bottle.

# MISAM ANI PORBO MANDAVOLL/VACHPAM MAI 2026

TARIK	DIS	INTESANV/POROB	MANDAVOLL/VACHPAM
1 ver	Sukrar	7.00am Fr. Savio D'souza Ordination Day	P. P. C
2 ver	Sonvar	7.00am Somp. Maria Augusta Fernandes Johnny Cardoz – B'day	Pauline D'souza
3 ver	Aitar	7.00am Feast of Holy Cross - Members of Igroz Vaddo	Paliem 2
		8.30am Somp. Fidelis Pereira	
4 ver	Somar	7.00am Somp. Anthony Marcel Fernandes Anthony Azavedo – B'day	Anthony Azavedo
5 ver	Mungllar	7.00am Somp. Anthony Marcel Fernandes	Leena Noronha
6 ver	Budhvar	7.00am Somp. Laurencio Carneiro (3 DA) Agnes Vaz – B'day, Leslie & Agnes (WA)	Melissa Carneiro
7 ver	Brestar	7.00am Somp. Benjamin D'souza	Antonia Gonsalves
8 ver	Sukrar	7.00am Somp. Daniel Almon	Desiree D'souza
9 ver	Sonvar	7.00am Somp. Braz & Maria Menezes	Maria Britto V 8
10ver	Aitar	7.00am Somp. Reginald Fernandes	Paliem 1
		8.30am Somp. Raj Almon	
11ver	Somar	7.00am Vallie Fernandes -Gift of Life B'day	Jeffrey Noronha
12ver	Mungllar	7.00am Somp. Lily Fernandes	Milagrine Couto
		4.30pm <b>Golden Jubilee Year – Legion of Mary Inaugural Mass</b>	Legion of Mary
13ver	Budhvar	7.00am Porgotolichea otmeak – Francis Almon	Millie Carneiro
14ver	Brestar	7.00am Somp. Anthony Almeida Somp. Augustine Barretto	Lourdes Almeida
15ver	Sukrar	7.00am Somp. Tome Jose Rodrigues	Steffi Rodrigues
16ver	Sonvar	7.00am Ghorchea mellolank – Francis Almon	Marietta Noronha
17ver	Aitar	7.00am	Parish Youth
		8.30am Somp. Pedro Francis Sequeira	
18ver	Somar	7.00am Somp. Pascoal D'souza	Deodita Soares
19ver	Mungllar	7.00am	Maria Britto V 4
20ver	Budhvar	7.00am Somp. Urcicia & Valerian Mendonca	Jacqueline Noronha
21ver	Brestar	7.00am Ermilinda Cardoz – Dhin'vas Somp. Ditoz Cardoz	Ermilinda Cardoz
22ver	Sukrar	7.00am Somp. Agnelo & Marie Gonsalves	Peter Noronha
23ver	Sonvar	7.00am Darius Ethan Lobo	Anita Nogueira
24ver	Aitar	7.00am Benard Fernandes Dhin'vas	SSVP & Fabrica
		8.30am	
25ver	Somar	7.00am St. Rita de Cassia – Daric, Jeanette & famil Somp. Henry D'souza	Glen Gonsalves
26ver	Mungllar	7.00am	Maggie D'souza
27ver	Budhvar	7.00am Somp. Juliao J. Rodrigues Somp. Luis & Maria Adelina Pereira	Matilda Rodrigues

Chotrai : Dor Sonvara Niyallacho Ters Zatolo sokallim 6.25am  
Kosli bodol asa zalear Notice Boddar ghalteleanv

TARIK	DIS	INTESANV/POROB	MANDAVOLL/VACHPAM
28ver	Brestar	7.00am Somp. Maria G. D'souza	Maria Graca
29ver	Sukrar	7.00am Somp. Gebelina (Bela) Barretto	Rosita Nunes
30ver	Sonvar	7.00am Somp. Felix Andrew Fernandes	Annie Gomes
31ver	Aitar	7.00am	Legion of Mary
		8.30am	

Chotrai : Dor Sonvara Niyallacho Ters Zatolo sokallim 6.25am  
Kosli bodol asa zalear Notice Boddar ghalteleanv

## Somudai report

**Punola V 4** :The monthly somudai meeting for the month of April was held on 15th at the residence of Mrs. Lina Noronha and attended by 10 members.

The Theme for the meeting RESURRECTION: Hope Amidst Despair was taken Sent by Diocesan Pastoral Secretariat. The points discussed in the PPC were shared among the people gathered for the meeting. We also discussed regarding the fast approaching Chapel feast of Punola which is scheduled on 6th May 2026. The meeting ended thanking God for everything he has done and is doing for us.

**Jeffery Noronha**

**Dumpem V 3**: The monthly somudai meeting was held on 14/4/26 at the residence of Mrs. Sofia Badhe. Anouka sought the Lord's blessings on those gathered. Various information was given to the members as discussed at the PPC meeting viz.. readers at the Mass should be on time, survey information, involvement of children and youth, Apostles participation on Maundy Thursday etc. The duties for our ward Mass on April. 25th and 26th was also assigned. The Feast of the Holy Cross to be celebrated on May 6th at the chapel in Punola, preceded by the Holy Rosary for three days. The members also paid their yearly contribution towards the maintenance of the Chapel and the Feast. Our Somudai has also decided to celebrate the Feast of the Holy Cross in Dhumpem on May 2nd. This will be followed by the Family day with games and Fellowship wherein each family will be contributing with an item for the same. This will be held at the residence of Mrs Maria Graca. Cheryl concluded the meeting with the closing prayer. The host, later served some delicious snacks.

**Melina Macedo**

## WHY FATIMA STILL MATTERS TODAY?

What exactly is the Message of Fatima, and how does it matter in our daily lives today? The Message of Fatima is not complicated. It is a call to return to God through prayer, penance, and reparation. Our Lady asked us to pray the Rosary daily, to offer our sufferings for sinners, and to console her Immaculate Heart. But how do we actually Live this Message Today? First and foremost, we are called to pray the Rosary daily. This is the foundation. From there, we can grow into something deeper—the Meditative Rosary, especially on Saturdays. Instead of rushing through prayers, we slow down, reflect on each mystery, and connect it to our lives. ) For example, while praying the Sorrowful Mysteries, we can offer our stress, health struggles, family worries, and personal crosses for the conversion of souls.



In this way, the Rosary becomes not just a prayer, but a real walking with Jesus through Mary. Another powerful step is forming Prayer Cells in our homes and communities. This connects beautifully with the Church in India's Mission 2033 vision of strengthening Small Christian Communities— Fatima itself began like a “Prayer Cell.” Living the Message of Fatima is not just about prayers or even the First Saturday Devotion—important as they are. It is about living the Rosary. It means imitating the virtues of Mother Mary—her humility, obedience, purity, and trust in God—so that we gradually become more like Christ. What is the use of constant prayer if we do not grow spiritually, if we do not become better persons, if others cannot see Christ in us?

It also means offering small sacrifices in daily life. Something as simple as controlling our anger, being patient with someone difficult, or giving up small comforts can become acts of love when offered to God. These small sacrifices become powerful acts of reparation. And finally, we are called not only to live this message, but to share it. This is the very heart of the World Apostolate of Fatima and the call of the New Evangelization inspired by the Second Vatican Council—to live and share the Gospel.

Every 13th May is not just a remembrance; it is a fresh invitation—an invitation to pray more deeply, to live more intentionally, and to help others come closer to God. The question is no longer, “What is the Message of Fatima?” The real question is: “Am I ready to live it?” Ave Maria!

**Lester DeMello Chairman - World Apostolate of Fatima**

# PENTECOST SUNDAY

The English word Pentecost is a transliteration of the Greek word pentekostos, which means “fifty”. The Jews celebrate Pentecost (the giving of the Torah) and Shavout (the festival of weeks) fifty days after the Passover. The Church celebrates Pentecost fifty days after Easter. Pentecost Sunday marks the day when the Holy Spirit descends upon the disciples gathered in the Upper room . Acts 2:1 -36 gives detailed account of the happenings on the first Pentecost in the Church . On that day, the Apostles with a group of followers were praying and waiting on the Lord, in the Upper Room. They had a renewed hope in their hearts, because they had witnessed the Risen Lord.



And suddenly came a sound from heaven and it filled the whole house where they were sitting. And there appeared to them parted tongues as it were of fire, and it sat upon everyone of them. They were filled with the Holy Spirit, and they began to speak in other languages as the Spirit enabled them. (Acts 2:1-6). One can imagine their surprise to hear these native Jews praising the works of God in different languages. Peter who had denied the Lord thrice, was filled with the power of the Holy Spirit and boldly preached the Good News of the Lord , quoting the holy scripture. Not only did the Holy Spirit give Peter boldness , but He touched the hearts of all those who listened and 3000 were added to the Church. Hence Pentecost is called the Birthday of the Church.

During the Jewish Pentecost, when the Law was given, 3000 people were condemned for breaking the first Commandment of God. But when the Spirit of Grace came, under the new covenant, 3000 were added to the Church. Jesus did not want to leave His people orphaned, so He promised them Someone who was precious to him, and the Father: His Holy Spirit. He promised us that the Spirit would remain with us forever and never ever leave us (Jn 14:16). The Holy Spirit is our Comforter and Helper in every situation where we need guidance . He knows us inside and out and since he is the Spirit of God , He makes intercessions for us to the Father, according to the will of God. He was present at the Creation , when out of a formless void God brought about a world that he said is “Good”. If we invite the Holy Spirit into every dark situation in our lives , He will gently bring something good out of it. Through the Spirit we can cry to God as our “Abba” (Rom 8:15-16) . He gave God's people wisdom (Ex 31:3. Gen 41:38). He protects His People (Acts 16:6), He never condemns but lovingly convicts us . He reminds us of God's word for every situation in our lives. He blesses us with his gifts and helps us bear fruit for God's Kingdom. How blessed we are that God chose us to be His children and made us temples of His precious Holy Spirit. Let us glorify God, striving to be more sensitive and obedient to the voice of the One who dwells within us – our Paraclete. As Easter People, he lets begin each day by welcoming the Holy Spirit in our lives.



# LEGION OF MARY GOLDEN JUBILEE

*Ucassaim*



May

*Opening*  
**CEREMONY**

June

*Visit Clergy*  
*Home*

July

*Home*  
*Visits*

August

*Restart*  
JUNIOR  
PRESEDIUM

September

  
**LEGION  
FEAST**

October

**ROSARY  
FOR ALL**

November

*Mass for*  
*our*  
*Departed*

December

*Visits to the*  
*Home for*  
*the Aged*

January

*Outing*

February

*Hospital*  
*Visits*

March

*Retreat &*  
*Confession*

April

*Visits to*  
*Auxiliary &*  
*Senior*  
*Members*



BLESSINGS,  
Fr. SAVIO D'SOUZA  
ON YOUR

*45th Ordination*  
**ANNIVERSARY**

**1st May 2026**



May  
GOD'S  
*light*  
and *love*  
shine brightly  
on your  
*Ordination*  
anniversary

**FROM:**  
**THE PARISHIONERS OF**  
**ST. ELIZABETH CHURCH, UCASSAIM**