



**Katedrala**cho



# ULO

Voros: XXVII

Ank: 2

Febrer 2026

*Lent: A Journey of Love  
towards a New Beginning*



A man with glasses, wearing a white clerical robe, stands on the left side of the image. To his right, at the bottom, is a large bouquet of red roses. The background is a light yellow with faint pink heart patterns. The top of the image is decorated with colorful balloons (blue, yellow, pink, green) and a string of colorful triangular flags.

# *Birthday Wishes*

*Dear* **Fr. Rosario**

(15th February)

*On your Birthday,  
we thank God for the gift  
of your priestly life and your  
generous service to our parish.  
May the Lord bless you with  
good health, inner joy, and  
renewed zeal in His vineyard.*

*May St. Catherine of  
Alexandria intercede for you  
always, and may Our Lady of  
Three Necessities keep you  
under her loving care.  
Happy Birthday, dear Father!*



### **LENT: A JOURNEY OF LOVE TOWARDS NEW BEGINNINGS**

**T**he journey of love towards new beginnings start at the feet of the Lord. Lent season is a special occasion God gives us to stop, think and proceed ahead in our spiritual journey. There are so many areas we could focus on for a new beginning but I would like to reflect on our journey of KNOWING GOD as the basic step towards spiritual growth. Most of us go to Church regularly, pray, read the Bible, attend various religious services but our relationship may be distant because our knowledge of God could be very shallow. Can we pause a little to analyse our knowledge of God? How well do I know God? Why do some Christians grow in their relationship and devotion for God while the others are not? Why do some Christians spend lots of time in prayer and read the Word of God with joy while the others don't? Why do some Christians fast and do charity while others not? It is all because "those some" know who God is at a deeper level while the others do not. Let us consider various levels of knowing God.

**1. Knowing 'about' God, the information level:** At this level, Christians hear sermons, talks on who God is, catechism classes, seminars, retreats, reading of Bible, listening to discourses on God and so on. We come to know that He is the Creator, all powerful, loving, Saviour, etc. But at this level our knowledge about God is only at the informational level. It is like knowing the biography of a person without even meeting him/her. God says, "My people are destroyed because they do not know me" (Hos. 4:6). Although, this knowledge is important it is not sufficient to enter into a deeper relationship with Him.

**2. God's Revelation about Himself, the personal level:** At this level, God, 'about whom' we have heard, begins to reveal



Himself to us in person. The truths about God which we have learnt begin to echo inside our souls and spirits. God's Word is no longer true in the Bible but true in me. At this level, it is not important who delivers sermon, who proclaims the Reading, who preaches the retreat and so on, what is important is God speaking directly to the soul and spirit of the person. Here, the journey turns from study of God to encounter, from description to discovery and from borrowed faith to burning faith. Jesus told Peter, "Good for you, Simon son of John, for this truth did not come to you from any human being, but it was given to you directly by my Father in heaven" (Mt. 16:17). At this level, we enter deeper friendship with God and begin to hear His heartbeats..

**3. Knowing through God, the transformation level:** At the third level, the revelation of the 2<sup>nd</sup> level begins to change the person from within. We no longer receive the information and revelation about the TRUTH but it affects our whole being. He starts shaping us from within till we become a new creation. The Bible says, "Anyone who is joined to Christ is a new being, the old is gone, the new has one. All this is done by God..." (2 Cor. 5:17-18). This is what had happened to Zacchaeus (Lk. 19: 1-10) and also the Samaritan woman at the well (Jn. 4: 1ff). They had earlier heard about Jesus but after they encounter Him face to face, they were transformed from within (*metanoia*). This sort of transformation is a process. God transforms the person through every seasons of life. The person no longer conforms to the standards of the world but "Let God transform you inwardly by complete change of your mind. Then you will be able to know the will of God, what is good and is pleasing to Him and is perfect" (Rom. 12: 2). This kind of transformation leads us to walk with God as His partners.

**4. Fourth level - Knowing God, the Partnership level:** At this level we stop asking God to bless us but start asking God what He wants to do today and how could I be part of His Plan, Purpose and Mission. St. Paul wrote, "For we are partners working together for God..." (1Cor. 3:9). God does not need



our help, yet He chooses to share His work with us. In this partnership, obedience to God becomes joy and service becomes communion. The example of partnership in action is seen when Jesus says to Peter, “Don’t be afraid, from now on you will be catching people” (Lk. 5: 10). When we work with God, even ordinary moments become sacred assignments. Our thoughts, actions, hands, eyes and the whole person becomes a channel through which God’s love and compassion flows. It ultimately leads us to a deeper level where partnership with God becomes oneness and living in Him.

**5. Knowing God, the Union level:** This is the deepest level of being in God. Jesus prayed, “Father! May they be in us, just as you are in me and I am in You. May they be one, so that the world will believe that you sent me” (Jn. 17:21). At this level our identity is not built on what we do for God but who we are in Him. This union is not achieved through our efforts but is received through surrender to God. He is not just near us but within us. Jesus says “Abide in Me, and I in you” (Jn. 15:4)). St. Paul says, “It is no longer I who live but it is Christ who lives in me” (Gal. 2:20). At this stage His thoughts become our thoughts, His compassion becomes our compassion, His love becomes our love. We become STILL in Him because we know who God is (Ps. 46:10) for He is LOVE (1Jn. 4:8)

The important tools that assist us in this journey are: Prayer, Fasting and Almsgiving. Let us begin this journey on Ash Wednesday and reach the fifth level on Easter Sunday.

ST. CATHERINE OF ALEXANDRIA, PRAY FOR US!

Parish Priest



(Rev. Can. Rosario Oliveira)



# Our Cathedral: A House of God and a Home of Love

Hema Menezes  
ULO-Editor-in-Chief

A cathedral is more than a magnificent building of stone and history. It is, above all, a **house of God and a home of love**, where heaven touches earth and God gathers His people as one family.

As we celebrate the **Cathedral Day on the 06<sup>th</sup> of February, a day of dedication**, we are reminded of the sacred purpose for which this holy place was set apart- to be a dwelling place of God and a spiritual home for His people. This celebration invites us not only to admire the beauty of the cathedral, but to renew our love and reverence for all that it represents.

As the **mother church of the Archdiocese of Goa**, the cathedral stands as a visible sign of God's presence among His people. Within its sacred walls, countless prayers have been offered, sins forgiven, faith strengthened, and lives transformed. Here, the Word of God is proclaimed and the Eucharist is celebrated, nourishing the faithful with grace.

The cathedral is a **house of God** because it is dedicated to worship. The altar at its heart reminds us that Christ is the centre of our faith. Every visit to the cathedral calls us to silence, prayer, and a deeper encounter with God.

At the same time it is a **home of Love**, welcoming all without distinction-the young and the old, the joyful and the sorrowful, the parishioners and the travellers. Under the patronage of **St. Catherine of Alexandria**, our Patroness, the cathedral inspires us to love God with courage and wisdom, making His house a true home for all.

As we will begin our journey of **Lent**, this day of dedication invites us to renew our commitment to be **living stones**, building the church not just with walls but with lives rooted in faith, love and service.

May our cathedral always remain a place where hearts are healed, faith is renewed, and God's love is experienced by all.

"This is none other than the house of God, and this is the gate of heaven." -**Genesis 28.17**

# Walking With Gods People Whilst Preparing to Serve Them

Bro. Valente Jesus Da Costa



Dear brethren,

**W**e are entering into the season of Lent, a sacred time to dive deep within ourselves and to introspect on our lives. It is a time to deepen our relationship with God and a time to serve people with joy and love.

Jesus said, *“The Son of Man came not to be served but to serve, and to give his life as a ransom for many”* (Mt 20:28). Jesus broke Himself for His people. His entire ministry was one of service—not only to the Jews, but also to the Gentiles. The key to His fruitful ministry was His deep bond with God the Father. Jesus never failed to pray. There are many instances in the Gospels where, despite being tired after working the whole day, He made time for prayer. This union with God gave Him the courage, strength, hope, and direction to carry out His mission.

In our own lives, it is equally important, as Christians, to have a strong relationship with God. And how do we achieve this? Through prayer. Prayer is the essential tool for building our relationship with God. It is important that we make time, even in our busy schedules, to spend time in prayer. The season of Lent is a special gift from the Church that invites us to refocus on our relationship with God.

At the same time, it is important that our prayer is reflected in action—that is, in working *with* the people and *for* the people. As St. James says, *“Faith without works is dead”* (James 2:26). This means it is not enough to pray all day without serving others. We are called to balance both prayer and service. Walking with people and serving them without expecting anything in return is a hallmark of Christian life.

Jesus was always with His people. When He saw the crowds, *“He had compassion on them, because they were harassed and helpless, like sheep without a shepherd”* (Mt 9:36). Jesus never compromised when it came to serving others. He went out of His way to help them—He healed the sick, performed miracles, fed the hungry, and

► Cont. on pg 6





# क्रूस: परमेश्वर के महान प्रेम का चिन्ह!

सुनैना लकड़ा  
रानी मरिया समुदाय

यूहन्ना ३:१६ में बताया गया है कि ज़परमेश्वर ने जगत से ऐसा प्रेम रखा, कि उसने अपना इकलौता पुत्र दे दिया ज़ीशु मसीह का क्रूस परमेश्वर के महान निस्वार्थ प्रेम का सबसे बड़ा प्रतीक है, जो दिखाता है कि उन्होंने मानवता के पापों के लिए खुद को बलिदान कर दिया ताकि सभी को अनंत जीवन मिल सके, यह प्रेम क्षमा, बलिदान और जीवन में मृत्यु को बदलने की शक्ति को दर्शाता है, जो मनुष्य को परमेश्वर के करीब लाता है। ज़मती अध्याय २८:२० में कहा गया है याद रखो संसार के अंत तक मैं तुम्हारे साथ हूँ।

आशा और जीवन: क्रूस मृत्यु को जीवन में बदलने का प्रतीक बलिदान और प्रायश्चित: क्रूस मृत्यु को जीवन में बदलने का प्रतीक है, जहां से निराशा दूर होती है और आशा पनपती है, जिससे मनुष्य परमेश्वर के करीब लाता है।

बलिदान और प्रायश्चित: यीशु ने क्रूस पर वह दंड सहा, जिसके हम सभी अपने पापों के कारण पात्र थे, उनका लहू हर पाप को धो देता है और हमें शुद्ध करता है।

ज़प्रभु की उपस्थिति में हर दर्द को राहत मिलती है, और वह टूटे हुए दिलों को चंगा करता है। ज़निर्गमन १५:२६ में प्रभु कहता है, तुझे चंगा करूंगा। इसलिए मन को शांत रख, वह तेरे लिए लड़ रहा है।

► Cont. from pg 5

## Walking With Gods People....

gave them spiritual nourishment by proclaiming the Kingdom of God. He gave His time, His energy, and ultimately His life for His people.

As we walk together on the synodal journey, we are called to take everyone along with us and work for the betterment of all. There are many people around us who are in need. Do we notice them? Are we ready to break ourselves for others, just as Jesus did? Do we truly care for the needs of our neighbours?

When I was working in the Daman mission, it was a great joy for me to pray for the people, to pray with them, and also to work alongside them and caring for both their spiritual and material needs.

As *Christ-ians*, am I ready to be “another Christ” for the people I meet? In this season of Lent, let us strive to be *Alter Christus*—“Another Christ”—by becoming people of deep prayer and selfless service.

# From Ashes to Action: Living Lent as a Community

**Menino-De-Oliveira**  
Khuris Milagr Somudai



**A**sh Wednesday marks the start of Lent, a 40-day journey of reflection, renewal, and action. For many, it's a time to re-commit to faith, community, and service. But what does it mean to "live Lent" as a community?

**Moving Beyond Rituals:** Traditionally, Lent is associated with individual practices like fasting, prayer, and charity. While these are important, living Lent as a community invites us to shift our focus outward. It's about recognizing our interconnectedness and responding to the needs of others.

**Acts of Justice and Mercy:** As a community, living Lent means engaging in acts of justice and mercy. This can look like volunteering at local shelters, advocating for social causes, or simply being present for those who need companionship. It's about turning our sacrifices into actions that bring hope and healing.

**Supporting One Another:** Community living during Lent also means supporting one another on our individual journeys. Sharing meals, prayer, and stories can foster a sense of belonging and solidarity. By walking together, we can find strength and inspiration to continue our Lenten practices.

**A Time for Transformation:** Lent is a season of transformation, and community is the catalyst. As we journey from ashes to action, we become agents of change, reflecting God's love and mercy in the world.

## **FAMILY LENTEN CONTRIBUTION**

As an act of prayerful sharing this Lent, families are invited to offer their Lenten Contribution for the Good Samaritan Fund Parish (GSFP), supporting the needy and vulnerable among us.

*"Whatever you did for one of the least of these...you did for me."  
(Mt 25:40)*



# Wisdom of faith: Walking with God through the Years

**Linda Veliath**  
Seniors Association

**W**alking with God through the years is a journey of deepening faith, growing trust, and continuous transformation. It is a relationship built day by day through intentional choices, communication, and tuning one's life with God's will.

Walking with God is more than just religious rituals. It's about a personal, intimate relationship where you talk with Him, listen to Him, and enjoy His presence in every aspect of life.

The journey requires trusting in God's guidance and promises even when the path ahead is unclear or unexpected turns and twists occur. It means depending upon God's truth over our own limited understanding.

As you walk with God, the indwelling of the Holy Spirit gradually moulds you into a more Christ-like image. This process involves acknowledging weaknesses and allowing God to cleanse and modify areas of your life, leading to greater victory over sin and character development.

Through the years, this walk teaches us valuable lessons. Life involves various stages including storms and trials, but God's faithfulness remains constant. These difficult times can become opportunities for immense spiritual growth and a deeper understanding of God's love and presence.

The journey helps us find a greater purpose beyond worldly achievements. Walking with God provides spiritual clarity, direction for decisions, and a sense of inner peace, knowing you are aligned with His plan.

We were never meant to walk alone. The journey is more fulfilling when shared with others as mutual support, encouragement, and shared study of the Word help us stay on the right path. Dedicate specific time daily for prayer, reading the Bible, and listening to God's voice.

Recognize that you are always learning and that a humble heart allows God to pour more knowledge and understanding into you.

Live out your faith in practical ways, reflecting God's love and grace to others through kindness, compassion, and service.

Finally, walking with God through the years is a transformative adventure, offering comfort, strength, and joy even amidst life's challenges. It is a path that ultimately leads to eternal life and a permanent, intimate partnership with our Creator.





# *Congratulations*

*on your*

*First Holy Communion*

25 January 2026

## **Cayden Joseph D'souza**

*May this special day fill your heart  
with God's love and peace as you  
begin your lifelong journey of faith.  
We are so proud of you as you receive  
Jesus for the first time. May His light  
guide you always!*



**Papa: Benny, Mama: Cristabelle,  
Blake and Christan**



## LENTEN PROGRAMME

Day & Day	Occasion / Event	Timing	Responsibility to be taken by
18/02/2026 (Wednesday)	Ash Wednesday Day of Fast & Abstinence	07.00 a.m, 06.00 p.m. (English)	Liturgical Animators St. Augustine Somuday
20/02/2026 (Friday)	First Friday of Lent Way of the Cross followed by Mass	07.00 a.m. 05.00 p.m.	Daily Mass <b>Way of the Cross</b> – St Ignatius <b>Mass</b> – St. John Facundo
22/02/2026 (Sunday)	Day of Diocesan Walking Pilgrimage	P.P.C.	
27/02/2026 (Friday)	Second Friday of Lent Way of the Cross	07.00 a.m. 05.00 p.m.	Daily Mass <b>Way of the Cross</b> –St. Alex <b>Mass</b> – St. Francis Xavier
06/03/2026 (Friday)	Third Friday of Lent Way of the Cross	07.00 a.m. 05.00 p.m.	Daily Mass <b>Way of the Cross</b> – Our Lady of Piety <b>Mass</b> - Our Lady of Light
13/03/2026 (Friday)	Fourth Friday of Lent Way of the Cross	07.00 a.m. 05.00 p.m.	Daily Mass <b>Way of the Cross</b> – St. Catherine <b>Mass</b> – St. Paul
20/03/2026 (Friday)	Fifth Friday of Lent Way of the Cross	07.00 a.m. 05.00 p.m.	Daily Mass <b>Way of the Cross</b> – St Domingo <b>Mass</b> - Khuris Milagr
24/03/2026 (Tuesday)	Sacrament of Reconciliation / Confessions	05.00 – 7:30 p.m.	Liturgical Animators
26/03/2026 (Thursday)	Chrism Mass	10.00 a.m.	Archdiocese

27/03/2026 (Friday)	Sixth Friday of Lent Way of the Cross	07.00 a.m. 05.00 p.m.	Daily Mass <b>Way of the Cross</b> – OL of Three Necessities <b>Mass</b> - St Joseph Vaz
29/03/2026 (Sunday)	Palm Sunday of the Passion of the Lord  Santos Passos	06.45 a.m. 10.00 a.m. 04.00p.m.	Parish Youth St. Catherine Confraria
02/04/2026 (Thursday)	Maundy Thursday	05.00p.m.	Liturgy Committee
	An Hour with the Lord (Adorations)	07.00 – 08.00 08.00 – 09.00 09.00 – 10.00 10.00 – 11.00 11.00 – 12.00	St. John Facundo / St. Ignatius / Khuris Milagr Our Lady of Piety / St. Augustine /Blessed Rani Maria St. Paul / SFX / St. Joseph Vaz / OLTN St. Domingo / St. Catherine / St. Alex / OL of Light All Parishioners (Holy Family Convent)
03/04/2026 (Friday)	Good Friday of the Passion of the Lord Morning – Live Way of the Cross  Afternoon – Celebration of the Passion of the Lord	07.00 a.m. 03:30 p.m.	Parish Youth & Altar Servers  Liturgical Animators / Senior Parishioners' Association
04/04/2026 (Saturday)	Holy Saturday	07.00 a.m.	Catechists (Theme: Catechists to choose)
04/04/2026 (Saturday)	Easter Vigil (Midnight Mass)	11.00 p.m.	Lectors' Association / Parish Youth
05/04/2026	Easter Sunday of the Resurrection of the Lord	<b>08.00 a.m.</b> St. John Facundo	<b>10.00 a.m.</b> St. Augustine <b>11:15 a.m.</b> (Hindi) Bl. Rani Maria



# First Holy Communion Celebration

Grisha Paiva



**O**n 25th January, our parish joyfully celebrated the First Holy Communion of seventeen children, who prepared their hearts to receive Jesus in the Holy Eucharist for the first time. A meaningful procession marked the beginning of the celebration, as each child offered a small heart and placed it into a larger heart symbolizing the Sacred Heart of Jesus, reminding all present of our unity in His love.

In the days leading up to this special occasion, the children actively took part in various forms of spiritual preparation. They visited an orphanage, where they learned the importance of sharing their time, love, and resources with others. They also joyfully attended their proximate preparation classes, spent time in the presence of the Lord during a Holy Hour, and received the Sacrament of Reconciliation for the first time.

The altar was beautifully decorated with flowers, candles, and symbols of the Eucharist, creating a prayerful and joyful atmosphere. Dressed in white as a sign of purity and faith, the children participated reverently in the liturgy, while parents assisted with the readings, the singing of the psalm, the prayers of the faithful, and the offertory procession.

The Holy Mass was concelebrated by Fr. Jason and Fr. Candido Fernandes, Director of Pastoral Institute with Fr. Rosario as the main celebrant. In his inspiring homily, Fr. Rosario reminded the congregation that we are enclosed in the Heart of Jesus and emphasized the importance of receiving Him worthily by keeping our hearts pure and living faithful Christian lives. The choir, led by Br. Valente, enriched the celebration with melodious hymns of praise. The most touching moment of the Mass was when the children reverently received Holy Communion for the first time, followed by a heartfelt thanksgiving hymn sung by the children in gratitude to Jesus.

The celebration concluded with words of appreciation extended to the priests, catechists, and parents for their guidance and support. Mementos and certificates for First Confession and First Holy Communion were presented to the children. The occasion was a deeply spiritually enriching experience that strengthened the faith of both the children and the parish community.



# Feast of St. Sebastian

**Christopher D'Cunha**

S.F.X Somudai

**S**t. Sebastian was a Roman soldier who worked for Emperor Diocletian. Due to his courage and skill as a soldier, he quickly rose in the ranks. What his fellow pagan soldiers didn't know is that he used his position of influence to spread the Gospel and aid persecuted Christians. He is said to have done some miraculous healings. In this way he converted many into Christianity. St. Sebastian heavily influenced and strengthened the faith of many Christians imprisoned during the persecution by Emperor Diocletian, most notably twin brothers Marcus and Marcellianus. They were imprisoned and sentenced to death for refusing to renounce their faith. While in prison, their parents and friends attempted to persuade them to worship pagan gods. St. Sebastian visited them and urged them to stand firm, successfully encouraging them to embrace martyrdom. His work did not last for long. Very soon he was caught. Diocletian was angry that St. Sebastian had betrayed him and commanded him to be bound to a stake and to be shot at with arrows as a punishment. If you notice the chapel altar, you will see this scene. After a number of arrows pierced him, he was left there considered to be dead. But all the arrows could not kill him and he miraculously survived. This did not stop him, he went up to Emperor Diocletian to warn him about his sins. He said that if Diocletian wanted peace of mind, he had to stop persecuting Christians. Diocletian was surprised to see him alive. Instead of changing his life he ordered St. Sebastian to be beaten to death. He became a double martyr for his Christian faith.

St. Sebastian was venerated on 20<sup>th</sup> of January. He is a patron saint for archers and athletes.

We celebrate the feast of St. Sebastian on 20<sup>th</sup> of January. This year the feast was celebrated by the St. Francis Xavier somudai with a lot of joy. The Altar was nicely cleaned and decorated with flowers and lights.

We had many parishioners who attended the feast mass. The mass was celebrated by Fr. Remedios and Fr. Jason. Before the mass we had the prayers. The theme of the mass was to be like St Sebastian, we too have to be strong in our faith and through hardships achieve spiritual strength.

At the end of the mass Father blessed us and wished all a happy feast and thanked the SFX somudai for the arrangements done at the altar and the liturgy. To make the celebrations sweeter, cake and coffee was distributed to all who were present for the mass. HAPPY FEAST.





# Passing on Faith: Elder's Contributions

**Olivia Braganza**

Association of Senior Parishioners



Elders are vital family pillars, offering wisdom, life experience and unconditional love. They are instrumental in passing down traditions, values and cultural heritage to younger generations, while providing support, mentorship, a sense of continuity and strengthening family bonds.

But most importantly our Elders are the ones who have passed on faith through personal testimony, storytelling and modeling a lived faith.

**Personal Testimony** - Rather than rote learning they emphasize on dialogue, wisdom and consistent prayer to share experiences of God's faithfulness, grace and forgiveness, connecting generations through shared memory and lived examples of their struggles, mistakes and God's provision. Thus helping younger generations see faith in action.

**Preaching Without Words** – Being trustworthy, respectful, generous and joyful, demonstrates faith more powerfully than mere words. Elders bridge the past and future by sharing wisdom and guiding the young.

**Dialogue & Listening** - Creating space and time for conversations and listening, as faith is passed on through experience and not just books.

Our seniors and elders are our models as “Christ like” characters in our family and church, as they contribute significantly to the spiritual life.

They oversee the overall direction of the church acting as ‘under-shepherds’ under the guidance of the Parish Priest – helping in the planning and setting of church policies, financial stewardship, providing emotional support, visiting sick, praying, etc.

Let's value this way of transmitting our faith, the passing on of the baton from the elders of our community/church to the young people who are opening up to the future.

Lent is one such time when the elders play a prominent role in transmitting the value of this season of grace to our children, keeping abreast the beliefs and sanctity of our religious truths that have been passed on to us by our ancestors and religious leaders, which can very well be justified through the scriptures available to the generations of today.

Through the personal testimony of life, being witnesses to the divine mercy of our loving God, by propagating our faith through our actions rather than teachings, let us bring our children closer to God's unconditional love, when we focus on the passion of our Lord Jesus Christ, this grace-filled season of Lent.



# Being a Lenten Witness in College and at Work

**Shelton Pacheco**  
Parish Youth

**L**ent is a special time in the Church when we are invited to grow closer to God through prayer, fasting, and acts of charity. But living out Lent doesn't stop at church—it continues in our classrooms, offices, and everyday lives.

In college and at work, we meet people from different backgrounds, beliefs, and lifestyles. Being a Lenten witness doesn't mean preaching loudly; it means living quietly but boldly through our actions.

## **1. Witness through our attitude:**

A simple smile, patience during stressful moments, and kindness toward others can speak louder than words. When we choose to respond with calm instead of anger, or understanding instead of judgment, we reflect Christ's love.

## **2. Witness through our choices:**

Lent invites us to give up things that distract us from God and take up things that bring us closer to Him. Choosing honesty over shortcuts, respect over gossip, and responsibility over laziness shows our faith in action.

## **3. Witness through prayer:**

Even a short prayer before an exam, a meeting, or during a break can remind us that God is always with us. Carrying a rosary, reading a Bible verse, or attending weekday Mass when possible keeps our hearts rooted in Christ.

## **4. Witness through service:**

Helping a classmate, supporting a colleague, or being there for someone who is struggling is a powerful way to live out the spirit of Lent. Small acts of love can make a big difference.

## **5. Witness through sacrifice:**

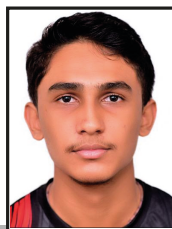
Lent teaches us to sacrifice with purpose—whether it's giving up social media, junk food, or extra sleep—to make time for God and others. These sacrifices help us grow spiritually and become better versions of ourselves.

Being a Lenten witness in college and at work means living our faith in simple, meaningful ways. When we reflect Christ through our words, actions, and choices, we become lights in the world—especially in places where faith is not always spoken about.

This Lent, let us strive to be young witnesses of hope, love, and faith wherever we are.

# Walking with Jesus during Lent: A Youth Perspective

**Ansel Monteiro**  
Parish Youth



Lent is often misunderstood as a season only about rules, restrictions, and sacrifice. For young people, however, Lent can be a deeply meaningful journey, a time to walk closely with Jesus and reflect on life, purpose, and faith. In a fast-paced world filled with distractions, social pressure, and constant expectations, Lent invites youth to pause, look inward, and grow spiritually.

Walking with Jesus during Lent means learning to face struggles with faith and courage. Jesus' forty days in the desert remind us that challenges are not meant to break us but to shape us. Young people today face many struggles such as academic stress, identity issues, fear of failure, loneliness, and the pressure to fit in. During Lent, Jesus reminds us that we are never alone in these struggles. He walks with us, offering strength, understanding, and unconditional love.

Prayer during Lent becomes more than a habit, it becomes a conversation with God. For youth, prayer is a safe space to ask questions, express doubts, and seek guidance. Fasting helps young people understand self-control and discipline in a world that promotes instant pleasure. It teaches us that true happiness does not come from material things but from a meaningful relationship with God. Almsgiving encourages compassion and social responsibility, helping youth recognize the importance of caring for the poor, the lonely, and the forgotten.

Lent also challenges young people to reflect on their choices and values. Walking with Jesus means choosing forgiveness over anger, humility over pride, and kindness over indifference. It encourages youth to stand up for what is right, even when it is difficult. Through small acts of love and service, young people can become signs of hope in their families, schools, and communities.

Most importantly, Lent teaches youth that **faith is a journey, not a destination**. Walking with Jesus does not mean being perfect, but being willing to grow, change, and trust in God's mercy. As Easter approaches, Lent reminds young people that every sacrifice, prayer, and act of love leads to new life. Walking with Jesus during Lent helps youth build a faith that is strong, personal, and capable of guiding them throughout their lives.

# DAILY READINGS FOR THE MONTH OF FEBRUARY 2026

## Intentions of the Apostleship of Prayer

### **Intention: For children with incurable diseases.**

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

01/02/2026 SUNDAY	Zeph.2:3, 3:12-13;	Ps. 145(146*):6c-7. 8-9a. 9bc-10;	1 Cor. 1:26-31;	Mt.5:1-12a.
02/02/2026 MONDAY	Mal. 3:1--4	Ps. 23 (24*): 7.8.9. 10;		Lk. 2:22-40.
03/02/2026 TUESDAY	2 Sam. 18:9-10, 14b, 24-25a, 30 – 19:3;	Ps. 85(86*): 1-2. 3-4. 5-6;		Mk. 5:21-43.
04/02/2026 WEDNESDAY	1 Cor. 9:19-27;	Ps. 67(68*):29-30. 33-35a. 35b-36d;		Jn. 12: 20-32.
05/02/2026 THURSDAY	1 Kgs. 2:1-4. 10-12;	Ps.1 Chr. 29-10b, 11ab.11d-12a. 12bcd;		Mk.6:6b-13.
06/02/2026 FRIDAY	Is. 56:1.6-7;	Ps. 83 (84*):3-5. 10-11;	Eph. 2:19-22;	Jn. 2:13 - 22.
07/02/2026 SATURDAY	2 Cor. 6:4-10;	Ps. 29(30*): 2+4. 5-6. 11-12a+13b;		Mt. 10:17-22.
08/02/2026 SUNDAY	Is. 58: 7-10;	Ps. 111(112*): 4-5. 6-7. 8a+9;	1 Cor. 2:1-5;	Mt. 5:13-16.
09/02/2026 MONDAY	1 Kgs. 8:1-7. 9-13;	Ps.131(132*):6-7, 8-10;		Mk. 6:53-56.
10/02/2026 TUESDAY	1 Kgs. 8:22-23. 27-30;	Ps.83 (84*): 3. 4. 5+10. 11;		Mk. 7:1-13.
11/02/2026 WEDNESDAY	1 Kgs. 10:1-10;	Ps.36 (37*):5-6. 30-31. 39-40;		Mk: 7:14-23.
12/02/2026 THURSDAY	1 Kgs.11:4-13;	Ps. 105(106*):3-4. 35-36. 37+40;		Mk. 7:24-30.
13/02/2026 FRIDAY	1 Kgs. 11:29-32, 12:19;	Ps. 80 (81*):10-11ab. 12-13. 14-15;		Mk. 7:31-37.
14/02/2026 SATURDAY	1 Kgs. 12:26-32, 13:33-34;	Ps. 105(106*):6-7a. 19-20. 21-22;		Mk. 8:1-10.
15/02/2026 SUNDAY	Sir. 15:16-21;	Ps. 118(119*):1-2. 4-5. 17-18. 33-34;	1 Cor. 2:6-10;	Mt. 5:17-37.

16/02/2026 MONDAY	Jm.1:1-11;	Ps. 118 (119*):67. 68. 71. 72. 75. 76;		Mk. 8:11-13.
17/02/2026 TUESDAY	Jm.1:12-18;	Ps. 93(94*): 12-13a. 14-15. 18-19;		Mk. 8:14-21.
18/02/2026 WEDNESDAY	Joel 2: 12-18;	Ps. 50(51*): 3-4. 5-6ab. 12-13, 14+17;	2 Cor. 5:20-6:2;	Mt. 6:1-6. 16-18.
19/02/2026 THURSDAY	Deut.30:15-20	Ps.1:1-2.3.4+6;		Lk. 9:22-25.
20/02/2026 FRIDAY	Is. 58:1-9a;	Ps. 50(51*):3-4. 5-6ab. 18-19;		Mt.9:14-15
21/02/2026 SATURDAY	Is. 58:9b-14;	Ps. 85(86*):1-2.3- 4.5-6;		Lk. 5:27-32.
22/02/2026 SUNDAY	Gen. 2:7-9, 3:1-7;	Ps. 50(51*):3-4. 5-6a. 5-6a.12-13 14+17;	Rom. 5:12-19;	Mt. 4:1-11.
23/02/2026 MONDAY	Lev. 19:1-2. 11-18;	Ps. 18(19*): 8.9.10.15;		Mt. 25:31-46.
24/02/2026 TUESDAY	Is. 55:10-11;	Ps.33 (34*):4-5.6-7. 16-17.18-19;		Mt. 6:7-15.
25/02/2026 WEDNESDAY	Jon. 3:1-10;	Ps. 50(51*): 3-4. 12- 13.18-19;		Lk. 11:29-32.
26/02/2026 THURSDAY	Est. 14:1.3-5. 12-14;	Ps. 137(138*): 1-2a. 2bcd-3. 7c-8;		Mt. 7:7-12.
27/02/2026 FRIDAY	Ez. 18:21-28;	Ps. 129(130*):1-2. 3-4. 3-4.5-6ab. 6c-8;		Mt. 5:20-26.
28/02/2026 SATURDAY	Deut. 26: 16-19;	Ps. 118(119*):1-2.4- 5. 7-		Mt. 5:43-48.
01/03/2026 SUNDAY	Gen.12:1-4a;	Ps. 32(33*): 4-5. 18- 19. 20+22;	2 Tim. 1:8b-10;	Mt. 17: 1-9.
02/03/2026 MONDAY	Dan. 9:4b-10;	Ps. 78(79*):8. 9. 11. 13;		Lk. 6:36-38.
03/03/2026 TUESDAY	Is. 1:10. 16-20;	Ps. 49(50*): 8-9. 16bc-17. 21+23;		Mt. 23:1-12.
04/03/2026 WEDNESDAY	Jer. 18:18-20;	Ps. 30(31*): 5-6.14.15-16;	1 Cor. 1:26-31;	Mt. 20:17-28.
05/03/2026 THURSDAY	Jer. 17:5-10;	Ps. 1:1-2. 3. 4+6;		Lk. 16:19-31.



# PARISH LITURGICAL PLANNER FOR THE MONTH OF FEBRUARY'2026

## SUNDAYS

<i>Date</i>	<i>Celebration</i>	<i>7:00 a.m.</i>	<i>10:00 a.m.</i>	<i>4:00 p.m.</i>
01/02/2026	4 <sup>th</sup> Sunday in Ordinary Time -DAY OF CATECHETICAL APOSTOLATE	St. Domingo	Khuris Milagr	St. Augustine
08/02/2026	5 <sup>th</sup> Sunday in Ordinary Time -DAY OF HEALTH APOSTOLATE	St. Ignatius	St. John Facundo	St. Paul
15/02/2026	6 <sup>th</sup> Sunday in Ordinary Time DAY OF HOLY CHILDHOOD	Liturgy Committee (Parish Priest B'day)	St. Francis Xavier	Our Lady of Three Necessities
22/02/2026	1 <sup>st</sup> Sunday of Lent	St. Alex	St. Joseph Vaz	Our Lady of Piety
01/03/2026	2 <sup>nd</sup> Sunday of Lent	St. Augustine	San Domingo	Khuris Milagr

## WEEKDAYS (Lent refer Lenten programme)

<i>Date</i>	<i>Celebration</i>	<i>Time</i>	<i>Responsibility</i>
02/02/2026 (Monday)	The Presentation of the Lord Day of Consecrated Life	07.00 a.m.	Daily Mass (in-charge <b><i>Divine Mercy Group</i></b> )
06/02/2026 (Friday)	Dedication of the Cathedral Church of Goa	07:00 a.m.        06.00 p.m.	Daily Mass Half/hourly Adoration by each somudays / Associations / organisations as per roster  Liturgy Committee
11/02/2026 (Wednesday)	Our Lady of Lourdes (World Day of the Sick)	07.00 a.m.	Daily Mass

# CATHEDRAL DAY 06-02-2026

Theme: Pavlar Pavl Marun Vatt Cholum-ia, Deva Dorxon Gheun  
Somuday Ghodum-ia...

## SOMUDAI / ASSOCIATION RESPONSIBLE FOR ADORATION

### Blessed Sacrament Chapel

Time	Responsibility
06:30 Morning Prayer 07:00 Daily mass followed by adoration 07:30 am to 08:00 am (Office Readings)	Dominica & Agatha Liturgical Animators ( <b>Hema Menezes</b> )
08:00 am to 08:30 am	St Alex & Team of Evangelisation: ( <b>Rhea Mascarenhas / Menino Menezes</b> )
08:30 am to 09:00 am	St Catherine: ( <b>Jewella DeSouza / Franky DSouza</b> )
09:00 am to 09:30 am	Our Lady of Piety & Church Employees: ( <b>Greeta Vaz / Giselle</b> )
09:30 am to 10:00 am	St. Paul :( <b>Antonio Ribeiro</b> )
10:00 am to 10:30 am	St John Facundo: ( <b>Lidrish Ferrao / Brandon Dsouza</b> )
10:30 am to 11:00 am	St Augustine & Seniors' Association: ( <b>Gracy Pinto / Walter Braganza</b> )
11:00 am to 11:30 am	St. Joseph Vaz & Fabrica: ( <b>Anil Afonso / Dominica Crasta</b> )
11:30 am to 12:00 pm	St. Ignatius: ( <b>Maria Dias / Shrutika Gaude</b> )
12:00 pm to 12:30 pm (Angelus & Mid-day Prayer)	Khuris Milagr & Divine Mercy: ( <b>Jayarani Cardozo / Menino de Oliveira</b> )
12:30 pm to 01:00 pm	S.F.X.: ( <b>Peter Fernandes / Erol Fernandes</b> )
01:00 pm to 01:30 pm	San Doming: ( <b>Grisha Paiva / Doris Gomes</b> )
01:30 pm to 02:00 pm	Our Lady of Light & Social Action Team ( <b>Oscar Menezes/ Emeliana Fernandes</b> )
02:00 pm to 02:30 pm	Our Lady of Three Necessities: ( <b>Lloyd Vaz / Fransisco Caiado</b> )
02:30 pm to 03:00 pm	Convents: ( <b>Sr. Cecilia, Bula House</b> )
03:00 pm to 03:30 pm	Confraria: ( <b>Ramesh Mendonca</b> )
03:30 pm to 04:00 pm	S.S.V.P & Friends of St. Joseph Vaz: ( <b>Jacklene Fernandes &amp; Effie Ferrao</b> )
04:00 pm to 04.30 pm	Catechists & Catechism Children: ( <b>Manisha Costa</b> )
04.30 pm to 05.00 pm	Parish Youth & Altar Servers: ( <b>Shelton Pacheco</b> )
05.00 pm to 05.30 pm – ( <i>Vespers</i> )	St. Catherine's Choir & Lectors: ( <b>Sian Mendonca</b> )
05:30 pm to 06:00 pm ( <i>common adoration with benediction</i> ) Followed by Solemn Thanksgiving mass	Liturgy Committee: ( <b>Lourdes Vaz</b> )

# **REINE & ROI SALON™**

## **INSTITUTE OF AESTHETICS**

**ADULTERATION - FREE, CLEAN BEAUTY**  
**HAIR | LASER | NAILS | MAKEUP | PEELS | BRIDAL**



- ☞ **ADULTERATION FREE PRODUCTS**
- ☞ **GENUINE GLOBAL BRANDS**
- ☞ **FORMALDEHYDE FREE HAIR TREATMENTS**
- ☞ **AMMONIA FREE COLOURS**
- ☞ **CRUELTY FREE • VEGAN**
- ☞ **USFDA APPROVED DIODE LASER**



**8329 721279**