



Katedralacho



ULO

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Ank: 6

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June

THE MONTH OF THE
SACRED HEART OF JESUS

The
heart
that
loves us:

A call to
Begin Again



*“Create in me a clean heart,
O God and renew a right
spirit within me.”*

Psalm 51:10



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Vigaracho Sondex

Rev. Can. Rosario Oliveira



“JEZUCHEM MOGAL KALLIZ, NOVEA JIVITAK APOITA”

“Jezu, kor mhojem kalliz Tujea Kallza sarkem” hem magnnem ami zaito pautti kelam. Amche sogleanche aunvdde zaun asat kim amchim kallzam Jezuchea Kallza sarkim zaunchim. Punn, Jezuchea Kallza sarkim amchim kallzam zaunk xoktat kai? Jezuchea Kallza sarkim zaunchim mhullear kitem?

Jezuchea Kallza sarkim amchim kallzam korop mhullear ami dev zavop nhoi, punn Jezuchea Kallzache xegunn ani amchea kallzamche xegunn eke bhaxen korop. Teach mapan nhoi (*though not in the same measure*), zorui unne mapan punn tosolech xegunn. Oxem zatolem zalea, poile suvater ami amchea kallzant bhitor vohunk goroz, amchem kalliz ollkhunk goroz ani amchea kallzant aslolem boreponn ani deivik xegunn pollovn kaddunk (*discover*) favo. Zaito pavtti ami bhaile avaz aikotant vo amcheo bhaileo kornneo-vagnnunk polletant ani amchea chukincher nodor ghalun, amchem kalliz mellem, kalliz vaitt vo patki mhunn somzotant. Amchea kallzacho avaz aikunk vo kallzachi kholai polloun ghevunk visortant. Dekhik konnak rokdoch rag ieta. Ho bhailo tallo aikun to ghoddie mhunnnta ‘hanv ragest monis’, mhojem kalliz ragachem. Punn khorech tachem kalliz ragachem? Tannem aplea kallzant bhitor vohun pollounk zai. Kiteak hanv ragar zalom? Kiteak, ghoddie, mhojea bhavan mhaka ‘dukor’ mhull’llo dekhun. Kiteak tuka ‘dukor’ mhunnonk favo naslem? Karonn hanv dukor nhoi punn monis. Tunvem monis zaun ‘dukor’ a sarki kornni keli mhunntoch tuka ‘dukor’ mhullear kitem vaitt asa? Zorui hanvem ti kornni adarlea tori punn hanv ‘dukor’ nhoi. Tum konn tor? Hanv monis. Tuka monis koso vagunk kiteak gorjechem? Kiteak mhoji osmitai monisponnachi. Monisponnache ani dukrache osmitaiek kitem ontor asam? Monis unchlea panvddear urta. Kiteak monis unchlea panvddear urta? Kiteak Devan taka vegllo rochla? Koslem veglleponn Devan monxeak dilam? Devan taka Aplea rupneacho ani sarkeacho rochla. Hem Devachem rupnnem ani sarkem mhojea kallzant asam. Tor mhojem kalliz

‘ragachem’ nhoi punn Devachea rupnneachem ani sarkeachem. Oxem amchea kallzant ami bhitor sorleanv toxem Jezuchea Kallzant ami bhitor sorunk gorjechem. Punn amche ostongi tem zaunchemna. Dekhun hem korunk amkam Povitr Atmeachea adarachi goroz.

Povitr Pustok amkam sangta, ‘Devacho Atmo soglleacho thav ghetta, Devacho legun’ (1 Kor. 2:10). Jednam Devacho Povitr Atmo amchea kallzant bhitor sorta, tednam To amkam sogllem sot xikoita (Rom. 8:16). Jezuchem Kalliz ollkhunk amkam Povitr Atmo adhar korta kiteak to Atmo Jezuchea Kallzant thaun upzota. Zedna Jezuchea Kallzachi Osmilai ani amchea kallzachi osmitai mell’tta tednam amchim kallzam Jezuchea Kallza sarkim zatat.

Voir vicharlolo proxnn, punn amchim kallzam khoreponnim Jezuchea Kallza sarkim zaunk xoktat? Hoi. Amkam Povitr Pustokant zaitim udaronnam mell’ttat. “Mhojea kallza sarko mhaka Jessecho put, David mell’la, soglleo Mhojeo khuxeo to kortolo” (D.I. 13:22). Devachi khuxi kortolem zalem Davidachem kalliz. Zorui Davidan patkam adarlim torui to bhitor, kallzant Devachea mogacho, opurbaiecho, doiall, adi, zaun jielo. Aplea chukinchem bhogsonnem magun aplem kalliz Devachea Kallza sarkem korunk vavurlo. Devachea dutan, Mariek mhonnlem, “Noman, kurpen bhorlole, Somi Dev tuje thai asa” (Lk. 1:28). Him utram dakoun ditat kim Mariechem kalliz Devachea Kallza sarkem, Tache kurpen ani Tachea asnnean bhorlolem aslem. Juze, Mariecho poti, ek “nitivont” monis aslo (Mt. 1:19). Tachem kalliz Devachea Kallza sarkem ‘nitivont’ aslem mhunn Povitr Pustok govai dita. Hea porim zaiteam monxeamnim aplim kallzam Devachea Kallza sarkim kelim. Khorem mhulllear tannim aplim kallzam Devachea Kallza sarkim mhunn tim pollovn kaddlim (*discovered*). Amkaim Dev apoita amchim kallzam Jezuchea Kallza sarkim korunk ani novem jivit jieunk. Ek nitichem, Kurpen bhorlolem, Tachi khuxi kortolem, Doiall, Bhogsonneachem, Kakutivont, Mogall ani Povitrponnan bhorlolea kallza vorvim follvont jivit jieun Devachea Kallzak mhoima diunk.

Alexandriache Santa Katarinan-ui aplem kalliz Jezuchea Kallza sarkem kelem ani ek novem-subhamponnim jivit tem jielem. Ami-i toxench korunk ti amkam adhar dium.

Parish Priest



(Rev. Can. Rosario Oliveira)



The Eucharist: Encountering the Heart that Loves us

Rev. Dr. Jason Keith Fernandes

ULO-Editor in Chief

The image of the Sacred Heart of Jesus is all around us, it is ubiquitous. But how do we truly encounter this Heart that loves us?

The Sacred Heart of Jesus is not a concept; it is an actual physical heart burning with love for us. Burning with the same fire that came down upon the disciples on Pentecost. It is, therefore, in the Holy Spirit that we begin our encounter with the Heart that loves us.

Neither is the Holy Spirit simply a concept. On the contrary, even though it is that silent partner in every sacrament, every sacrament is a physical, visceral, encounter between the Holy Trinity and ourselves. Through the touch of the priest, via the sacramentals used in the sacrament, we have a physical encounter with the Heart that loves us.

When the priest, followed by our parents and godparents, trace the sign of the cross on us at baptism, the vibrating pulse in the fingers gives us our first encounter with the love of the Church, which is the physical manifestation of the Sacred Heart of Our Lord beating with love for each and every one of us. His love is so deep, it draws the priest and our relatives into this embrace. And this is just the beginning. Every touch, via every sacrament, right until viaticum, pulses with the beat of the Sacred Heart that has inflamed the heart of the priest, or minister, to reach out to us.

The Eucharist is, of course, the heart of all sacraments, and the most precious of that touch. Do not forget, that of the five Eucharist miracles that Dr. Franco Serafini, a cardiologist from Bologna, Italy, examined, all five of them are marked by the presence of the heart, of myocardial tissue, and more particularly, suffering myocardial tissue.

Which is why we *MUST* be without stain when we encounter the Eucharist. This is only possible if we have made a confession prior to communing. In the sacrament of reconciliation, Our Lord and His Sacred Heart, are actively present through the priest, who offers absolution, understanding and compassion. In the sacrament of reconciliation we audibly encounter the Heart that loves us.

Like the father, who raced to meet His prodigal son, the Heart that loves us reaches out to us in multiple ways. Are we ready to respond?



Healing relationships in a Family: Learning from the Heart of Jesus

Abhishek Jude Benedict
St. Augustine Somudai

In every family, there are moments of joy, but there are also misunderstandings, hurt feelings and silence that slowly create distance between one another. In such moments, the heart of Jesus teaches us the importance of love, forgiveness, patience and understanding. Jesus never turned away from people in pain; instead, he listened, comforted and healed them with compassion.

Through prayer, patience and acts of kindness, families can rediscover harmony and strengthen their bonds. The Sacred Heart of Jesus reminds us that true healing comes when we choose love over pride and reconciliation over division.

Let us inspire families to build homes rooted in faith, respect and togetherness.

We are reminded that our ministry is not limited to the church alone. We are also called to carry the love of Christ into our homes and relationships. A

simple conversation, a forgiving heart, and spending time together in prayer can help heal many wounds within a family.

Today, many families struggle because of busy schedules and lack of communication. But when we keep Jesus at the centre of our family life, relationships grow stronger and hearts become more united. Let us learn from the heart of Jesus and become instruments of peace, love, and healing in our families and communities.



“Mogan hurbha di, bhavarthan vatt dakhoi”

Ayres Rosary D'Souza Raimondo
Caritas Christi | Sevadhormik Sevok



Dubhavan ani bhirantin bhorlolea ani doxim zal'lea sonvsarant “Mogan hurbha di, bhavarthan vatt dakhoi” – hem apounnem amkam ek missionari avhan. Hea somazant jietanam dor Kristi bhavartheachem karia mhollear fokt hea sonvsarant jieunk nhoi, punn dor mon'xam-sombondhan jivit, bhorvanso ani doyallai hajir korunk. Zor mog ut'tejonn dita amcheam kornneam voir jivitache chalint, bhavarth amchem fuddariponn cholounk adar dita.

Ho voilo vixoi vevharant ghalunk toch Jezu amkam ut'tom dekh. Xubhvortomanant lokachem jivit unhallayent bhorlem – piddestank hat lavun pekovnni dili, patkam bhogsun novem jivit tankam favo kelem, somazache deger poddloleank boro yevkar dilo. Tachem fuddariponn nhoi bollacher vo podvecher punn khalte sevecher dhorlolem aslem. Toch apleam xisank xiddkai: “Tumi eka mekacho mog kelear...” (Ju. 13, 35). Dusreancher zobordosten nhoi punn mogan kel'le seve vorvim Jezuchem fuddariponn porzollta.

Mogan hurbha diunk mhollear dusreachem jivit jivall korunk, sosnnikayen, boleponnan, toknnai korun ani tankam somzunk, gave pekounk, moddlole sombondh mettounk, somudai ghottaunk mogak podvi asa. Korintkarank boroun sundor utramnim Bhagevont Paulu hem spoxtt korta. “Pritimôg konnachim-i kitem-i sôsun ghevpi ani soglleam thâi doiall-movall; pritimogak nattkai na, boddai na, gorvui na; Pritimôg dusreancheô chuki-khoddi somzun gheta, dusreancher visvas dovorta, bhorvanso dhorun ravta, sosnnikaien ani dhiran soglleak fuddo korta” (1 Kor. 13: 4, 7). Oslea mogan jiyetelim kuttumbam, sonvstha ani somudai zatat xantiche ani mogan vadd divpi zage.

Teach borabor bhavartha vorvim dusreank vatt dakhounk amkam ek nibel apounnem. Dubhava vellar, uchambollai yeta tednam addkholleank fuddo korunk bhavarth amkam boll dita. Ek boro ani khoro fuddari, nhoi aplea bollacher punn Devache xokticher, sasaiecher ani margdorxonacher patieta. Izaias Provadi amkam asvason dita. “Devacher patieta...” (Iz. 40, 31). Bhavarthacher tharlolem fuddariponn aplo man-onod sodinam punn khaltikayen ani khatren

Devachi ievzonn fuddem vhorunk oslem tem fuddariponn.

Atanchea kallar zaum Povitr Sobhent, zaum somazant doyllai porgott'tele, bhavarthan gul'l zalole ani jietole fuddareanchi goroz – dusreank kan ditole, tanchi seva kortole ani bhov korun tankam jivall kortole. Zaum kuttumbannim, iskolannim, vavra suvatannim, dor ek fuddari Jezuchea mogacho foler zaunk xoktolo.

Koxtt-dogd sonstat toseam mon'xam lagim Povitr Sobha hajir asunk favo – oso Pap Saib Fransisk udgarta. Oslem lagxil'lem hajirponn zaunk xokta jednam kallzam mogan pett'tat ani bhavartacher riglolim asat.

Kristi pattlavdaram koxim bhorvanxeachim hatiamam hea sonvsarak zaum-ya: Amcheam utram vorvim dusreank xabaski diun, amcheam kornneam vorvim tankam vhoir uklun dovrn Jezuchem fuddariponn “seva gheunk nhoi punn seva diunk” (Mt. 10, 45) apnaum-ya, kholayen dusreank mog-seva diun ani visvasan bhavarthachi vatt cholun Devache jive govai hea sonvsarant zaum-ya.

REPORT

Albina Dsouza
Khuris Milagr Somudai

The Holy Cross Litany celebration

The Holy Cross Litany celebration was held on 3rd May at the Cross situated in the Ella Crasto with great devotion, joy and togetherness. It was organised by Khuris Milagr Somudai where everyone actively participated in the holy cross litany with faith and reverence. The people of other faiths also participated wholeheartedly in the celebration showing unity and harmony. The decoration made the venue look beautiful.

After the litany fun filled activities were organised for all.

Everyone actively participated in the games and entertainment program with great enthusiasm. It was enjoyed by all. A young boy showed his talents confidently by singing during the program.

Delicious meal and refreshments were served to all. It was generously sponsored by our own Somudai members. The food was enjoyed by everyone and gave an opportunity for fellowship and sharing.

The gathering strengthened friendship, unity and the spirit of community among all participants.

A special word of gratitude to Mr. Menino Menezes and the other members, whose initiative and hard work made the celebration meaningful and joyful.



Devotion to the Sacred Heart of Jesus



Adsila Alfonso
Liturgical Animator

Meaning and Importance

The devotion to the Sacred Heart of Jesus is one of the most loved devotions in the Catholic Church. It focuses on the endless love, mercy, and compassion of Jesus Christ for all humanity. The image of the Sacred Heart shows the heart of Jesus surrounded by thorns, shining with light, and burning with love — reminding us of His sacrifice and care for every person.

Meaning of the Sacred Heart

The Sacred Heart represents:

God's unconditional love for humanity

Mercy and forgiveness offered through Jesus



Compassion for the suffering and sinners

The sacrifice of Jesus on the Cross

The pierced heart reminds believers that Jesus gave His life out of love for the world. The flames symbolize divine love, while the crown of thorns represents the pain He endured for our salvation.

Importance of This Devotion

1. Deepens Our Relationship with Jesus

Devotion to the Sacred Heart encourages people to grow closer to Jesus through prayer, trust, and love.

2. Reminds Us of God's Mercy

In times of fear, pain, or weakness, the Sacred Heart reminds us that Jesus is always ready to forgive and welcome us back.

3. Encourages Love and Compassion

Followers are inspired to show kindness, forgiveness, and charity toward others, just as Christ loves humanity.

4. Strengthens Family and Community Prayer

Many Catholic families keep the image of the Sacred Heart in their homes and gather together for prayer, especially during the month of June, which is dedicated to the Sacred Heart of Jesus.

▶ Cont. on pg 8



परिवार में रिश्तों का उपचार: येशु के हृदय से सीखनाम

जोशी तिकी
रानीमरिया समुदाय

हर परिवार में कभी न कभी चोट और दूरी आ जाती है। पर येशु का हृदय हमें सिखाता है कि उपचार का एक ही रास्ता है डू प्रेम। प्रेम ही क्षमा करता है। येशु ने क्रूस पर कहा, 'हे पिता, इन्हें क्षमा कर'। जब परिवार में कोई दुख देता है, तो प्रेम बदला नहीं लेता, बल्कि कड़वाहट की जंजीर तोड़ देता है। प्रेम गलती को सही नहीं ठहराता, पर अनुग्रह से देखता है।

प्रेम ही विनम्र होकर सेवा करता है। येशु ने शिष्यों के पैर धोए। प्रेम कहता है, 'मैं पहले सुनूँगा'। जब पति-पत्नी, माता-पिता और बच्चे एक-दूसरे को अपने से बेहतर समझते हैं, तब दीवारें गिरती हैं। प्रेम छोटी गलतियों को नज़रअंदाज़ करता है, थके हुए को आराम देता है, और शब्दों से नहीं कार्यों से बोलता है। 'धन्य हैं वे जो दयावन्त हैं'।

प्रेम ही सच्चाई को कोमल बनाता है। प्रेम झूठी शांति के लिए सच को दबाता नहीं, पर अनुग्रह के साथ बोलता है। म'प्रेम में सच्चाई से बातें करते हुए' हम मसीह के सदृश बनते हैं। जहाँ प्रेम है, वहाँ येशु स्वयं बीच में होता है।

१ कुरिन्थियों १३:१३ डू 'पर अब विश्वास, आशा, प्रेम ये तीनों स्थायी हैं, पर इन में सब से बड़ा प्रेम है।'

येशु का हृदय प्रेम का हृदय है। जब घर में प्रेम राज करता है, तो वही घर स्वर्ग की झलक बन जाता है।

► Cont. from pg 7

Devotion to the Sacred Heart of Jesus

Devotion in the Church

The devotion became widely popular through the visions received by Saint Margaret Mary Alacoque in the 17th century. Jesus revealed His Sacred Heart to her as a symbol of His immense love and asked for devotion through prayer, Holy Communion, and acts of reparation.

Today, the Feast of the Sacred Heart is celebrated throughout the Catholic Church and continues to inspire millions of faithful around the world.

The devotion to the Sacred Heart of Jesus teaches us that God's love is personal, merciful, and everlasting. It invites every believer to respond with faith, prayer, and a heart filled with love for God and neighbour. Through this devotion, Christians find hope, peace, and strength in their daily lives.



The Parishioners
of St. Catherine of
Alexandria warmly
welcome
**Rev. Fr. John A.
Fernandes,**
Assistant to the
Parish Priest of
Se' Catedral.

Born in **Morjim**, Fr. John was ordained to the priesthood in **2015** and has faithfully served the parishes of
St. Joseph's Church, Siroda
St. Anne's Church, Parra, and
Holy Cross Church, Verna
As he begins his ministry among us, we assure him of our
prayers, support, and cooperation.

*God bless his priestly ministry abundantly, and
Our Lady of Three Necessities guide and protect him always.
St. Catherine of Alexandria intercede with wisdom, strength
and grace upon him.*

*"Blessed is he who comes in the
name of the Lord." (Psalm 118:26)*





Felicitation and Thanksgiving Celebration for Bible Course Completion

Hema Menezes

Member-Team of Evangelization

A Felicitation and thanksgiving liturgical celebration for the successful completion of the Bible Course was held on 15th May 2026 at 5.00pm at Se' Catedral, Old Goa. The Celebration witnessed the enthusiastic participation of parishioners from three participating parishes.

The liturgical theme for the celebration was “No one will take your joy from you” (Jn. 16:22), reminding all present of the lasting joy that comes from encountering and living the Word of God.

A total of 76 participants from Old Goa Parish, 59 from Goa Velha parish including 5 children, and 82 from Calangute Parish attended the celebration along with their family members.

The Holy Eucharist was solemnly celebrated by Auxiliary Bishop Simiao Fernandes as the main celebrant. He was joined by the Parish Priest of Old Goa and the Assistant Parish Priests of Goa Velha, Calangute and Old Goa in con-celebration. The liturgical celebration was a moment of thanksgiving for the enriching journey through Sacred Scripture and for the faith formation received during the course.

The hymns for the Eucharistic celebration were beautifully animated by the Catedral choir, which added solemnity and prayerfulness to the liturgy.

During the celebration, the participants solemnly took oath to become faithful doers and proclaimers of the Word of God, committing themselves to live and spread the Gospel message in their daily lives.

The thanksgiving address was delivered by Ms. Rhea Mascarenhas, Coordinator of Old Goa parish, on behalf of all the three parishes. She expressed heartfelt gratitude to Auxiliary Bishop Simiao Fernandes, Fr. Mariano D’Costa, the Director of Diocesan Centre for Biblical Apostolate, the Parish priests and the Assistant priests, the core coordinating teams and all those who completed the course. She also appreciated everyone who contributed towards making the Bible course and the concluding celebration meaningful and successful.

experience.

Following Fr. Mariano D’Costa felicitated the core teams of all the three parishes for the dedication, commitment, and hard work in organizing and conducting the Bible course successfully.

Fr. Rosario Oliveira, Parish Priest of Old Goa also expressed words of gratitude on behalf of all the three Parish Priests.

In concluding message, Auxiliary Bishop Simiao Fernandes made Thanksgiving his own and urged the congregation to continue honouring and living the Word of God in their daily lives.

Following the Eucharistic celebration, the participants who successfully completed the Bible Course received their certificates through the hands of Auxiliary Bishop Simiao Fernandes. The occasion marked a proud and joyful milestone for all the participants.

The program concluded with group photographs and refreshments shared among the participants and their family members fostering fellowship and joy among all present. The evening truly became a memorable occasion of gratitude, unity, and deeper commitment to the Word of God.



The Felicitates of Old Goa Parish with Auxiliary Bishop Most Reverend Simião Fernandes and the Priests after the celebration.

Te Deum Laudamus: A note of thanksgiving at the end of service

Sometime during the Easter vigil service, in fact at the time of the Eucharistic canon, when I had the extraordinary privilege to be standing around the altar with the Cardinal Patriarch and his priests, I was filled with gratitude for the privilege of being a priest of Our Lord Jesus Christ. How else can I explain the strange path that brought me to this position, so late in life, but for the extra grace of Our Lord?

It has been a privilege, not just to be a priest, but to also have been an



assistant in the great Cathedral of our ancient Archdiocese. For someone who loves history and cherishes the gift of faith that has been given to us Goan people, to be placed in this great Cathedral for an entire year was a blessing upon blessing. I enjoyed those moments when I could take guests around the Cathedral recounting the history it guards within its walls.

The first five years of priesthood, I have been told, are critical. I am thrice blessed in that I had Fr. Rosario Oliveira as the superior to guide me through this first year. Understanding, and patient, I am fully aware of the good fortune that I have enjoyed this one year.

The greatest joy of this one year, however, has been my experience in the confessional. As many of you know I encourage frequent confession and have realized how the confessional is a place where graces flow not just to the penitent, but also to the priest, who is so regularly humbled in the confessional.

In every parish that I have been in, I have been lucky enough to receive the love of the people of God. The parish of Old Goa has been no exception. All too often I am reminded of the fact that I do not merit the great outpouring of love that is reserved for the priest, receiving it knowing that this is a benefit of the office that I occupy.

The patient people of the parish of the Sé have had to endure as I sought to make the celebration of the Mass my own. For these inconveniences that you have had to suffer, I apologize. I also apologize for those times when I have not been sufficiently understanding or impatient; and appreciate your understanding.

May Our Lord bless you all. Do keep me in your prayers.

Rev. Dr. Jason Keith Fernandes

Wounded yet Loving: What the heart of Jesus teaches us about forgiveness

Gabriel Dias
Liturgical Animator



Jesus our Lord, despite all that He went through — for example, the various stages right from being betrayed/denied by Judas, to the Scourging at the Pillar, then the walk to Calvary and the ultimate Crucifixion — would have experienced great trauma on His mind and His heart. He never showed any reaction during His way to the place of His Crucifixion, yet He spoke, “Father, forgive them, for they know not what they do.”

His example shows us that forgiveness is not based on how worthy someone is, but rather on the love in our heart and mind for others — the feeling of “letting it go,” or words such as, “Never mind, we shall check it out next time.”

The Heart of Jesus shows us that forgiveness and taking revenge is a choice we have to make. Jesus invites us to remain open-hearted to love even when it hurts. We have seen many times that a lot of grace comes to the individual when he/she forgives unconditionally.

Matthew 5:44 says, “Love your enemies and pray for those who persecute you.” This kind of love teaches us that forgiveness is love in action, especially when it is the hardest thing to do. Jesus’s wounds remind us of the depth of God’s love.

Nowadays in the country, whilst driving on the narrow roads, people have no patience or very little understanding, with the “Me first” attitude. To this we could reflect on the wounded yet loving Heart of Jesus. His wounds remind us that even traffic can become an opportunity to forgive and let go.

Secondly, touching upon our family life — here the love should be the strongest. Situations like small misunderstandings, harsh words, or unexpected situations can ruin the day in a loving family. Here is where Jesus becomes real and most wanted, to negate all the unexpected pitfalls and issues. So, to nullify the effects such as discussed, we should forgive quickly and do not store hurt. Choose gentle words instead; count one to ten before saying unwanted words. This will definitely help us to live beautiful family lives and be an example to others. Lastly, intercede for one another, as prayer changes the heart and brings peace. Hence, forgive quickly, love deeply, and never let anger stay with you.



Trusting Again: Surrendering Our Fears to Jesus

Adsila Alfonso
Parish Youth

Today's youth live in a world filled with pressure, confusion, and uncertainty. We worry about our future, friendships, studies, family problems, and even our self-worth. Sometimes life disappoints us so deeply that trusting again feels impossible. We become afraid of being hurt, judged, or left behind. Yet, in the middle of all these fears, Jesus gently reminds us: "*Do not be afraid, for I am with you.*"

Fear often makes us feel alone. We may smile outside while silently struggling inside. But Jesus understands every fear hidden in our hearts. He sees our tears, our overthinking, and the battles we fight within ourselves. He never asks us to carry these burdens alone. Instead, He invites us to surrender everything to Him.



Trusting Jesus does not mean life will suddenly become perfect. It means believing that even during difficult times, God is working in our lives. Sometimes we pray for immediate answers, but God often works through patience, growth, and faith. When we surrender our fears to Him, we slowly learn that His plans are greater than our worries.

As young people, it is easy to lose hope after failures, heartbreaks, or disappointments. We may stop believing in ourselves or question our purpose. But Jesus never gives up on us. His love is stronger than our fears and greater than our mistakes. Every new day is another chance to begin again with faith and courage.

Prayer is one of the most powerful ways to overcome fear. Even

a simple prayer like “*Jesus, help me trust You again*” can bring peace to a restless heart. Spending time with God, reading His Word, and staying connected to faith-filled people can strengthen us during moments of weakness.

The world may teach us to depend only on ourselves, but true strength comes from surrendering our lives to God. When we place our fears in the hands of Jesus, we discover peace that the world cannot give. We learn that trusting Him is not weakness — it is courage.

As we continue our journey of youth and faith, let us remember that Jesus walks beside us through every struggle, every fear, and every uncertainty. With Him, we are never alone. And when we trust Him again, we find the strength to rise, hope to move forward, and peace to face tomorrow.

Youth Corner

Identity and Worth; Seeing Yourself through the Heart of Jesus

Ruth Dixon
Parish Youth



Jesus doesn't see you through your mistakes, performances, or what others say. He sees you through grace.

You are loved before you do anything. “While we were still sinners, Christ died for us” – Romans 5:8.

You don't earn His love — you start with it. Your worth isn't a wage you labor for; it's a gift freely placed in your hands. You are seen completely, every hidden part, and still deliberately chosen. He knew Peter would deny Him three times, yet He knelt and washed his feet anyway. He knows your worst moment, the one you replay in shame, and still leans in close and says, “I want you with Me.” Luke 22:61-62. It wasn't condemnation in His eyes; it was heartbreak mingled with an open invitation.

Start prayer with “I'm Your child” before you list a single request. Identity first, behaviour second. Because when you know whose you are, what you do flows from peace, not pressure to perform.

Sant Antonichea Porbechea Toyarek ani Porbek, niyallak vixoi

Tarik	Niyallak Vixoi	Somuday
01/06/2026 (Monday) 05.00 p.m.	Jezuchea Molleant Uptt Pik Diun, Devachem Raj Vistarum-ya.	Khuris Milagr
02/06/2026 (Tuesday) 05.00 p.m.	Jezuchi Xikovnn Pallun, Devachem Tem Devak Dium-ya.	St. Ignatius
03/06/2026 (Wednesday) 05.00 p.m.	Devachim Dennim Oilkhun Gheum-ya, Jivea Devak Vakhannum-ya.	Our Lady of Light
04/06/2026 (Thursday) 05.00 p.m.	Soglea Kallzan, Soglea Monan, Soglea Bollan Devacho Mog Korum-ya.	St. Domingo
05/06/2026 (Friday) 05.00 p.m.	Jezu Somiak Chiktun Ravum-ya, Dusmanacher Zoit Melloum-ya.	Our Lady of Three Necessities
06/06/2026 (Saturday) 05.00 p.m.	Dev Amche Thaim Udar Zala, Ami-i Dusream Sovem Udar Zaum-ya.	St. John Facundo
07/06/2026 (Sunday) 07.00 a.m.	Jezuchem Mas-Rogot Bhoktiponnan Xevum-ya, Tachea Deivik Jivitant Vaddum-ya.	St. Augustine
08/06/2026 (Monday) 05.00 p.m.	Jezun Xinkoil'im Bhagiam Jieum-ya, Sorgar Mozuri Zhoddum-ya.	Our Lady of Piety
09/06/2026 (Tuesday) 05.00 p.m.	Prithumechem Mitt Ani Sonvsaracho Uzvadd Zaun, Devak Mhoima Dium-ya.	St. Joseph Vaz
10/06/2026 (Wednesday) 05.00 p.m.	Devacheo Adnia Svota Pallum-ya, Sorginchea Rajeache Daizi Zaum-ya.	St. Catherine
11/06/2026 (Thursday) 05.00 p.m.	Jezuche Dhut Ami, Tachem Boreponn Ximpddaum-ya.	St. Francis Xavier
12/06/2026 (Friday) 05.00 p.m.	Jezuchem Mogall Kalliz, Novea Jivitak Apoita.	St. Alex
13/06/2026 (Saturday) 05.00 p.m.	Sorginche Avoichea Khotavinn Kallzant Asro Gheum-ya, Sant Antoniche Mozotin, Jezuche Okhondd Govai Zaum-ya.	St. Paul

Chotrai:

1. Bhagevont Antonicho Ters ani ladinh suru zatoli sanjechea 4.45 vztam ani tea Uprant Mis.
2. Aitara sokallim 6.45 vztam ters ani Uprant Mis

PARISH LITURGICAL PLANNER FOR THE MONTH OF JUNE, 2026

SUNDAYS				
Date	Celebration	7:00 a.m.	10:00 a.m.	04:00 p.m.
07/06/2026	The Most Holy Body and Blood of Christ	St. Augustine	St. Domingo	S.FX
14/06/2026	11 th Sunday in Ordinary Time	St. Alex	St. Catherine	St. John Facundo
21/06/2026	12 th Sunday in Ordinary Time	Catechism Inaugural	Our Lady of Light	St. Joseph Vaz
28/06/2026	13 th Sunday in Ordinary Time DAY OF ST. PETER'S SUPPORT	Parish Youth Inaugural	Khuris Milagr	St. Ignatius

WEEKDAYS

Date	Celebration	Time	Responsibility
01/06/2026 to 12/06/2026	Trezen of St. Anthony	05.00 p.m. (except Sunday)	As per separate Roster
09/06/2026 (Tuesday)	1 st day of Triduum for the Feast of Sacred Heart of Jesus	07.00 a.m.	Liturgical Animators
10/06/2026 (Wednesday)	2 nd day of Triduum for the Feast of Sacred Heart of Jesus	07.00 a.m.	Liturgical Animators
11/06/2026 (Thursday)	3 rd day of Triduum for the Feast of Sacred Heart of Jesus	07.00 a.m.	Liturgical Animators
12/06/2026 (Friday)	Feast of Sacred Heart of Jesus	07.00 a.m.	Liturgical Animators
13/06/2026 (Saturday)	Immaculate Heart of the Blessed Virgin Mary	07.00 a.m.	World Apostolate of Fatima (Saturday Devotion)
	Feast of St. Anthony	05.00 p.m.	St. Paul Somudai
17/06/2026 (Wednesday)	Day of the Episcopal Ordination of our Auxiliary Bishop Simiao Purificacao Fernandes (2024)	07.00 a.m.	Daily Mass
24/06/2026 (Wednesday)	The Nativity of St. John the Baptist	07.00 a.m.	Parish Youth
29/06/2026 (Monday)	Feast of Sts. Peter and Paul	07.00 a.m.	Our Lady of Three Necessities Somudai

DAILY READINGS FOR THE MONTH OF JUNE 2026

Intentions of the Apostleship of Prayer

Intention: For the values of sports.

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

01/06/2026 MONDAY	2 Pt. 1:2-7	Ps. 90(91*):1-2. 14-15ab. 15c-16;		Mk. 12:1-12.
02/06/2026 TUESDAY	2 Pt. 3:12-15a. 17-18;	Ps. 89(90*):2. 3-4. 10.14+16;		Mk. 12:13-17.
03/06/2026 WEDNESDAY	2 Tim.1:1-3. 6-12;	Ps. 122(123*):1- 2a. 2bcd;		Mk. 12:18-27.
04/06/2026 THURSDAY	2 Tim.2:8-15;	Ps. 24(25*):4- 5ab. 8-9. 10+14;		Mk.12:28b-34.
05/06/2026 FRIDAY	2 Tim.3:10-17;	Ps. 118 (119*): 157. 160, 161. 165. 166. 168;		Mk. 12:35-37.
06/06/2026 SATURDAY	2 Tim.4:1-8;	Ps. 70(71*): 8-9. 14-15ab. 16-17. 22;		Mk. 12:38-44.
07/06/2026 SUNDAY	Deut. 8:2-3. 14b-16a;	Ps. 147(148*):12- 13. 14-15. 19-20;	1 Cor. 10:16 - 17;	Jn. 6:51-58.
08/06/2026 MONDAY	1 Kgs. 17:1-6;	Ps. 120(121*): 1-2. 3-4. 5-6. 7-8;		Mt. 5:1-12.
09/06/2026 TUESDAY	1 Kgs.17:7-16;	Ps. 4:2-3. 4-5. 7-8;		Mt. 5:13-16.
10/06/2026 WEDNESDAY	1 Kgs. 18:20- 39;	Ps. 15(16*):1-2a. 4. 5+8. 11;		Mt. 5:17-19.
11/06/2026 THURSDAY	Ac. 11:21b-26, 13:1-3;	Ps. 97(98*): 1. 2-3ab. 3cd-4. 5-6;		Mt. 10:7-13.
12/06/2026 FRIDAY	Deut. 7:6-11;	Ps. 102(103*):1-2. 3-4. 6-7. 8+10;	1 Jn.4:7- 16;	Mt. 11:25-30.
13/06/2026 SATURDAY	Is. 61:9-11;	Ps. 1 Sam.2:1. 4-5. 6-7. 8abcd;		Lk. 2:41-51.
14/06/2026 SUNDAY	Ex. 19:2-6a;	Ps. 99(100*):1- 2.3.5;	Rom.5:6- 11;	Mt. 9:36 -10:8.
15/06/2026 MONDAY	1 Kgs.21:1-16;	Ps. 5: 2-3. 5-6. 7;		Mt. 5:38-42.

16/06/2026 TUESDAY	1 Kgs.21:17-29;	Ps. 50(51*): 3-4. 5-6a. 11 +16;		Mt. 5:43-48.
17/06/2026 WEDNESDAY	2 Kgs. 2:1.6-14;	Ps. 30(31*): 20. 21. 24;		Mt. 6:1-6. 16-18.
18/06/2026 THURSDAY	Sir. 48:1-15;	Ps. 96(97*): 1-2. 3-4. 5-6.7;		Mt. 6:7-15.
19/06/2026 FRIDAY	2 Kgs.11:1-4. 9-18. 20;	Ps. 131(132*): 11. 12. 13-14. 17-18;		Mt. 6:19-23.
20/06/2026 SATURDAY	2 Chr. 24:17-25;	Ps. 88(89*): 4-5. 29-30. 31-32. 33-34;		Mt. 6:24-34.
21/06/2026 SUNDAY	Jer.20:10-13;	Ps. 68(69*): 8-10. 14 +17. 33-35;	Rom.5:12-15;	Mt. 10:26-33.
22/06/2026 MONDAY	2 Kgs. 17: 5-8. 13-15a. 18;	Ps.59 (60*): 3. 4-5. 12-13;		Mt. 7:1-5.
23/06/2026 TUESDAY	2 Kgs. 19:9b-11. 14-21. 31-35a. 36;	Ps. 47(48*):2-3a. 3b-4. 10-11;		Mt.7:6. 12-14.
24/06/2026 WEDNESDAY	Is.49:1-6;	Ps.138 (139*): 1-3. 13-14. 15;	Ac. 13:22-26	Lk.1:57-66. 80.
25/06/2026 THURSDAY	2 Kgs. 24:8-17;	Ps. 78(79*):1-2. 3-5. 8.9;		Mt. 7:21-29.
26/06/2026 FRIDAY	2 Kgs. 25:1-12;	Ps. 136(137*): 1-2, 3. 4-5. 6;		Mt.8:1-4.
27/06/2026 SATURDAY	Lam. 2:2. 10-14. 18-19;	Ps.73 (74*):1-2. 3-5a. 5b-7. 20-21;		Mt.8:5-17.
28/06/2026 SUNDAY	2 Kgs. 4:8-11. 14-16a;	Ps.88 (89*): 2-3. 16-17. 18-19;	Rom. 6:3-4. 8-11;	Mt.10:37-42.
29/06/2026 MONDAY	Ac.12:1-11;	Ps.33 (34*): 2-3. 4-5. 6-7. 8-9;	2 Tim.4:6-8. 17-18;	Mt.16:13-19.
30/06/2026 TUESDAY	Am.3:1-8, 4: 11-12;	Ps.5:5-6. 7-8;		Mt.8:23-27.
01/07/2026 WEDNESDAY	Am.5:14-15. 21-24;	Ps.49 (50*):7. 8-9. 10-11. 12-13.16bc-17;		Mt.8:28-34.
02/07/2026 THURSDAY	Am. 7:10-17;	Ps.18 (19*):8.9. 10. 11;		Mt.9:1-8.
03/07/2026 FRIDAY	Acts 10:24-35;	Ps.41(42*):2-3, 42(43*): 3.4;	Eph.2:19-22;	Jn.20:24-29.

ALLOCATION OF ALTAR AND CHAPELS AT SE' CATEDRAL (JUNE 2026- MAY 2029)

Sr. NO.	ALTAR/CHAPEL	RESPONSIBILITY	FEAST DATES
1	Our Lady of Virtues	Our Lady of Light	11 th February
2	St. Sebastian	St. Ignatius	20 th January
3	Bl. Sacrament Chapel	St. Francis Xavier	Cathedral Day
4	Our Lady of Life	St. Joseph Vaz	08 th September
5	Nossa Senhora Das Angustias	Confraria	3 rd Sunday of January
6	Our Lady of Hope	St. John Facundo	29 th October
7	Our Lady of Three Necessities	St. Alex	31 st May
8	St. Catherine of Alexandria	Parish Pastoral Council	25 th November
9	St. Peter & St. Paul	Our Lady of Three Necessities	29 th June
10	Our Lady of Sorrows	Khuris Milagr	15 th September
11	St. Anne	St. Augustine	26 th July
12	Holy Spirit	Our Lady of Piety	Pentecost Sunday
13	Miraculous Cross	St. Catherine	14 th September
14	St. Bernard	St. Doming	20 th August
15	St. Anthony	St. Paul	13 th June

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With hearts filled with gratitude...

We thank you Rev. Fr. Jason Keith Fernandes for your dedicated one year of loving service to our parish community.

Your presence among us has been a blessing through your prayers, guidance, pastoral care, and joyful participation in the life of the parish. Your support in the liturgy, your visits to families and the sick, your encouragement to the parish groups, and your humble spirit have touched many lives.

In a Special way, we are deeply grateful for your faithful ministry in the Sacrament of Reconciliation. Through your patience, compassion and words of encouragement, many have experienced God's mercy, healing and peace. Your availability and gentle guidance have helped parishioners grow closer to Jesus Christ and renew their spiritual lives.

Your strong belief in proper worship and *orthopraxis*-that right action eventually leads us towards *orthodoxy*, right belief-has inspired and taught our parish community to live and practice the same with sincerity and reverence.

Thank you for constantly encouraging us to grow in faith, discipline, reverence, and love for the liturgy and the Church. May the Lord continue to bless and guide you abundantly in your priestly ministry.

Saint Catherine of Alexandria, our patroness, bless you with wisdom, courage, and grace.

**With gratitude and prayers,
Parishioners of St. Catherine of Alexandria**



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