



Katedralacho



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**ENCOUNTERING
GOD'S MERCY:
LENT,
REPENTANCE
AND NEW LIFE
IN CHRIST**

**"Fasting cleanses the soul,
raises the mind, subjects
one's flesh to the spirit,
renders the heart contrite
and humble, scatters the
clouds of concupiscence,
quenches the fire of lust,
and kindles the true light
of chastity."**

St. Augustine





ENCOUNTERING GOD'S MERCY:

LENT, REPENTANCE AND NEW LIFE IN CHRIST

In the Bible we read, “The mercies of the Lord are new every morning” (see Lam. 3:22-23). This month’s issue of “Katedralacho Ulo” continues the main theme: “New Life in Christ” but the focus is encountering God’s Mercy every day during the Lent through repentance and transformation. The promises made in the Old Testament text mentioned above became tangible and perceptible in Jesus Christ who said, “I have not come to call the righteous but sinners to repentance” (Lk. 5:32) and immediately says, “I desire mercy not sacrifice” (Mt. 9: 9:13; Mt. 12:7 also see Hos. 6:6). He invited all to the new life of the kingdom saying, “The kingdom of God is near! Repent and believe in the Gospel” (Mk. 1:15).

One may ask, if God’s mercy is new every morning, why do we consider lent season as a special time of grace to experience God’s mercy and newness in Christ? From God’s side, the mercy flows every day, in fact every moment, but people experience God’s compassionate, unconditional love and lenient equity depending upon their receptivity and surrender to God. During lent, Christians put in extra efforts to enter into deeper relationship with God mainly through Fasting, Prayer and Charity. The object of all these spiritual exercises is to make us new creation in Christ: “Anyone who is joined to Christ is a new being; the old is gone, the new has come” (2Cor. 5:17). I wish to focus here on only one of the means, that is, **Fasting to attain new life in Christ**. The human person consists of Body, Soul and Spirit (see 1Thes. 5: 23). Hence, the new life should permeate through all the levels of the person. The Divine Life in the person dies because of: Pleasure of the flesh (body); Lust of the soul; and Pride of the heart (spirit).

(i) Fasting for Body: The Divine life in the “Body” dies and it becomes worldly when it entangles in pleasure (**Pleasure of the flesh**). The new life in Christ comes to the body when the person fasts from food, drink and other pleasures. Thereby the body is disciplined, subdued and purified. In such a body dwells Christ resulting in continual transformation of the senses.

(ii) Fasting for Soul: Many of us focus only on fasting for the body and do not reach to 2nd level of fasting that is, **Lust of the soul**. Even if the body is subdued, the soul will continue to seek worldly life. The mind, emotions, will, intellect and other psychological faculties will continue to play dominant role in seeking lustful satisfaction and conformation to the world. When the person fasts for the soul, it surrenders to God for transformation: “Do not conform yourselves to the standards of this 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”. This is the new life of the soul in Christ.

(iii) Fasting for Spirit: The deepest level of human personality is the spirit level, the seat of the Holy Spirit. If the human spirit is defiled by pride, (**Pride of the heart**) then there is no divine life in the person. When one fasts from the pride of the heart, the human spirit surrenders to God and it becomes docile to God. Then the Spirit of God joins the human spirit and makes us God’s children. The Bible says, “God’s Spirit joins himself to our spirits to declare that we are God’s children” (Rom. 8: 16).

The above mentioned three levels of fasting during this lent will result in we being born again (see Jn. 3:3). Thereby it will help us to walk by faith not by sight (see 2 Cor. 5:7); we will have the same mind as that of Christ (see Phil. 2: 5); and we will receive the Holy Spirit of Christ in our human spirits (see Jn. 20: 22). In this way we will “Conform to the image of His Son” (Rom. 8:29) the original image of God unto which we were created; “Christ will be formed in us” (Gal. 4:19) and we will be able to declare by the end of lent that, “It is no longer I who live, but Christ lives in me” (Gal. 2:20).
ST. CATHERINE OF ALEXANDRIA, OUR PATRONESS, PRAY FOR US!

Parish Priest



(Rev. Can. Rosario Oliveira)

The Sacrament of Reconciliation: An Encounter with Healing Mercy

Bro. Valente Jesus Da Costa



We have entered the holy season of Lent, a beautiful time of grace in the sacramental life of the Church. Lent invites us to renew and strengthen our relationship with God through persistent prayer, fasting, almsgiving, and especially through the Sacrament of Reconciliation.

The Sacrament of Reconciliation is one of the most beautiful gifts entrusted to the Church by Jesus Christ. In this sacrament, we encounter the healing mercy of God. It is not merely about admitting our sins; it is about experiencing the tender love of a Father who never tires of forgiving His children. It is a sacred moment of grace in which we bring our weaknesses before the Lord and allow His mercy to restore and renew us.

As human beings, we are weak and often give in to temptation. Sin affects not only our personal relationship with God, but also our families, our parish community, and the inner peace within one self. Over time, both small faults and serious sins can weigh heavily upon our hearts, leaving us restless and spiritually empty. The Sacrament of Reconciliation frees us from this burden. Through sincere contrition, honest confession, and the prayer of absolution, we are reconciled with God, with ourselves, and with the Church.

Pope Francis reminded us, “God never tires of forgiving us; we are the ones who tire of seeking His mercy.” Each confession is a new beginning—a fresh outpouring of grace that strengthens us to resist temptation and grow in holiness.

Regular participation in this sacrament deepens humility, increases self-awareness, fills us with God’s grace, and renews our joy. We approach this sacrament not to impress others or out of obligation, but to encounter God’s love, to heal broken relationships, and to be strengthened in our Christian life.

The Church warmly encourages every member of our community to celebrate the Sacrament of Reconciliation regularly. Whether it has been months or many years, Christ waits with open arms. Come and experience the peace that only His merciful Most Sacred Heart can give.



Encountering God's Mercy this Lenten Season

Francis Monteiro
Altar Server

As we journey through this holy season of Lent, the Church gently invites us to slow down, reflect, and open our hearts more fully to God's mercy. Lent is not merely a time of giving up small comforts or observing traditions; it is a sacred opportunity to encounter the loving and forgiving heart of God in a deeper and more personal way.

When we reflect on Luke 15, we encounter powerful images of God's mercy—the lost sheep, the lost coin, and the lost son. Each story reveals a God who seeks, waits, forgives, and rejoices. These parables remind us that no one is forgotten and no one is beyond redemption. God's mercy is not reluctant or limited; it is patient, active, and overflowing with compassion. As we meditate on these passages, we are invited to see ourselves in them—sometimes lost, sometimes searching, but always loved.

Lent calls us to three important practices: prayer, fasting, and almsgiving. These are not burdens but blessings. Through prayer, we strengthen our relationship with God and learn to listen to His voice. Through fasting, we detach from distractions and make space in our hearts for grace. Through almsgiving, we reflect God's mercy by extending kindness and generosity to others, especially those in need.

This season is also a special time to receive the Sacrament of Reconciliation. In confession, we encounter not judgment, but mercy. God restores our dignity, renews our hearts, and gives us peace. Sacred Scripture assures us, "The Lord is gracious and merciful, slow to anger and abounding in steadfast love" (Psalm 145:8). These words remind us that God's mercy is constant and faithful, always ready to lift us up and begin anew.

In a world that can often feel rushed and demanding, Lent offers us a quiet invitation: return to the Lord with all your heart. Take

time to read Scripture, attend daily Mass if possible, spend moments in Eucharistic Adoration, or simply sit in silence with God. These small but faithful steps open the door for grace to enter our lives.

Mercy is not only something we receive; it is also something we give. As we encounter God’s compassion, we are called to share that same compassion with our families, neighbors, and community. A gentle word, a patient response, a forgiving heart—these simple acts become powerful signs of Christ’s presence among us.

As we move closer to Holy Week and the celebration of Easter, let us remember that Lent is a journey toward hope. The cross leads to resurrection. Our repentance leads to renewal. And our encounter with God’s mercy leads to lasting joy.

May this Lenten season be a time of grace for our parish family. May we return to the Lord with trust, receive His abundant mercy, and reflect His love in all that we do.





Kuttumb Doyallaiechi Xalla, Kurpechea Kallant

Goretti Dsilva
Parish Family Cell

Kurpechea kallant ami bhitor sorleanv ani dor ek vorsa amcho Sorguincho Bap amkam soglleank ho kall favo korta lagxil'lean ami ho Mog onnbhovunk . In revered memory of Pope Francis (Amoris Laetitia) “with inner Joy and deep comfort , the church looks to the families who remain Faithful” . Kuttumbancher matxe lokx ghalum-ia. Kuttumbachi buniad khuim suru zata? Dadlo ani Bail Deva mukhar eka mekak visvaxi ravpachi bhas ditat ani oso ek Sassnnik Korar ghoddon ieta. Hanga thaun Kuttumbacho zolm zata. Oslea ekvottant ek kuttumb Dev- Bhiranticho, Visvaxiponnacho, Mogachea xegunnam bhorlolo, Bhavarthacho, Bhorvanxeacho Kuttumb ghoddon ieta. Osle kuttumb zaunk pavtat Devache ievzonnechi khunna . Utpotichea Pustokant amkam mellta” Devan mhollem Dadlo eklo aslolo boro nhoim ; hanv taka ek favo toсли sangatin ditolom.” He porim zata Kuttumbachi survat. Kuttumb Doyallaiechi Xalla koxi zata vo zaunk xokta kai? Eka kuttumbachi osmitai monxachea ,mona pormonem kednach somzunk zaina , kkiteak ami Kuttumbak sonvsari mona pormonem polleta. Povitr sobha amkam sangta ki “A FAMILY IS A DOMESTIC CHURCH” tor kuttumb Povitr Sobha koxi zaunk xokta? Kaim muddhe amchea dolleam mukhar ghalum-ia.

KUTTUMB EKCHARACHI XALLA: Kuttumbant ekchar gorjecho. Ekchar amcho sombondh thiraita. Ekchar amkam Devacho mog onnbhovunk ani to soglleam thaim vanttunk amkam uskaita. Ekchar amkam Vellachem mhotv xinkoita. Aiz – kal ami “Busy Schedule” mhunn amchea kuttmbant ason legit eka vellar jevnnak vo magnneak legit vell mellonam. Kuttumbachim vangddi koxim eka-mekak vell dinam. Somudaient, Firgojent, zannteam- pidevontank bhett korunk vavrum-ia. Vell amkam

mellchona , pun ami Vell kaddum-ia. Vellachem mhotv amchea bhurgeank ani tornatteank xikoum-ia.

KUTTUMB MOGACHI XALLA: Mog zaun asa bhov mhotvacho amchea jivitant. (Rom 5:5) “God’s Love has been poured into our Hearts through the Holy Spirit who has been given to us” Devachem Utor amkam sangta ki Devacho Mog amkam adhar dita Sogleancho eksarko Mog korunk. Mog mhonnta tedna Ami kortanv toslo nhuim pun Devan amcho kela toslo. “(ROM 5:8) But GOD Proves His Love for us in this: while we were still sinners, Christ died for us”. Zorui Devan amcho oso Mog kela tor ami osloch Mog korunk zai oxem Devachem Utor amakm sangta. Mog nhoich amkam borem kortoleancho odhik Mog ami korunk favo amkam dukhoitoleancho, amkam bhairaitoleancho, amchem nanv uboitoleancho . ani korneanim ami dakhoitoleanv tancho Mog kortanv mhunn , tanche khatir Magnnem korun, tankam sodanch khuxal dovrunk, bori bolaiki kuddi-otmeachi , vaitt- vignantlim tankam rakhunk.

KUTTUMB BHOGSONNEACHI XALLA: Bap aplo ekloch Put monxache soddvonne khatir bhettoita, ami borem jivit jie porian Putak apna xim dovrinam. Hem Bapachem karia amkam ek xikoita “The Love Of God is One- Sided, God doesn’t see my corresponding action , but Love Of God Is Selfless”. Bhogsonnem divop ani ghevop amchea jivitant bhov gorjechem. Amchi chuk manun gheunk ani porot korina zaunk amche proitn chaluch dovrunk gorjechem. Jezu 3 pavtti amchea patkancho khuris gheun khala poddlo , pun thoinch ravlo nam. Dor eka vellar jedna amkam augodd lagta amkam dukhoitoleank bhogsunk Jezuchea Khursacher nodor ghalum-ia ani amkam Bhogsonneachim hatiaran korunk magum-ia.

KUTTUMB MAGNNEACHI XALLA: Aiz Kuttumbanim Magnnem bhov unnem zait ghelam. “Family That Prays Together, Stays Together” hem fokot amche jiber khellta. Tem jivitant vevharant ghalunk amkam khub augodd lagta. Amchea bhurgeaponnar vell astalo soglea kariank , zaum xikpak, khellpak, magneak, bhagevontanchea jivita voir zana zaunk.....adi. Atam amchim Avoi – Bapui ghora bhair vavr kortat kuttumbachea

udarposonna khatir. Amchim bhurgim , tornnatim veg-veglla xikpant, ixttam vangdda vell sartat. Vellachi xist asonam. Avoi – Bapui jim zaun asat kuttumbachim vhoddil tim sonvsari rattinim gull zal’lim distat. Zaitim amchim kuttumbam Aitarachim Povitr Misache bhettek vochonam nhuim mhunn bhurgeank dhaddinam. Bhurgeank xikxon gorjechem titlench gorjechem Devachi Zannvai ani Devacho Mog Onnbhovunk. Magnnea vorvim Deva thaim Sombondh ghoddun haddunk vavrum-ia.

KUTTUMB TEAGI- JIVITACHI XALLA: Adlea kallar kuttumbanim 7, 8, 10 bhurgim astalim. Eka-mekak samballtalim. Konnui okosmat pavun sorlear, xezareachea darar marun kitem asa tem magun haddtalim, ani tanche mukhar ghaltalim. Hem bhurgim polleun xinktalim. Zaum Books, Kopdde eka-mekache vapurtalim. Oxem konnachench unneponn disonaslem. Atam 1 vo 2 bhurguim, ispa bhair nhesop, ek bhurgeak ek room, ek TV, atam sogllench bodol’lam. Adlea kallar xapai-xamai, avoi-bapui, her vhoddilanchem jivit zatalem lhnank dekh. Atam sogllech vatten “COMPETITION” Zaum to zolmacho dis, bhurgeacho Bautism, communion, roce ani kazar hanga ispa bhair korch zalolo disun eta. Amche sonskrutaye bhair ami chali apnnaitany, mhaka polleun dusro anink korta , he porim zata amcheo chali. Pun teach borobor zaitim Avoi-Bapui aplea bhurgeank borim totvam xikoitat, sadhe somarombh kortat ani gorjevontank guptim aplem dan kortat. Oslea kuttumbanim zaitim besanvam onnbhovleant. Oslea kuttumbanchea jivitant zaitea Iadnikancho probhav asta, zaite amche Iadnik bhav aplo zolm dis sangina , pun aplo dis te dukhest kuttumbam, gorjevontam , niraxi zal’leam bhavam-bhoinnam modem aplo moladik vell sartat. Oslea kuttumbant jen’na proxn, oddchonneo uprastat tedna niraxi zaunche bodlek , Devachem asnnem tim onnbhovunk pavleant.

To end with in Revered Memory of Pope Francis “The most beautiful thing that God has made, the Bible says, was the family. All of the love that God has in Himself, all of the beauty that God has in Himself, all of the truth that God has in Himself, he gives to the family. And the family is truly a family when it is able to open its arms and receive all of this love.”

Healing family wounds through God's mercy



Menino Menezes
Parish Family Cell

Code 2204 - 2233 of the Canon Law defines the Christian family as a “domestic church”. It is a community of faith, hope and charity and assumes singular importance in the Church. This family is also a communion of persons, a sign and image of the communion of the Father and the Son in the Holy Spirit. These codes cover the duties of the parents as well as the children, which is self-explanatory. Parents have a very grave obligation and the right to educate their children, particularly in faith, similarly it is the duty of the children to respect and obey their parents.

The crave for a lavish life, entices both the partners to work, or a single parent to work in a different country to provide a comfortable life or a better standard of living for themselves and a prestigious education for their kids. This has led to the focus being shifted from family guided by religious values towards a family guided by the pressures and glamour from the external world. The result being the spouses do not have time, neither for each other nor the children. The present generation experiencing their own family life do not even wish to enter the marriage bond as they have seen nothing good in their own families. Seldom do the parents focus on the important part ie. love, communication, trust, respect and shared values.

Marriages tend to fail due to a combination of lack of commitment, poor communication, constant conflict and infidelity. Other factors being criticism, defensiveness, contempt, feeling of loneliness or being disconnected, financial problems, addictions, work-life imbalance, unrealistic expectations, and so on. Families not rooted in prayer fail to understand the purpose of this sacrament thus leading to broken relationships. This

leads to profound emotional distress, significant financial strain, and long-term psychological impact for partners and insecurity, confusion and behavioural issues among children and wounds that lasts till adulthood sometimes.

Prima facie, in cases where marriages are going through a rough patch or families are struggling to keep themselves as united, one should acknowledge the pain and wounds in the family, thus understanding the need of a reparation. Marriages don't just break overnight but it is the silence of the partners, lack of communication, or certain issues that are not tackled well in time, that paves the way to broken marriages.

Healing family wounds through God's mercy is a process of bringing pain, anger, and brokenness to Him for redemption, rather than instant erasure. It involves relying on forgiveness, allowing God's grace to rebuild fractured foundations, and transforming hearts from deep hurt into peace. Healing requires active participation and letting go of our bitterness and often, praying for personal wholeness rather than solely focusing on changing others.

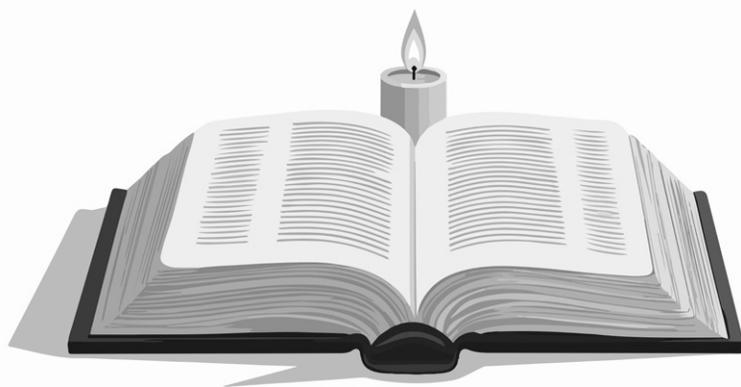
Families need to bring their pain to God, trusting that He can transform broken stories into masterpieces of grace, thus surrendering to God's mercy. Prayer is a powerful tool to ask for healing, comfort for distressed and restoration of relationships. Healing is often a process that involves compassion, empathy, and patience, allowing God to heal memories and transform hearts over time. Self-healing is one of the most important aspect when it comes to healing the families. Instead of only focusing on fixing the family, individuals should focus on their own healing in God, which in turn is the initial step to family restoration.

Marriage being a sacrament, God's intervention is a must in our day to day married life, which is very visible right from the creation of the first family Adam and Eve. Therefore, we need to trust in the Lord to heal and restore, asking His intervention in the family. Just like Adam and Eve were not perfect beings, we too as humans are prone to errors specially when we don't invoke God in our midst and thus end up lacking God's mercy.

Encountering God's Mercy through His Word



Michelle Da Costa Gomes
St. John Facundo Samudai



When we read the Bible, we encounter countless examples of God's boundless mercy. As Christians, these stories and parables guide us in moments of sorrow and repentance, reminding us that our Father is ever-merciful and always ready to welcome us back into His fold.

1. The Prodigal Son – Mercy when we return

In the well-known parable from the **Gospel of Luke** (15:11–32), a father joyfully welcomes back his wayward son who had squandered his inheritance and strayed far from home.

God's mercy meets us the moment we turn back to Him, no matter how far we have wandered. We must never hesitate to return to God, even when we feel overwhelmed by our sins. Our Father is loving and forgiving, always ready to receive us with open arms.

2. The Woman Caught in Adultery – Mercy over condemnation

In the **Gospel of John** (8:1–11), Jesus refuses to condemn the woman brought before Him and gently tells her, "Go and sin no more."

We encounter God’s mercy when we seek forgiveness and choose a new path. Just as God forgives us, we too are called to show mercy to others, offering them compassion and a chance for renewal instead of judgment.

3. Blind Bartimaeus – Mercy when we cry out

In the **Gospel of Mark** (10:46–52), Bartimaeus cries out in faith, “Jesus, Son of David, have mercy on me!” and receives his sight.

When we call out to God with trust and sincerity, we open ourselves to His compassionate response. In times of despair and difficulty, turning to God in prayer gives us strength and hope to endure and overcome.

4. David’s Repentance – Mercy through repentance

After his sin, King David offers a heartfelt prayer of repentance in **Psalms** 51.

True and sincere repentance brings renewal and reminds us that God is “rich in mercy.” When our repentance is genuine, we experience the peace and relief that come from knowing our sins are forgiven.

5. Jonah and Nineveh – Mercy for all

In the **Book of Jonah**, God shows compassion to the people of Nineveh when they repent.

God’s mercy extends to everyone, even those we may least expect. We are reminded not to judge others harshly but to trust that God’s mercy is available to all who turn to Him.

How can we encounter God’s mercy today?

- Through sincere repentance and prayer
- By forgiving others
- In acts of kindness and compassion
- Through faith during struggles
- By embracing second chances and new beginnings

These biblical accounts remind us that God’s mercy is always within reach. Whenever we return, ask, trust, and show mercy to others, we experience His loving presence in our lives.

From Sin to Grace — New Life through Christ



Lucy Rodrigues
St. John Facundo Somudai

Sin separates us from God. It darkens our hearts, weakens our spirit, and leads us away from the purpose for which we were created. Sin promises temporary pleasure but leaves behind emptiness, guilt, and distance from the love of our Heavenly Father. The Bible reminds us that “all have sinned and fall short of the glory of God” (Romans 3:23).

God, in His infinite mercy and love, did not abandon us in our brokenness. He sent His Son, Jesus Christ, to redeem us. Through His sacrifice on the cross, He paid the price for our sins. His blood washed away our guilt, and His resurrection opened the door to new life. Grace is the undeserved gift of God — not earned by our works, but freely given through faith.

When we accept Christ into our hearts, something beautiful happens. The old self, burdened by sin, begins to fade, and a new creation is born. As Apostle Paul writes, “If anyone is in Christ, he is a new creation; the old has gone, the new has come” (2 Corinthians 5:17). Grace restores what sin destroyed. It brings forgiveness where there was guilt, peace where there was turmoil, and hope where there was despair.

New life in Christ does not mean we will never struggle again, but it means we no longer walk alone. Christ lives within us, strengthening us, guiding us, and transforming us daily. His grace teaches us to turn away from sin and walk in righteousness. It renews our mind, softens our heart, and fills us with divine purpose.

From sin to grace is a journey of transformation. It is the story of death to the old self and resurrection into new life. In Christ, we are forgiven, restored, and made whole. His grace is sufficient, His love is eternal, and through Him, we are truly free.

Thank you my HEAVENLY FATHER, JESUS CHRIST and HOLY SPIRIT...



Hope After Failure - God's Mercy Never Ends

Cioma Fernandes

Parish Youth

Failure can feel heavy and final. It can whisper that you have gone too far or made too many mistakes. But the biblical promise declares something greater: failure is never the final word. God's mercy is an ongoing fountain—always flowing, always available—providing a fresh start when you need it most.

Hope after failure is possible because God's character is defined by unyielding mercy.

A New Start Every Day: One of the most powerful reminders of God's nature is found in Lamentations 3:22–23: “*The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.*” “No matter how yesterday ended, today arrives with a fresh supply of mercy. God provides new grace for each new day.

Failure Does Not Cancel Your Calling: Your identity is not defined by your mistakes but by God's love for you. Scripture is filled with people who failed deeply, yet were restored.

Peter – From Denial to Leadership: Peter denied knowing Jesus three times. Yet Jesus restored him and established him as a leader of the early church.

David – From Moral Failure to Restoration: David committed serious sins, but through sincere repentance, he experienced God's forgiveness.

The Prodigal Son – From Ruin to Celebration: Jesus told of a son who squandered everything and returned home expecting rejection. Instead, his father ran to embrace him and celebrated his return.

Failure as Formation, Not Finality: God often uses our lowest moments to prepare us for what comes next. Failure can teach dependence, build empathy, and even redirect us toward something better.

▶ Cont. on pg.15

पाप से अनुग्रह तक: म सीह के द्वारा नया जीवन

स्नेह लाकड़ा
रानी मरियम समुदाय



पुराना जीवन (पाप की मजदूरी): बाइबिल बताती है कि पाप का परिणाम मृत्यु और परमेश्वर से अलगाव है। उद्धार से पहले, व्यक्ति पाप का दास होता है।

मसीह के द्वारा समाधान (अनुग्रह का वरदान): परमेश्वर ने अपने अनुग्रह से यीशु मसीह को हमारे पापों के लिए क्रूस पर बलिदान किया। यह मुफ्त वरदान हमें पाप की सज़ा से मुक्त करता है।

नया जीवन (मसीह में नई सृष्टि): जो कोई मसीह पर विश्वास करता है, वह एक “नई सृष्टि” बन जाता है; पुराना जीवन बीत जाता है और नया जीवन आ जाता है।

अनुग्रह का अर्थ:- अनुग्रह का मतलब यह नहीं है कि हम पाप करते रहें। इसके विपरीत, हम पाप के लिए मर गए हैं और परमेश्वर की सेवा के लिए जीवित हुए हैं।

नया जीवन जीना:- यह जीवन पवित्र आत्मा के सामर्थ्य, मसीह के आज्ञापालन, और धार्मिकता के कार्यों (जैसे बपतिस्मा और संगति) के द्वारा जिया जाता है।

निष्कर्ष:- मसीह में नया जीवन पाप की शक्ति पर विजय पाने और परमेश्वर के साथ शाश्वत प्रेम व संगति में जीने का मार्ग है।

► Cont. from pg. 14 **Hope After Failure - God's Mercy Never Ends**

Practical Steps to Move Forward

Acknowledge and Confess: Ownership is the first step toward healing.

Focus on the Next Step: God is more interested in your next act of obedience than your last mistake.

Conclusion: Failure may wound you, but it does not define you. When you repent, you are restored. When you feel finished, God is still writing your story.

His mercy still speaks.

And your future is still filled with hope.

EASTER BLESSING OF HOMES

DATE /DAY	TIME	SOMUDAY
06/04/2026	03:30 P.M.	St. Paul St. John Facundo St. Ignatius
07/04/2026	03:30 P.M.	St. Catherine St. Joseph Vaz Our Lady of Piety
08/04/2026	03:30 P.M.	San Domingo St. Alex St. Francis Xavier
09/04/2026	03:30 P.M.	Khuris Milagr Our Lady of Light Our Lady of Three Necessities
10/04/2026	03:30 P.M.	St. Augustine
12/04/2026	11:15 A.M.to 1:15 P.M. & 03:30 P.M.	Blessed Rani Maria

Be a Good Samaritan

During this holy season of Lent, we are called to “go and do likewise” As families of our parish, let us prayerfully contribute to the Good Samaritan Fund (GSFP) through the Family Lenten envelopes distributed through your Somudai representatives. Your generous offering will help support the needy, sick and struggling families within our parish community.

May our acts of charity reflect the merciful heart of Christ and make our parish a true community of compassion.

St Catherine of Alexandria pray for us.

With gratitude,
Members of GSFP
St Catherine of Alexandria Parish

From the Youth Desk

Royce Gomes
Parish Youth



The Ring Tournament was successfully held on 1st February and was organized by the Parish Youth with great enthusiasm and active participation. The arrangements and coordination were handled by Royce and Diago.

A total of five teams participated in the tournament. The first match began at 12:45 PM. Due to the smaller number of girls participating, the rules were adjusted to allow two boys and two girls per team. The event was well organized and conducted smoothly.

We were honored to have Fr. Rosario Oliveira and Fr. Jose Remedios Fernandes as the Chief Guests for the tournament. After several exciting matches, the final was played between Tamdo Uzzo and White Dragon. In a thrilling match, Tamdo Uzzo emerged as the champions, while White Dragon secured the runners-up position. The Best Player Award was presented to Adni Afonso for his outstanding performance throughout the tournament.

The event concluded with an award ceremony followed by a short thanksgiving, marking the successful completion of the tournament.



Glimpses of Catechetical Day 2026





Report on the occasion of the Feast of Our Lady of Virtues

By **Gabriel Dias**
St Ignatius Ward

Our Lady of Virtues is one of the beautiful altars in our Cathedral. This altar is cared for by St Ignatius Somudai. The feast of Our Lady of Virtues was celebrated on 11th February 2026 and on the same day, we also celebrated the feast of the Our Lady of Lourdes who appeared in an Apparition in Lourdes, France.

Fr Rosario explained the seven medallions depicted between the entwined golden palm on the altar of Our Lady of Virtues. A brief note on each of the values was given and he stressed on the last four cardinal virtues. The cross - the symbol of faith, an anchor that of hope, A mother with a child in the arm and two at her feet symbolizing charity. Scales, symbol of justice. Justice depicts giving each person his due which is right and fair for eg. Paying workers their proper wages. A snake shows prudence where one needs to think wisely before putting anything into practice and it is the ability to judge correctly. A column that of fortitude, it is the courage to be able to face difficulties. An overturned jar with two handles that of temperance. Temperance is the ability to control yourself and not to go over-board for eg. Staying calm instead of getting hyper.

Fr explained on the Lourdes Apparition referring to the appearances of the Blessed Virgin Mary to Saint Bernadette in 1858 at Lourdes, France. The grotto of Massabielle near the river Gave in Lourdes. One of the main messages of Lourdes was to **“Pray the Rosary”, “Trust in God”, “Care for the sick and do penance”**.

Mass was attended by around 50 parishioners, St Ignatius Somudai had beautifully decorated the altar and distributed cake and coffee.



Children's Corner

Short Prayer - Thank you Jesus for Loving me

Lord Jesus,
Thank you for loving me.
Your love makes me a true person. Lord Jesus, your love makes me kind and clean. Jesus, only you give me faith when I am alone. You gave me strength. Jesus your love made me follow your path.

Mark Rodrigues
Zomo Sorginchi Ranni

"Jesus, make my heart kind and clean"

Lord Jesus, fill me with your love and increase my thirst for holiness, cleanse my heart of every evil thought and desire and help me to act kindly and justly and to speak charitably to my friends and siblings.

Remy Rodrigues
Zomo Xantichi Ranni

Thank you Jesus for Loving me

Thank you Jesus for loving me. Thank you for giving me sleep through the night. Thank you for the food we get to eat each day. Thank you for always caring for me. Amen.

Abigail Crasto
Zomo Boddveanchi Ranni

Thank you Jesus for Loving me

"I am fearfully and wonderfully made" - Psalm 139:14

My loving Jesus, I thank you for my life. You created me with all your love, you formed me in my Mother's womb and brought me safely in this world. I thank you Jesus for all your blessings that you have blessed me with in my life.

My loving Jesus, I thank you for loving me so much, for taking care of me, protecting me, guiding me, strengthening me, comforting me, helping me and healing me. Thank you Jesus for always leading me in the right path and for always giving me your grace to do good in my life and also in the lives of others. Thank you Jesus for giving me the Spirit of Prayer so that through prayers I can always be close to you every single day of my life. I thank you Jesus for loving me even when I sin against you, when I hurt you and for showing mercy to me and forgiving my mistakes and faults. Jesus, your mercy is greater than my sins.

Thank you Jesus, my Lord and my Saviour for loving me unconditionally. Amen.

Eliora Pires
Zomo Sorginchi Ranni

Merciful Lord

Dear Lord,
I'm sorry for the mistakes I have made. Please forgive me Lord, if I have hurt others. Help me to forgive myself and learn from my mistakes. Forgive me for the times I have not listened to my parents and the elderly. Forgive me when I get angry and say hurtful things to others. Forgive me for not doing my work on time.

Christina Fernandes
Zomo Sorginchi Ranni

Lent for young hearts - Learning repentance and mercy early

Parish Youth

Lent is the season that invites us to reflect on the immense love Jesus showed by dying on the Cross for us. It calls us not only to remember His sacrifice, but to follow the example He set — to become reflections of His love in our own lives. Lent is greater than what words can describe; it is more than just a season. It is a personal journey with God. It helps us slow down, reflect, and grow closer to Him as we learn repentance, mercy, and love in simple yet meaningful ways, allowing our hearts to be transformed.

“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.” (Proverbs 28:13) reminds us that God lovingly welcomes us when we turn back to Him. For young hearts, Lent is a time to understand that when we acknowledge our faults and return to God, we receive His mercy and peace. Repentance is not about fear or shame; it is about trusting in His love and beginning again with a sincere heart.

Mercy is more than simple kindness; it is God’s compassionate love poured out on those who do not deserve it. It is His tender heart that forgives instead of condemns, restores instead of rejects, and embraces instead of turning away. Mercy cannot be earned by our goodness, but is given freely because of His unfailing love. Even when we fall short, He does not abandon us — He waits patiently for us to return, ready to receive us with open arms.

This beautiful truth of mercy is seen clearly in the parable of the Prodigal Son. In Luke 15:18–20 we read: “I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired servants.’ So he got up and went to his father.”

These words show the courage of repentance and the hope that mercy brings. The son returns in humility, but the father receives

him in love — reminding us that no matter how far we wander, God’s mercy is always greater than our mistakes.

As Christians, Lent invites us to approach the Sacrament of Reconciliation with humility and trust, knowing that Confession is a sacred encounter with God’s mercy. It is not a place of fear, but of healing and renewal. To make a good confession, we begin with an honest examination of conscience, feel sincere sorrow for our sins with a firm resolve to avoid them, confess them clearly and humbly to the priest, and faithfully complete the penance given. Through this beautiful sacrament, our hearts are cleansed, strengthened, and restored in grace.

Lent, therefore, is not about perfection but about returning. It is about opening our hearts, admitting where we have gone wrong, and trusting that God’s love is bigger than our failures. For young hearts especially, Lent teaches us that every day is a new opportunity to begin again. Through repentance we find peace, through mercy we find hope, and through love we find transformation. As we journey through Lent, may we not only receive God’s mercy, but also become instruments of that same mercy in the lives of others.



Altar Servers Corner

Humble Lenten Prayer

Kind and merciful Jesus,
In this holy Lenten season,
I come to You with a humble and sorry heart.

You know I have made mistakes in my words, thoughts, and actions.

Sometimes I fail to choose what is right and kind.

Please forgive me for my sins and wash my heart clean.

Jesus, in this Lenten time,
Change my heart each day.

Help me walk in kindness,
And choose Your loving way.

When I say or do what's wrong,
Help me make it right.

Wash my heart and make it clean,
Fill it with Your light.

Make me gentle, make me good,
Patient, kind, and true.

Help me grow a better heart,

That shines with love for You.

Lord, help me learn from my mistakes and become a better person.

Give me strength to control my anger, be honest, and show love to everyone.

Teach me to pray sincerely each day and stay close to You.

Lead me always in Your loving way.

Amen.

Gareth Monteiro

Altar Server

With a grateful heart

Thank You Jesus for loving me. Your Love makes every moment of my life good. Thank You Jesus for giving me loving and caring parents. I experience your love through them. Thank you for blessing me with freedom of choice. Thank you Jesus for helping me in my studies. Thank you Jesus for making all the days of my life happy and joyful. Thank You Jesus for the gift of a beautiful home and family.

Christina Fernandes

Altar Server

Prayer

Jesus,

Make my heart kind and clean.

Pull out the weeds of hate and pride, and plant love in their place.

Let me be like a sunflower in God's garden turning towards Your light, growing steady and bright wherever You place me.

Teach me to love softly and forgive quickly, and shine warmth on those around me. Make my life a small reflection of Your goodness.

Leanza Angel Pereira

Altar Server

Thank you Jesus for loving me

Lord, I thank You for Your unfailing love and for the mercy You show me each day. Even when I fall short, You remain faithful and kind.

In this season of Lent, help me to truly repent and turn my heart back to You. Create in me a clean heart and renew a right spirit within me. Wash me in Your mercy and make me new.

Teach me to forgive as You forgive me, to love as You love me, and to walk each day in Your light. Let Your peace guide my heart and Your grace shape my life.

Draw me closer to You and help me grow into the new life You so freely give. Amen.

Velika Gomes

Altar Server

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PARISH LITURGICAL PLANNER FOR THE MONTH OF MARCH, 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>
01/03/2026	2 nd Sunday of Lent	St. Augustine	St. Domingo	Khuris Milagr
08/03/2026	3 rd Sunday of Lent	St. Paul	St. Ignatius	St. John Facundo
15/03/2026 (Laetare Sunday)	4 th Sunday of Lent (Fathers / Husbands Day)	Catechetical Association	Our Lady of Light	S.F.X.
22/03/2026	5 th Sunday of Lent Day of Solidarity against Hunger and Disease	Our Lady of Three Necessities	St. Alex	St. Joseph Vaz
29/03/2026	Palm Sunday of the Passion of the Lord / Santos Passos	Parish Youth	St. Catherine	Confraria

Weekdays

Date	Celebration	Time	Responsibility
06/03/2026 (Friday)	Third Friday of Lent Way of the Cross	07.00 a.m. 05.00 p.m.	Daily Mass Way of the Cross – Our Lady of Piety Mass - 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 Way of the Cross – St. Catherine Mass – St. Paul
19/03/2026 (Thursday)	St. Joseph, Spouse of the B.V.M.	07.00 a.m.	Daily Mass
20/03/2026 (Friday)	Fifth Friday of Lent Way of the Cross	07.00 a.m. 05.00 p.m.	Daily Mass Way of the Cross – St Domingo Mass - Khuris Milagr
24/03/2026 (Tuesday)	Sacrament of Reconciliation / Confessions	05.00 p.m. – 07.30 p.m.	Liturgical Animators
25/03/2026 (Wednesday)	The Annunciation of the Lord	07.00 a.m.	Daily Mass
26/03/2026 (Thursday)	Anticipated Chrism Mass & Blessing of Holy Oils	07.00 a.m., 10.00 a.m.	Daily Mass Archdiocese
27/03/2026 (Friday)	Sixth Friday of Lent Way of the Cross	07.00 a.m. 05.00 p.m.	Daily Mass Way of the Cross – Our Lady of Three Necessities Mass - St Joseph Vaz
02/04/2026 (Thursday)	Maundy Thursday (<i>Mass of the Lord's Supper</i>)	05.00 p.m.	Liturgy Committee
03/04/2026 (Friday)	Good Friday (Celebration 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

PASKAM KALLAR GHORABEANCHER AXIRVAD

(Iadnik Povitr Udok xivraitā ani Mhonntta)

Iadnik: Xanti hea ghorak ani tantunt rautelea somestank.

Lok: Amen.

Iadnik: Dev-mondirache uzve vatten udok vhanvta tem hanvem pollelem, Alleluia, Alleluia.

Lok: Ani zankam hem udok paulem tankam taronn mell'lem ani tim mhunnntat Alleluia, Alleluia.

Iadnik: Sorvespor kitlo boro, Tacho maiemog mitner naslolo...

Lok: Dekun Taka dhinvasum-ia.

Sogllim: Mhoima Bapak ani Putak ani Povitr Atmeak. Adim, atam ani sodam sodamkal. Amen.

SORVESPORACHEM UTOR: (Bhag. Paulun Efezkarank bhoroilole chittivelem vachop, Ef. 4: 29 - 32)

“Zalear, aikotoleank soega pormannem bori dêkh ditat ani faideak poddatat toslim zaunchim tumchim utram. Devachea Povitr Atmeak khônt dium nakat, kiteak ho Atmo Devanuch tumcher marlolo xik'ko, purnn suttkechea Disa tumi Devachinch mhonn khunnaunk dil'lo xik'ko. Soglli kôddsann kallzanti bhair ghalat; rag ani krôdh monant dhôrunkuch nakat; bob marum nakat; jastiô marop bond korat; sogllê torechem khotteponn sôddun diat. Ekameka thaim doiall-movall kallzachim zaiat. Krista sovem Devan tumkam bhogxilim, têch bhaxen tumi-i ekamekak bhôgsat.”

Sorvesporachem Utor .

Sogllim: Devache vhodd upkar. *(ogeponnan niall)*

Iadnik: (Prarthum-ia): Pormesvora, Sorvpodvedar Bapa, sasnahecha Deva, Egiptantlim bhair sortoleam Hebrevamchim ghoram, menddreachea rogtan makhun, khast laitolea dutachea hatantlim Tuvem vattailim ani hi ghoddnni Kristachi, amchea Paskanche bollichechi khunna korun dovorli. Tech porim Sorginchea Tujea dutak pattoo ani hea ghorant ravtoleam somestank bhett kor, tankam samball, ghottai dhi, rakh ani sogllean vaittantlim nivar. Teach Krista amchea Somia vorvim.

Lok: Amen.

Iadnik: Sorvespor tumche sovem asum.

Lok: Ani Tumchea atmea sovem asum.

Iadnik: Sorvpodvedar Dev, Bap ani Put ani Povitr Atmo tumcher, tumchea kuttumbacher ani hea ghoracher aplo axirvad ghalum.

Sogllim: Amen.

पाश्चल आशीष परिवारों पर

(पादरी घर में पवित्र जल छिड़कता है)

पादरी: शांति इस घर और यहाँ रहने वाले सभी लोगों पर हो।

लोग: आमेन।

पादरी: मैंने जीवित जल के झरने मंदिर के दाहिनी ओर से बहते देखा। अल्लेलुया अल्लेलुया।

लोग: जहाँ भी यह जल पहुँचा, वहाँ उसने मुक्ति लाई। अल्लेलुया अल्लेलुया।

पादरी: ङ्गफिसियों ४:२९-३२ पारमेश्वर का वचन है - ङ्गकिसी भी बुरे वचन को अपने मुँह से न निकलने दो, बल्कि जो कुछ भी हो, जो बनाने के लिए आवश्यक हो, उसे कहो, ताकि वह सुनने वालों को दे। और ईश्वर के पवित्र आत्मा को दुखी मत करो, जिसके द्वारा तुम रिहाई के दिन के लिए मुहरबंद किए गए हो। सभी कड़वाहट, क्रोध, और गुस्सा, शोर निंदा, सभी द्वेष के साथ तुम्हारे बीच से दूर हो जाए। एक दूसरे के प्रति बनो, दयालु बनो, एक दूसरे को माफ करो, जैसे कि किरिस्त ने माफ कर दिया है।फ

लोग: प्रभु की वाणी है।

लोग: पारमेश्वर का धन्यवाद।

पादरी: आर्ये हम प्रार्थना करें: ङ्गहे प्रभु, पुराने नियम के पास्का में आपने अपने लोगों के घरों को मेमने के खून से छिड़का और उन्हें नुकसान से बचाया। आपके पवित्र सच्चा पास्कल मेमना है, जिसे आपने हमें दिया। वह मृतकों में से जी उठा, ताकि हम सभी पवित्र आत्मा के साथ जाएँ। हम आपसे प्रार्थना करते हैं कि आप इस परिवार से मिलने आएँ, रक्षा करें, मार्गदर्शन करें और उन्हें सभी बुराइयों से बचाएँ। इस परिवार और घर को आशीष दें ताकि आपके प्रेम का आनंद यहाँ रहने वालों के हृदय को भर दे। हम यह किरिस्त हमारे प्रभु के माध्यम से प्रार्थना करते हैं।फ

लोग: आमेन।

पादरी: प्रभु आपके साथ हो।

लोग: और आपकी आत्मा के साथ।

पादरी: सर्वशक्तिमान परमेश्वर आपको, इस घर को और यहां रहने वाले सभी लोगों को आशीर्वाद दें। पिता, पुत्र और पवित्र आत्मा के नाम पर।

PASCHAL BLESSING ON FAMILIES

(The priest sprinkles Holy water in the house)

Priest: Peace be to this house and all who dwell here.

People: Amen.

Priest: I saw the springs of the living water gushing from the right side of the temple. Alleluia Alleluia !

People: Wherever this water reached it brought salvation. Alleluia Alleluia.

GOD'S WORD: (A reading from the Letter of Saint Paul to the Ephesians 4:29-32)

“Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you. And do not make God’s Holy Spirit sad; for the Spirit is God’s mark of ownership on you, a guarantee that the Day will come when God will set you free. Get rid of all bitterness, passion and anger. No more shouting or insults, no more hateful feelings of any sort. Instead, be kind and tender hearted to one another, and forgive one another, as God has forgiven you through Christ.

The Word of the Lord.

All: Thanks be to God. (Reflection in silence)

Priest: Let us pray: “Blessed are you, O Lord, in the Passover of the old testament You kept unharmed the houses of your people that were sprinkled with the blood of the Lamb. The fulfilment of your signs is the true paschal Lamb, the Son you gave to us. He was crucified for us and raised from the dead, so that we might all be filled with the grace of the Holy Spirit. We ask you to visit this family, be with them, watch over them, guide and direct them and protect them from all evils. Bless this family and this home so that the joy of Your love may gladden the hearts of all who live here. We ask this through Christ our Lord.

People: Amen.

Priest: The Lord be with you.

People: And with your spirit.

Priest: May Almighty God bless you, this home and all who dwell here, the Father and the Son and the Holy Spirit.

People: Amen.

PRACHIT SONVSKARACHI SOMAROMBHNNI

*(Kumsar zaupi bhavarti Igorjent ieun Povitr Sonvskara
fuddeant dimbi ghalta ani kumsarachea sonvskarak toiar zata).*

- Kumsar korunk sondi dilolea khatir Devak dhinvasta;
- Devacho Mog aplea jivitant niall'tta;
- Devachea ani peleachea mogacher toxench apleach jivacher keloleam patkancho ugddas korta;
- Apunn patki mhunn ollkun gheta ani 'Hanv Patki' mhunn'tta;
- Devachem Utor vachta vo Povitr Pustok na zalear Devache kaklutichi/ mogachi/ bhogsonneachi khobor sangtolem Devachea Utracho ugddas korta;
- Patkanchi dukh dorta ani novena patok korina zaunk nichev korta;
- Iadnikaxi vochunk toiar zata.

(Iadnikaxi vetoch, dimbi ghalta (khaltikai dakoita) vo (dimbi ghalunk zaina zalear) kodelicher bosom-ieta)

Kumsar zaupi: (Khursachi kuru kadd'tta)

Iadnik: *(Lhan magnnem korta ani tujem kumsar bore bhaxen korunk tuka Devacho adar magta ani axirvad dita).*

Kumsar zaupi: (i) “Bapa, hanvem patok kelam, mhaka bogos”.

(ii) “Hanven nimannem kumsar kelear ek mhoino vo ... zallem” *(kitlo kall zalo tem sang, ugddas na zalear sumaran sang).*

(iii) “Him asant mhojim patkam...” *(sogllim tujim patkam sang ani uprant...).* “Jea patkancho mhaka hea vellar ugddas zaina team-i patkanchem hanv bhogsonnem magtam”.

Iadnik: *(Patkam pormonnem budh dita ani prachit formaita. Chintan aik).*

Kumsar zaupi: (Dukhichi uncharnni mhunnt'ta) “Deva mhojea Bapa, Tum chodd boro ani mogall astana, Tuje ani mhojea bhavam-bhoinnicher, hanvem chuk keli. Dekhun mhaka vhodd khont bogta, ani khaltea kallzan mhaka bhogos mhunn magtam. Tujeach adharacher patieun, novena patok korinam zauncheak vavrunk hanv bhas ditam”.

Iadnik: (Bhogsonnem dita) “Aplea Putachea koxttam, mornna ani punorjivontponna vorvi, Sorginchea Kaklutsara Bapan sonvsar Apnnaxim portun zhoddun ghetlo ani patkanchea bhogsonnea khatir Povitr Atmo otlo/daddlo. Toch kaklutsar Dev-Bap, Povitr Sobhechea mhunnearponnam vorvim tujim patkam bhogsum ani tuka xanti dium, ani hanv tujim patkam bhogxitam; Bapache ani Putache ani Povitr Atmeache nanvim +”.

Kumsar zaupi: “Amen”.

Iadnik: “Somian tujim patkam bhogxilim, khuxal za ani xantin voch”!

Kumsar zaupi: “Devache vhodd upkar”!

(Kumsar zatoch portun Povitr Sonvsara fuddeant dimbi ghalun Devak argam dita, prachitak magnnem formailam vo Devachem Utor vachunk formailam zalear tem pall'ta. Devak argam dita ani novem jivit jieunk Devacho adar magta. Khuxalkain porot ghara veta)



CELEBRATION OF THE SACRAMENT OF RECONCILIATION

(The penitent enters the Church; goes to the Blessed Sacrament Chapel and by kneeling before the Lord and prepares him/herself to celebrate the Sacrament).

- Penitent thanks the Lord for the occasion given to celebrate the Sacrament;
- Meditates on/recalls God's love in his/her life;
- Brings to mind the offences committed against God's love and that of the neighbour's as well as wrongdoings against self;
- Acknowledges one's transgressions and says "I confess...";
- Reads pertinent Word of God or, if there is no Bible available, then recalls some Biblical texts on the subject of God's love, God's mercy, God's compassion/forgiveness, Jesus forgiving sinners;
- In the light of the Word of God, repents for the sins committed and resolves not to commit sins;
- Gets ready to go for confession to the priests, joins the queue (if need be) and remains silent all through.

(When turn to make confession arrives, goes to the priest, kneels (as a sign of penance and humility) or sits (if not possible to kneel) on the chair available).

Penitent: "By the sign of the cross..." (Makes sign of the cross...).

Priest: *(says a short prayer and asks God's help/grace for both the penitent and for himself to celebrate the Sacrament worthily and fruitfully).*

Penitent: (i) "Father forgive me for I have sinned"; (ii)

“I made my last confession ...” (*one month ago or _____*); (iii) **“These are my sins...”** (*Confession all your sins*); (iv) **“I also asked forgiveness of those sins which I don’t remember at this moment”**.

Priest: (*Gives counsel keeping in mind your sins and gives necessary penance*).

Penitent: (*Recites the Act of Contrition*) **“O my God, I am heartily sorry for having offended you, and I detest all my sins, because of your just punishment, but most of all, because they offend you, my God, who are all good and worthy of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin”**.

Priest: (*Grants absolution by saying the following prayer*): **“God, the Father of mercies, through the death and resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church, may God give you pardon and peace, and I absolve you from your sins, in the name of the + Father; and of the Son; and of the Holy Spirit”**.

Penitent: **“Amen”**.

Priest: **“God has forgiven you, go in peace and joy”!**

Penitent: **“Thanks be to God”**.

(Penitent joyfully goes back to the Blessed Sacrament Chapel and kneels down thanking God for his grace and forgiveness. If the priest has prescribed prayer, reading of the Word of God, etc fulfils the penance before the Lord. Thereafter makes personal prayer and seeks God’s help to lead a graceful life and goes back home thanking the Lord).

DAILY READINGS FOR THE MONTH OF MARCH 2026

Intentions of the Apostleship of Prayer

Intention: For disarmament and peace.

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

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;		Mt. 20:17-28.
05/03/2026 THURSDAY	Jer. 17:5-10;	Ps. 1:1-2.3.4+6;		Lk. 16:19-31.
06/03/2026 FRIDAY	Gen. 37:3-4. 12- 13a. 17b-28;	Ps. 104(105*): :16-17.18-19.20-21;		Mt. 21:33-43.45- 46.
07/03/2026 SATURDAY	Mic. 7:14-15.18- 20;	Ps. 102(103*): 1-2. 3-4. 9-10.11-12,		Lk. 15:1-3. 11-32.
08/03/2026 SUNDAY	Ex. 17:3-7;	Ps. 94(95*): 1-2. 6-7.8-9;	Rom. 5:1- 2.5-8;	Jn. 4:5-42 (or 5-15. 19 b-26. 39 a. 40-42).
09/03/2026 MONDAY	2 Kgs. 5:1-15a;	Ps. 41 (42*):2. 3, 42 (43*):3. 4;		Lk. 4:24-30.
10/03/2026 TUESDAY	Dan. 3:25. 34-43;	Ps. 24(25*):4-5ab. 6+7bc. 8-9;		Mt. 18:21-35.
11/03/2026 WEDNESDAY	Deut. 4:1. 5-9;	Ps. 147:12-13. 15-16. 19-20;		Mt. 5:17-19
12/03/2026 THURSDAY	Jer. 7:23-28;	Ps. 94(95*): 1-2. 6-7abc. 7d-9;		Lk. 11:14-23.
13/03/2026 FRIDAY	Hebr.: Hos. 14:2- 10	Ps. 80(81*):6c-8a.. 8bc-9.10-11ab. 14+17;		Mk. 12:28b-34.
14/03/2026 SATURDAY	Hos. 6:1-6;	Ps. 50(51*):3-4. 18-19.20-21ab;		Lk. 18:9-14.

15/03/2026 SUNDAY	1 Sam. 16:1b. 6-7. 10-13a;	Ps. 22(23*):1-3a. 3b- 4. 5. 6;	Eph.5:8-14;	Jn. 9:1-41 (or 1. 6-9. 13-17.34-38)
16/03/2026 MONDAY	Is. 65:17-21;	Ps. 29(30*):2+4. . 5-6.11-12a+13b;		Jn. 4:43-54
17/03/2026 TUESDAY	Ez.47:1-9.12;	Ps. 45(46*):2-3.5-6. 8-9;		Jn. 5:1-16.
18/03/2026 WEDNESDAY	Is. 49:8-15;	Ps. 144(145*): 8-9. 13cd-14. 17-18;		Jn. 5:17-30.
19/03/2026 THURSDAY	2 Sam. 7:4-5a. 12-14a. 16;	Ps. 88(89*):2-3. 4-5. 27+29;	Rom. 4:13. 16-18. 22;	Mt. 1:16. 18- 21.24a or Lk. 2:41-51a.
20/03/2026 FRIDAY	Wis. 2:1a. 12-22;	Ps. 33 (34*): 17-18. 19-20.21+23;		Jn. 7:1-2.10.25- 30.
21/03/2026 SATURDAY	Jer. 11:18-20;	Ps. 7:2-3.9bc-10. 11-12;		Jn. 7:40-53.
22/03/2026 SUNDAY	Ez. 37:12-14;	Ps. 129 (130*): 1-2. 3-4ab. 4c-6. 7-8;	Rom. 8:8- 11	Jn. 11:1-45 (or 3-7.17.20- 27.33b-45).
23/03/2026 MONDAY	Dan. 13:1-9.15- 17. 19-30.33-62 (or 41c-62);	Ps. 22(23*): 1-3a. 3b- 4. 5. 6;		Jn. 8:1-11 (or 12-20).
24/03/2026 TUESDAY	Num. 21:4-9;	Ps. 101(102*):2-3. 16- 18. 19-21;		Jn. 8:21-30.
25/03/2026 WEDNESDAY	Is. 7:10-14, 8:10;	Ps. 39(40*): 7-8a. 8b- 9. 10. 11;	Heb. 10:4- 10;	Lk. 1:26-38.
26/03/2026 THURSDAY	Gen. 17:3-9;	Ps. 104(105*):4-5.6- 7. 8-9;		Jn. 8:51-59.
27/03/2026 FRIDAY	Jer. 20:10-13;	Ps. 17(18*):2-3a. 3bc- 4. 5-6. 7;		Jn. 10:31-42.
28/03/2026 SATURDAY	Ez. 37:21-28;	Ps. Jer. 31:10. 11- 12ab. 13;		Jn. 11:45-57.
29/03/2026 SUNDAY	Is. 50:4-7;	Ps. 21(22*):8-9. 17- 18a. 19-20.23-24;	Phil. 2:6- 11;	Mt. 26:14-27:66 (or 27:11-54).
30/03/2026 MONDAY	Is. 42:1-7;	Ps. 26(27*): 1.2.3.13- 14;		Jn. 12:1-11.
31/03/2026 TUESDAY	Is. 49:1-6;	Ps.70(71*):1-2.3-4a. 5-6ab. 15ab + 17;		Jn. 13:21-33.36- 38.
01/04/2026 WEDNESDAY	Is.50:4-9a;	Ps.68(69*):8-10. 21bcd-22.31+33-34;		Mt.26:14-25.
02/04/2026 THURSDAY	Ex.12:1-8.11-14;	Ps.115(116*):12-13. 15+16bc. 217-18;	1 Cor. 11:23-26	Jn. 13:1-15.

FIRGOZ MAHITI

TUMCHE SEVEK

CANON ROSARIO OLIVEIRA

Padr Vigar

PRI. JASON K. FERNANDES

Adhari Padri

PRI. JOSE REMEDIOS FERNANDES

Nivasi Yadnik (Priest in Residence)

MS. GISELLE GOMES

Kocherint vavr korgpi

MS. PRISCILLA SILVEIRA

Igorjent xist sambhallpi

ORVIL CABRAL

Paryavekshak (Supervisor)

MONICA BECK

Vavradi

MHOINEACHEA POILEA

SONVARA FATIMA

SAIBINNICHEM DEVOSANV

Sokallchea 6.00 vaztam kumsaram, 6.30 vaztam Fatima Saibinnichem Poilea Sonvarachem Devosanv, thodo vell niall ani tea uprant Povitr Misachi bhett.

VEG-VEGLLEO ZOMATI

- Firgoz Gonvllik Sobha - Poilea Aitarak Sanje 5.15 vaztam
- Firgoz Gonvllik Assembly - Tin mhoneank ek pautt, poilea Aitarak Sanje 5.15 vaztam
- Firgoz Tornatteencho Zomo - Choutea Aitarak
- Vedi-Sevokancho Zomo- Sonvara sanje 4.00 vaztam
- Dev Sondexkarancho Zomo - Tisrea Aitarak Sanje 5.15 vaztam
- Devachem Utor Vachpi (Lectors) - Tin mhoineank ek pautt, poilea Sonvara sanje 7.00 vaztam
- Sevadhormik Sevok (Liturghical Animators) - Tin mhoineank ek pautt, dusrea Sonvara sanje 7.00 vaztam
- Bautizm ani Kazara vhoir xikovnn - Mungllara sokallchea 10.00 - 12.00
- Gonvllik Bhett (Pastoral Visits) - Mungllar (Tue.), Brestar (Thurs.) ani Sukrar (Fri.) sanje 5.00 vaztam thaun.



IGORJENT DISPOT'TIM ANI AITARACHIM MISSAM

Somar tem Sonvar : Sokallche 7:00 vaztam

Sonvar : Sanje 6.00 vaztam (Inglez bhaxen,

Aitarachem(anticipated) Mis.

Aitar:

- Sokallim 7.00 vaztam
- 8:30 vaztam Dotonichea Bhurgeanchem Mis
- 10.00 vaztam (by Canons)
- Sanje 4.00 vaztam (Tin Gorzanche Saibinnichea Manank)
- Mhoineachea Dusrea Aitara: Sokallchea 11.00 vaztam (Hindi bhaxen)

KUMSARAM

Somar tem Sonvar sokallchea 6.00 vaztam
Missa adim ani uprant

POVITR SONSKARAK BHOZONN

Sukrar, Sokallchea 6.30 vaztam, Missa adim

DEVACHI OLLOKH VO DOTON

Aitar Sokallim 9.30 vaztam

KOCHERICHIO VELL

Somar tem Sonvar

Sokallchim 8:30 tem donparchim 1:00

Sanje 3:00 tem 5:30

POTH'THO

St. Catherine of Alexandria Church,
Se Catedral, Old Goa, 403 402

Mob.: **08805247041**

SOM'PORK

Email: secatedralgoa@gmail.com

Website: <https://www.secatedralgoa.org>

Cathedral Day Celebration

By Dominica Crasta
Somudai Leader St. Joseph Vaz Ward

On 06th February, Our Cathedral dedicated to Saint Catherine of Alexandria joyfully celebrated Cathedral Day in a spirit of prayer and thanksgiving. The entire day was devoted to Eucharistic Adoration, drawing parishioners into deep communion with the Lord. The celebration began with the Liturgy of the Hours, praying the Office along with solemn *Te Deum* in gratitude for God's countless blessings upon our cathedral. At midday, the faithful gathered once again for Midday Prayer, invoking Our Lady through the Angelus. Throughout the day, Holy Half-Hour Adorations were prayerfully animated by the



Somodai groups and various parish associations, each leading the community in moments of reflection, praise and intercession before the Blessed Sacrament. The day concluded with solemn Evening Vespers followed by the Holy Mass at 6.00pm, celebrated with devotion and reverence. It was truly a grace-filled day, strengthening our identity as praying community and renewing our commitment to be a living Church rooted in faith and love.

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