



Katedralacho



ULO

Voros: XXVII

Ank: 5

Mai 2026



Pentecost

• A NEW BEGINNING •



“And they were all filled with the Holy Spirit...”

– Acts 2:4



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PENTECOST: A NEW BEGINNING

The descent of the Holy Spirit upon Blessed Virgin Mary and the Apostles marked the beginning of THE WAY for THE CHURCH. Jesus had ordered His Apostles not to leave Jerusalem till they receive the Holy Spirit (see Acts 1:4-5) because the Holy Spirit was to infuse new life in them. He had already taught them that “The Spirit gives life” (Jn. 6: 63) and that “The Holy Spirit will teach you everything” (Jn. 14:26). Jesus has sent, as promised, the Holy Spirit and the Apostles were “born again” (see Jn. 3:3) and thus inaugurated a new era.

We have also received the Holy Spirit on the day of our Baptism and Confirmation. What about us? Are we born again in the Spirit? Did we allow the Spirit to work in our lives? Have we initiated the new beginning in partnership with the Holy Spirit? It is not sufficient to celebrate the Pentecost every year and then continue the same “old” way of life, but we need to begin a new life. Hence, St. Paul reminds us that we must allow the (Holy) Spirit to join with our (human) spirit for a new beginning (see Rom. 8:16). How can one know that the said “joining” has taken place and that he/she has been born again in the Spirit? Following are some of the traits of such a person:

Change in character: The person exhibits fruits of the Holy Spirit in his/her life as mentioned in Gal. 5:22-23. It is a process wherein the person grows in the Spirit and becomes more like Jesus. He/she and even others will notice that his/her thoughts, words and deeds are getting more aligned with God’s will.

Confidence in God’s Salvation: The person becomes convinced that he/she is a child of God because the Spirit reveals the truth (see Rom. 8:16); as a result he/she is saved by Jesus no matter what happens in life. The conviction is rooted on who he/she is, that is ‘Child of God’. The Holy Spirit works more deeply in the worst

situations and uncertain moments of the person's life.

Deep love for Jesus and to proclaim His Gospel: Through the Holy Spirit, God's love has been poured into our lives (see Rom. 5:5). The born again person falls in love with Jesus; as a result everything that he/she does, talks, thinks, and plans has a touch of his/her love for Jesus. The Holy Spirit guides the person to glorify Jesus in all areas of life and thus proclaim his Gospel.

Thirst for Knowledge of Truth: The Holy Spirit who dwells in the person helps him/her to reject the father of lies (satan) and embrace TRUTH (see 1Jn. 2:27). It is not just an intellectual truth the Bible is speaking about but the knowledge that opens one's eyes and heart to understand the deep truths of God. It brings spiritual revelation to the person about God's plan, His will, and grants wisdom to make decisions especially during moments of trial. The Holy Spirit also gives the person sensitivity to perceive spiritual realities, keep spiritually alert and protected. He/she does not remain conformed to the standards of the world but keeps transforming into Christ (see Rom. 12:2) who is THE TRUTH (Jn. 14:6).

Grows in Holiness: The Holy Spirit who dwells in the person helps him/her to reject sin and live a holy life (see 1Pet. 1:15-16). For a person in the Spirit, sin seems repugnant.

Living in holiness does not mean the person is perfect or better than others but it is allowing the Holy Spirit to shape his/her life and actions. Others begin to see in the person a commitment to purity, honesty and kindness. The person, in spite of living in a world full of temptations and challenges, receives the strength to resist that and to choose God's path due to "spiritual discernment" as stated in 1 Cor. 12:10.

Having reflected upon some of the characteristics of a person living in the Spirit, it is for each of us to examine our lifestyle and accordingly co-operate with the Holy Spirit for a new beginning. I pray through the intercession of St. Catherine of Alexandria and the Blessed Virgin Mary that all our parishioners may be filled with the Holy Spirit and that we all may live a new life.

Parish Priest



(Rev. Can. Rosario Oliveira)

Small Christian Communities: Living Pentecost Together

By **Carlos Rebello**
St Joseph Vaz Ward.



Acts 2 / 2.41 / 4.32 records that, “about three thousand souls were added” to the church. On this day, the Holy Spirit descended upon the apostles, empowering them to preach the gospel with boldness. All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had.”

The origin of the first small Christian community can be traced to Jesus himself, who started gathering the twelve from the fishing communities to train them to catch men rather than fish. It was the beginning of the start for the twelve chosen by Jesus. In the beginning the twelve may not have understood their roles in society but Jesus was building and laying a foundation for the future growth of the church or small Christian communities, living together, sharing and breaking bread together. Jesus gathered a group of disciples and cultivated in them faith, hope, and love. By sharing with Jesus, the disciples were able to know who He was, how He thought, spoke, and acted. They were able to learn about Jesus’ values and see his works of compassion, justice, and love.

My early introduction to building small Christian communities started when in our boarding school, we were forced to join (forced/as a child not intelligent enough to understand the concept, significance and the purpose) as we were made to attend Pentecost meetings all over the place. However, in the end, there was always a sense of togetherness; it was empowering to understand and gain confidence, gave us a sense of strength and authority to take control in understanding the gospel that was preached. It taught us to share resources, strengthen the capacity of groups to exercise and provide opportunities for growth.

Another experience that I need to share is when we started work abroad in the Gulf countries, we were forced to meet in small groups at some different locations to avoid detection by authorities. We would gather in some houses located far away from the general public and preach or practice our beliefs. There was always a way, if the will was strong.

Small Christian Communities (SCC) are a model of being a Church that has several characteristics, like our somudais that can be a

prime example of Small Christian Communities; living the Pentecost together. Our Somudais try and meet in small groups at someone's residence, to reflect on the bible, to pray together and to get a sense of belonging within the communities. So much can be achieved and is being achieved by the group.

Moreover, SCC is; **Guided by the Gospel:** The community is an evangelized and evangelizing community. The community studies and reflects on the life of the Lord Jesus to keep in mind his ways as models for its own actions. The members work to build the Kingdom of God in their own environment.

Celebration of the Eucharist: The Eucharistic celebration is the sign of the true Church. Even though the SCC meet in houses or other places during the week, they gather together to celebrate the Eucharist with the whole parish.

Community: This group of people is more than just another religious or Christian group; it is a group of people who form a community. The community forms when personal relationships are built in friendship. Each day, the people in the group grow in knowledge of one another and in trust among themselves. The members of that community know the family history of each person, their formation experiences and their hopes and concerns.

Service: The members of that community are at the service of their brothers and sisters and treat each other with respect, love, and concern. The members are a community in ministry. They discern the reality of their lives and environments in order to serve others, especially the most needy and marginalized. Catholics gather as disciples, as Church, when we celebrate the Eucharist and the other sacraments.

However, in an SCC, we come as brothers and sisters to pray together, to discover what the Word of God means to us, to cultivate a more personal relationship with God, to live the experience of community, and to consider how to live more fully the values of the Kingdom of God in our daily lives.

In other words, the purpose of an SCC is to hear the Word of God through the Scripture, to relate it to what is happening in our lives right now and then to determine what God is calling us to do or to change individually and collectively. All of this is possible through five essential elements: prayer, faith sharing, mutual support, growth, and works of faith.

May our Small Christian Communities inspire us to live and love like Christ did.

An Enriching and Meaningful Experience at Seminary Niwas

Francis Mathew



The Conference of St. Catherine – St. Vincent de Paul members, along with our Parish Priest, Rev. Can. Rosario Oliveira, Brother Valente, the Divine Mercy members, and altar servers, visited Seminary Niwas at Duler, Goa on 23rd March 2026 as part of our Lenten outreach.

Seminary Niwas is a branch of the Minor Seminary of Our Lady, Saligao, and serves as a residential facility for young brothers pursuing higher studies who are discerning and contemplating their future as priests in service of the Church.

The beautiful and serene atmosphere of Niwas created a peaceful and prayerful setting. The brothers residing there warmly welcomed us upon arrival and ensured that we felt comfortable and at ease. They were eager to speak with us, learn about the purpose of our visit, and interact with our parish altar servers. Very soon, the hall was filled with joy, conversation, and laughter. Even the elderly members actively participated, as many were experiencing such an interaction for the first time.

We also had the opportunity to observe how the brothers maintain a clean and well-organized environment within the house. The entire residence reflected a deep spirit of prayer, with numerous pictures and Bible verses that beautifully echoed the atmosphere of faith.

As we entered the Niwas, the initial heat and thirst were quickly forgotten as we were warmly welcomed with refreshing and tasty snacks. This simple gesture of hospitality created a friendly and welcoming atmosphere. Many

of us engaged in meaningful conversations with the brothers, learning more about their vocation, daily life, and journey of faith.

A special session was also organized during which the brothers shared about their spiritual calling, academic activities, and daily routine. They explained how they balance prayer, studies, and other responsibilities, offering us a deeper insight into seminary life and their preparation for future service in the Church. Rev. Fr. Mariano Travasso, the In-Charge of Seminary Niwas, also addressed the gathering and expressed his gratitude for our visit.

This visit was truly a grace-filled and enriching experience for all of us. It helped us to appreciate the sacred journey of those who are discerning their call to the priesthood and reminded us of the importance of supporting them through prayer and encouragement. The simplicity, discipline, and joy witnessed at Seminary Niwas deeply inspired us to strengthen our own faith and commitment to service. It also reaffirmed that every vocation, when nurtured with love and prayer, becomes a beautiful offering to God. We returned with grateful hearts, carrying with us renewed faith, joy, and a deeper sense of spiritual awareness. Let us all keep them in our prayer.

ST. CATHERINE OF ALEXANDRIA PARISH

MARIAN PROCESSION

* 13-05-2026 *

** SCHEDULE OF ARRIVALS **

Sr. No.	Somudai	Time
1.	SAN DOMINGO	5:30 PM
2.	ST. CATHERINE	5:45 PM
3.	ST. AUGUSTINE (P)	6:00 PM
4.	ST. AUGUSTINE (M)	6:15 PM
5.	ST. AUGUSTINE (C')	6:30 PM
6.	KHURIS MILAGR	6:45 PM
7.	O.L. OF LIGHT	7:00 PM
8.	O.L. THREE NECESSITIES	7:15 PM
9.	ST. JOSEPH VAZ	7:30 PM
10.	ST. FRANCIS XAVIER	7:45 PM
11.	ST. PAUL	8:00 PM
12.	ST. JOHN FACUNDO	8:15 PM
13.	ST. IGNATIUS	8:30 PM
14.	O.L. OF PIETY	8:45 PM
15.	ST. ALEX	9:00 PM

A Grateful Heart: My Six-Month Journey in Se Catedral

— Sem. Valente Jesus Da Costa.



“Give thanks to the Lord, for He is good, for His steadfast love endures forever!” (Psalm 107:1)

At the very outset, I thank Almighty God for His infinite love, protection, and care. I am deeply grateful for His constant presence by my side, shaping me and nurturing me throughout this journey.

With a heart full of gratitude, I reflect on the past six months that I was blessed to spend in Se Catedral Parish as part of my seminary formation. This experience has been a meaningful chapter in my journey towards the priesthood, one that has shaped me spiritually, pastorally, and personally.

From the very beginning, I was warmly welcomed by the parish community. Your kindness, encouragement, and openness made it easy for me to feel at home. I am truly grateful to my Parish Priest, Can. Fr. Rosario Oliveira for his love, guidance, motivation, trust, and constant support, which helped me grow in confidence and responsibility. I would also extend my sincere thanks to Fr. Jason Fernandes, Assistant to the Parish Priest, and Fr. Jose Remedios Fernandes for their insightful sharing, support and guidance.

In a special way, I would like to thank my altar servers and the choir members, whom I had the privilege to accompany closely. To the altar servers—your dedication, discipline, and reverence at the altar were truly inspiring. It was a joy to guide you, pray with you, play with you and witness your sincere service to the Lord.

To my choir members—thank you for your commitment in leading the faithful in prayer through music. Your voices brought life to the liturgy and touched many hearts. I deeply appreciate your cooperation, commitment, enthusiasm, and the fellowship we shared.

To my parishioners- thank you for your love, support, motivation,

and guidance. Walking this journey with you was one of the most beautiful part of my journey. And yes, thank you for always praying for me.

These months have taught me the beauty of serving God’s people, the importance of teamwork, and the value of small acts done with great love. I have learned not only to lead but also to listen, to understand, and to grow alongside you all.

As I now move forward in my formation, I carry with me many cherished memories and valuable lessons from this parish. I assure you of my prayers, and I humbly ask you to continue praying for me, that I may become a faithful and compassionate priest.

Thank you once again for being such an important part of my journey. May God bless each one of you abundantly.

With gratitude and prayers.



Association of Senior Parishioners

St. Catherine’s Parish-Old Goa

As we celebrate the feast day of **St. John the Baptist**, take home a lucky prize!

The association is pleased to launch donation coupons featuring exciting and attractive prizes. We warmly invite your generous support and active participation by purchasing these coupons, which will help us fund and expand meaningful activities for our seniors in the future.

The lucky draw will be held on **24th June 2026** in the evening at the church grounds.

Coupons will be available every Sunday outside the church. They can also be obtained from your respective association members or Somudia leaders.

Fruits of the Holy Spirit in Family Life



Hema Menezes
ULO-Editor-in-Chief

“By their fruits you will know them.”(Mathew 7:16)

The month of May, rich in Marian devotion and crowned by the feast of Pentecost, invites us to reflect on the presence of the Holy Spirit in our lives. We often think of the Holy Spirit in powerful moments-like rushing wind and tongues of fire at Pentecost-His presence is most beautifully seen in the quiet, daily life of our families. It is here, in ordinary moments, that the **Fruits of the Holy Spirit** becomes visible and alive.

St. Paul, in his letter to the Galatians (5: 22-23), reminds us that the fruits of the Spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These are not just ideals to admire but gifts to be lived. And the family is the first and most important place where these fruits must grow.

Love is the foundation of every Christian family. It is expressed not only in big sacrifices, but in small, everyday acts- listening with attention, forgiving quickly, and caring without expecting anything in return. In a world that often promotes self-interest, families are called to witness selfless love.

Joy is the fruit that brings light into the home. It is not dependent on wealth or success, but springs from gratitude and trust in God. A joyful family finds reasons to smile even in difficulties, knowing that God walks with them.

Peace is essential in every household. Differences and misunderstandings are natural, but the Spirit teaches us to resolve conflicts with humility and understanding. A peaceful home becomes a place of rest and strength for all its members.

Patience is tested daily in family life –between parents and children, among siblings, and even in caring for the elderly. The Holy Spirit helps us to bear with one another lovingly, accepting imperfections and growing together.

Faithfulness calls us to remain committed- to our relationships, to our responsibilities, and above all, to God. Families that pray together, attend Mass, and trust in God’s plan become strong in faith.

Gentleness softens hearts and heals wounds. In a world often marked by harshness, gentle words and actions within family reflect the presence of Christ.

Finally, **self-control** is especially important in today’s fast-paced and digitally driven world. It teaches us to manage our emotions, words, and habits, helping us to live with discipline and respect for one another.

In this journey of living with the fruits of the Holy Spirit, we look to **Mother Mary**, the perfect model of Spirit-filled life. Her humility, patience, and unwavering trust in God made her home in Nazareth a place where God Himself dwelt. She teaches us to say “yes” to the Spirit in our daily lives.

As we celebrate this month of May, let us invite the Holy Spirit more deeply into our homes. Let every family become a small church – a place where love is lived, peace is nurtured, and faith is strengthened. For it is through these this simple yet powerful fruits that our families become true witnesses of Christ in the world.

Our Lady of Three Necessities, Intercede for us.

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A Vincentian Experience of Serving the Poor



Testimony by
Valsa Francis

Before beginning my Vincentian journey, I was not aware of **Blessed Frédéric Ozanam**, whose life continues to inspire us to serve with faith and love. As I became more involved, I came to understand that service is not just about helping others—it is a way of living our faith in action.

Through regular formation and participation, I have grown in my understanding of what it means to serve. I have realized that when we serve others with sincerity and compassion, we also receive grace. Service is not one-sided; it transforms both the one who gives and the one who receives.

My recent visits to ASRO and Seminar Nivas were truly eye-opening experiences. They helped me recognize how important it is to nurture and guide people in faith through simple acts of kindness, presence, and sharing. It is often in the smallest gestures that we touch lives and bring hope to others.

My journey began with a simple desire to help, but it soon became something much deeper. Visiting families in need, listening to their stories, and sharing in their struggles opened my eyes to realities I had never fully understood. Poverty is not just a lack of resources; it is often accompanied by isolation, discouragement, and a deep longing to be seen and valued. I realized that to become a good Vincentian, I must nurture these values in my thoughts and in my daily life.

These experiences have deepened my faith and reminded me that we are called not only to assist the poor materially, but also to walk with them spiritually. In doing so, we reflect the true Vincentian spirit—serving with humility, love, and a genuine desire to uplift others.

Through this journey, I continue to learn that in serving others, we encounter God, and in giving, we receive abundant grace.



पैरिशवासी - आशा के तीर्थयात्री

गुलशन डूंग डूंग
रानी मरियम समुदाय

१ कुरिन्थियों ३:१६ में परमेश्वर का वचन कहा है:

तुम परमेश्वर का मन्दिर हो और परमेश्वर का आत्मा तुम में वास करता है।

इसका मतलब है कि विश्वासी के रूप में हम ईश्वर का मन्दिर हैं और उसका आत्मा हम सब में रहता है।

पैरिशवासी वे लोग होते हैं जो किसी चर्च या धर्म-समुदाय से जुड़े होते हैं। वे केवल धार्मिक गतिविधियों में ही भाग नहीं लेते, बल्कि एक-दूसरे के साथ विश्वास, प्रेम और सहयोग बनाए रखते हैं। पैरिशवासी समुदाय हमेशा एक परिवार की तरह होता है जहाँ हर व्यक्ति दूसरे के सुख-दुख में साथ खड़ा रहता है। इसी कारण उन्हें आशा के तीर्थयात्री कहा जाता है, क्योंकि वे अपने जीवन की यात्रा में हमेशा उम्मीद और भरोसे के साथ आगे बढ़ते हैं।

आशा किसी भी व्यक्ति के जीवन का सबसे महत्वपूर्ण आधार होती है। जब कठिनाइयाँ आती हैं, तब यही आशा हमें मजबूत बनाती है और सही रास्ता दिखाती है। पैरिशवासी इस आशा को ईश्वर से प्राप्त करते हैं और उसे अपने जीवन में अपनाते हैं। वे प्रार्थना, सेवा और सद्भाव के माध्यम से अपनी आस्था को मजबूत करते हैं। जैसे तीर्थयात्री एक पवित्र स्थान की ओर बढ़ते हैं, वैसे ही पैरिशवासी आत्मिक शांति और बेहतर जीवन की ओर बढ़ते हैं।

अंत में, पैरिशवासी आशा के तीर्थयात्री इसलिए कहलाते हैं क्योंकि वे हर परिस्थिति में विश्वास और उम्मीद का साथ देते हैं। वे अपने जीवन, समाज और धर्म को बेहतर बनाने के लिए लगातार प्रयास करते हैं। उनकी यही सकारात्मक सोच और सेवा-भावना उन्हें उम्मीद के सच्चे यात्री बनाती है।

Way of the Cross

Aaron Mascarenhas
Parish Youth



The Way of the Cross was held on 3rd April 2026 and was led by the Parish Youth and the Altar Servers group. At every Station of the Cross, an act was performed by the youth and altar servers, depicting everyday life and the problems and difficulties we face.

The parishioners participated with deep emotion and faith. The Stations of the Cross concluded at the Chapel of St. Catherine, after which Rev Can Fr. Rosario Oliveira addressed the gathering. He enlightened the people, reminding them that in the end, the Saviour will rise and be with us all. The faithful dispersed peacefully thereafter.





Sé Catedral Parish Picnic 2026: Fellowship, Fun and Flavour at Pascoal Spice Farm

By Rovina Fernandes
ULO- Associate Editor

On a bright summer morning of 14th April 2026, Sé Catedral parishioners set out for a day of fellowship and joy at the lush Pascoal Spice Farm, Ponda. Two buses, filled with cheerful parishioners, departed at 9:15 am, accompanied by Parish Priest Fr. Rosario Oliveira, Assistant Priest Fr. Jason Fernandes, and Br. Valente.

Upon arrival, the picnickers gathered for a short prayer, entrusting the day to God's care.

The thoughtful gesture of sandwiches prepared by an all-men's team brought instant cheer and allowed the ladies to relax and savour the start of the outing. The inviting, cool waters of the swimming pool

soon drew parishioners of all ages. Meanwhile, our dedicated men's team fired up the barbecue grill arranged by Mr. Anil Afonso. Soon the aroma of succulent, char-grilled

barbecue chicken mingled with the tang of raw mango slices and the mellow warmth of authentic Goan Urrak mixed with limca and a flavour of green chillies, lent the get-together an unmistakable local Goan charm.

Beyond the pool, the plantation offered its own delights. While some enjoyed heartfelt conversations and spirited card games under shaded trees, others strolled through the verdant spice gardens, soaking

in the serenity of God's creation.

A wholesome lunch of pulav, tender chicken gravy, seasonal vegetable, fresh salad, and watermelon slices was served and relished by all. The post-lunch hours sparkled with energy as engaging individual and group games brought parishioners together in laughter and friendly competition. Music and spontaneous dancing by the





pool added to the vibrant energy. The refreshing falooda served in the evening was a thirst quencher.

This memorable day was made possible by the initiative of parishioners who organised games, arranged music, and ensured wholehearted participation across generations.



We express deep gratitude to our generous sponsors of drinks and snacks, whose kindness enriched the joy of the day.

From poolside splashes to barbecue aromas and shared laughter, the picnic beautifully strengthened the bonds of faith, fellowship, and community among Sé Catedral parishioners.

Our sincere appreciation to Picnic Coordinator Mr. Menino Menezes, Parish Priest Fr. Rosario Oliveira, Assistant Priest Fr. Jason Fernandes, Br. Valente, our enthusiastic volunteers, and every parishioner who contributed to the success of this outing. Your spirit of service made it truly blessed.

“How good and pleasant it is when God’s people live together in unity!” – Psalm 133:1



ASRO

Acceptance, Solidarity, Reassurance, and Outreach

Francis Mathew

The Conference of St. Catherine – St. Vincent de Paul members, along with our Parish Priest, Brother Valent, the Divine Mercy members and Altar Server boys and girls visiting **ASRO Community Care Centre** on **23rd March 2026** as part of our Lenten outreach program.

ASRO Community Care Centre works to empower children living with HIV/AIDS to lead independent lives. The acronym **ASRO** stands for *Acceptance, Solidarity, Reassurance, and Outreach*. ASRO is a project of Caritas Goa.

Located at Tivim–Bardez, this center provides shelter and comprehensive care for children living with HIV/AIDS. Many of the children at ASRO are fully or partially orphaned due to the illness and loss of their parents. The center supports children aged 4 years and above. Education care are provided to all the children from primary schooling to graduation. This will make them to live independently. And most of them are clinically proved with good health and can live a simple life. Talented small children performed singing and group dance for us.



This outreach program, along with the participation of our altar children, was an opportunity to explore and understand how underprivileged children live in our society. It also helped us see how the Diocese of Goa and Caritas Goa support these less privileged children, giving them hope and guidance to lead a better life.

Asking for help is a sign of a healthy mind, strength, and incredible courage. When the Conference decided to organize this outreach program and specially invited our altar servers both boys and girls and reached out to those willing to help by providing basic supplies and clothes, many hands came forward in generous support. It was truly heartening to witness the overwhelming outpouring of kindness and compassion from our parish.

Many parents of the altar-serving children shared their feelings after their children returned from the visit. Listening to their children’s experiences, they felt deeply moved and overwhelmed by the impact of this visit.

Discovering my gifts and using them for God

Rini S. Lobo
Parish Youth



The knowledge of a vast universe filled with magnificent planets and countless stars is shared by all of us. We also know how our mother earth works on such a delicate balance, and how a minor disturbance could entirely change the whole existence.

This awareness humbles us, reminding us of the vastness beyond our control and understanding. It quietly teaches us that there is an order, a design, far greater than what meets the eye. By knowing all of this, we sometimes feel insignificant, unimportant. That's when another way of thinking shows up: If the same God created such massive and intricate galaxies, so much more thought must have been put into each one of our existences, our gifts, and our experiences.

This thought transforms insignificance into intention, reminding us that we are not accidents but carefully designed beings. Every detail within us holds meaning, even the ones we fail to notice at first.

We often associate talents in art, music, dance, athletics, and other such areas as God's gifts. And they are, indeed, but they are not the only ones. Understanding others, providing love, comfort, and a shoulder — basically feeling for others and acting upon them with compassion — is also a gift, which unfortunately, is often overlooked. These quieter gifts often leave the deepest impact, shaping lives in ways that are not always visible but always meaningful. In a world that celebrates the loud and obvious, these gentle strengths carry a rare and lasting beauty.

Similar to how everything in our world has a purpose, so do our gifts. They are a part of our identity and our purpose. It is our responsibility to be grateful for them and use them to the best of our abilities to make God happy.

When we nurture these gifts, we honour not only ourselves but

the intention behind our creation. Using them with sincerity turns ordinary actions into something sacred. But we, humans, are very prone to comparing our gifts to others, which leads to insecurity or arrogance, and that further leads to the underutilisation of our gift. That also diminishes value and beauty.

Comparison blinds us to our own uniqueness, making us chase what was never meant for us. In doing so, we drift away from the very purpose we were created to fulfil.

Thus, if God has created the universe, and also created us and our gifts with such care, then it must be for a reason. That reason may not always be immediately clear, but it unfolds through patience, faith, and action. Trusting that process is part of living that purpose. "I have graven thee on the palm of my hands;" (Isaiah 49:16)

This verse reflects a love so personal and intentional that it leaves no room for doubt about our worth. It assures us that we are known, remembered, and valued beyond measure. If we are remembered so deeply, then we were never meant to live without purpose; it is our responsibility to live for the purpose and make Him glad.

Living with this awareness brings direction to our choices and meaning to our efforts. It turns life from mere existence into a quiet act of devotion.

माँ मरियम: पवित्र आत्मा की सहधर्मिणी

गुलशन डूंग डूंग
रानी मरियम समुदाय

माता मरियम यीशु की माँ हैं। बाइबिल में मत्ती के अध्याय १ के १६ में बताया गया है। माता मरियम को ज्ञापवित्र आत्मा की धर्मिणीकृ कहा जाता है क्योंकि उन्होंने अपने जीवन में पवित्र आत्मा की प्रेरणा को पूरी विनम्रता और विश्वास के साथ स्वीकार किया। जब परमेश्वर की योजना के अनुसार उन्हें यीशु मसीह की माता बनने का आह्वान मिला, तब उन्होंने बिना संकोच ज़हाँक कहकर अपने आपको पूरी तरह ईश्वर की इच्छा के हवाले कर दिया। मरियम का जीवन पवित्रता, आज्ञाकारिता और समर्पण का अद्भुत उदाहरण है। उन्होंने हर परिस्थिति में ईश्वर पर भरोसा रखा और पवित्र आत्मा के मार्गदर्शन में चलकर धर्म और सत्य का पालन किया। इस प्रकार वे हर विश्वासी के लिए प्रेरणा बनती हैं कि हम भी अपने जीवन में पवित्र आत्मा की आवाज़ सुनें और ईश्वर की इच्छा के अनुसार चलें।

Empowered by the Spirit: Living Boldly for Christ

Iniya Manzrekar
Parish Youth



Living boldly for Christ is not always about grand gestures or being loud, perfect or fearless; it is about being real, available, and willing. The Spirit does not turn us into different people; it strengthens who we are, shaping our hearts to reflect Christ in everyday life. It means choosing faith over fear, truth over comfort, and love over convenience even when no one is watching. Living boldly also means embracing vulnerability. It means admitting when we are weak and trusting that God's strength is enough. The bottom line is boldness in simply saying "YES" to God, again and again. It is a daily surrender, a quiet trust that our lives, however ordinary they may seem; can carry extraordinary purpose when empowered by the Spirit.

I have heard that the Spirit speaks from within but recently I have witnessed the voice of the living Spirit. I've been facing anxiety and intense fear when it comes to my exams; however this time I surrendered all my thoughts and fears before Christ. I read the Bible before leaving the house. This wasn't a name sake surrender but truly with all my faith I surrendered everything to Christ because I heard the Spirit speak to me, to trust blindly with full faith; and that's what I did and everything went smoothly. I didn't have blank outs in the exam hall like before. I felt a wave of strength and courage within, a warm feeling. This experience taught me that when I surrender my fears to Christ, He replaces them with peace.

We all can start by deepening our relationship with God. Spending consistent time in Prayer and Scripture, not as a routine to complete but as a conversation to engage in. The more you understand Christ's heart, the more confidence you gain in living it out. Boldness grows when you're rooted, not rushed. Let go of the need for approval. Fear of judgement often holds people back. When your identity is grounded in Christ rather than others' opinions, you become free to live authentically and boldly.

And in every step of courage, no matter how small, the Spirit turns ordinary faith into a powerful testimony that boldly reveals Christ to the world.



REPORT OF THE REVIVAL /INAUGURAL OF THE PARISH FAMILY SERVICE CELL.

**By Lourdes Vaz
Coordinator-PFSC**

A family is a domestic church. As we prayed for families in our Parish of St. Catherine of Alexandria, to be more vibrant and holy, our Parish Priest thought of having the revival of the Parish Family Service Cell, of our Parish which was formed in 2015.

After due preparation at the PPC level, a couple representing each somudai and two professionals, the revival / inaugural was held at our 7am community Mass on Sunday the 26th of April 2026. The Eucharistic Celebration was presided over by Rev. Fr. Albano Fernandes, the Director of The Diocesan Family Service Centre and concelebrated by Rev. Fr. Rosario Oliveira our Parish Priest.

In his homily Fr. Albano stressed upon the good, one can do in the society and that, to do this our families should be strong with values and faith in action. Since it was a Sunday dedicated to the Diocesan seminarians and seminaries the theme of the Mass was ‘ JEZU BOREA GONVLEACHO TALLO AIKUN, KUTTUMBIK TOTVAM JIEUN, DEV APOVNNEACHEM BIM VOMPUM-IA’.

All the members took the oath of humility, to live in their respective families in the light of The Holy Word of God and the teachings of The Church, imbibing the values of The Holy Family of Nazareth. And with this, living a life of concern and of extending help to the families in the Parish making them more vibrant, holy and happy.

After Mass there was a fellowship breakfast and a brief talk by Fr. Albano Fernandes highlighting the steps taken by the Diocesan Family Service Centre to hold a survey of Catholic Family Life. He explained that this cell should be the extended hands of the Parish Priest and that all the work / activities should be strictly under his guidance through the Parish Pastoral Council.

The participants responded with a calm, cool and receptive mindset. They thanked Fr. Albano for being present after taking time off from his busy schedule.

With blessings from God Almighty through Fr. Albano, the members dispersed with hearts filled with gratitude, strengthened to work in The Lord’s vineyard.

Serving Others: A Sign of Life in the Spirit A Call to Serve: The Vincentian Way of Life in our parish

Committee of SSVP

The mission of the **Society of St. Vincent de Paul** is rooted in love, compassion, and a deep commitment to serving those in need. For every member, this calling is not simply an act of charity, but a living expression of faith. Truly, serving others becomes a sign of life in the Spirit.

Inspired by the vision of **Blessed Frédéric Ozanam**, members are called to see Christ in their fellow brothers and sisters and to serve them with humility and respect. This means going beyond material assistance and building genuine relationships with those we serve. Each visit, each conversation, and each act of kindness becomes an opportunity to bring hope and dignity into someone's life.

One of the primary responsibilities of an SSVP member is to practice personal service. This involves visiting families, listening attentively to their struggles, and responding with compassion. It is not enough to give help from a distance; Vincentians are called to walk alongside the poor, sharing in their joys and sorrows.

Another essential role is spiritual growth. Members are encouraged to deepen their faith through prayer, reflection, and regular formation. Service without spirituality can become routine, but when rooted in faith, it becomes meaningful and transformative. In serving others, members encounter God and grow in holiness.

Members also carry the responsibility of promoting human dignity. Every person, regardless of their situation, deserves respect and understanding. By treating those in need as equals and brothers and sisters, Vincentians uphold the core value of love in action.

Additionally, SSVP members are called to work in unity and fellowship. Service is not an individual effort but a shared

mission. Supporting one another, participating in meetings, and collaborating in outreach activities strengthen both the community and the impact of service.

Above all, the Vincentian vocation is about living the Gospel. It is about being attentive to the needs of others and responding with a generous heart. Through simple acts—offering time, listening, and sharing resources—members become instruments of God’s grace.

Serving others, therefore, is not just a duty; it is a sign that the Spirit is alive within us. It reflects a faith that is active, compassionate, and real. As members continue this mission, they not only transform the lives of those they serve but also grow in their own journey of faith and love.

Once we begin our journey as Vincentians, our thoughts and way of life continually encourage us to serve tirelessly for the upliftment of our fellow brothers and sisters, helping them to live with dignity. There is no hesitation in reaching out in any meaningful way to those in need. The joy of seeing a smile on their faces and witnessing their lives being uplifted becomes our greatest reward.

To be a Vincentian is not just a role—it is a lifelong commitment. It shapes our hearts and guides our actions.

Truly, once a Vincentian, always a Vincentian.

OFFICE TIMINGS ANNOUNCEMENT

Parish office Timings - Month of May.

The Parish office will remain open during the morning hours from 09.00am to 1.00pm throughout the month of May. (Except Sundays & Holidays Closed)

Parishioners are kindly requested to make a note of this schedule and plan their visits accordingly.

Tin Gorzanche Saibinnichea Porbeche Toyarek ani Porbek Zababdari ani Vixoi.

Tarik/Dis (4 p.m.)	Vixoi	Somuday
21/05/2026 Brestar	Triek Devaxim Ekvott Thiraunk, Jezuk Chikttun Ravunk, Maria ek nomuno.	St. Ignatius
22/05/2026 Sukrar	Marie Bhaxen Jezucho Khoro Mog Korum-ia, Devak Mhoima Zhoddun Gheum-ia.	St. Alex
23/05/2026 Sonvar	Marie Bhaxen, Jezuche Okhondd, Mogache Xis Ani Visvaxi Govai Zaunk Vavrum-ia.	St. Domingo
24/05/2026 Aitar	Jezuche Mogache ani Xantiche Dut Zaunk, Marie Bhaxen, Bhasailolea Povitr Atmeank Jivitant Svikarum-ia.	Our Lady of Piety
25/05/2026 Somar	Jezuchi Avoi Amchi Avoi, Tika Apnnaum-ia.	Khuris Milagr
26/05/2026 Mungllar	Jezucho Niz Pattlavdar Zaunk Mariechea Jivitacher Nodor Marum-ia, Sonvsari Mon Soddun Dium-ia.	St. Joseph Vaz
27/05/2026 Budvar	Sorginchem Raj Zoddun Gheunk, Marie Bhaxen Lhanvikayenchem ani Seve-Chakrechem Jivit Apnnaum-ia.	Our Lady of Light
28/05/2026 Brestar	Devache Khoxek Hoikar Diunk, Marie Bhaxen Zagrut Ravun, Magnneantlean Devacho Tallo Aikum-ia.	St. Augustine
29/05/2026 Sukrar (Vespers)	Devache Kurpen ani Marieche Vinovnnen, Jivitant Borim, Togtat Toslim Follam Utponn Kortolim Mon'xam Zaum-ia.	St. John Facundo
30/05/2026 Sonvar (Porob)	Bhavarth, Bhorvonso Ani Mog Jieum-Ia, Mariek Porkhundum-ia	Our Lady of Three Necessities <i>(Altar in-charge)</i>
Dor disa, Povitr Missache bhetta adim, sanjechea 3:30 vaztam, zababdari aslolea Somudayen Tersachem Magnnem korchem.		

PARISH LITURGICAL PLANNER FOR THE MONTH OF MAY, 2026

<u>SUNDAYS</u>				
Date	Celebration	7:00 a.m.	10:00 a.m.	04:00 p.m.
03/05/2026	5 th Sunday of Easter	St. Joseph Vaz	St. Ignatius	St. Alex
10/05/2026	6 th Sunday of Easter	St. Domingo	St. John Facundo	St. Augustine
17/05/2026	The Ascension of the Lord	Khuris Milagr	S.FX	St. Paul
24/05/2026	Pentecost Sunday	St. Catherine (Altar assigned)	St. Joseph Vaz	O.L of Piety
31/05/2026	The Most Holy Trinity	O.L of Light	St. Alex	St. John Facundo
07/06/2026	The Most Holy Body and Blood of Christ	St. Augustine	St. Domingo	S.FX.

WEEKDAYS

Date	Celebration	Time	Responsibility
01/05/2026 (Friday)	St. Joseph the Worker	07.00 a.m.	Daily Mass
08/05/2026 (Friday)	Anniversary of the inauguration of the Pontificate of Pope Leo XIV (2025)	07.00 a.m.	Daily Mass
13/05/2026 (Wednesday)	Our Lady of Fatima Marian Procession through the Somudays	07.00 a.m. 05.00 p.m.	Daily Mass Senior Parishioners' Association
20/05/2026 (Wednesday)	Maddi for the Feast of Our Lady of Three Necessities	05.00 p.m.	Confraria

21/05/2026 (Thursday) to 29/05/2026 (Friday)	Novena for the Feast of Our Lady of Three Necessities	07.00 a.m. 04.00p.m.	Daily Mass Novena Mass (in- charge Somudays as per separate Roster)
25/05/2026 (Monday)	The Blessed Virgin Mary, Mother of the Church	07.00 a.m.	Daily Mass
28/05/2026 (Thursday)	Our Lord Jesus Christ, the Eternal High Priest	07.00 a.m.	Daily Mass
30/05/2026 (Saturday)	Feast of Our Lady of Three Necessities	07.00 a.m. 04.00 p.m.	St Catherine Our Lady of Three Necessities Somuday

Children's Corner

The Story of Pentecost

Pentecost, also known as the birthday of the Church, marks the end and completion of the Easter season which happened after 50 days, and the great beginning of the church, and continues to guide and strengthen the Church and its believers. It marks the coming of the Holy Spirit.

There are seven gifts of the Holy Spirit which are Wisdom, Understanding, Counsel, Fortitude (Courage), Knowledge, Piety (Devotion), Fear of the Lord, which are especially received at baptism, strengthened and understood during confirmation.

Also it's purpose is to tell us that we should stay in unity and the mission is to follow and spread the Good News about Him, to the ends of the earth through the believers who stayed united after His resurrection.

Bible Reading (Acts 2:1-4):

When the day of Pentecost came, all the believers were gathered together in one place. Suddenly there was a noise from the sky which sounded like a strong wind blowing, and it filled the whole house where they were sitting. Then they saw what looked like tongues of fire which spread out and touched each person there. They were all filled with the Holy Spirit and began to talk in other languages, as the Spirit enabled them to speak.

From Gladys Vaz
Zomo Nixkollonk Saibinn

DAILY READINGS FOR THE MONTH OF MAY 2026

Intentions of the Apostleship of Prayer

Intention: That everyone might have food.

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

01/05/2026 FRIDAY	Ac. 13:26-33;	Ps. 2:6-7.8-9.10-11;		Jn. 14:1-6.
02/05/2026 SATURDAY	Ac. 13:44-52;	Ps. 97(98*):1.2-3ab. 3cd-4;		Jn. 14:7-14.
03/05/2026 SUNDAY	Ac. 6:1-7;	Ps. 32(33*):1-2. 4-5. 18-19;	1 Pt. 2:4-9;	Jn. 14:1-12.
04/05/2026 MONDAY	Ac. 14:5-18;	Ps. 113B(115*):1-2. 3-4. 15-16;		Jn.14:21-26.
05/05/2026 TUESDAY	Ac. 14:19-28;	Ps. 144(145*):10-11. 12-13ab. 21;		Jn. 14:27-31a.
06/05/2026 WEDNESDAY	Ac. 15:1-6;	Ps. 121(122*):1-2. 3-4a. 4b-5;		Jn. 15:1-8.
07/05/2026 THURSDAY	Ac. 15:7-21;	Ps. 95(96*):1-2a. 2b-3. 10;		Jn. 15:9-11.
08/05/2026 FRIDAY	Ac. 15:22-31;	Ps. 56(57*): 8-9. 10-12;		Jn. 15:12-17.
09/05/2026 SATURDAY	Ac. 16:1-10;	Ps. 99(100*):1-2. 3. 5;		Jn. 15:18-21.
10/05/2026 SUNDAY	Ac. 8:5-8. 14-17;	Ps. 65(66*):1-3a. 4-5. 6-7a. 16+20;	1 Pt.3:15-18;	Jn. 14:15-21.
11/05/2026 MONDAY	Ac. 16:11-15;	Ps. 149: 1-2. 3-4. 5-6a+9b;		Jn. 15:26 -16:4a.
12/05/2026 TUESDAY	Ac. 16:22-34;	Ps. 137(138*):1-2a. 2bc-3. 7c-8;		Jn. 16:5-11.
13/05/2026 WEDNESDAY	Ac. 17:15. 22-18:1;	Ps. 148:1-2.11-12. 13. 14;		Jn. 16:12-15.
14/05/2026 THURSDAY	Ac. 1:15-17. 20-26;	Ps. 112(113*): 1-2. 3-4. 5-6. 7-8;		Jn. 15:9-17.
15/05/2026 FRIDAY	Ac. 18:9-18;	Ps. 46(47*): 2-3. 4-5. 6-7;		Jn. 16:20-23a.

16/05/2026 SATURDAY	Ac. 18:23-28;	Ps. 46(47*): 2-3. 8-9. 10;		Jn. 16:23b-28.
17/05/2026 SUNDAY	Ac. 1:1-11;	Ps. 46(47*): 2-3. 6-7. 8-9;	Eph.1:17-23;	Mt. 28:16-20.
18/05/2026 MONDAY	Ac. 19:1-8;	Ps. 67(68*): 2-3. 4-5ac. 6-7ab;		Jn. 16:29-33.
19/05/2026 TUESDAY	Ac. 20:17-27;	Ps. 67(68*): 10-11, 20-21;		Jn. 17:1-11a.
20/05/2026 WEDNESDAY	Ac. 20:28-38;	Ps. 67 (68*): 29-30. 33-35a. 35b-36c;		Jn. 17:11b-19.
21/05/2026 THURSDAY	Ac. 22:30, 23:6-11;	Ps. 15 (16*): 1-2a +5. 7-8. 9-10. 11;		Jn. 17:20-26.
22/05/2026 FRIDAY	Ac. 25:13b-21;	Ps.102(103*): 1-2. 11-12. 19-20ab;		Jn. 21:15-19.
23/05/2026 SATURDAY	Ac.28:16-20. 30-31;	Ps. 10 (11*): 4.5+7;		Jn.21:20-25.
24/05/2026 SUNDAY	Ac.2:1-11;	Ps.103 (104*): 1ab+24ac. 29bc- 30. 31+34;	1 Cor.12:3b-7. 12-13;	Jn.20:19-23.
25/05/2026 MONDAY	Gen.3:9-15. 20; or Ac.1:12-14;	Ps. 86 (87*):1-2. 3+5. 6-7;		Jn. 19:25-34.
26/05/2026 TUESDAY	1 Pt. 1:10-16;	Ps. 97 (98*): 1.2- 3ab. 3c-4;		Mk.10:28-31.
27/05/2026 WEDNESDAY	1 Pt. 1:18-25;	Ps.147 (148*):12- 13. 14-15. 19-20;		Mk.10:32-45.
28/05/2026 THURSDAY	Gen,22:9-18;	Ps.39 (40*): 7-8a. 10-11ab. 17;		Mt.26:36-42.
29/05/2026 FRIDAY	1 Pt. 4:7-13;	Ps.95 (96*): 10. 11-12. 13;		Mk.11:11-26.
30/05/2026 SATURDAY	Jdt.17:20b-25;	Ps.62 (63*):1. 3-4. 5-6;		Mk.11:27-33.
31/05/2026 SUNDAY	Ex.34:4b-6. 8-9;	Ps. Dan,3:52. 53. 54. 55.56;	2 Cor.13:11- 13;	Jn.3:16-18.
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.

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 korpi

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 Tornatteeanchi 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 Sevak (Liturgical 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 OLOKHX VO DOTON

Aitar Sokallim 9.30 vaztam

KOCHERICHIO VELL

Somar tem Sonvar

Sokallchim 9:00 tem donparchim 1:00

POTH'THO

St. Catherine of Alexandria Church,
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Mob.: **08805247041**

SOM'PORK

Email: secatedralgoa@gmail.com

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

To Bro Valente

Parishioners of Saint Catherine of Alexandria



With heartfelt gratitude, we thank Seminarian Valente Jesus Da Costa for his dedicated service to our Cathedral over the past six months.

His commitment has been evident in many areas he generously served, guiding and supporting the choir ministry, accompanying and mentoring our altar servers, and assisting in various liturgical responsibilities with sincerity and reverence. His pastoral zeal was especially felt in his pastoral visits to parishioners, bringing comfort to the sick and blessings to families in their homes.

We are also grateful for his valuable contribution to the ULO Editorial Board through his thoughtful and inspiring articles, which have enriched our parish bulletin and strengthened our spiritual reflection.

As he continues his journey in formation, we pray for Lord's abundant blessing upon him and guidance in his vocation.

May his service bear much fruit in the Church.

With prayerful best wishes and gratitude.



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