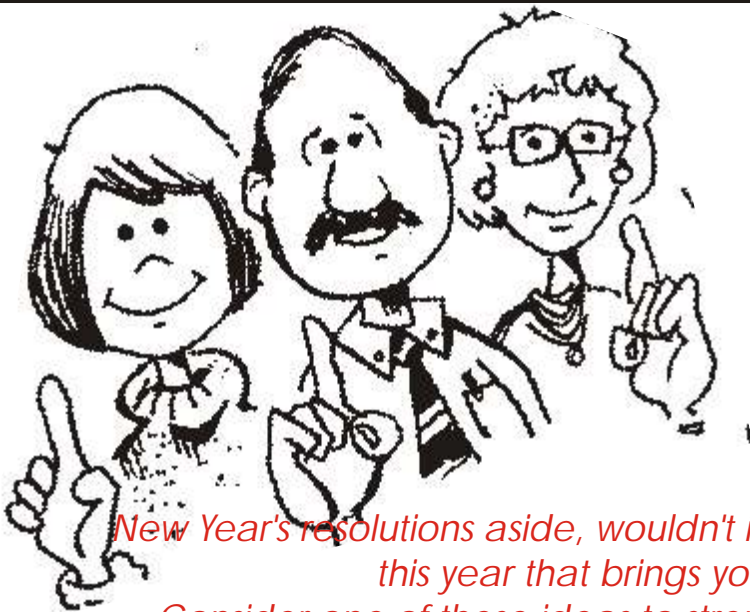


Keystone

ST PETER'S CHURCH, BANDRA
NEWSLETTER

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Take one step closer to holiness in the New Year

New Year's resolutions aside, wouldn't it be great to make one change this year that brings you closer to God?

Consider one of these ideas to strengthen prayer, serve the poor, and evangelize our faith.

Tina felt her prayer life going stale, so when her parish put out a call for adorers for the perpetual adoration chapel, she jumped at the chance. Now, every Monday evening, Tina can be found in the presence of the Eucharist. Tina said, "I really look forward to my hour each week."

Although his law practice keeps Peter incredibly busy, he takes an afternoon off every month to work at the community centre, serving hot meals to the homeless and working poor.

When asked why he does it, Peter said, "I want Jesus to be able to say to me, 'When I was hungry, you gave me to eat.'"

Maureen's children are grown and on their own, yet she teaches a religious education class at her parish. "What better way to evangelize our faith than to the children? That's where I can do some real good." she said.

What one step closer to holiness can I take this year?



DON'T JUST SAY YOUR PRAYERS, PRAY THEM

- Fr. Peter Ribes

(Simple methods of Prayer suggested by St. Ignatius Loyola)
For this Exercise we are taking **THE OUR FATHER**

INSTRUCTIONS

1. Decide the length of time you want to spend in the prayer exercise. (Say a quarter of an hour, half an hour or more).
2. Begin your prayer exercise by taking the first word of the prayer you have selected.
3. Then, leisurely and affectionately recite the selected word over and over again. Ponder on it, find its various meanings, comparisons, etc., keep meditating on it and relish it as long as you find joy, consolation and meaning in it.
4. When you exhaust the matter and feel satisfied, take the following word and proceed in the same manner till you complete the entire prayer.
5. If, in the course of your prayer exercise, you find in one or two words, abundant matter for thought and much relish, do not be anxious to go ahead and to finish the entire prayer.
6. If, during the time decided upon for this prayer exercise, you cannot go through the entire selected prayer, stop meditating on it, and recite what is left of it in the ordinary way.
7. Next time you wish to use this method, recite the words you have already meditated upon on previous occasions, and start meditating on the words that follow them.

PROCEDURE

1. Take a position that helps you to relax and invites you to pray.
2. Close your eyes and in silence, place yourself in the presence of God.
3. Think of what you are about to do.
4. Ask the Holy Spirit to teach you to pray, as Jesus taught his disciples.
5. To begin with, take the most common of our prayer THE OUR FATHER
6. Follow the instructions given above.
7. Eg. Our Father ...Who are in heavenholy be Your name...Your kingdom come ... Etc.

Why does the priest wash his hands during Mass?

Why do
Catholics
do that

In the early Church, people may have offered gifts such as live poultry or fresh fish during Mass, in addition to bread and wine.

That made it necessary for the priest to wash his hands after receiving them.

Today, the priest washes his hands to symbolize his desire for purity of heart as he approaches the central part of the Mass. As he washes his hands, he prays, "...wash away my iniquity .. cleanse me from my sin."

Where does the word **AMEN** come from? - Parish Team

AMEN is a Hebrew word, that we mention very frequently during the Eucharist, and is also found often in the Bible.

In Hebrew, the word 'Amen' comes from the same root as the word "believe". This root expresses solidity, trustworthiness and faithfulness. Whenever we say 'Amen', we are expressing both God's faithfulness towards us and our trust in him.

So in other words, you are saying, "Lord I say a firm 'Yes!' to whatever you have in store for me. I place my full trust in you, knowing that you love me very much and always want the very best for me."

This word is the shortest and yet the most powerful prayer when said meaningfully.



I'M NOT OLD - JUST MATURE

- Compiled by Edna Amaral

Today at the drugstore, the clerk was a gent,
From my purchase, this chap took off ten percent.
"What for?" I asked him "why this lesser amount?"
He smiled: "Because of the Seniors discount."

At the snack bar, I asked for hotdog and fries,
There again I was in for a surprise !
He poured a cup of coffee for me,
And said "For you Seniors, the coffee is free."

I understand - I'm not old - I'm merely mature.
But some things are changing - temporarily - I'm sure.
The newspaper print gets smaller each day,
And the people speak softer - can't hear what they say!

My car is all paid for, not a paisa is owed.
Yet that kid yelled "Old duffer get off the road".
My car has no scratches, not even a dent,
Yet I get all that swearing from a punk who is 'Hell bent.'

My friends are all getting older, faster than me.
They seem much more wrinkled from what I can see.
As for me, I have 'character lines' not wrinkles, for sure,
So don't call me 'old', just call me 'mature' !

Now the steps in the houses they build today
Are so high - they take your breath away.
And the roads are so much steeper than 10 years ago
That should explain why my walking is slow !

Nevertheless, I'm proud to say,
I'm keeping up with all that's hep today.
I can yet rumba, samba - and jive for sure,
I'm not really old - I'm only mature !

RESOLUTIONS IN 2007

- Tess Mascarenhas

*The dawn of two thousand and seven,
With mood so festive and gay,
Has given rise to new resolves
We hope they'll stay that way.*

*A child may vow to say night prayers
Without distracting thoughts,
A mother will pray for patience
While reprimanding tots.*

*Father's given up smoking,
For the doctor's views are dim.
Did Junior vow to study more?
Oh wow! But homework's grim.*

*No matter what our resolutions,
That we try so hard to keep,
We pray that in the New Year,
Peace over earth will sweep.*

*So, a Very Happy New Year,
To each and everyone,
Even broken resolutions*

Think about this !



LOOK FOR LAUGHS

There's an old saying
"Your day goes the same way
as the corners of your mouth."
Spend some time each day
Looking for opportunities to smile.
If you don't see any, make them happen.