

ISSUE 1 · FEB 2022

# Little Bit of ME

The SARYM Newsletter

## Wisdom - Topic of the Month

**"Do not forsake wisdom, and she will protect you; love her, and she will watch over you. Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding." - Proverb 4:6-7**

Wisdom is the first and highest gift of the Holy Spirit because it is the perfection of the theological virtue of faith. Through wisdom, we come to value properly those things which we believe through faith.

The truths of Christian belief are more important than the things of this world, and wisdom helps us to order our relationship to the created world properly, loving Creation for the sake of God, rather than for its own sake.



*-by Jonas*

## This issue:

Topic for this Month  
PAGE 01

Words By Father Jovito  
PAGE 02

Few words by Youth  
Coordinator  
PAGE 03

Know Our Youth Leaders  
PAGE 04

Meet the Youth Council  
Leaders  
PAGE 07

Announcements, Events,  
and Updates  
PAGE 10

Monthly Report  
PAGE 11

Bits & Bytes of SARYM  
PAGE 13



# FR. JOVITO D'SOUZA

*Parish Priest  
St. Anselm's Catholic Church*

Hello Everyone, 2022 is here and St. Anselm's Rising Youth Ministry (SARYM) presents to you it's first newsletter titled 'Little Bit of Me'. As the title suggest it gives the reader an insight into the work of SARYM and an opportunity to know what goes on in forming the youth to make their voice heard. As you read through, you will feel the enthusiasm oozing from each youngster.

Throughout the pandemic, all worked hard to ensure that their loved ones were safe and cared for. We too didn't have the energizing summer camp for the youth. However, some of them did meet on zoom and shared their lockdown experiences. Returning slowly to some level of normality we were delighted to catch up and meet every Saturday from 2:00 to 4:00 pm.

From 29th August 2021 and as your read this, we were able to form our youngsters to make their voice heard as they reflected on wide range of issues Faith, Ecology, Music, Acting, Dancing, Singing, Languages the list goes on and on and more to come. There is a lots to share, we bring before you some events and views of each month and look forward to future events.

We always welcome prayerful support and the Newsletters are a great way to stay in touch with the latest developments of the SARYM. If you are considering supporting St. Anselm's Rising Youth Ministry financially, you can contact the Parish Priest, Fr. Jovito.

**Be assured of our prayers and good wishes for the coming month.**

# MARK SILVA

*Youth Coordinator*  
*St. Anselm's Rising Youth Ministry*



## **Dear Parents and Parishioners and my dear young people,**

I currently hold the post of Safeguarding Rep and Youth Coordinator in this parish of St Anselm. It has been nearly 6 years that I have started working with the young people of St Anselm's rising youth ministry. And always it has left me in a shock to see the amazing talents that our young people hold under their coats.

Obviously, these 2 years of Lockdown have brought many young people in a very uncomfortable state. Many young people have experienced Mental health issues which were quite sad to see. Therefore, the re-opening of the youth ministry was really important so we could support our young people and help them to boost their confidence and self-esteem.

I, along with my youth leaders, take full responsibility for keeping our young people safe and secure. We have ensured that all COVID-19 precautions are taken and have also introduced Youth council leaders to create a space where they can relax and speak to a buddy of their own age who will listen to them. These young leaders will also voice up suggestions of activities on behalf of all youth and encourage their friends to showcase their talents. We all at SARYM take Mental well-being very seriously and therefore our Youth leaders are asked to undergo an online educare training for Mental well-being and Child Protection.

Adding to my expressing concerns about Mental health, I would like to share some tips that I find quite recovering.

### **Coping with things You can't control**

- Today, use frustration and disappointment to motivate you rather than annoy you. Breathe and be mindful. You are in control of the way you respond to life.
- It's not what you broadcast to everyone else that determines the trajectory of your life; it's what you whisper to yourself behind closed doors that has the greatest power and influence.
- Some people will never understand, and it's not your job to teach or change them. Prioritize your peace. Learning to let go of certain expectations and detach from certain people are two of the great paths to inner peace.
- Your worth is not dependent on someone else's ability to be kind and loving. Accept this, and start acknowledging your own worth. Stop waiting for others to tell you how important you are. Tell yourself today, and believe it.
- The goal this year is to gradually change your response to what you can't control. To grow stronger on the inside, so that almost nothing on the outside can affect your inner peace and wellness without your conscious permission.

Hoping that you will enjoy the Monthly newsletter; support our young people by reading the content and giving us a verbal or written feedback through the mentioned email [southallsg3@safeguardrcdow.org.uk](mailto:southallsg3@safeguardrcdow.org.uk)

# Our Youth Leaders



*Mrs Lidia Fernandes*

I have 16 years experience working at a school and 9 years with Missionaries sister of charity, along with 6 years In our parish as a youth leader. I am from Goa and blessed with two daughters. I work as both a science technician and a food and design tech in Villiers high school and have been in this parish for 22 years.

When I work with young people I feel like I can relate to them in order to allow them to feel comfortable and enjoy my company, although I have a fun side I make sure that my responsibilities and duties are well performed. I treat each and everyone equally, as my aim is to show our youth the right way of conducting life by learning an understanding, caring, loving and spiritually in faith. I feel it is very important to give respect to everyone and treat each other equally, with the use of positive language including the use of all three magic words 'PLEASE', 'THANK YOU', AND 'SORRY'.

*Miss Vinita Pereira*

I am a Software Engineer, and a youth leader for SARYM. Being a part of SARYM has not only given the youth but also an opportunity for me to learn and grow along with them. I take joy in organizing regular social, educational, and spiritual oriented events along with other Youth Leaders and Youth Council Leaders to maintain a vibrant program.



## Miss Croscia Da Cunha

I am a former youth member and now a Youth Leader. Ever since I joined this ministry, as a teenager, I knew I wanted to be a Youth Leader to pass on and develop faith and virtues that were instilled in me by this ministry. I take delight in teaching and learning with young people, making positive contributions to their life and helping them explore their faith.



## Mrs Juy Fernandes

I am glad to have joined this ministry and impart my time and support to the youths, sharing with them the Love and concern that our Lord Jesus Christ have for us.  
God bless

## Mrs Clemcy Soares

As a Youth Leader, I would like to take this opportunity of being a responsible and sensitive youth leader. And by giving them an opportunity to participate, lead, and build their skills.



## Mrs Lavina Noronha

I joined the SARYM youth ministry because it keeps me enthusiastic and motivates me to help the youngsters to come closer to God and make the world a better place.

Mrs Rita Khokhar

As a youth leader, I feel very happy to pass on the faith to the younger generation, where they can become active members of the church and grow in faith.



Miss Fay Fernandes

I feel the need to give witness to others the love that I feel in my heart and to work for the coming of God's glorious kingdom here on earth. I believe it's the Holy Spirit's zeal for our beloved youth that makes me zealous to reach out to them so that they too may have the peace, joy, and fullness of life through their daily encounter with Christ (prayer, holy mass & adoration) and live out their Christian vocation in the world by bringing others to Christ and spreading the light of His love to all those who live in darkness, who do not know Jesus and have not come to know His love.

## Our Support Staff

---

Mrs Soccurine

Mrs Innacina

# Meet the Youth Council Leaders



*Chrislee Quadros*

Cultural & Admin Leader

Council Coordinator

*As a Cultural Representative I'm responsible for hosting and organizing different events taking place in the church with my team. As part of my admin role, my job is to write reports regarding everyday sessions and liaise with Ms Pereira for weekly registrations to update on the system and also take in suggestions from the youth which help us create a better environment and serve the needs of the youth. Overall I take charge of creating a bridge between the youth members and youth leaders so that they enjoy the sessions and are able to learn something new from it.*

*Oligson Fernandes*

Behavior Mentor & Sports Leader

*As a sport leader, I take the lead to introduce indoor outdoor games in order to encourage our friends to stay fit and healthy. As a Behaviour Mentor, I ensure that the rules of the youth ministry are maintained. I do this by introducing Strategies under the leadership of Mr Silva. Along with my partner we have introduced strategies like Green/Red Stickers for punctuality, Rolling Trophy for best group and star of the week. Which is working quite well.*



Deputy Council Coordinator



*Clayson Da Cunha*  
Cultural & Admin Leader

*As a Cultural Leader, I help Youth Leaders in organising events like Father's Love and Emmanuel, God with us. This has helped all youth members to come together to showcase our talent and enhance it further, improving overall confidence and well-being of all individuals. As a council administrator, I assist Youth Leaders during Registration. This allows us to run youth ministry smoothly and efficiently.*

Deputy Council Coordinator

*Rhea De Melo*

Female Rep, Outreach & Behavior Mentor

*As a female representative, I specifically interact with young females in the ministry and speak about any concerns that they are undergoing or even ideas that we as young females can have and liaise with the coordinator and other youth leaders and council leaders so that we can put in place. As an outreach leader, I help out the vulnerable and bring them closer to God and help the Youth Leaders to organize/plan fundraising events. As a behavior mentor, I along with Oligson come up with strategies to ensure that the youth ministry runs smoothly, a place to have more fun, excitement and simultaneously a more god loving place.*





## Ashwin Carvalho

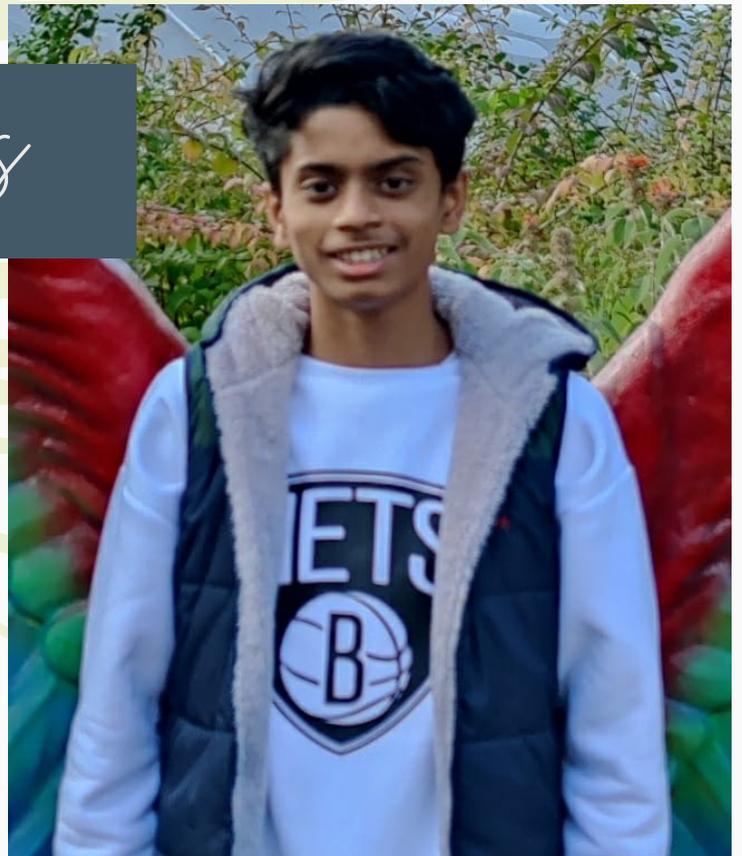
Mentoring and Management Leader

*As part of my mentoring job, I ensure that all young people get the equal opportunity to participate and showcase their talents. I also ensure that they have a full voice to speak up and raise a concern or share their suggestions. In other words, I encourage them to come forward. As part of my Management job, I ensure that my fellow young people get a good variety of food which is healthy for everyone. Also, it is my duty to ensure that the place is left clean when the session ends and at the start of the session. In order to do this I come up with strategies to improve and introduce.*

## Dwayne Fernandes

Admin Team

*As part of the admin team we do reports. I also do this with the help of other council members such as Chrislee. I ensure that all the reports are done for each youth session. I hope to carry on helping the youth.*





*Vayshaun Fernandes*  
Management Group

*I recently joined the youth council leaders. I help to set out the place for the youth. As well as in the future I hope I can help the sarym youth ministry in various ways.*

## Safeguarding Team

Mark Silva

Rita Khokhar

Vincentina Rebello

Email the team if you need to speak or get in touch :

**[southallsg3@safeguardrcdow.org.uk](mailto:southallsg3@safeguardrcdow.org.uk)**

## Announcements, Events & Updates



### *Upcoming Events*

- 5th Feb - Culinary Art
- 12th Feb - Little Bit of God
- 19th Feb - Get Set Play
- 26th Feb - Break

# MONTHLY REPORT

## January



January being the start of a New Year, 2022 meant that it was a perfect opportunity for our youth to make a fresh start in their journey to grow and ignite spiritually in the presence of GOD, so our YOUTH AND COUNCIL LEADERS planned on various sessions and activities to take opportunity of the new start and improve on things which we weren't able to last year and tried to create a better environment of education, amusement and spiritual growth for our youth.

### 8th January

The youth got a chance to communicate and express themselves in their groups by taking part in various games and working together as a team.



### 15th January

The youth were to be able to share with us their knowledge and understanding about the Gospel stories and Bible and those who weren't aware were able to learn something new.





## 22th January

Today our youth got to shine and express their talent. Art session helped them to explore a certain talent which they didn't know they carried with them and got a chance to implement this talent of creativity into action and create wonderful pieces of artwork inspired by the 7 gifts of the Holy Spirit.

## 29th January

Was an educational walk through and an important session based on learning a new language 'Portuguese'; an important part of life being able to communicate with various people from different cultures and ethnicity and understanding different people in this world. This skill of learning further languages is planned to be further developed in our youth



Overall it was a fantastic month, so much to gain and learn and explore in short amount of time however the response received from the youth was absolutely amazing. The enthusiasm and eagerness to participate in activities and just generally being well mannered and friendly towards one another shows the individual growth and social understanding of our youth.



# Bits & Bytes of SARYM

## POEM

LIFE HAS GIVEN ME THE TRUTH  
AND HAS TAKEN AWAY MY YOUTH  
BUT GOD IS ALWAYS THE ONE WHO I  
CHOOSE  
BECAUSE THOU HAVE GRANTED ME  
THY FRUIT,

LIFE HAS BLESSED ME WITH LOVE,  
AND HAS SCREWED ME WITH HATE,  
BUT AT TIMES LIKE THIS I KNOW THAT  
GOD HAS MADE ME WISE

AND WANTS ME TO BELIEVE IN FATE.

LIFE IS A REJOICING OPPORTUNITY  
AND WISDOM

A TIME TO CHERISH AND FLY  
THE WORLD IS A STATION OF GLORY  
LET US ALL LIVE AND TRY TO SURVIVE

*-by Chrislee & Sine*



*-by  
Kennedy  
Cardozo*

## Wisdom

Wisdom is a simple word. With a deeper meaning to it. The phrase “Wisdom is like lighting a candle”. At first glance it doesn’t seem to be a lot, just a simple sentence with no meaning. This is because a number of people don’t take a moment to think about the reason behind things. In simplistic words ‘Wisdom’ means good judgement and knowledge, a person who has high intelligence of most things, a person who is wise in most things he or she does.

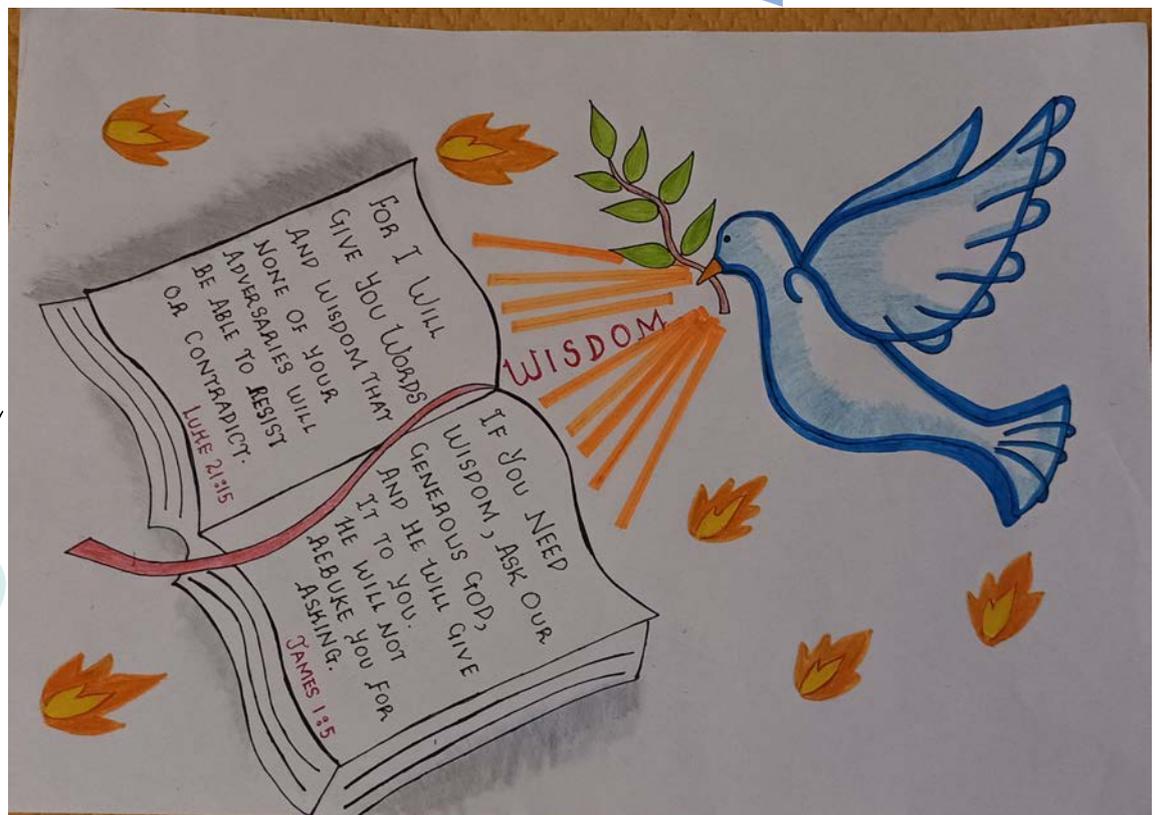
It is the simple and effective path of doing things; it is not always a person who is intelligent.

Wisdom can be gained through the experiencing of things like doing something reckless that could cause harm to yourself and getting hurt. Then when you are doing another dangerous activity you would hearken back to the previous time you did something similar and not follow in your past’s footsteps again.

Do you think that you are someone that wise? Do you think that you possess the qualities of being wise?

*-by Seon*

*-by Julinka*



# The Art of Dressing

“Wearing the correct dress for any occasion is a matter of good manners” Loretta Young, a famous writer once wrote this quote educating the young people to show decency in wearing appropriate clothing for the occasion. We young people often forget “what to wear” “how to wear” which makes us look unsocial and disrespectful. It is crucially important to dress properly to present yourself professionally and suitably. This is crucial in activities in religion. Dressing up suitably makes them responsible and disciplined. Manners are about respecting yourself and the others around yourself. It expresses the goodness for how you treat people and how the people want themselves to be treated. “Good manners you can always cultivate them in your talk. You can learn them all, in your life as you walk.” Manners help you with your social skills which is a great part of success.

## Respect Yourself And Others Will Respect You.

Respect is a positive feeling or action expressed towards something. It could also refer to something held in high esteem or regard. Showing respect is a sign of ethical behaviour. There are two essential aspects of respect, self respect and respect for others. Self respect refers to loving oneself and behaving with honour and dignity. An individual who does not respect himself or herself should certainly not expect respect from others. This is because nobody likes to treat such individuals with respect. Respect is the very aspect that keeps everything in your life. self respect is the foundation of a healthy relationship, lacking self respect brings negative consequences. An individual who lacks self respect is considered unimportant and treated as dormant by others. Self respect is a reflection of toughness and confidence, it makes a person accept more responsibility. Self respect makes you a better person and eliminates the need to make comparisons.

Respect is taught to people everywhere and it is even taught to them in their religions. Respect must be shown to people who impact our lives. This includes our parents, friends, relatives, teachers, neighbours, etc. One of the best ways of showing respect to others is listening. Listening to another person’s point of view is an excellent way of Respect. We must allow a person to express his views even if we disagree with them. Respecting your elders is important because they know more than you and they know what is good for you and what isn’t. Religious and cultural beliefs should be respected. Everyone must respect each other and those who are in authority such as police officers, religious leaders, teachers, etc.

In conclusion, respect is a major aspect of human socialisation. It is certainly a precious value that must be preserved. Respectful behaviour is vital to human survival.

*-by Anzy*



*-by Annabelle Pálha*

**1 JOHN 4:7-8**

“Dear friends, let’s love each other, because love is from God, and everyone who loves is born from God and knows God. The person who doesn’t love does not know God, because God is love.”

The Good News: God’s very essence is love; when we love one another, we are fulfilling God’s most fundamental wish for our lives.

“Creativity doesn’t wait for that perfect moment. It fashions its own perfect moments out of ordinary ones.”

**—BRUCE GARRABRANDT**



*-by Mark Estrocio*