

ISSUE 2 · MARCH 2022

Little Bit of ME

The SARYM Newsletter

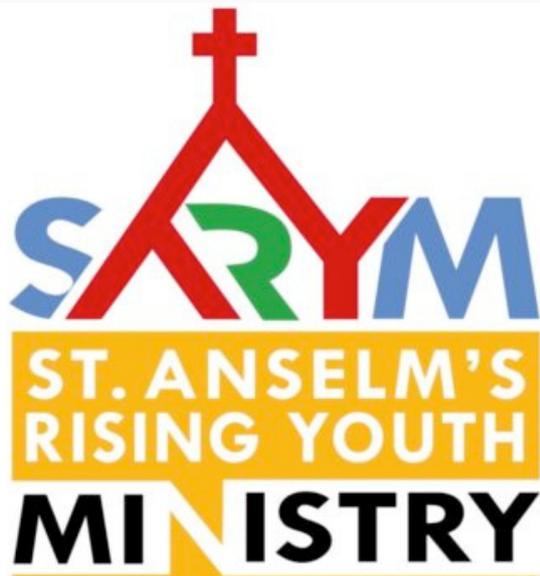
Understanding - Topic of the Month

Proverbs 3:5-6

“Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.”

Proverbs 3:5-6 teaches us to trust God with all of our hearts and not to rely on what we know. Include God in whatever you do at all times, and you will give Him a chance to keep you on target. You may not always be able to predict what will happen next. So put your trust in the Lord.

The core message of these verses is to trust Our Lord in any situation since He knows what to do. You don't always know what to do, and relying on your intelligence or insight will lead you astray. You will find the perfect solution if you include God in every single step you take to correct a situation.



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FR. JOVITO D'SOUZA

*Parish Priest
St. Anselm's Catholic Church*

Dear Friends,

I want to talk to you about an unusual book. It is unusual because of its content and the way it is. Why is it unusual? This book is of prime importance to every Christian, which is at times elaborated as Basic Information Before Leaving Earth [BIBLE]. This is just a mnemonic device used to grasp the vastness of the Bible.

The content is unusual because it challenges us to be persons of love. To love not just oneself or those who love us in return, but to go out of our way, to walk an extra mile to love even those who hate, hurt or harm us (Matthew 5: 43 -48). This is because God who has created us in His likeness and image (Genesis 1:27) loved us first and continues to love and forgive us although we sin and go away from Him.

It is unusual the way it is, because it is not just a book but a library of books, i.e. it contains number of books, its written at different times as well as by different persons, it is also divided into two parts, The Old and the New Testament. For the Catholics the Bible comprises of 73 books. The Old Testament has 46 books and the New Testament has 27 books. And all of these scripture is inspired by God [2 Timothy 3:16-7].

There is a general perception that the youth of today are not interested in this. I disagree! The youth of today are not as superficial as we think, they are eager to know what life really is. The Bible is exciting as it draws their attention to the life and destiny of the many persons mentioned in the Bible and deeply engaging them to reflect on their own life and destiny.

As our youngsters meet every Saturday, we talk to each other about our faith (not all are at the same level) through the many activities, this helps them to face the challenges and temptations of our times with strength for the Lord.

So let us not allow our faith to dry up like a dew drop in the sun, but march forward knowing well that the Lord journeys with us till the end of time [Matthew 28:20].

I pray each day for all of you.

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

MARK SILVA

Youth Coordinator



Dear Parents and Parishioners and my dear young people,

Charles Kettering has rightly quoted “There is a big difference between knowing and understanding: you can learn a lot about something but not understand it”.

I completely agree with this quote because the ministry will provide you with a lot of learning

experiences but it should be within the individual to intake it with eagerness. I can proudly say

that our young people have shown an excellent amount of progress when it comes to understanding what they are been instructed (behavior) or understanding the feeling

that the

opposite person is going through.

I pray and wish that they will continue to show the gift of understanding to their peers and to the

wider world.

LAVINA NORONHA

Youth leader

Understanding Gift of the Holy Spirit

Understanding is the second gift of the Holy Spirit. While wisdom is the desire to contemplate the things of God, understanding allows us grasp, at least in a limited way, the very essence of the truth of the catholic Faith. Through understanding, we gain a certitude about beliefs that moves beyond faith.

In Understanding, we comprehend how we need to live as a follower of Christ. A person with understanding is not confused by all the conflicting messages in our culture about the way to live. The gift of understanding perfects a person’s speculative reason in the apprehension of truth. Therefore through understanding, we see the world and our life within it in the larger context of the eternal law and the relation of our souls to God.



Rhea De Melo
Youth council leader

"Whoever is patient has great understanding, but one who is quick-tempered displays folly." - Proverbs 14:29

A person who is patient is rich in understanding which tells us we need to understand the Gods word more in order to be successful and God helps us do that (Luke 24-25 He opened their minds so they could understand the scriptures)

When a person has the wisdom of God he tends to be good in understanding. However a person who chooses to ignore and neglect the truth and the word of God bears consequences.

Understanding the word of God, guides us in the right direction that leads us to heaven.



Safeguarding Team

Mark Silva

Rita Khokhar

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

southallsg3@safeguardrcdow.org.uk





SARYM
PRESENTS

ON THE WAY TO THE CROSS

COME WITNESS

The Way, Truth and Life
of the Cross

**Journey enacted on
2nd & 3rd of April 2022
after 6:30pm Mass**

ST ANSELM CATHOLIC
CHURCH, SOUTHALL
UB2 4BE



Do join us!

Announcements, Events & Updates



Upcoming Events

- 5th March - Green Youth
- 12th March - Feel The Rhythm
- 19th March - Choice of Life
- 26th March -Movie Time

STARS OF THE MONTH:

A large, stylized star graphic with a dark brown outline and a gold glitter fill is the central focus. It is surrounded by several smaller gold stars of varying sizes. The names of the stars of the month are listed in bold black text within the star's outline.

**MURPHY
SLEEDEN
AARON
JERDAN**

Thanksgiving Psalm

By St. Patrick's group (Green)

I thank you my Lord, my strength, my rock.
With all my heart I thank you for life, love,
support and providing me with everything.

I sing your praise for you have given me good things;
for friends and family, I thank you Lord.

I shout with joy to the Lord for all those who
have supported and encouraged me.

How amazing is the Lord; you have given me a
lovely caring family and answered my prayers.

I praise the Lord at all times; for bringing me to the UK
and for opportunities to showcase my talents.
For all the happiness in my life, I just want to thank you
Lord.

The Lord is gracious to me; He has given me this lovely
day.

I constantly sing His praise; for you have helped me
achieve my goals.

By your power I enjoy the freedom from war and evildoers.

I sing aloud a song of thanksgiving and tell all your
astonishing deeds.



Encouraging Psalm

By St. Ignatius' Group (Orange)

The Lord is my light and my salvation; I fear no one.
My hope comes from the Lord; for He encourages me
to things which I feel I couldn't do.

My help comes from the Lord, so I can express my emotions.

Truly He is my rock, my salvation;
even when I am at my worst I am not shaken.

The Lord loves me, he will not forsake me, His faithful one.

He filled me with courage;

hence I could do the bidding prayers which I wasn't confident
about.

You Lord hear the desires of the afflicted;
you have chosen me to help other people
and prayer for them by coming to the church.

The Lord counsels and instructs me
to spend more time with my family and friends.

You Lord are a shield around me
motivating me to be mindful of the things I do.

The Lord is gracious to me I experience His compassion and
mercy.

The Lord sustains me; hence I can live another day.

Complaining Psalm

By St. Francis Xavier's Group (Yellow)

My God, my God why have you forsaken me?
I shout to You day after day but You didn't answer my
prayers.

My hands and feet tremble as I feel I have no help from
You.

Why Lord I am not able to achieve what I want
I call upon you as things doesn't happen the way I
expect it to be.

Do not be far from me when I have a hard time (bad
luck).

How long will I have to wait to see the good things God
has done for me.

My eyes have failed to see what I have and complained
about what I don't have.

Turn your ear toward me and give healing.
You have forgotten me; I ask for something
and it doesn't happen or I don't get it.

I cry to You when someone in my family is sick and
I prayed to heal them but didn't listen.

Hear my cry for help in my sickness.

All my longings are known to you Lord, be quick to
answer me.

Blessing Psalm

By St. Anselm's Group (Red)

My soul blesses the Lord, all that is within me bless
the Lord.

You Lord have blessed me with a good family.

My gifts and talents are a blessing from God.

The Lord blesses me with His comforts in my trouble
times.

I feel blessed with the everlasting love of my Lord.

I am blessed with Lord's forgiving and passionate love
towards me.

You Lord have blessed me with a sister.

The good education that I receive is a blessing from you
O Lord.

You O Lord have blessed with good and faithful friends.

I am blessed with the talent of playing football.

I am blessed to play table tennis.

I am blessed enough to have a good life.

I am blessed to live another day.

I am blessed to have a roof over my head.

I am blessed with a strong spirit that has brought me this
far.

Your hand of blessing is ever on my head.

LOVE PSALM

BY ST. MOTHER TERESA'S GROUP (BLUE)

GREAT IS YOUR LOVE OF LORD; YOUR FAITHFULNESS
ENDURES FOREVER.

I PROCLAIM YOUR LOVE FOR ME DAY AFTER DAY.
MY EYES HAVE SEEN YOUR STEADFAST LOVE FOR ME.
YOU HAVE Poured OUT YOU LOVE ON ME THROUGH MY
PARENTS;

ESPECIALLY DURING MY EXAMS.
YOUR LOVE O LORD HAS MADE ME CAPABLE TO BE WHO I
AM.

YOU HAVE CLOTHED ME WITH YOUR LOVE BY GIVING ME
A ROOF OVER MY HEAD;
A SECURED PLACE TO LIVE.

LET YOUR FACE SHINE ON ME AND SAVE ME IN YOUR
STEADFAST LOVE.

I EVER EXPERIENCE YOUR STEADFAST LOVE FOR ME.
LOVE RESIDES IN THE HOUSE IN WHICH YOU DWELL, A
PLACE WHERE YOUR GLORY ABIDES.

WITH LOVE YOU HAVE JOURNEYED WITH ME, WITHOUT
WAVERING.
YOU HAVE BEEN WITH ME AT EVERY STEP OF MY LIVE AND
KEPT ME FROM DANGER.

I LOVE YOU LORD FOR ALL THE THINGS I OWN, FOR THE
TALENTS YOU HAVE GIVEN ME

MONTHLY REPORT

February



February was mainly focused on creating an enthusiastic and comfortable environment of spiritual growth within our youth. This allowed us to get to know the youth much more better than before and were able to identify their interests and capabilities as well. This was only possible through the various activities planned and organised by our YL and YCL

8th February

Our youth got to learn and implement the skill of culinary by making salad and then designing and replicating it into a given spiritual theme. This was a good way to test our youth's knowledge and their creative capabilities. It was surprising to see a lot of boys actively engaging in the session and the final products were truly marvelous.



15th February

This session gave the youth a chance to ignite and acknowledge their faith in a special eucharistic celebration followed by a spiritual hosted by the YCL about the gospel and teachings of Jesus. This was purely organised for them to reflect and understand simple yet important values and gifts of God that are granted to us and truly appreciate its value.





22nd February

This session was suggested by the youth themselves; a sports session which was supposed to be planned outdoors ended up being an indoor session instead due to the weather, even then YCL were able to come up with an alternative session which interested the youth getting them hyped and getting them ready to Get Set Play.



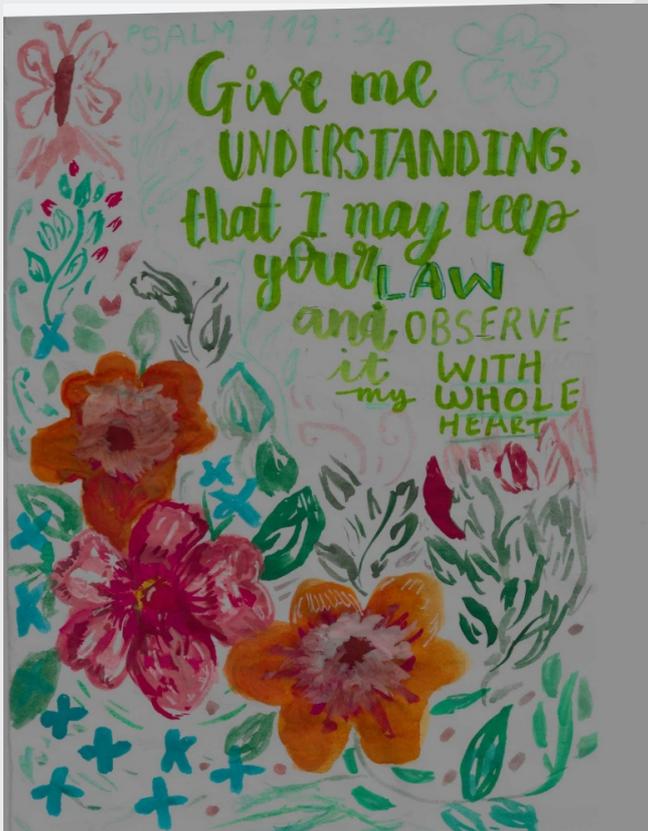
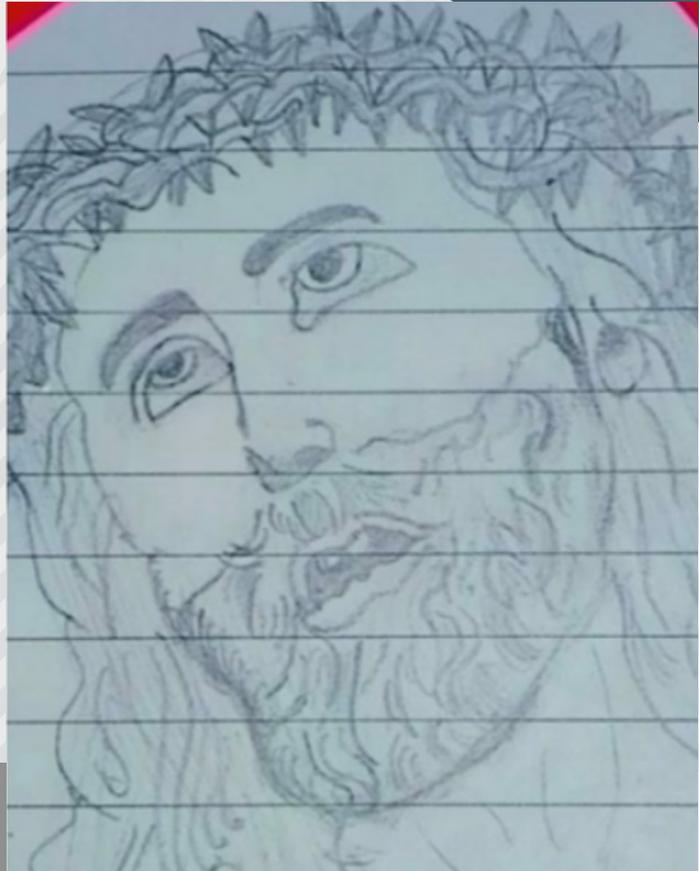
Overall this month was packed full of fun activities, keen knowledge and important skills which would be really significant in their further life.



Bits & Bytes of SARYM

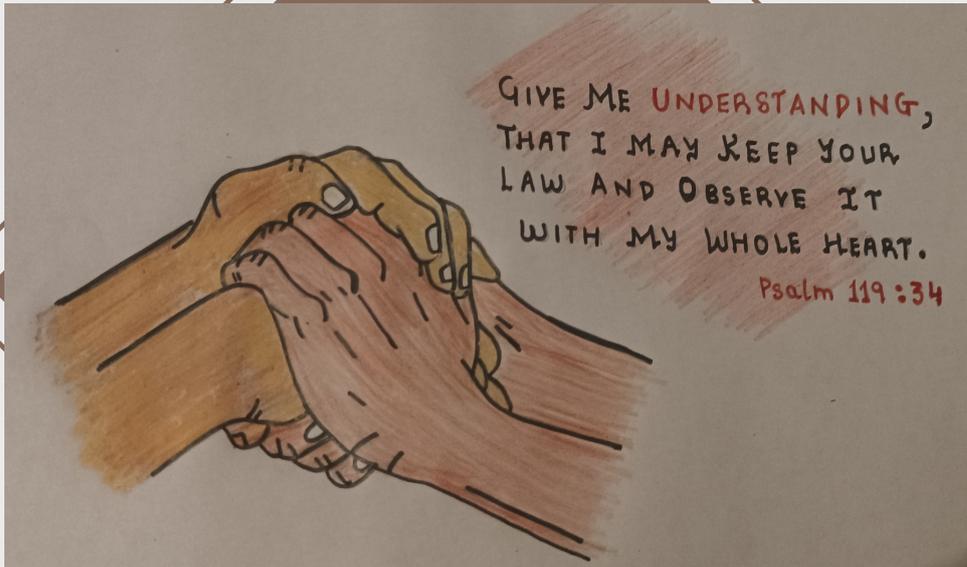
-by **Sine Saldanha**

-You may not understand it today or tomorrow but eventually, God will reveal why you went through everything you did.



Psalm 119:34

-by **Davina Gonsalves**



—by
Julinka Pereira

—by
Jonas

UNDERSTANDING

Understanding is a key element in our life that everyone should own. But in our modern life everyone has forgotten what understanding means. Understanding is an ability to grasp others' emotional states and is associated with the concept of empathy.

Everyday we make judgement on people's emotions and appearance and their states, we quickly make statements on the way they dress, they speak, ect, without knowing their background states. We should take everything under consideration and try to understand people. This will quickly affect others' mindset and in response it will help them to react to others appropriately and without looking down upon them.

The importance of the key word empathy should be a skill to everyday life. In seeing how people are being treated in their day to day life. Imagine a person with a physical disorder, how much pain they must be going through? where people just look down upon them without knowing how their day to day life goes with that disability. Imagine a person with a social phobia, who doesn't like to interact with people and is just forced to interact. Just imagine how much it stresses them out?. Understanding them will help in making them comfortable.

UNDERSTANDING

“Mutual understanding is the main backbone of every happy relationship” –Edmond Mbiaka, an author, says that understanding is important and a key component for a healthy and stable relationship. A relationship doesn't only mean between lovers but also among families, friends, teachers, colleagues and others.

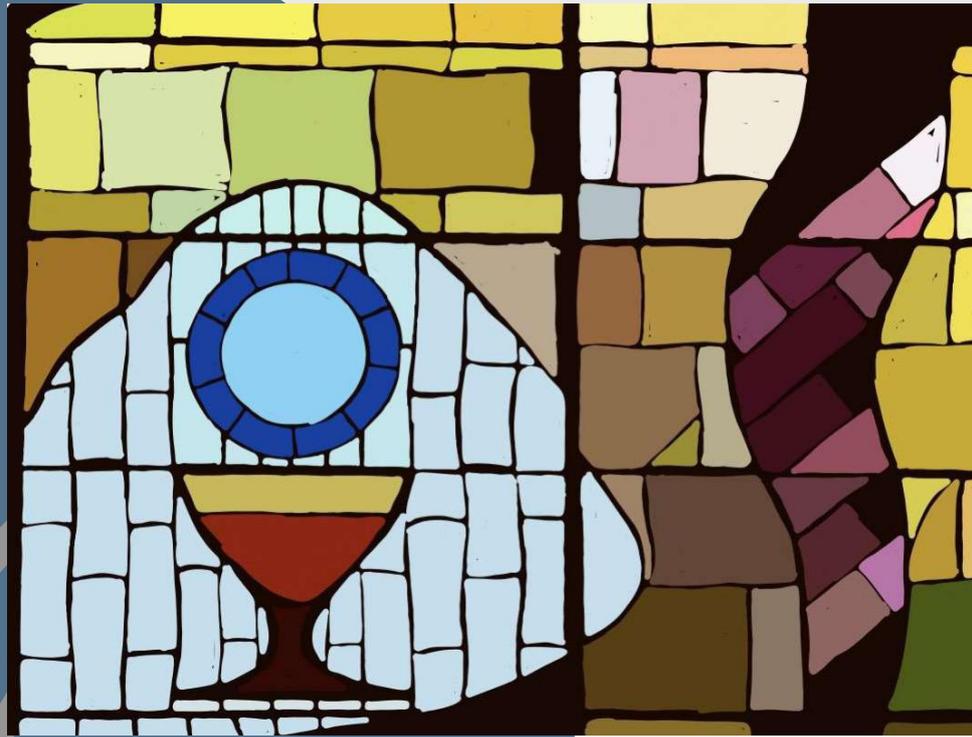
Having understanding between each other is essential because this helps both your life and the other's life by interacting with them. It helps benefit you by making you think and care for someone else and allows the person to come out of their zone into a very welcoming and comforting zone with you. By helping and boosting someone is vital in optimizing your and others lives around you.

“Trust in the Lord with all thine heart; and lean not unto thine own understanding”, God says in the bible, put your faith and trust in himself with your heart sincerely and he will lead you to the right path. People who believe in God say this often to others and themselves by professing God's faith. Trusting God is the most important and crucial part in everyone's individual lives. He knows what is going on in your life and also about everything you will be going to in the future. He is the Christ and the best one who knows how to handle every situation in the best possible consequence. We need to trust and follow his path every single moment of life and not only whenever we need him or at our worst possible times.

-by Anzy

-By Anfia

God had shown Moses the design (Exodus 25:40); and by filling the artists with His Spirit, God guaranteed that the artwork produced would truly represent Him——not the ideas of man.



-Digital art by Anfia

