

ISSUE 1 · SEP-OCT 2022

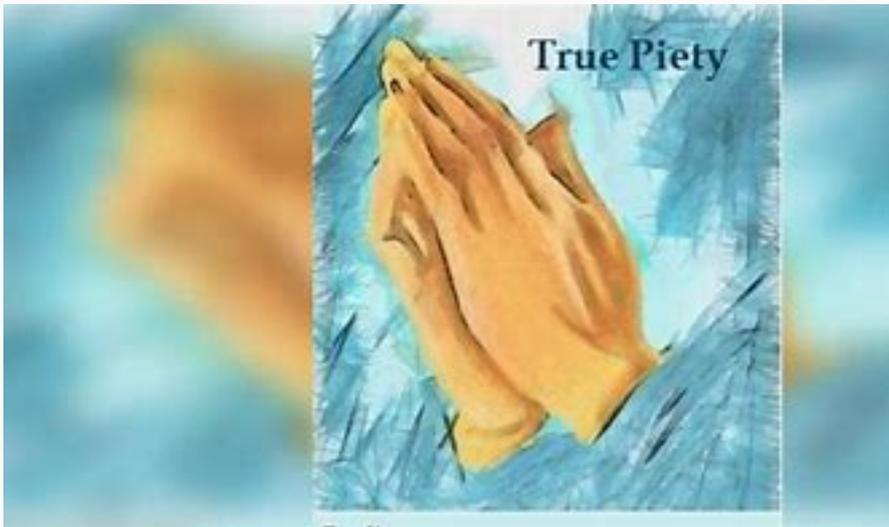
# Little Bit of ME

The SARYM Newsletter

## PIETY - Topic of the Month

**"You shall love the Lord your God with all your heart and with all your soul and with all your might.-Deuteronomy 6:5**

Piety is used to mean proper honor and respect toward parents(1 Timothy 5:4). In Acts 17:23, the Greek verb is rendered "ye worship", as applicable to God. Piety is important because piety is the evidence of sincere faith. It is a devotion to God through our actions, not just thoughts and words. "Little children, let us not love in word or talk but in deed and in truth"(1 John 3:18). The importance of piety and living piously is seen in the virtue of faith for Christianity. It is a demonstration that our faith is alive and well, committing ourselves to worship and loving others. "For as the body apart from the spirit is dead, so also faith apart from works is dead." (James 2:26).



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Topic for this Month

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Coordinator

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FR. JOVITO D'SOUZA

*Parish Priest  
St. Anselm's Catholic Church*

## Youth: Bundle of Possibilities

Taking inspiration from last year's St Anselm's Rising Youth Ministry (SARYM), this year's Youth Programme is to put the young people at the heart of their communities through different Skills, Social Teachings of the Church, Social Actions and Fun activities. This gives them an opportunity to voice out their concerns and to be themselves.

One thing that facilitates the above programme is the Youth Council. They plan for the month's activities after listening to suggestions from the youth. Thus, they are the link between the Youth and the Youth Leaders.

This initiative needs persons (Youth Leaders) who are committed, creative as well as caring. They act as a springboard for the young people to have a positive outlook of oneself, others and the environment.

I wish to sight two example of the fascinating events that have taken place in these couple of months. One is the session on 'Laudato Si' (Care for Our Common Home) an Encyclical from Pope Francis. They focused on five key areas namely Food, Water, Transport, Electricity and Waste. The youngsters came up with simple and effective ways; they would put things into practice. You can read some of their suggestions on page 03, titled 'Ecological Love-in-Action'. The other session was on 'Listening'. The youth council conducted this session wherein the youth had an opportunity to share on issues of housing, financial crisis as well as mental health. Their suggestions have been forwarded to the concern authorities.

My closing remark, 'The Youth are a Bundle of Possibilities' and for us to draw out the best from the youth, besides the youth leaders we need the support of our readers (parishioners). We always welcome prayerful support and if you are considering supporting SARYM financially, you can contact the Parish Priest, Fr. Jovito.

**Be assured of our prayers and good wishes.**

# ECOLOGICAL LOVE-IN-ACTION

THE ECOLOGICAL TRANSITION TOUCHES ON EVERY ASPECT OF OUR LIVES. ALL OUR CHOICES AFFECT ECOLOGY IN OUR DAILY LIFE IN ONE WAY OR ANOTHER. WE HAD FIVE THEMES TO HELP US REFLECT ON HOW TO MAKE BETTER CHOICES AND TAKE NECESSARY ACTIONS. IN THIS SECTION, WE HAVE CONCRETE STEPS TOWARDS THE SUSTAINABLE USE OF: FOOD, WATER, TRANSPORT, ELECTRICITY AND WASTE.

## 1. FOOD (ST. THERESA)

- REDUCE EATING CAN FOOD.
- NOT TO FILL YOUR PLATE WITH MORE THAN WHAT YOU CAN EAT.
- GROW VEGETABLE AT HOME (GARDEN)
- PUT THE LEFTOVER FOOD IN THE COMPOST.
- CONSUME FEWER ANIMAL PRODUCTS

THIS DOES NOT MEAN EVERYONE SHOULD ADOPT THE SAME DIET; PERSONAL HEALTH AND DIETARY NEEDS ARE IMPORTANT TO CONSIDER.

## 2. WATER (ST. FRANCIS)

- TURN OFF THE TAP WHEN YOU BRUSH YOUR TEETH.
- TAKE A SHORTER SHOWER.
- FILL UP A BUCKET AND USE THAT WATER, RATHER THAN A RUNNING TAP.
- WATER YOUR GARDEN WITH A WATERING CAN RATHER THAN A HOSEPIPE.

THE SURVIVAL OF THE ECOSYSTEMS AND AVAILABILITY OF FRESH WATER IN THE FUTURE DEPENDS ON US.

## 3. TRANSPORT (ST. IGNATIUS)

- SHORT DISTANCE CAN GO ON FOOT.
- USE PUBLIC TRANSPORT.
- USE BICYCLE WHENEVER POSSIBLE.
- USE ELECTRIC CARS, LESS POLLUTION.
- HOLDING LONG-DISTANCE MEETINGS VIS CONFERENCE CALL.

USEFUL INDICATOR OF ENVIRONMENTAL IMPACT CAN EASILY BE FACTORED INTO OUR HABITUAL EQUATION OF COST AND CONVENIENCE.

## 4. ELECTRICITY (ST. ANSELM)

- TURN PLUG OFF WHEN NOT IN USE.
- USE HYBRID CARS
- SHARE TV WATCHING TIME AS A FAMILY, NOT ALONE.
- USE SOLAR PANNELS.
- HEAD BATH IN THE MORNING, SO USE OF SUNSHINE TO DRY ONES HAIR.
- REDUCE USE OF STRAIGHTENER, CURLER AND BLOW-DRYING, USE TOWELS
- HEATING ONLY USE IT WHEN NECESSARY.
- SWITCH OFF LIGHTS WHEN LEAVING THE ROOM.
- SWITCH OFF AND CHARGE THE MOBILE PHONE.
- DO NOT FORGET TO SIMPLY SWITCH THINGS OFF AFTER USING THEM.

## 5. WASTE (ST. JOSEPH)

- TURN THE WASTE INTO BIOFUEL.
- USE MORE RECYCLED THINGS.
- GIVING AWAY YOUR GOOD CLOTHES TO PEOPLE WHO NEED IT
- REDUCE USE OF PLASTIC; TAKE YOUR OWN REUSABLE BAG, LIKE CLOTH BAGS.
- USE BIODEGRADABLE PRODUCTS.
- CARRY A FLASK INSTEAD OF BUYING BOTTLED WATER.
- AS GOD/HOLY SPIRIT FOR IDEAS TO SOLVE THE WASTE PROBLEMS.

REDUCING THE AMOUNT OF WASTE THAT WE PRODUCE IS MADE POSSIBLE BY MANY SMALL DECISIONS EACH DAY.

IN CONCLUSION, EACH ASPECT OF OUR LIVES AND THE CHOICES WE MAKE MUST BE WORKED OUT WITHIN OUR OWN UNIQUE CONTEXT.

# MARK SILVA

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



Dear Parents, young people and parishioners,

It feels really great to write once again for St. Anselm's Rising Youth Newsletter. Last year, the newsletter team showed great devotion towards their work under the guidance of Miss Vinita Pereira, Ex-Youth Leader. The team gave their 100% to create exciting content and to promote the culture of Youth Ministry as a whole. I hope this year they will continue to do the same under the guidance of Sine Saldanha, Kenncy Cardoso and Aathesh Sureshkumar(YCL).

Parents, I encourage you to take some of your precious time to read through the newsletter; binding talents of our own young people. We need to provide them with the motivation that they need to succeed in the steps of leadership and independence.

This year, the focus of our youth leaders is to promote the importance of independence and leadership in every young person. With the support and the tailored session; we have made it very clear to drip feed them these 2 important keys in their life. So that our young people will be better leaders of tomorrow with confidence of being independent and taking appropriate decisions for themselves. In order for our focus to run more smoothly we have appointed council leaders for each group. These council leaders will be working with their fellow friends to understand and learn. They will also plan and implement strategies to support their fellow young person.

The council leaders this year have kept the wellbeing room opened every Friday for Homework/ Fun. There will be chances for young people who find it difficult to complete their homework at home due to not understanding the HW or Housing/room issues; they can use the room to work or ask for support. There will also be PS4, Caroom, Book Reading, Jenga and many more. Parents are encouraged to send their children if they need to. We also welcome any support in this room.

Gardening Club, All youth are allocated the back garden to look after. The gardening team will be taking the charge of gathering people; water the plants, weed off the unwanted and to grow vegetables and fruits.

Youth council leaders will also be very much involved in Ealing citizens meetings with the councillors and Local MP to put their opinions across.

Many exciting things to come this year; be connected with us through this newsletter as we will fill you with the information of what is coming up next.

Hope you all have a great month !

Mr Silva

Youth Coordinator

St. Anselm's Rising Youth Ministry

# Our Youth Leaders



Mrs Lavina Noronha



Mrs Lidia Fernandes



Ms Ascueña



Mrs Juy Fernandes

Mr Norman Gonzalves



Mrs Clemcy Soares

Mrs Rita Khokhar



Mrs Fay Fernandes

## Our Support Staff

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Mrs Soccurine

Mr Amparo

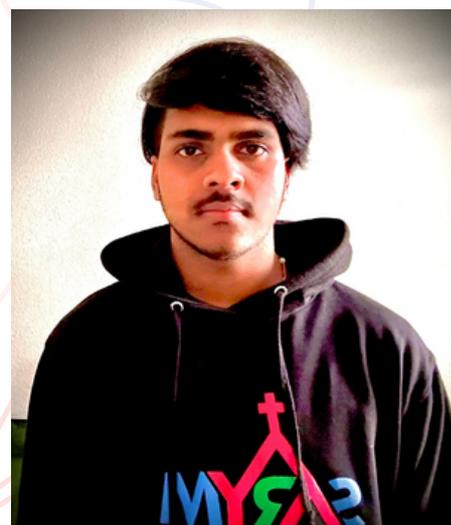
# Meet the Youth Council Leaders



Chrislee Quadros

Council  
Coordinator

Mark Monteiro  
Behaviour & Well-being Mentor



Oligson Fernandes  
Behavior Mentor & Ealing Citizens





*Kenncy Cardoso*  
Cultural & Admin Mentor



*Sine Safadonha*  
Sports Mentor



*Ritvik*  
Cultural Mentor & Ealing Citizens



*Sherwin*  
Sports & Behaviour Mentor



*Steve Dias*  
Management & Well-being Mentor



*Aathesh Sureshkumar*  
Management



*Joshua Silva*  
Well-being Mentor & Ealing Citizens



*Chris Gonzalves*  
Wellbeing & Management Mentor

# Announcements, Events & Updates



## 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)

# MONTHLY REPORT

## September-October



THE SARYM JOURNEY BEGINS YET AGAIN FILLED WITH FRESH NEW SMILES, UNDISCOVERED TALENTS AND EVERY INDIVIDUAL FILLED WITH THEIR OWN UNIQUENESS.

SARYM LIKE ALWAYS OPENS ITS DOORS TO EVERY YOUNG INDIVIDUAL AND PROVIDES THEM WITH A PLATFORM TO SHINE AND EXPOSE THEMSELVES TO NEW SKILLS WHICH THEY CAN USE AND IMPLEMENT IN THEIR EVERYDAY LIFE.

THIS YEAR SARYM INTENDS TO ACCOMPLISH CERTAIN GOALS THROUGHOUT THIS YEAR

- ATTAIN UNDERSTANDING ABOUT THEIR FAITH
- GIVING A STAGE FOR ALL YOUNG INDIVIDUALS
- EXPLORE VARIOUS IMPORTANT SKILLS OF LIFE
- IMPROVE SOCIAL SKILLS OF INDIVIDUALS
- WORK CLOSELY WITH THE WEST LONDON CITIZENS TO COUNTER FACTORS SUCH AS MENTAL WELLBEING, HOUSING ISSUES AND LOW WAGES

### 3rd september

#### MASS AND WELCOME



The first day of youth was all about Introduction to an unfamiliar journey where all the youth got to come together and get to know each other through various games and activities. All youth were split into 5 groups each named after a Saint, these smaller groups allows them to work as a team and improve their social skills either through sharing opinions or simply just by taking part in various activities alongside others. The session started with a special mass dedicated to all the youth, followed with a range of team based games to create a friendly and comfortable environment

### 10th september

#### WHO IS WHO

This session focused more on creating a comfortable and friendly environment. The aim of 'Who is Who' was to make everyone know each other and form new friendships through communication and various fun activities. One of the games was Human Treasure Hunt where the youth collected information from various people to answer certain questions.

This gave them a better understanding about each other in terms of their likes, interests, hobbies, skills etc, forming new bonds between many of our youth.



# 17th September

## CONNECTING WITH GODS CREATION

This session We all know that Creation of God is indeed beautiful and marvellous, however sometimes we forget to appreciate and be considerate about our actions and how it can cause harm to our own Gift of God - Nature. The session circulated around the importance of nature and spreading awareness on how we can act in order to make a change. The response from the youth was excellent as they shared their views and knowledge on topics such as climate change, plastic pollution and reusable products. The talks also promoted importance of gardening and how us a SARYM can make a huge change with every little step we take on creating a Healthy and Sustainable living



# 24th September

## TRIP TO WALSINGHAM

The youth embarked on the Visit to the Shrine of Our Lady of Walsingham to celebrate its feast. The spiritual journey lasted for 11 hours where the youth got a chance to grow spiritually in the presence of God. The ceremony of the feast started off with a rosary and a mass followed by a lunch break where everyone got to relax and socialise together, followed with a 1 mile march to the Shrine of Our Lady of Walsingham. Throughout the journey there were a lot of things the youth got to experience and learn such as the History of the Shrine, The story behind the churches in England and lots more. The trip allowed all the youth to come together as one under the presence of God.



# 1st October

## YCL ELECTIONS

Leadership and taking responsibilities is a keen and important part of life Whether its decision making, taking responsibilities, using your voice as power or working hard and efficiently are some of the skills needed to be a good leader and SARYM takes pleasure in giving our youth the opportunity to explore these skills. During this process 11 of the youth, namely - Oligson, Chriss, Joahua, Kenncy, Sine, Ritvik, Sherwin, Joshua, Mark, Steve, and Bracklan stepped forward to take on the role of a YOUTH COUNCIL LEADER who are going to act as role models for many of our youth as well as make decisions and come up with ideas to create a more comfortable, enjoyable and friendlier environment for the youth.

# 8th October

## DANCE

Dance can be an excellent way of communicating and sharing our emotions with God. Aside from being a fun exercise, dance can also hold many personal stories of success and opportunities. One of these stories was shared by one of our YL herself about how she faced struggles growing up. Despite her amazing talent and love for dance, getting involved in dance events was extremely hard for her due to poverty and lack of opportunities available at the time. However despite all this she never gave up and worked hard by starting to teach other youngsters what she knew about dance and how she used it as a source of worshipping God. The session not only allowed our youth to learn some cultural and worship dance moves but also gave them a role model to look up to and reflect on how they could persevere and work hard in life.



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## 15th October

### YCL CONDUCTS THE YOUTH SESSION

One of the aims for SARYM this year is to work with the Ealing council and WLC on the terms of Mental wellbeing, Low wages, and Housing issues. All YCL received a Listening Training from a Community Organiser in WLC 'Hilal'. They were exposed to the above mentioned topics and were able to give their personal views and experiences regarding how these factors affected them in their own local community. The same campaign was carried out during the session itself where the whole of youth got to explore these topics in depth and give their own personal experiences and how they suffered through some of the issues. Overall we received excellent feedback with many of our youth being enthusiastic on what to expect in the future.



## 22nd October

### HALF TERM OFF



## 29th October

### SPORTS DAY

Football being the beloved sport by many was filled with a lot of hype and energy surrounding it. Many of our youth got to step forward and shine by working together as a team to carry their team forward. There was a lot of competitive atmosphere and everyone aimed to win the tournament. It was really nice to see the coordination between both boys and girls, everyone was made to feel included and overall everything went as planned with no injuries and a smooth finish with St Theresa winning the cup





by: Joshua Pereira

by: Mark Monteiro

Piety is the evidence of sincere faith. It is devotion of shod through our actions, not just thoughts and words. "Little children, let us not love in word or talk but talk, in deed and in truth."

-1 John 3:18



Never Lose Faith

In Life, there is never a time  
When God leaves your side.  
All you gotta do is trust in him  
And the bad times will slide.  
Never lose hope in God and  
Moreover in yourself,  
For God has blessed everyone  
With a magical elf.

by: Elnora Pereira

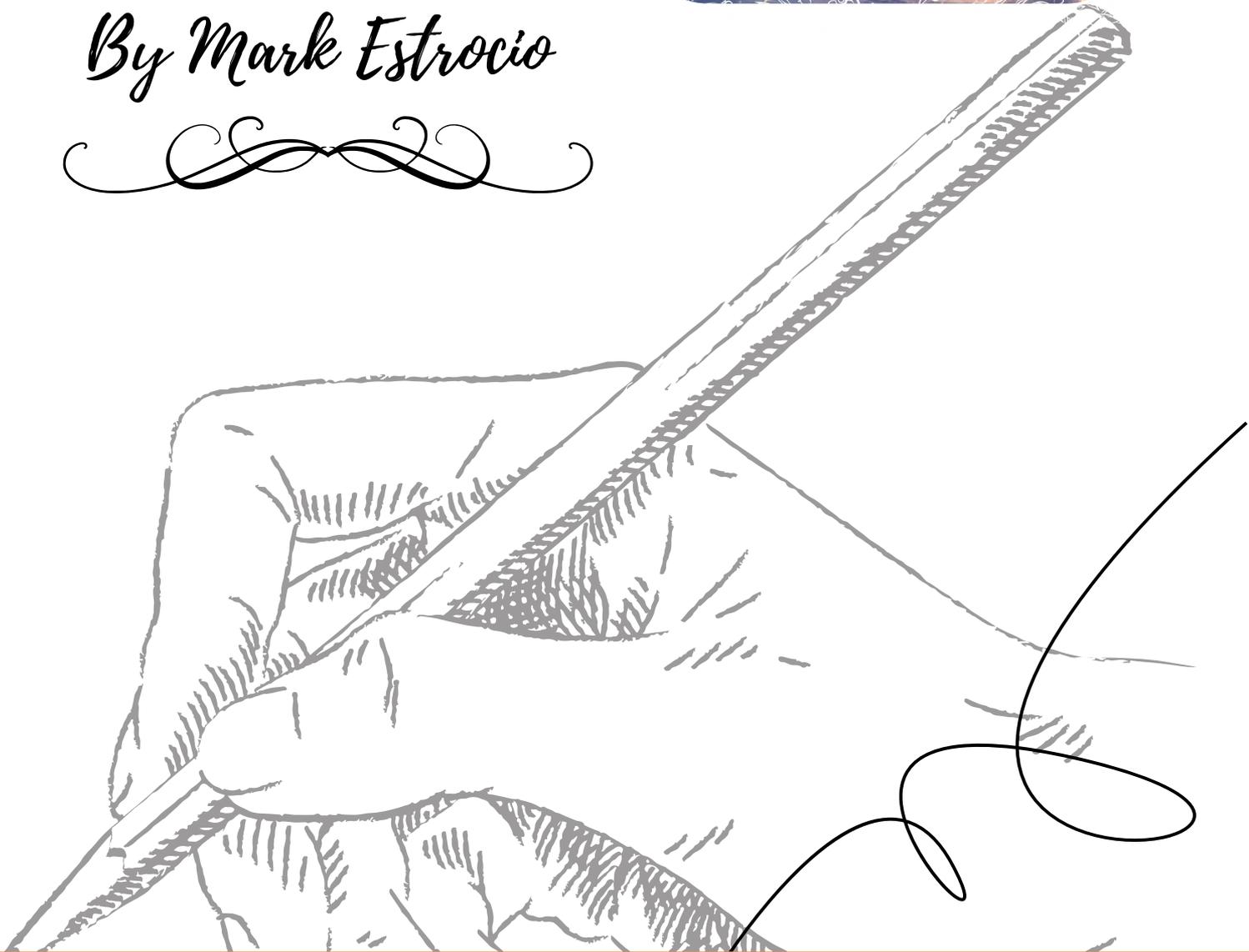
by: Sine Saldanha

“In his hands is the life of every  
creature “  
-Job 12:10





*By Mark Estrochio*



## Mind your language

An old nun who was living in a convent next to the construction site noticed the coarse language of the workers decided to spend some time with them to correct their ways

She decided she would take her lunch; sit with the workers; and talk with them. She put her sandwich in a brown bag and walked over to the spot the men were eating.

sporting a big smile, she walked up to the group and asked "Do you know Jesus christ?"

They shook their heads and looked up into one adn other. i am very confused.

One of the workers looked up into the steel works and yelled out

"Anybody up there know jesus?"

One of the steel workers yelled down "Why?"

the worker yelled back

"Because his mum is here with his lunch"

-Mrs Lidia Fernandes