



Living Faith, Bringing Hope, Showing Love



Arrived at Last !!!

The much awaited Catechism newsletter bringing forth the thoughts and views of the children and young adults of the Catechism Ministry , Sacred Heart Church, Bahrain; under the guidance of our Parish Priest Rev. Fr. Freddy D'Souza and our dear Catechism Spiritual Director, Rev. Fr. Gaspar Fernandes, we are pleased to bring you our 1st edition of the Catechism Newsletter.

- The Newsletter Team.

IN THIS EDITION YOU WILL FIND..

Messages from our dear Priests & Sisters

Sweet Memories

Special Feature - First Holy Communion

Stress Buster *[Details of Youth Empowerment 2.0](#)

Activity Corner

Trending *[A chance to win a trendy prize](#)

Prayer Corner

Faith Doctor *[Competition Alert- Monthly Quiz](#)

Laughter Corner



Pope Francis, "Always Act with gentleness and respect."

"The language of Christians who cherish the Holy Spirit, who was given to us as a gift, is special:

It's the language of gentleness and respect. The language of the Holy Spirit "is gentle...because he's gentle. And respect.

Always respect others. He teaches to respect others."

(www.catholicnewsagency.com Click here to read the complete article)



Fr. Fredrick D'Souza, Parish Priest

First and foremost I want to congratulate the catechism department for coming up with the idea of the publication of a monthly bulletin . Catechism is the basic training that we receive to build up our faith in God. We are called to relate ourselves with God and with our fellow human beings. Therefore the commandments sum up God's moral requirements for us; what we must do if we want to be accepted and blessed by Him. God's commandments are divided into two sections. The first four addresses the 'vertical' relationship between ourselves and God (and our parents) which sum up in the commandment 'Love God'. The remaining six addresses our 'horizontal' relationships with our fellow human beings that sum up in the commandment 'Love your neighbor'.

When God gave His one commandment to Adam and Eve in the Garden of Eden, it represented the first four laws of Moses. The forbidden fruit represented the question of whether or not Adam and Eve were willing to love and worship God. Let God's hand be upon you to keep your faith alive. Best of Luck for your this particular mission.



Congratulations!!! And Good Luck for the Newsletter

- His Lordship Bishop Camillo Ballin



Sr. Nimalapriya, Mother Superior :

Dear Catechists, We thank God for all His blessings to you and through you to the Parish and the Church at large. Congratulations! God bless you and your families.



Rev. Fr Gaspar Fernandes, Spiritual Director, Catechism Ministry

Congratulations on the 1st edition of the Catechism Ministry's Newsletter...Faith Hope Love. Writing is an important part of our daily lives and an excellent way to express oneself. However, it is a skill to be learnt and mastered. Giving them a head start with some simple activities, can help your child develop his/her writing skill at an early age.

This Newsletter is a platform for the youngsters showcasing their creative skills and also celebrating their accomplishments.

I thank all the Catechists for taking this bold initiative to another level of progress and creativity.

God bless and Never stop! Continue to inspire and encourage young and old, to grow where they are planted.

Sr. Rose Celine, Catechism Coordinator :

A journey of a thousand miles begins with a single step. A wonderful initiative to bring out the writer in your child. Congratulations and God bless.

Rev. Fr. Charbel: My wish for you is that you be filled with inspiration and God's grace in the course of catechetical ministry in our Church. On behalf of the Church, we express our sincere gratitude for the fact that you were an instrument of God's mercy, because through your ministry children, youth, and parents could testify how gracious Our Lord is. Your service is very valuable and necessary in the life of our parish community. Your contribution to the development of the living parish is very important. Wishing you a spirit of creativity, God's grace and inspiration in this important matter for our Church. May the Lord richly bless your ministry with blessed Mary our mother in the catechetical field!

Rev. Fr. Saji: Wishing the Catechism Ministry all the very best for the new initiative. God bless you all!

Rev. Fr. Amar: Congratulations! Keep up the good work! God's blessings be upon you

Rev. Fr. Wellington : Congratulations and best wishes to the members of our Catechism Program on the publication of their first children's magazine. With this wonderful initiative you will benefit and grow in grace and in the knowledge of God. I look forward to reading your great magazine. Many blessings from the Lord.

Rev. Fr. Peter : Congratulations! Keep up your Good work...for teaching the Word to the children ...what you SOW, and with it for them to GROW & KNOW what to THROW! without the Word we blow up! With the Spirit & Word , we grow up! GOD BLESS!



SWEET MEMORIES



A small thank you to Johnson & his team on the occasion of Feast of St. Joseph the Worker - 5 May 2017



SAY CHEESE!



Celebrating Fr. Gaspar's Ordination at the 9.00AM Children's Mass in OLAA - 12 May 2017



SWEET MEMORIES



Bible Study session for Catechists by Fr Marcel Barla on 19 May 2017



Holy Communion was instituted by Jesus during the LAST SUPPER



Why did Jesus give us his BODY and BLOOD?

- To break bread and share in His nature, and grow in love
- To remember the Lord's Supper
- To Thank Him "Eucharist" means "thank you"
- To make us witnesses and missionaries



phillipmartin.info

This year 194 children received their FIRST HOLY COMMUNION at Sacred Heart Church, Bahrain, on 28th April 2017, ministered by our Parish Priest Fr. Freddy D'Souza OFM, and under the directives of Catechism Spiritual Director Fr. Gaspar Fernandes OFM and coordinator Sr. Rose Celine A.C. Fr. Wellington gave a very meaningful homily, he stressed three aspects - the BODY needs food to grow, the MIND needs knowledge to study and the SOUL needs 'Body and Blood of Jesus' to grow holier. The Catechism Ministry thanks the parents for their cooperation and the catechism teachers for sacrificing their time to teach and prepare children for this beautiful sacrament.

We decided to ask the children what they felt when they received Jesus for the very first time. Here are some answers straight from the heart ...



I am so happy that I received Jesus - Mariya Joy, IV B
I felt excited and happy to receive God - Annet Maria, IV B

Happy - Joel Aji, IV B

Excited - Biyon, IV B

I felt very happy"- Angeleena Toji, IV B

Happy - Asvanth, IV B



I am so happy that I received Jesus in my heart - Anchana Benny, IV B

I am so happy that I received Jesus in my First Holy Communion - Livia Mayson, IV B



Some were so overjoyed that a few words couldn't explain their feelings & experience. These are their thoughts:

A Blessed Day in my Life

Being part of the catechism class makes me feel very happy and the classes are full of fun. When I received my First Holy Communion I felt more close to knowing God and Jesus as one. I learned the meaning of faith. The day I received my Holy Communion was a very special day for me.

-Vishan O. Albert – IV-F



My First Holy Communion

I was very excited even when I was a small child while watching people queuing one by one for receiving Holy Communion during the Mass. After long days of preparation and confession, I was ready to receive Jesus in my heart. I knew that to receive Jesus I should be pure and holy in my heart and soul. So I was very careful in all my deeds. When I received Jesus as a host on my tongue, I received Jesus in me and felt very happy. From that moment, I decided to be pure in my acts and thoughts to keep Jesus always in my heart.

-Anna Grace – IV C



My First Holy Communion

I felt like I was blessed that day. We had to stand in a queue according to height order. Then we took photos and we had a Holy Mass where I received Jesus in my life for the first time. We sang a hymn at mass "Seeds scattered and sown". After the Mass, I had a party at Green Capsicum restaurant. The hall was very big and we played a lot of games. I also got many gifts and even cash too !!! I had lots of fun on that day, then I knew it was the best day of my life.

-Steve Richard – IV C



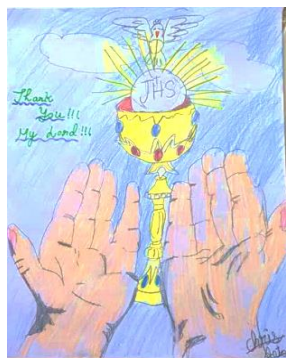
The first time I received Jesus was a wonderful day for me. I was happy that I received Jesus in my heart. Each time I receive communion I'll think of His love for me.

-Jolina Dias – IV B



Preparation for my First Holy Communion made me feel nervous... then when I finally received First Holy Communion, I felt like my head and heart was going to explode with Joy!! I felt like I am going to be blessed by our Lord Jesus for the rest of my life.

-Sophia Morales – IV C



Chris Anto - IV



It was a remarkable experience of my life. At the same time I feared the attraction of sin but my faith conquered it.

Ryan Ranil – IV B



The best day of my life was on 28th of April. At the time of mass, I thought Jesus really came into my heart & soul. When the time came to receive the body of Christ and the children started to move front in the line, I thought I was walking through the gates of heaven along with the angels and saints. Then I received the body of Christ. I really felt so happy that I can receive the body and blood of Christ everyday. Even though I am a sinner, God loves me. Holy Trinity dwell in me. John 3:16

Christy Geo – IV F



My First Holy Communion

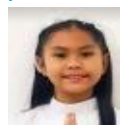
On my First Holy Communion day, I felt blessed because I had experienced becoming a part of the parish community which also made me feel that I became a child of God. In the Holy Communion, we were given a chance to eat the bread and drink the wine as a remembrance of God who died and rose again for us, we were also given a chance to confess our sins and be forgiven by God. We listened to the readings and felt blessed because of the blessings that God has given us. I was eagerly awaiting for the day that I will be receiving Jesus. After receiving the Holy Communion, I was very happy to receive Jesus.

-Juliana Kate B. Castillo - IVF

On April 28 2017 I had my first holy communion. I was so excited that I woke up early. It was like God helped me wake up to get ready for this special day. I ate a healthy breakfast so that I can be lively in church. Seeing all those cameras looking at me felt so unique like God is watching over me celebrate this special day when I spoke in front of all the people. At first I felt scared....but after just a simple prayer I became confident enough to speak my responsorial psalm in front of everyone. When I received the body and blood of Christ it felt like all my sins were forgiven. I felt guided, I felt like I was baptized again and it made me realize that I can now make my own baptismal promises after that I knew the things I should and shouldn't do. I thank my father, mother, uncle, brother and everyone who supported me unconditionally...

I can only say today that " I am not lucky but I am blessed".

- Nikka Vincem Lagahid – IV C





I received my First Holy Communion on 28th April 2017. My catechism teachers Ms Diana Ma'am and Ms Suzan Ma'am got me prepared to receive Jesus into my life. They trained me with the various steps of confession, so that I could do my confession before I receive Jesus.

Tailors were hired to stitch the white robe so that all the students look uniform as one big family. The white robe with the chalice and host of looked very nice and I was very excited and was looking forward for this big day.

Finally the big day arrived. We were called in earlier to be photographed before we proceeded to Church for the mass. The Church was well decorated and everyone looked fabulous. The entire church was crowded. I received the Holy Eucharist for the first time and found myself blessed. Once the mass ended we were gifted with a Rosary, Scapular and snacks.

After the mass we clicked few pictures with my family members. I was happy that my cousins came from India to be with me. Then we had a small gathering at home and I enjoyed this day very much. More of all I was also happy that I got gifts.

-Ethan Fernandes- IV E



I might have not realized its true meaning at that time, but it just felt right. I had always been wondering since then why it was so special, why was there a special clothing that they required us to wear, why did my parents seem to be so excited when preparing for my First Communion. Now when I look back to that time, I can't help but thank God for I know I've been blessed. Because of that, I learned at an early age how Jesus sacrificed His life for me and saved me by His body and blood which we remember and celebrate in the First Communion. It was a wonderful experience. Thanking you all for the great opportunity. God bless.

-Randal Jason Dela Cruz – IV C



My First Holy Communion Experience

The first time that I sat on my chair I was little bit nervous because I was new in the class. As the weeks passed I got used to the class and made new friends. I have learnt more about Lord and MORE. I loved when my teacher was funny. When we are about to receive the first communion I would be able to confess my sins to God with the help of the priest then glad to stop those sins after confession which cleanses my soul. When the communion day came, I was scared because maybe something will happen to me when I get the Blood and the Body of God but that was really satisfying, I feel that I am blessed and I am so happy that I can talk to God every day and for sure one day me and my family can go to heaven.

Thanks to all the teachers, Priest, parents and students that became part of the First Holy Communion.

Kim Mitchell Panganiban - IV F

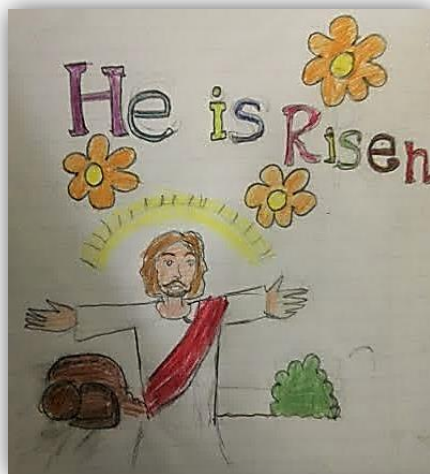


Paris Anneliese V. Samporna - Std 4C

I received My First Holy Communion on the 28th of April 2017 at Sacred Heart Church Bahrain. During the ceremony, I can feel God's love and presence towards me. As I received the most Sacred Body and Blood of Our Lord Jesus Christ, my faith and connection towards Him deepened. I am happy and blessed that I received the Sacrament of the Eucharist on that special day.



Art Corner



Josh Joice - II-E

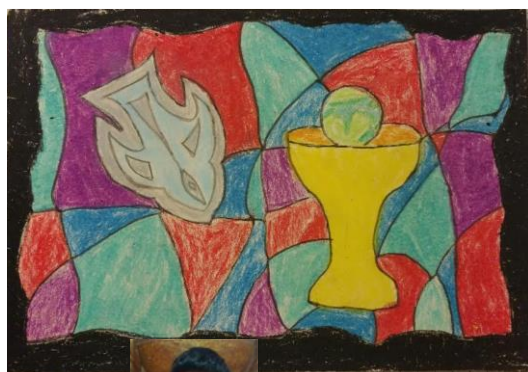


Chris Sunil - IV F



We look forward to receiving your creations. Email us at shccatechism3@gmail.com or pass your artwork to your Catechist.

The Spirit of Communion



Nirvan D'Souza - IV-E



Chris Sunil- IV



Ooops!! An exam and another exam and another exam, life is a string of exams.

We all face exams and have a common factor which affects us all **-STRESS**

Now is it only exams? I guess every day has its share of stress. It could be facing certain teachers in school, reconciling with friends or maybe getting that permission for an evening out with friends.

For me stress during an exam is my biggest worry, but I am not sure if it's a concern, as I perform best under little stress. How do I overcome the stress? - It's a rational analysis ... there were gaps in preparations for the exam – so better self-organization for the next exam and that it is... not the end of the world. Yes, some assurance from my parents' does make a ton of difference but that doesn't come easily ... as we all know.

During a chemistry practical exam, I almost blanked out with no recall of what I was trying to achieve at that particular moment. Initially, I panicked, but then changed my strategy - took a deep breath - analyzed my thoughts -the data had to be somewhere in the hard disk(my brain) –did a quick scan –surely and steadily I got back to moving ahead with the practical exam (all in a matter of few seconds but it felt like an eternity).**I have begun to realize early in life that stress is an inevitable part of our daily existence and how we deal with it is the key.**



What is this life if full of care we have no time to stand and stare-W H Davies.

What is this life if no care we have to only stand and stare(boring).....

-Rebecca Abraham, Std XII



Stress ... A Killer or a Life Force for You as an individual?

Funny! For some activities stress has its benefits. Understanding what activities you can or cannot tackle successfully under pressure is the key to optimizing your performance no matter what comes your way in life.

Peer Pressure – Pros and Cons!

Social Media – It's influence on Your life

Come and participate in the **“Youth Empowerment –Season 2”** on 2nd June 2017 – and get to know more. We assure you, even though everything cannot be covered in one session, you would have started scraping the tip of the iceberg and that is a beginning...

Team YE

PEER PRESSURE

EXAMS

FRIENDSHIPS

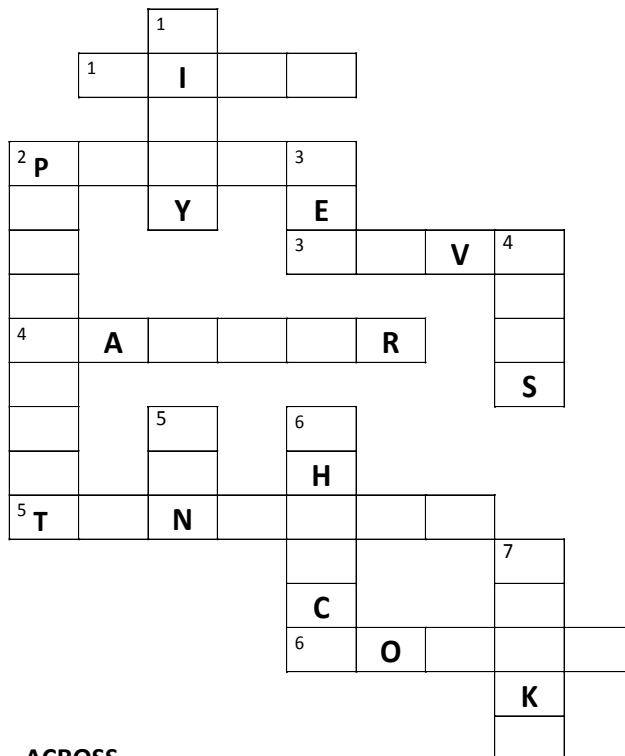


ASPIRATIONS

PARENTS EXPECTATIONS



Activity Corner



ACROSS

1. While everyone was gathered together in a room celebrating the feast , a sound of rushing _____ was heard all around them.
2. He entered the tomb of Jesus first.
3. It is one of the symbols of Pentecost.
4. This festival is tied to the Jewish Passover.
5. The Spirit descended on the disciples as _____ of fire at Pentecost.
6. The blessing of our _____ generally takes place during the Easter season.

DOWN

1. The Easter season lasts for _____ days.
2. This is the last day of the Easter season.
3. In Western Churches, Pentecost is usually represented with the color _____ which symbolizes the fire of the Holy Spirit.
4. The Christian Church officially adopted the custom, regarding the Easter _____ as a symbol of the resurrection of Jesus
5. Pentecost is celebrated _____ days after Jesus ascended into heaven
6. Pentecost is the birthday of the _____
7. Pentecost is tied to the Jewish festival of _____.



One for the
grey matter



Top 3 Christian Songs

1. **Only Wanna Sing**
- Hillsong Young & Free
2. **Alive**
- Hillsong Young & Free
3. **Grace on Top of Grace**- Fellowship Creative



If you have any comments / suggestions kindly send us an email at shccatechism3@gmail.com



Easter Wreath (Source: Pinterest)

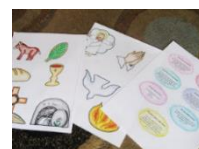
To assemble the wreath simply print, color and cut out the images. For a wreath base use a large circle (approx. 11 1/2 " in diameter) cut from a 12" x 12" piece of cardstock:

Arrange the pictures to "tell" the story from Palm Sunday (starting on the top right) through Pentecost (placed in the top center). If you're interested in making this wreath I'm sure you're already very familiar with the order of the events, but I will go ahead and list them just in case:

1. Jesus enters Jerusalem (palm branch and donkey pictures)
2. The Last Supper (bread and wine pictures)
3. Jesus Prays in Gethsemane (praying hands picture)
4. Jesus is Crucified (cross picture)
5. Resurrection (empty tomb picture)
6. Ascension (Jesus in clouds picture)
7. Holy Spirit Comes Down (dove and flames pictures)

Overlap some of the pictures on top of each other to make them fit nicely-feel free to arrange them however you like! Glue stick or Glue Dots work well to affix the pictures to the wreath base.

Here is an example of an assembled wreath will look like:



You can print the wreath images by clicking on the links below:

[Easter Wreath Pictures Page 1 of 3 \(Microsoft doc\)](#)

[Easter Wreath Pictures page 2 of 3 \(Microsoft doc\)](#)

[Easter Wreath Pictures page 3 of 3 \(Microsoft doc\)](#)

NOTE: Some readers mentioned that their scripture eggs are printing out blank. If you experience this, you can try editing the document to re-arrange the order of the "egg shape" to send it to the back. This has fixed the issue for most people. We hope that helps.

If you are still unable to print the eggs with scripture in them, you can also print the text separately and simply cut and paste it onto the blank eggs.



What's trending today ???



Look around us, the latest fads and trends appear to change at the blink of an eye. So what's trending today? We asked the keepers of the latest trends .

Emojis - New language used mostly by youngsters



Whatsapp, Snapchat, Kik: Is the coolest place to meet their friends.

Fidget Spinners

What's the deal with fidget spinners ?? I decided to ask my 12 year old..

Stuck with Fidget Spinners
by Erica D'Costa VI-C

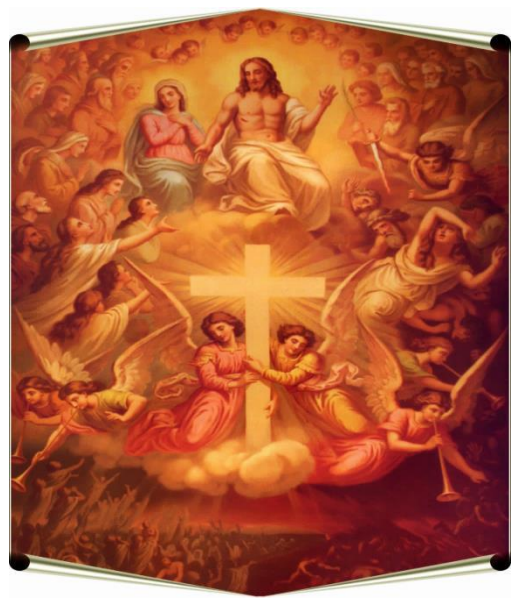
Fidget Spinners!!! This is the most popular toy of 2017. It is rather interesting. Believe it or not, though it was invented in the 1990's, it only became popular in 2017, making it to Amazon's 20 top- bestseller list. It was created for people suffering from anxiety and who had trouble focusing, as a way to release pent-up energy. Even though it supposedly helps children concentrate, due to playing and selling of fidget spinners in schools; most schools have banned fidget spinners. It is also no use trying to sneak them into school because if you use them during class, it will create a low buzzing noise that can easily be heard. (psst.. Even the Catechism teachers are confiscating our fidget spinners). This trend does not seem to be slowing down though, instead, more and more people spin it each day. So lets get spinning....



**TO WIN ONE OF THESE COOL FIDGET SPINNERS,
JUST SEND US THE ANSWERS TO THE [QUIZ](#) AT THE END OF THIS NEWSLETTER.**

St. Francis Prayer before a Crucifix

Most high, glorious God, cast Your light into the darkness of my heart. Give me right faith, firm hope, perfect charity and profound humility, with wisdom and perception, O Lord, so that I may do what is truly Your holy will.
Amen



A Student's Prayer

Loving Father, I stand before You in the midst of confusion and complexities of life. My future sometimes seems distant and unknown. Give me, O Lord, the vision to see the path You set before me. Grant me the courage to follow Your way, that through the gifts and talents You have given me, I may bring Your life and Your love to others. I ask this through Jesus, Your Son and my Brother. *Amen*



A Student's Prayer (Before Study or Instructions)

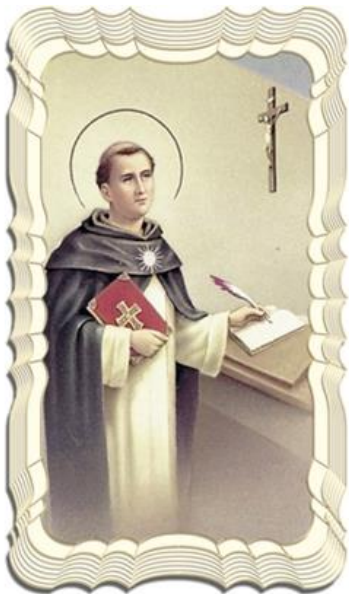
by St. Thomas Aquinas

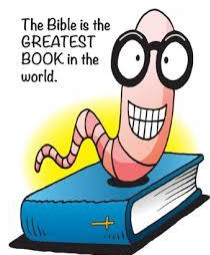
Ineffable Creator, Who out of the treasures of Thy wisdom has appointed three hierarchies of Angels and set them in admirable order high above the heavens and hast disposed the divers portions of the universe in such marvelous array, Thou Who art called the True Source of Light and super eminent Principle of Wisdom, be pleased to cast a beam of Thy radiance upon the darkness of my mind and dispel from me the double darkness of sin and ignorance in which I have been born.

Thou Who makes eloquent the tongues of little children, fashion my words and pour upon my lips the grace of Thy benediction. Grant me penetration to understand, capacity to retain, method and facility in study, subtlety in interpretation and abundant grace of expression.

Order the beginning, direct the progress and perfect the achievement of my work, Thou Who art true God and true Man and lives and reigns for ever and ever.

Amen.





faith doctor

in the light of the scripture & teaching of church



THE CHURCH ... What is the 'Catholic Church'? What sets us apart from other churches?

Who formed the Church?

- Christ set up the Church to make all holy and save their souls

How does the Church make us Holy?

- By belief in Christ, reception of the sacraments and obedience to the authority which are the apostles' under the leadership of Peter, and their successors.

What are the chief marks of the Church?

- It is one, holy, catholic or universal, and apostolic.

Why do we call the Church Holy?

- **The Catholic Church is holy** because it was founded by Jesus Christ, who is all-holy, and because it teaches, holy doctrines, and provides the means of leading a holy life.

Why is the Church called the Mystical Body of Christ?

- **The Catholic Church is called the Mystical Body of Christ** because its members are united by supernatural bonds with one another and with Christ.

Next time: Mary, Why is She our Mother!

(Send us the answers by 5th June 2017 to shccatechism3@gmail.com)

The Sacred Heart Church Bahrain

1. Built in the year :
2. Built by :
3. Completed no. of years :
4. Order / Current no. of priests :
5. Order / Current no. of Sisters. :
6. No. of communities :
7. No. of Parishioners : (approximate)
8. Oldest Catechism Teachers :
9. What is the name of the Catechism Newsletter



QUIZ



Giggles



Thanks to Stephen Illich (See Genesis 6-8)

05-19-2005

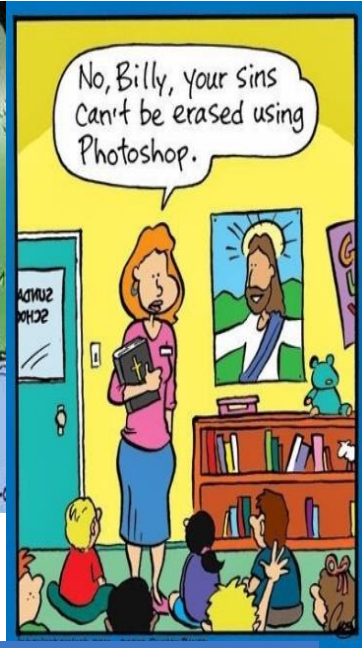
WE WERE TOLD YOU WERE TAKING CREATURES
THAT CAME TO YOU IN PEARS



REVEREND FUN ©GCI, INC.



I REALLY LIKE YOUR BIBLE, DAD ... HOW DO YOU
TURN IT ON?



Your feedback is important to us! Kindly email your comments, suggestions to Shccatechism3@gmail.com, to help us improve in our next edition.

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