

Heart Beats



Newsletter Of The International Community Of Sacred Heart Cathedral

April - May 2014

“May the words of our mouths (and those we write) and the meditations of our hearts, be pleasing in Thy sight, O Lord, our Rock and our Redeemer” - Psalm 19:14

From the Pastor's Desk

Dear Brothers and Sisters,

Peace in Christ!

I greet you with this word in this season of Lent because it is an urgent prayer and salutation we need to hear from each other and announce to all people in our world beset by fear - threats of war and provocations, natural and man-made disasters et al. We cannot deny that the feelings of security we experienced for a while have now been shaken amidst news that we hear locally and globally. Prayer and works for peace should once again be at the forefront of our life as a community guided by the Spirit of Jesus Christ our Lord.



St Paul, in his letter to the Ephesians, reminds us as he did them, that what brought them together as Gentiles and Jews was and is the sacrifice of our Lord Jesus. He offered Himself to reconcile both - Jews and Gentiles - to each other and to God. “For He Himself is our peace, who made both one and hath broken down the middle wall of partition between us” (Ephesians 2:14). Thus, our desire to attain peace, both internal and external, should start with strengthening our belief in the truth and power of our Lord Jesus Christ. During the third, fourth and fifth Sundays of Lent, we reflected on the Gospel of John where Jesus did not only respond to the physical needs of humanity but also revealed the truth about His identity. He is the Son of God who quenches our thirst (Living Water) and gives us life (Bread of Life). This truth led many to believe in Him and to worship Him. May this truth challenge our complacency in the practice of our faith and the reception of the sacraments.

Secondly, the truth about Jesus Christ should compel us to seriously follow Him and imitate His ways. Last December 2013, during the feast of St. Stephen, Pope Francis wrote his early Lenten message for all of us. In his letter, he exhorted each one that this season is a fitting occasion to practice self-denial. An opportunity to give witness to the poverty of Christ that saved us from sin.

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Bishop of the Diocese
Administrator
Assistants
Mass Schedule (Japanese)

: Most Rev. Raphael Umemura, DD
: Fr Keisuke Suzuki
: Fr Roed Desamparado, CM
: Daily Mass at 07:00 on weekdays
: Sunday Mass at 07:30 & 11:30
: Sunday Mass at 18:00 on Saturdays
: Sunday Mass at 09:30
: Sunday Mass at 14:00 on the second Sunday
of every month (except August)

Mass Schedule (English)
Mass Schedule (Spanish)



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In order to practice self-denial, the Pope encouraged each of us to ask ourselves what we can give up in order to help others. Along these lines, following Jesus then translates into a readiness to sacrifice, reach out and share. It means breaking away from our greed and egotism to a life of charity and responsibility of taking care of each other.

As we inch closer to Easter, may we continue to live out our Good Friday by reflecting on these two invitations as a community working and praying for peace : strengthening our faith in Jesus and renewing our commitment to follow Him seriously. We may not be able to envelope the whole world with the peace of Christ but we will be able to bring peace at an individual and community level here at Sacred Heart Cathedral. It will be our contribution to the work of the Holy Spirit in bringing Christ's message of love and peace to all.

May we be enabled to practice self-denial meaningfully in this remainder of the lenten season and later too, and thus, fully share in the suffering of our Lord so that like Him, we can have a resurrection experience in our Christian walk! Wishing you the peace and joy of the Risen Lord!

Fr. Roed Desamparado



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Calling All Photographers

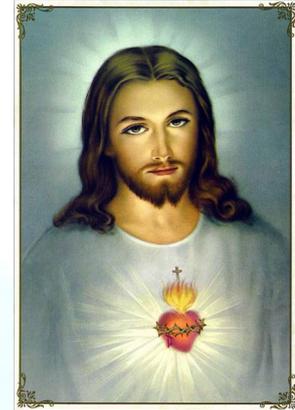
If you would like to have your beautiful lens captures of the season (minimum 8 megapixel resolution) published in *Heart Beats*, kindly send your photographs to the above-mentioned email address.

Calling All Writers

If you would like to pen down a spiritual, human interest, or any relevant feature for *Heart Beats*, kindly send your articles to the above-mentioned email address.

Prayer of Consecration To The Sacred Heart Of Jesus

- Saint Margaret Mary Alacoque



I give myself and consecrate to the Sacred Heart of our Lord Jesus Christ, my person and my life, my actions, pains and sufferings, so that I may be unwilling to make use of any part of my being other than to honour, love and glorify the Sacred Heart. This is my unchanging purpose, namely, to be all His, and to do all things for the love of Him, at the same time renouncing with all my heart whatever is displeasing to Him. I therefore take You, O Sacred Heart, to be the only object of my love, the guardian of my life, my assurance of salvation, the remedy of my weakness and inconstancy, the atonement for all the faults of my life and my sure refuge at the hour of death.

Be then, O Heart of goodness, my justification before God the Father, and turn away from me the strokes of his righteous anger. O Heart of love, I put all my confidence in You, for I fear everything from my own wickedness and frailty, but I hope for all things from Your goodness and bounty.

Remove from me all that can displease You or resist Your holy will; let your pure love imprint Your image so deeply upon my heart, that I shall never be able to forget You or to be separated from You.

May I obtain from all Your loving kindness the grace of having my name written in Your Heart, for in You I desire to place all my happiness and glory, living and dying in bondage to You.

Sweet Heart of Jesus, make my heart like unto Thine! Amen.





Rendez-Vous With Fr Keisuke Suzuki

Meeting our unassuming parish priest was a surprise in many ways... but it was more of a surprise to learn that this is not the first time for Fr Suzuki to be at Sacred Heart Cathedral. He has not only served here before as Assistant Parish Priest for seven years nearly thirty years ago but moreover, Sacred Heart Cathedral is home for him.

Welcome (again) to Sacred Heart Cathedral! The parishioners would love to know more about you. Could you please tell us something about yourself?

I was brought up in this area itself and I went to the kindergarten at Sacred Heart Cathedral. That's when my parents started coming to this church and I was baptized at the age of 15 in this very church. I graduated in Economics from Waseda University in Tokyo.



Fr Suzuki with some ICC members.

I like giving sermons and having Bible sharing sessions – that is my favourite past time and I like having time to think and introspect as well. But I also enjoy painting, playing musical instruments such as the clarinet, steel guitar and watching horse racing. When I was younger, I used to play baseball and tennis but nowadays I only play golf.

My motto in life is “*Que Sera Sera*” but in a spiritual context, the words Mary spoke to the angel, “Let it be done to me according to Thy will”.

What about your vocation to the priesthood?

As a university student, I was influenced by a Diocesan priest who always welcomed us as students and listened to us. I got attracted by the lifestyle of a priest and joined the seminary immediately after I graduated from university at the age of 22, and was ordained as a priest at the age of 30. As a priest belonging to the Diocese of Yokohama, I have mostly worked in parishes these 35 odd years. The first decade of priesthood was difficult for me but I am happier now.



Fr Suzuki with the church community.

Sacred Heart Cathedral is unique in the sense that it has a history of having a foreign community and therefore, we have always had two communities (Japanese and international) simultaneously coexisting here. What is your vision for both communities within this parish?

The old school of thought regarding a church community was one where priests did most of the work and the laity just obeyed and followed. Today, the laity's role in the church is as crucial as that of the priest or the nun and we need to continue in this direction.

Where our church is concerned, when I was here years ago, the English speaking community functioned independently of the Japanese community but times have changed. In today's global scenario, it is nicer for both communities to be closer.

The vision of the Diocese of Yokohama is to build community-centred parishes and I go with that.

What would you like to continue doing and what would you like to do differently here?

I will just go with the flow and let things continue the way they have been. However, vis-a-vis the past manner of functioning, I would like my office to have an open door concept. I would like for people to come in, talk to me and share with me. My office will always be open to parishioners.

The international community has always felt like they are not treated on an equal footing next to the Japanese community? How do you plan to bring about a change?

Anywhere in the world, a minority group is always treated differently. But if anybody in the international community faces a problem, he / she is welcome to tell me about it and we can work towards a solution.

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Another thing I want to do is to have an English speaking volunteer assistant for the parish office. The office staff, Mrs Miyake, has retired now. Apart from Mrs Niida and Sr Nakamura, I would like somebody from the international or Japanese community to volunteer to work in the parish office for a few hours on a Sunday morning.

Do you have any message for the international community of Sacred Heart Cathedral?

Just *Yoroshiku onegaishimasu.*

Access Heart Beats online

<http://www.yamate44.jp/>



Holy Week Triduum

Maundy Thursday	:	19:00
Good Friday	:	19:00
Black Saturday	:	19:00



Schedule For Confessions

Maundy Thursday	:	15:00 onwards
Good Friday	:	10:30 - 11:30
Black Saturday	:	15:00 onwards



Rest In Peace

Gabriel Phiri, a member of our church community, originally from Zambia, passed away on March 21st and his funeral service was held on March 25th. To show their appreciation for all that Gabriel did as a parishioner, the ICC will be holding a special memorial service for him in our church on April 26th at 11 am. Our heartfelt sympathies to the bereaved members of his family and may his soul rest in peace.

Lenten Retreat

On March 6th, about forty odd parishioners attended a workshop style retreat led by Fr Alfred Burke in the nearby Saint Maur International School chapel.

It commenced with a little potluck lunch in the school foyer after which the participants assembled together in the chapel. After some hymn singing and a short talk by Fr Burke, everyone was divided into groups and given questions to answer as a group – on how we could evangelize society, on how different communities at Sacred Heart could integrate more and on other such pertinent issues. All the groups shared their thoughts and insightful answers with one another. This was followed by Benediction in front of the Blessed Sacrament.



- Mamerto Gaugano



Our heartfelt gratitude to Fr Burke (who is no stranger to Sacred Heart having served here as pastor from 1994 to 2005) for his devotion, time and trouble; to Yutaka Nakamae for coordinating the program; to Brendan Agnew for setting up the chapel and to Saint Maur International School for the use of their premises.





Dates For Your Diary

- 13 April : Block Rosary Devotion @ 16:00**
- 17 April : Japanese Service @ 19:00**
- 18 April : Japanese Service @ 19:00**
- 20 April : English Service @ 09:30**
- 20 April : ICC Meeting @ 10:45**
- 26 April : Communion Preparatory Session @ 09:30**
- 27 April : Sunday School @ 08:30**
- 03 May : Choir Rehearsal @ 10:00 followed by Potluck**
- 11 May : Children's Mass @ 09:30**
- 25 May : Sunday School @ 08:30**
- 08 June : First Holy Communion Mass @ 09:30**

Study Japanese at Kizuna

The Japanese language class 'Kizuna' has recommenced its new semester with sessions as usual every Saturday afternoon from 15:30 - 17:30 in our church basement. It has courses for all levels of Japanese including beginner level. Those who wish to enrol can still do so.

Established in 2002 and founded on the spirit of Christian unity, Kizuna has been supporting foreigners who want to learn the Japanese language to promote community building, friendship and internationalism as both - the Japanese and the foreign communities live and serve as one body in Christ.

For more details, contact :
 Carmencita Suzuki : menchie59@yahoo.com
 Chieko Wertheimber : bzd03324@nifty.com

Disaster Drill

A short seminar cum drill organized for the international community by the ward office was held in our church basement on March 31st to equip foreigners living here with tips and preventive measures to deal with earthquakes and other such related incidents.

Following an informative talk, the participants assembled on the grounds to learn how to effectively use fire extinguishers, find an escape route through a smoke screen and other important aspects of a safety drill.



- Mamerto Gaugano

CFC Japan Turns 18



The Couples For Christ (CFC) community in Japan successfully celebrated its 18th Anniversary on March 1st and 2nd in Tokyo, which was attended by almost 300 members coming from different cities of Japan.



The anniversary celebrations were centred on this year's theme "Behold and Ponder" (John 19:26), which invites the members to continue their faith journey through a meaningful reflection on Mary's pondering heart, the life of her son Jesus Christ, and their role in the greater mission and evangelization.

The celebration was highlighted by an evening fellowship of songs and interpretative dance numbers by the members of the different delegations including CFC Yokohama/ Kawasaki.

On the last day, the community celebrated the Eucharist with its spiritual director Fr Resty Ogsimer as main celebrant, and ended with a spirit-filled time of praise and worship.

Mar & Lalaine Villar





"Be like the flower, turn your face to the sun." - Kahlil Gibran

Spring has arrived in Yokohama and although the cherry blossoms have fallen, there is still lots of "hanami" fun to be had over the coming months.

If it is your first spring in Japan, hope you all enjoyed the beautiful cherry blossoms and hanami parties with friends. The blossoms around Yamate were as stunning as always and it's always so nice to see people out enjoying the flowers and welcoming spring.

Although these gorgeous light pink blossoms are the main attraction during hanami season, there are actually several other varieties of blossoms that bloom slightly later and can be enjoyed after the traditional sakura trees have replaced the pink blossoms with green leaves. Head to the mountains to enjoy the wild sakura dotted across the landscape or look out for "shidarezakura" - weeping cherry trees - in the local parks or the brighter pink "yaezakura" with the tightly bunched petals.

One of the most popular types of flower to enjoy after the traditional cherry blossoms, is the "shiba-sakura" - a creeper flower in vivid pink that covers the ground like a carpet. Shiba-sakura parks are often found spread across a vast area and can be enjoyed from mid-April to early-June. A beautiful place to enjoy these blossoms close to Yokohama is near Lake Kawaguchi at the foot of Mt Fuji. There will be a shiba-sakura festival there this year from April 19th to June 1st and it is easily accessed by highway bus from Yokohama station.



For details :

- Festival:- <http://www.shibazakura.jp/eng/aboutus/index.html>
- Bus service from Yokohama:- <http://transportation.fujikyuu.co.jp/english/gettinghere/03.html>

Another fun day trip from Yokohama to enjoy the shibasakura is a visit to Hitsujiyama Park in Chichibu, Saitama Prefecture. Located on a hill overlooking the city, with the mountains as a backdrop, they will hold a festival from April 11th to May 6th, if you are interested in stretching your legs!

Chichibu can be accessed by taking the Minatomirai line all the way to Ikebukuro and changing to the Seibu line, taking about 2.5 hours in total.



With all the flower-viewing, don't forget to take time to enjoy the delicacies of spring too! You may have seen people eating "dango" at some of the hanami parties. They look a little like lollipops and you may have been wondering what on earth they are... These are a sweet dumpling made of sticky rice and come with different flavours - soy sauce, red bean paste and sesame among the most popular. Although certain types are popular during hanami season, they are actually eaten year-round and while not to everyone's taste, they are pretty good, so give them a try!

Wild vegetables (sansai) are very popular in Japanese cooking and spring-time sees many people out picking these in the mountains, for cooking as tempura. Eaten by themselves, the vegetables are a little bitter, but as tempura, they are pretty hard to resist. You can often find sansai-tempura on the menu in soba restaurants during spring, so it's definitely not one to miss if you come across it!

The end of this month will also see the start of Golden Week in Japan, with lots of events going on around Yokohama and Tokyo. Keep an eye on publications such as *Metropolis* or *Weekender* for news of events around the city. Be warned though - everywhere will get very crowded and the Minatomirai district in particular is generally pretty crazy during this time!

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Golden Week is actually the perfect time to get out of the city to enjoy the beautiful weather and fresh greenery in the mountains. Many hiking courses that may have been closed during winter will open up. You don't even need to go very far, as places like Kamakura or the Miura Peninsula have great day walks with stunning views, but more on that next time. For now, turn your face to the sun and get out there and enjoy another beautiful season in Japan!

Caroline Kennedy



Tulips in bloom at Yokohama Park, Kannai

Recipe Of the Month



Easter Chicks Deviled Eggs

Ingredients :

- ★ 6 hard-cooked eggs
- ★ ¼ cup shredded Parmesan cheese
- ★ ¼ cup prepared ranch salad dressing (mayo will also do)
- ★ 1 teaspoon Dijon mustard
- ★ A dash of pepper
- ★ Some carrot slices
- ★ 12 capers (we used black olives instead)



Directions

Cut a thin slice from the bottom of each egg so it sits flat. Cut the top third from each egg. Carefully remove yolks and place in a small bowl; mash with a fork. Add the cheese, salad dressing, mustard and pepper; stir until well blended. Spoon mixture into the egg white bottoms; replace tops. Cut twelve feet and twelve small triangles for beaks from carrot slices. Gently press the capers into the filling for eyes; add beaks. Insert a dill sprig into top of eggs for tuft of feathers. Place feet in front of chicks. Chill until serving.

Chisato Nakamae

Culturally Speaking



While the festivals and events related to the cherry blossoms may have come to an end, there is still plenty going on in our part of Kanagawa for those with an interest in developing their aesthetic appreciation.

Hand crafts seem to be the focus of ART this month at the **Yokohama Museum of Art** with a series of Japanese woodcut prints on display until May 25th. Meanwhile, the **Sogo Museum of Art** has an installation which takes me fondly back to my childhood, showing a potentially interesting installation called "Thomas and Friends: Picture Book Art" - a must, surely, for all of those with children or who are children at heart! You can catch up with this one until May 18th. If your preferences are floral, there is still time to see the Flower Garden 2014 at the **Red Brick Warehouse**, where the premier Danish floral artist, Nicolai Bergmann, has put together a display on the theme of "Marriage", showing until April 20th.



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For a very limited time, from April 28th until May 6th, the **Sankeien Gardens** is opening up one of its cultural properties, called "Hakuuntei", known to be where the Japanese businessman, Sankei Hara had lived - on retirement - after making a fortune in the Japanese silk trade. Spring is in the air, as is beer at the **Yokohama Fruhlingsfest 2014** held at the **Red Brick Warehouse** from April 25th until May 6th.

The all-exciting **62nd Yokohama Costume Parade** hits town on Saturday May 3rd, though if the heavens decide to open, it will then be postponed to May 4th. This apparently spectacular parade includes marching bands and dance teams. The children's parade begins at 10:45 am while the adult parade begins at 11:15 am.

Both parades follow the same route: Yamashita Park (Yamashitacho) - Silk Center - Yokohama Customs (Queens Tower) - Shinko-Bashi Bridge - Red Brick Warehouse - Bankoku-bashi Bridge; with the adult parade continuing on to Bashamichi Shopping Street and Isezaki-cho. You may wish to drop by the **Symphony of Fireworks 2014**, synchronizing fireworks and music, at the **Yokohama Hakkeijima Sea Paradise**, running from May 3rd-5th. If sport is your preference, Yokohama is once again hosting the 2014 **ITU World Triathlon Series** during the weekend of May 17th-18th, beginning at Yamashita Park.

Finally, a quick run through the POP MUSIC line up and you could hear Jake Bugg, a British rock music performer at **Yokohama Bay Hall**, Shin Yamashita on April 26th. If the idea of going to hear Jimmy Cliff and Donavon Frankenreiter rings bells for you, then head along to the **Red Brick Warehouse** on Saturday May 24th.

Scott McCall

Church Feasts Around The World : Good Friday in the Philippines



Here is a look at how this unique custom is practiced on Maundy Thursday or Good Friday in the Philippines, or by Filipinos anywhere in the world. It is know as *Visita Iglesia* (Church Visit) whereby the faithful visit seven churches and pray the Stations Of The Cross. Our Filipino brethren in Japan continue to uphold this tradition here.

Last year, the Filipino parishioners of Sacred Heart Cathedral visited churches in Yokohama and Tokyo as part of their tradition and expect to do the same this year as well.

The practice of visiting seven churches is rooted in the visiting of seven churches in Rome which was initiated by Pope Boniface VIII.

In the Philippines however, many have visited up to fourteen churches equating it to fourteen stations of the cross. Some simply walk from one church to the next as part of their sacrifice and lenten ritual.

Berg de Leon



- Jhun Faderanga.

