

Heart Beats



Newsletter Of The International Community Of Sacred Heart Cathedral

February 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 Parishioner,

A parishioner once asked me how many friends I had made as a priest. “Counting all the parishioners I have met, maybe more than a hundred” was my reply. But the young man answered back. “That is nothing, Father. I have more than a hundred thousand friends because of Face Book! I have more friends than you!” And he gave me a smile.

How many friends do you have right now? Do you also have more than a thousand? A million? But how many of them are truly your friends? Friends who really matter to you? Friends whom you can talk to heart-to-heart?

As we celebrate Valentine's Day this month, I believe we need to remind ourselves of matters that really concern the heart. We need to be reminded of what is genuine and sincere in a world full of vanities and virtual realities. We need to be “heart connected” and not get sucked in by the emerging values of the so-called networking society preoccupied by profitability and trendiness. Pope Francis, in his message during World Communication Day, said: “It is not enough to be passers-by on the digital highway, simply ‘staying connected’; these connections need to grow into true encounters”.

These true encounters happen, I believe, when we relate to each other from the heart. It is listening to our hearts that make our encounters bear much fruit for one another. Everything must go with the heart because life becomes authentic when we follow our hearts and treat one other according to our hearts instead of following our heads.

St. Valentine, though a legend, is an example to follow. He listened to his heart and lived a life full of love. His story began when the Roman Emperor Claudius II banned men from marrying because he suspected that marriage made men want to stay at home instead of fighting wars. Valentine overcame his fear with compassion and love. He listened to his heart and not the Emperor's order by secretly marrying young couples until the Emperor found out and condemned him to death. Even in prison, Valentine could not be stopped from showing love and compassion to those around him including his jailer. The jailer had a young daughter who was blind; Valentine prayed for her and healed her.



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Bishop of the Diocese	: Most Rev. Raphael Umemura, DD
Administrator	: Fr. Ignacio Masahiko Iino
Assistants	: Fr. Ha Minh Tu, Fr. Roed Desamparado, CM
Mass Schedule (Japanese)	: Daily Mass at 07:00 on weekdays : Sunday Mass at 07:00, 08:15 & 12:00 : Sunday Mass at 18:00 on Saturdays
Mass Schedule (English)	: Sunday Mass at 10:00
Mass Schedule (Spanish)	: Sunday Mass at 14:00 on the second Sunday of every month (except August)
Confessions (English)	: Every first Friday and Saturday of the month, from 16:00 ~ 18:00.

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Here at Sacred Heart Cathedral, we have more than the heart of St Valentine as a role model. We have our patron, the Sacred Heart Of Jesus Himself, the heart of all hearts and the source of all love. But to those who may ask what this heart and love of Jesus look like, my founder St Vincent de Paul described it in two words. It is both affective and effective love. Affective because Jesus cared deeply for his friends. He showed compassion and understanding to the needs of those around him. His love is effective too. It did not remain purely an emotional or sentimental thing. His love got concretized in service. He washed even the feet of his disciples and ultimately sacrificed his life for those whom he called friends.

As St Paul writes, "If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains but have not love, I am nothing. If I give all I possess to the poor and I surrender my body to the flames but have not love, I gain nothing." (1 Corinthians 13:1-3).

I am reminded of a hymn we used to sing :
"Love it was that made us, and it was love that saved us
Love was God's plan when He made man
God's divine nature is love.
Born of God's love, we must love Him
That's why He made us - to love Him
But only when we love all men
Can we partake of God's love."

The Sacred Heart of Jesus brought us all together to this parish, a people of different times, backgrounds and cultures as one community. This is not just a gift from God, it also becomes a task, a call and an encounter to be harnessed by sharing our affective and effective love for one another and for the poor – in body and in spirit.

Fr. Roed Desamparado

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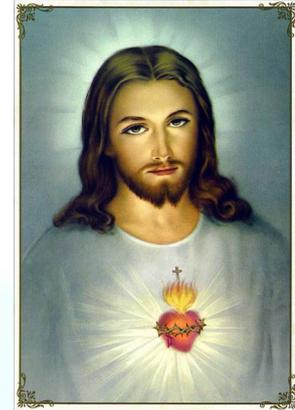
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Prayer of Consecration To The Sacred Heart Of Jesus - Saint Margaret Mary Alacoque



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.

Editorial & Design : Karen & Savio Gomez

Columnists : Caroline Kennedy, Chisato Nakamae, Scott McCall

Circulation : heartbeatssacredheartcathedral@gmail.com

Calling All Photographers

If you would like to have your beautiful lens captures of the season (minimum 8 megapixel resolution) published in the newsletter, kindly send your photographs to the Editor.

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 Editor.



Registration for First Holy Communion

As scheduled, the registration for children who are eligible to receive their First Holy Communion has begun and will continue until the end of this month.

Those parents who intend for their children to receive their First Holy Communion can sign up outside the church after the 10 am Sunday mass by February 23. There will be no registrations accepted after February 28. The preparatory sessions for the same will commence on Saturday, March 1 and will continue on eleven stipulated Saturdays over the next three months. The scheduled date for the First Holy Communion mass is June 8.

Children enrolled will need to be baptized, 7 years or above and capable of understanding the catechesis in English. There will be separate catechesis in French for French-speaking children.

Concert At Sacred Heart Cathedral

On February 23, there will be a concert held in our church from 2.30 pm onwards. The choral singing includes classics such as *Ave Maria*, *Ave Verum Corpus*, *Panis Angelicus* and *Pie Jesu*. The ticket price is 1,500 yen per head and the proceeds will be in aid of the typhoon victims in the Philippines. Beatriz Romero is selling the tickets and distributing the flyers after the Sunday Masses. Please contact her for tickets.



Mochi pounding in the church grounds on January 19.

Sayonara to Fr Iino : Isshindoutai 一心同体

This Japanese word captures the essence of St Paul's letter to the Ephesians (Ephesians 4:4), where he exhorted the community to be one in spirit and in body.

Fr Iino, our parish priest, also highlighted this message to the entire community at Sacred Heart Cathedral in his farewell speech to the Japanese parish council on February 2. Contrary to what people thought, Fr Iino has long prayed and worked for a community that is united under Christ. A community that collaborates together, regardless of culture and language, as one body of Christ. That is why he urged the parish council members to work toward that direction of unity and oneness. "*Barabara ni naranai youni doryokushite tsutomemashou*" (バラバラにならないように努力して務めましょう), we must put in great efforts to avoid disunity and exclusivity, he said.

May we not forget this message of our dear parish priest as he leaves us for his next assignment as Parish Priest of Isogo Church starting March 9. Let us also thank him for being our faithful shepherd in this church for nine long years since his arrival in 2005.

Sayonara to Fr Minh Tu

We thank Fr Ha Minh Tu for his endeavours in Sacred Heart Cathedral and we wish him all the very best as he takes up a new assignment as Parish Priest of a church in Hamamatsu.

Dates For Your Diary

- 16 February** : ICC Meeting
- 22 February** : Choir Rehearsal @ 10:00 am
- 23 February** : Children's Mass @ 10:00 am
- 01 March** : Communion Preparatory Programme Session 1 @ 10:00 am.
- 02 March** : Bible Study @ 11:30 am
- 09 March** : Sunday School @ 09:00 am
- 09 March** : Block Rosary Devotion @ 05:00 pm



A Valentine Message For You

My Child,

You may not know Me, but I know everything about you (Psalm 139:1)

I know when you sit down and when you rise up (Psalm 139:2)

I am familiar with all your ways (Psalm 139:3)

Even the very hair on your head are numbered (Matthew 10:29-31)

For you were made in My image (Genesis 1:27)

In Me, you live and move and have your being (Acts 17:28)

For you are My offspring (Acts 17:28)

I knew you even before you were conceived (Jeremiah 1:4-5)

I chose you when I planned creation (Ephesians 1:11-12)

You were not a mistake, for all your days are written in My book (Psalm 139:15-16)

I determined the exact time of your birth and where you would live (Acts 17:26)

You are fearfully and wonderfully made (Psalm 139:14)

I knit you together in your mother's womb (Psalm 139:13)

And brought you forth on the day you were born (Psalm 71:6)

I have been misrepresented by those who don't know Me (John 8:41-44)

I am not distant and angry, but am the complete expression of love (1 John 4:16)

And it is My desire to lavish My love on you (1 John 3:1)

Simply because you are My child and I am your Father (1 John 3:1)

I offer you more than your earthly father ever could (Matthew 7:11)

For I am the perfect Father (Matthew 5:48)

Not death, not the future nor any power or creature is able to separate you from My love (Romans 8:39)

Every good gift that you receive comes from My hand (James 1:17)

For I am your provider and I meet all your need (Matthew 6:31-33)

My plan for your future has always been filled with hope (Jeremiah 29:11)

Because I love you with an everlasting love (Jeremiah 31:3)

And I rejoice over you with singing (Zephaniah 3:17)

I will never stop doing good to you (Jeremiah 32:40)

For you are My treasured possession (Exodus 19:5)

I desire to establish you with all My heart and all My soul (Jeremiah 32:41)

And I want to show you great and marvellous things (Jeremiah 33:3)

If you seek Me with all your heart, you will find Me (Deuteronomy 4:29)

Delight in Me and I will give you the desires of your heart (Psalm 37:4)

For it is I who gave you those desires (Philippians 2:13)

I am able to do more for you than you could possibly imagine (Ephesians 3:20)

For I am your greatest Encourager (2 Thessalonians 2:16-17)

I am also the Father who comforts you in all your troubles (2 Corinthians 1:3-4)

When you are broken hearted, I am close to you (Psalm 34:18)

As a shepherd carries a lamb, I have carried you close to My heart (Isaiah 40:11)

One day I will wipe away every tear from your eyes (Revelation 21:3-4)

And I'll take away all the pain you have suffered on this earth (Revelation 21:3-4)

I am your Father, and I love you even as I love My Son, Jesus (John 17:23)

For in Jesus, My love for you is revealed (John 17:26)

He is the exact representation of My being (Hebrews 1:3)

He came to demonstrate that I am for you, not against you (Romans 8:31)

And to tell you that I am not counting your sins (2 Corinthians 5:18-19)

Jesus died so that you and I could be reconciled (2 Corinthians 5:18-19)

His death was the ultimate expression of My love for you (1 John 4:10)

I gave up everything I loved that I might gain your love (Romans 8:31-32)

If you receive the gift of My Son Jesus, you receive Me (1 John 2:23)

And nothing will ever separate you from My love again (Romans 8:38-39)

Come home and I'll throw the biggest party Heaven has ever seen (Luke 15:7)

I have always been Father, and will always be Father (Ephesians 3:14-15)

My question is, "Will you be My child?" (John 1:12-13)

I am waiting for you. (Luke 15:11-32)

- Your Dad, Almighty God

Out And About In Japan

A very Happy New Year to all our readers! I hope you enjoyed the holiday season and are now settling into the Year of the Horse. With Yokohama Chinatown at our doorstep, I'm sure many of you were able to experience the Lunar New Year celebrations around town at the beginning of the month. Hope it's a prosperous New Year for us all!!

Although temperatures rose over the last week of January, February is still of the coldest month of the year here in Japan. The cold, crisp weather often brings clear blue skies however, and the perfect time to enjoy beautiful views of Mt Fuji and the Tanzawa mountain range. Even from Yokohama, you will be able to enjoy clear views from Osanbashi pier or the Italian Gardens, close to Sacred Heart. For an even more spectacular view however, it's also nice to head down to Enoshima - for a walk on the beach and stunning views of the mountains with the surfers in the foreground. I don't think I'd be brave enough to venture out in the icy sea at this time of the year though...

While it's nice to get clear views of snow-capped Mt Fuji, what's even nicer is to actually head out to the mountains and enjoy the amazing powder snow that Mother Nature blesses Japan with! While living in Yokohama, we are very lucky to have very affordable options for trips to ski resorts only a short bullet train ride away.

If you are a first time or a beginner skier, two of the things that might worry you about skiing in Japan are the costs involved and whether you will be able to rent everything you need or have to buy it all in advance. Both of these worries don't actually present as big a problem as you might think. Living in Yokohama / Tokyo presents a whole host of options for all-inclusive day trips from the city to the closest resorts in Niigata. For as little as 13,000 yen, depending on the day of the week, you can enjoy a fun day on the slopes in Gala Yuzawa or Naeba, including your train ticket, lift pass and rental. JR, JTB and many of the travel agents, including HIS, will sell these JR all-inclusive packages, which are perfect if you just want to test the waters (or snow..!) as such. One thing to keep in mind though is that large-sized footwear may not always be available at the rental shops. If you are concerned, it's good to call in advance to confirm or reserve your rental wear if possible.

The closest resorts for a day trip tend to be clustered around Echigo-Yuzawa in Niigata prefecture. From the shinkansen station, resorts such as Naeba and Kagura are only a short bus ride away. For day trip heaven for beginners however, Gala Yuzawa tends to be where many of the city day-trippers will head (although more experienced skiers and snow boarders may want to stay away...). The resort at Gala Yuzawa is serviced by its very own stop on the Joetsu Shinkansen and coming through the ticket gate, you exit into the ski centre with locker rooms, rental and even an onsen. After changing and collecting your rental gear, you can get straight on to the gondola up to the slopes. Daytrips don't get much easier than this, hence the crowds on any given weekend from January through to March.

For those interested in longer trips or with access to a car, then the world of Nagano and the world-famous resorts of Hakuba village or Nozawa Onsen await. Not to mention Hokkaido - if time and your budget permit! If you are a skier or snowboarder, then the slopes of Niseko are not something you want to miss. In fact, even if the snow is not for you, there's still the crab, oysters, sushi, ramen and all sorts of delicious food. Hokkaido really does have something for everyone...!

If you've always felt that you would like to give winter sports a try, but just haven't had the opportunity yet, then living in Japan really is the perfect opportunity. Apparently, the year of the Horse is about freedom, returning to nature and enjoying life and life's adventures. Go on - give it a try! You don't know what you are missing! :)

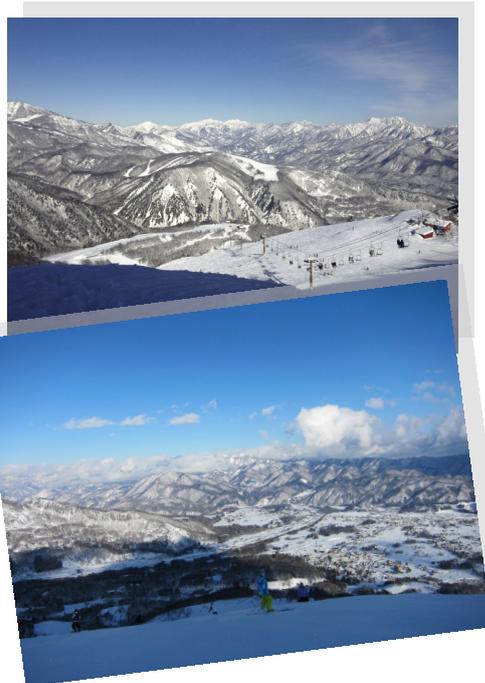
Caroline Kennedy

Recipe Of the Month

Chocolate Macaroons

Ingredients:

- | | |
|-------------------|---------|
| ★ Icing Sugar | 110 g |
| ★ Ground Almonds | 65 g |
| ★ Dutch Cocoa | 13 g |
| ★ Egg Whites | 60 g |
| ★ Caster Sugar | 20 g |
| ★ Cream of Tartar | a pinch |



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Method :

Sift icing sugar, ground almonds and cocoa through a fine sieve, pushing mixture through with a wooden spoon ★ Using an electric mixer, whisk egg whites until foamy ★ Add cream of tartar ★ Whisk to combine caster sugar, a little at a time until using all, and whisk to firm soft peaks ★ Stir in almond mixture; in three or four divided portions ★ Spoon mixture into a piping bag fitted with a 4 mm muzzle ★ Pipe mixture into 2.5 cm rounds onto baking paper lined oven trays ★ Bake at 170C ~180C for 12 ~13 minutes ★ Use strawberry jam or raspberry jam or any jam of your preference to put two rounds together, when they have cooled down ★ The perfect treat for Valentine's Day!

Chisato Nakamae

Culturally Speaking

As doorsteps go, Yokohama is fairly sizeable, though with excellent travel infrastructure combined with a little forward planning, availing oneself of the culture of this city is much easier than first thought. Each month, this column will offer up a range of cultural opportunities to whet your explorative appetite.

If ART is your thing then there are some great opportunities nearby, involving exhibitions by local, young artists. Just down the road on Motomachi at the **Yonabe Art Gallery**, you can see an exhibit featuring the art work of "some of Japan's best young talent in the edgy genre of street-style art". This interesting sounding work is available only until the end of February. A number of local Japanese and international schools are having the best of their students' artwork displayed in the Western houses on the Bluff. The **Yokohama Yamate Art Festival** will run exhibits from February 14th to the 25th, daily from 9:30 am to 5 pm (9:30-12:00 on February 26th). You can see all of this art work in these "Bluff" houses: numbers 18, 111, 234, Berwick Hall, Diplomat's House and Osaragi Jiro Memorial Museum. There is always something of interest going on at the **Red Brick Warehouse**. As well as the plethora of interesting restaurants and stores inside, the large outdoor space frequently draws in visitors. February is no exception with the advent of "Art Rink". Here you can observe some art while ice skating at the very same time! Art Rink is open weekdays from 1:00 to 10:00pm and weekends from 11:00am to 10:00pm until February 23rd (closed February 18th).

If you are looking for a little CLASSICAL MUSICAL distraction, then you could try the **Minato Mirai Hall**. There are two significant concerts scheduled in February. The New York Philharmonic is away from the USA on their winter tour through Asia, arriving here in Yokohama on Saturday February 15th beginning at 3:00 pm. The programme will include Gershwin's Rhapsody in Blue and Tchaikovsky's Symphony No. 5. The tickets for this concert are a little on the pricey side. Much more reasonable in price is the second concert by the Japan Philharmonic. Though I personally love Gershwin and Tchaikovsky, the Japanese concert sounds in many ways to be a little more intriguing. The Japan Philharmonic is presenting contemporary Japanese music by the composer Akira Ifukube on February 27th at 7:00 pm.

A quick run through the POP MUSIC line up and you could hear "U-Kiss" at Pacifico Yokohama on February 16th, "Splashgirl" at Airgin on February 21st or Eric Clapton at the Yokohama Arena on February 23rd.

Finally for this month, under the category of CULTURAL CURIOSITIES, here are three opportunities to consider. The first is **Chinese New Year** and there are various exciting events happening up to February 14th, including the solemn Lantern Festival in China Town and at Ma Zhu Miao (Shrine of the Goddess of the Sea) on February 14th, as well as the Spring Festival dances and performances in Yamashita Park on February 9th at 11:00am, 2:30pm, 4:30pm and 5:30pm and on February 11th at 2:30pm, 4:30pm and 5:30pm. Once you have exhausted yourself at the New Year festivities, why not pop along to the beautiful **Sankeien Gardens** for a relaxing view of the plum blossoms, from February 15th-March 9th (park open daily 9:00am-4:30pm). If after all of that you still have some energy left, then there is always the famous Motomachi "Charming" Sale from February 25th-March 2nd.

Scott McCall

