

Heart Beats



Newsletter Of The International Community Of Sacred Heart Cathedral

June - July 2014

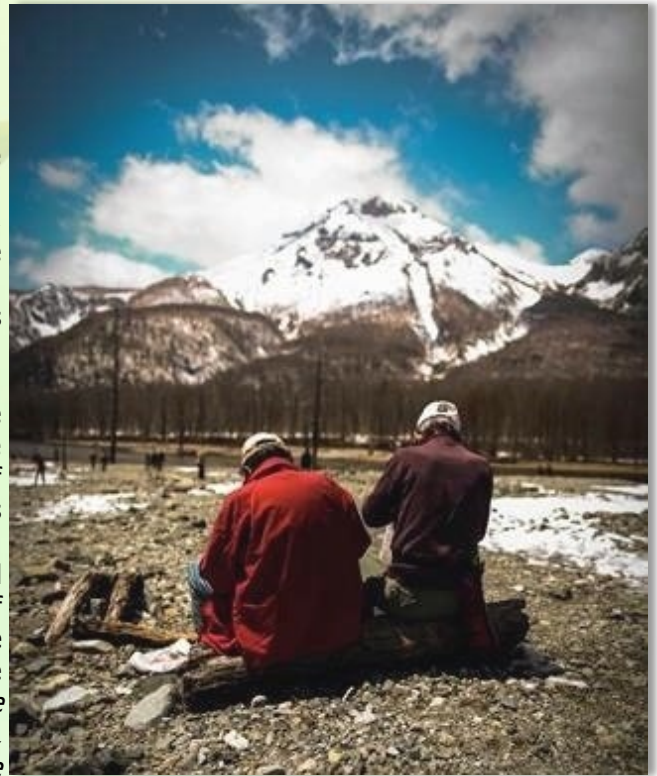
“May the words of our mouths (and those we write) and the meditations of our hearts, be pleasing in Thy sight, O Lord, our Rock and our Redeemer” - Psalm 19:14

From the Pastor's Desk

Dear Parishioners

On June 8, we celebrated the Feast of Pentecost. It is the birthday of the church, when the Holy Spirit descended upon the Apostles. The Power of the Holy Spirit promised by Jesus, transformed their fears and doubts into courage to continue the mission of Jesus. It was the Holy Spirit that emboldened the apostles to make sacrifices, spread the Gospel, die as martyrs and give birth to our Church.

After a year of rebuilding and reforming our community here at Sacred Heart, I can say that it was by the grace of the same Spirit that we were led on our journey. The presence of the Holy Spirit was and is truly demonstrated in the various activities that took place and by the spirit of volunteerism in everyone. All our prayers and efforts combined have solidified our presence as one international Catholic community of Sacred Heart Cathedral. Setting aside all our differences, we come together as one body of Christ giving witness to the words of St Paul to the Corinthians : *"For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit"*. (1 Corinthians:12-13)



*Lunching before the stunning backdrop of Kamikochi
Courtesy : Peter Doan*

As we give thanks to the Lord for one fruitful year, let us also acknowledge the hands and talents of those who offered themselves as instruments of God's Spirit. Their humility and selflessness brought about some significant changes we see in this community. I wish to make mention of three good men who have been actively involved in this community and its reformation - Mr Scott McCall, the dynamic Chairperson of the International Community Council (ICC) and our Choir Director; Mr John Tomalavage, a long serving Eucharistic Lay Minister and Foreign Guild member; and Br Jean-Pierre Houle, also a Eucharistic Lay Minister and Spiritual Advisor to the ICC for the past year. We thank these men for their great efforts within the international community and wish them well in their journey ahead.

The departure of these three to their new mission lands is not just a reality that we face as a migrant community but it is also a challenge to keep moving on and evolving as a church guided by the Holy Spirit.

Continued on next page

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

... Continued from previous page.

Along the way, we will always face obstacles and adversaries but we will continue to trust in the Holy Spirit to bring us closer to His Plan. I would like to end with a line from the hymn from the Christian Prayer Book. It is a call to the Holy Spirit, the Divine Teacher. Though the feast of Pentecost has passed, let us pray along these lines each day :

*Teach us, good Lord, to serve the needs of others,
Help us to give and not to count the cost.
Unite us all, for we are born as brothers and sisters :
Defeat our Babel with thy Pentecost.*

Fr. Roed Desamparado



New Appointments

ICC Co-Chairs	:	Charles Boliko ; Karen Gomez
ICC Representatives	:	Joey Parraba ; Toshi Asaba
<i>(at the Japanese Parish Council)</i>		
ICC Treasurer	:	Yutaka Nakamae
Choir Director	:	Gilbert Espineli



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Calling All Photographers

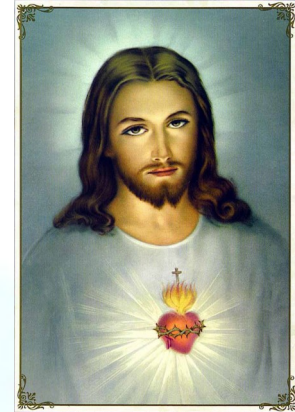
If you would like to have your beautiful lens captures of the season (minimum 8 megapixel resolution) published in *Heart Beats*, kindly send your photographs to the above-mentioned email address.

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.





Church Picnic

June 1st saw quite a number of parishioners from the international community get together for a parish picnic at the nearby Negishi Forest Park.



Some parishioners arrived at the park immediately following mass and some arrived later but everyone found and joined the church group among the many picnickers there, spread out on mats under the leafy cherry trees.

All in all, it was a perfect day in many ways. It was a lovely day to be outdoors, there was an extensive array of food, desserts and drinks, as at every potluck, and the camaraderie was enjoyed by one and all. After our incessant eating and chatting, a sing along ensued with numbers right from “Country Roads” to “Don’t Cry For Me Argentina” in not just one but three languages – English, Spanish and Tagalog. The picnic concluded with three groups competing against one another in song games amid frantic searches for lyrics on smartphones.

We all went home promising to make the parish picnic a regular feature on our parish calendar.

The Sacred Heart Cathedral Filipino Community invites you to join

“The River Of Life” Recollection

† Date : Saturday, June 21, 2014 † Time : 1500 ~ 2000

† Venue : Sacred Heart Cathedral Hall

For details, please contact :

- ① Mar (080-9430-2303)
- ① Marilyn (080-9192-0203)
- ① Menchi (080-3547-5769)
- ① Josie (080-4371-5176)

As most of you head back to your home countries, we wish you a relaxing and refreshing summer vacation.





First Holy Communion

Twelve delightful children from our international community received their First Holy Communion last Sunday at a solemn and beautiful Eucharistic celebration.

After going through a three month preparatory course administered in English and French by the parish catechetical team, the big day arrived with parents, children and catechists equally involved and excited.

Typically dressed in suits & gowns with the church bedecked in flowers and brimming to capacity and more, the communicants could not keep still in anticipation of receiving Jesus physically into their hearts for the first time. After the entrance procession and public declaration of their intention, the communicants did most of the readings and prayers at the Liturgy of the Word and were first in line at the Liturgy of the Eucharist.

Post communion, two parent representatives in a symbolic gesture, took the light from the big Easter candle and passed that flame along to all the children, in their vow to support their children in their Christian walk. With their candles aglow, the children then said a final prayer of peace at the altar, then turned around and sang "This Little Light Of Mine" as a witness to the congregation who began clapping to the rhythm, visibly enjoying the song yet moved by innocent voices raised in song and prayer. Certificates of the sacrament and gifts were duly distributed at the end of the service.

True to tradition, there was a sumptuous spread served in the parish hall by an equally delightful group of parents, immediately following mass and the unending photograph sessions. The catechetical team were then thanked by the parents and children with floral tributes. However, as a catechist myself, I speak for all the catechists when I say that bringing the children to the knowledge of His Name and seeing the joy on their faces is all the reward we need. And our prayer for them is that they keep "the light of Christ shining on".



Sunday School is now closed and will recommence in September. We need another Catechist to join our team. If you are interested, please contact the catechetical team members. Training & guidance will be provided!



Sayonara

June is that time of the year when we, as a migrant community here in Yokohama, are faced with the inevitable farewells - as difficult as they are - which need to be said, to people who have been part of our community and who now must move on...

And so with a heavy heart, we bid adieu to three prominent members of our community :



ICC luncheon at Hotel Miel Parque on June 15

Scott McCall, our church Choir Director and International Community Council (ICC) Chairperson.

Scott took over as choir director last year and helped us make beautiful music and lead the congregation in meaningful worship. Hymns and hymnals changed, and the quality of our singing improved in many ways under his expert conductorship. As the ICC chair, he worked equally hard to promote the activities of our community and coordinate with the Japanese community for joint programs.

Scott has been in Yokohama, Japan for three years and leaves his post as Director of Fine Arts and Head of Music at Saint Maur International School to take up his position as Head of Music in the British School of Washington DC, USA.

John Tomalavage, long standing lay Eucharistic Minister, Usher and ICC Member.

John has been a stalwart member of the Sacred Heart Foreign Guild and in that capacity, has been involved in various roles for a long time - from serving at the English Mass and overseeing lectors to organizing the Charity Bazaar, the Christmas Dinner etc.

John has been on assignment to Japan several times in the past but he came to Japan this time in April 1995 so he has been here for over nineteen years. He will leave Japan on June 22 and return to the United States as he retires from Lockheed Martin and settles with his wife Hiroko in the tranquil Amish inhabited countryside of Lancaster County, Pennsylvania. They are looking forward to a more relaxed lifestyle although they will not be driving a horse and a buggy.

Br Jean-Pierre Houle, ICC Member and Spiritual Advisor.

Hardly have we come to know Br Jean Pierre Houle from Canada when we must say goodbye as he leaves Japan for his next assignment. He too has come to Japan before as a missionary from 1988 to 1991 and this time, he has served as a devoted novice master in Yokohama since last year and as a Eucharistic Minister and Spiritual Advisor to the ICC at Sacred Heart.

So *arigatou gozaimashita* to all three of you for all you did here at Sacred Heart and though you leave this church, may the Sacred Heart of Jesus always guide, direct and sustain you wherever you are. "May the Lord bless you and keep you; the Lord make His face to shine upon you and be gracious to you; the Lord turn His face toward you and give you peace." (Numbers 6:25).





The Feast of the Sacred Heart of Jesus, typically celebrated nineteen days after Pentecost, falls this year on Friday, June 27. Being our church feast, it will instead be celebrated the following Sunday on June 29.

Gleaned Thoughts On Love For The Sacred Heart

- ♥ The value of my Christian life corresponds to the value of my love for God.
- ♥ Love for the Sacred Heart is the strength of my love-service for others.
- ♥ A Christian who loves the Sacred Heart and the goodness of His Heart always does good.
- ♥ A good Christian does not need to preach much. His / her manner of living is sufficient to touch other souls and draw them to the Sacred Heart of Love.
- ♥ Just to look at certain people with the love of the Sacred Heart is enough to fill other people with His divine love.
- ♥ The Sacred Heart loves us with an everlasting love. He always loves us first.
- ♥ He loves each of us as if He had no one else in the world to love.
- ♥ He loved me and you, and delivered Himself for us.
- ♥ His love is an ardent love, which extends to what human reason would call folly. He loved us unto the end: John 13:1; to the folly of the crib, to the folly of the cross and to the folly of the Eucharistic Host...
- ♥ Here on earth we should be new Christ(s), follow His example, kindle fire upon earth.
- ♥ Our mission is to become another Christ, our hearts a replica of His.
- ♥ Jesus' Heart wants to make us a burning furnace of charity, like the disciples after the meeting with Jesus at Emmaus. God wants to grant us this gift of being burning furnaces of charity, but He can do so only if we ask him unwearingly and ardently.
- ♥ Moral weariness can take possession of us and the flame of love become less fiery.
- ♥ "You, Jesus, who are Living Flame, inflame me with Your fire that I may be like You." (Cardinal Newman)
- ♥ The great obstacle to love is self-seeking selfishness with all its variations.
- ♥ Let us give up all and even our smallest things and God will draw us close to intimacy with Him.
- ♥ Where there is love, work needs no effort, or if effort is required, the very effort is love. (St. Augustine)
- ♥ The proof of our love for God is not in dreaming about it, talking about it, and being moved to tears by it. It is in daily obedience, resignation to God's will and active generosity.

Br Jean-Pierre Houle, FIC

Novena Prayer to the Sacred Heart of Jesus

This novena prayer was recited every day by Padre Pio for all who asked for his prayers. It is to be recited daily, so as to be spiritually united with the prayer of St. Pio of Pietrelcina. To make the novena to the Sacred Heart of Jesus, it is to be recited for nine days prior to the feast day.

Novena Prayer :

I. O my Jesus, You have said "Truly I say to you, ask and you shall receive, seek and you shall find, knock and it shall be opened to you." Behold I knock, I seek, and I ask for the grace of ... *(here state your intention)*

Our Father, Hail Mary, Glory be to the Father... Sacred Heart of Jesus, I place all my trust in you.

II. O my Jesus, You have said, "Truly I say to you, if you ask anything of the Father in My Name, He will give it to you." Behold, in Your name, I ask the Father for the grace of ... *(here state your intention)*

Our Father, Hail Mary, Glory be to the Father... Sacred Heart of Jesus, I place all my trust in you.

III. O my Jesus, You have said, "Truly I say to you, heaven and earth will pass away, but My word will not pass away." Encouraged by Your infallible words, I now ask for the grace of ... *(here state your intention)*

Our Father, Hail Mary, Glory be to the Father... Sacred Heart of Jesus, I place all my trust in you.

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have mercy on us sinners, and grant us the grace which we ask of You, through the Sorrowful and Immaculate Heart of Mary, Your tender mother and ours.

Hail Holy Queen (Salve Regina) prayer.

St. Joseph, foster father of Jesus, pray for us.



Recipe of the Month



Cream Cheese Dessert

Ingredients : Cream Cheese (200 g); Milk (500 cc); Cream (200 cc); Gelatin powder (10 g); Sugar (100 g); Lemon Juice (1 ~ 2 tbsps)

☛ In a small bowl, put 3 ~ 4 tablespoons of water and sprinkle gelatin powder evenly over the water ☛ Cream cheese should be at room temperature ☛ Mix it with lemon juice until soft and smooth ☛ In a small sauce pan, heat milk and sugar until sugar dissolves ☛ Add the prepared gelatin powder into the milk and sugar mixture ☛ Once the prepared gelatin powder melts in the milk and sugar mixture, let it cool ☛ Gradually add the cooled milk and sugar mixture into the softened cream cheese ☛ Whip the cream until it is slightly thick. It should be at about the same consistency as that of the cream cheese and milk mixture ☛ Mix whipped cream into cream cheese and milk mixture, pour into mold and let it set in the fridge ☛ Serve it with fruit sauce or any seasonal fruit.



Chisato Nakamae

Culturally Speaking



The best part of summer has arrived with its wonderful sunshine, without too much humidity. While these are the days to picnic in a park with loved ones, here is a line up of cultural treats...

It is FRANCE MONTH and until June 29th, at the **Zo-no-Hana Terrace**, an event is being hosted that celebrates French cuisine, put together by Parisian Isabelle Boinot. From June 20th-29th at the **Yokohama Akarenga building**, young artists of Le Fresnoy (National Studio of Contemporary Arts) are displaying visual works to stimulate your senses. Alternatively, perhaps the Yokohama France Animation Festival would tempt you: go and see a rich and wide variety of animated features for adults and children - **Yokohama Jack & Betty Theater** from June 28th to July 4th. Also in the cinematic world, on June 27th from 5:30-7:30pm at **Saint Maur International School**, the Children's Snack Cinema will host a workshop of short French animated features by Michel Ocelot followed by discussions and snacks - in French and English, appropriate for children aged four and over.

If contemporary dance is your raison d'etre, then go and see Dance Cross at the **Yokohama Akarenga building** at 4:30pm on July 6th; or perhaps Christian Rizzo's Dance Performance at **KAAT (Kanagawa Arts Theater)** on July 11th at 7:30pm or July 12th at 6:00pm. An entry charge applies to both of these dance events as well as the Children's Snack Cinema. If you would like further information about the France Month festival, contact the French Institute, Yokohama.

For slightly unusual CURIOSITIES, go down to the **Yokohama Museum of Urban History** to see the Yokohama Electric Train Display (until July 25th) or some Popular Chinese Prints at the **Yokohama Museum of EurAsian Cultures** (until June 29th). At the **Red Brick Warehouse (Akarenga building)** there is an intriguing video art exhibit entitled "Are you here?".

A quick run through the POP MUSIC line up offers up Suzuki Isao & Oma Sound at **Dolphy** on June 27th at 7:00pm; or Marter & Shiraishi Toshizu (jazz guitarist and vocalist) on June 24th at **Grass Roots**. At **Kamome**, the Ota Ken Quintet is performing on June 29th at 7:00pm. A little bit of reggae and Ainu music can be heard on June 24th at 7:00pm at Thumbs Up. All of these concerts involve a ticket purchase.

Finally, a little plug to encourage you to go and visit my favourite wine bar in Yokohama, **Tomei's Wine Bar**, just down on Motomachi, where on most Sunday evenings you can hear, for free, a wonderful variety of up and coming talent: Honmoku Blues Express on June 22nd and Kooling & the Bashamichi Brothers on June 29th. There is no better way to enjoy a sunny Sunday summer's evening than to sip a cool glass of white wine in a welcoming and cosy environment. Cheers!

Scott McCall



Out And About In Japan



"I haven't been everywhere, but it's on my list..." - Susan Sontag

Decisions, decisions... Living in Yokohama provides us with so many great choices for a daytrip to escape the hustle and bustle of everyday life. The hardest part is sometimes deciding where to go...! Do you go to Kamakura to enjoy the serenity of the temples, Enoshima for a walk on the beach, the lakes and mountains around Mt Fuji for fresh air and hiking...?? So many choices. And that's just thinking of the places closest to our homes here!!

One very worthy contender for a daytrip from Yokohama has to be Hakone, of course. Easily accessed by public transport and avoiding the heavy traffic that many highways in Japan see on the weekend, Hakone can be reached in less than 2 hours via Odawara Station on the Tokaido Line. While the options for activities in Hakone are endless, sometimes the number of places to be seen can seem overwhelming. Rather than spending one busy day trying to see everything, one place I would recommend for a very relaxing afternoon is a trip to the Hakone Open Air Museum. Set in the hills near Gora, it is the perfect escape from the city and a great opportunity to enjoy unusual sculptures and artwork in a stunning backdrop.

The Hakone Open Air Museum – known as Chokoku no Mori Bijutsukan in Japanese – offers over 100 sculptures in an outdoor setting, with works from many famous sculptures and a large Picasso Pavilion, along with several climbing and play features for children. Did I mention there is an outdoor footbath too?! Fed from a natural hot spring and filled with oranges and lemons to give a lovely aroma; it is the perfect rest spot to end the day if your feet are feeling tired as you make your way around the grounds.

It really is a most unique museum and even if you are not the biggest fan of art, don't worry! You don't need to be an art connoisseur to enjoy the open spaces, fun sculptures and beautiful views. There is also a café on the grounds, so all bases really are covered.

I think everyone comes away with their favorite piece after visiting this museum. Some will make you laugh, some will leave you scratching your head at the meaning of art, but all will hold your attention and give you memories of a fun afternoon in a museum you will not find in other places.

The Open Air Museum is open from 9am to 5pm and is accessed from Yokohama as follows –

Yokohama – Odawara (Tokaido line – 55mins) – ¥970
Odawara – Hakone Yumoto – Chokoku-no-Mori Station (Hakone Tozan line – 50mins) – ¥670

The museum is a two minute walk from the station. It can also be accessed by bus from Odawara station to Ninotaira Iriguchi Station. If you are travelling on a Hakone Free Pass, all of the travel will be covered under the pass. It really only works out as good value though if you are taking in all of the attractions that Hakone has to offer over a two day period.

More information and ticket prices can be found at :

www.hakone-oam.or.jp

Caroline Kennedy

