

Heart Beats



November 2013

Sacred Heart Cathedral, 44 Yamate-Cho, Naka -Ku, Yokohama, Kanagawa 231-0862

**“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

- Bishop of the Diocese** : Most Rev. Raphael Umemura, DD
- Administrator** : Fr. Ignacio Masahiko Iino
- Assistants** : Fr. Hah Mhin Tiu, 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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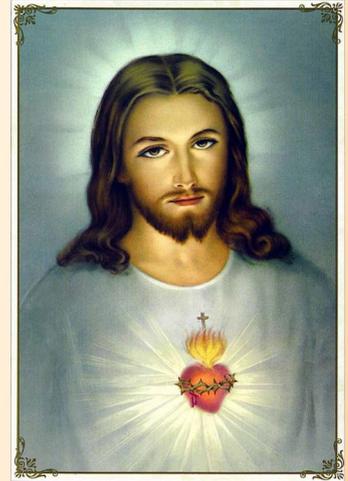
Calling All Photographers

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.

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. Amen.



From the Pastor's Desk

Dear Parishioners,

In this month of November, as we prayed for those who died, it was the message of Jesus' resurrection that fills us with hope and confidence. Furthermore, the next three Sundays will be the closing Sundays for our Church liturgical calendar. However, they are not supposed to be sad Sunday celebrations because the closing of the liturgical calendar is not a message of the eventide but instead a harbinger to the future. That is why, central to the themes of the remaining Sundays in our church calendar, are messages about what God is doing in preparation for the future - our drawing nearer to the Kingdom of God. This closing season is, in fact, a season to celebrate with hope and joy. It is also a moment to reflect on the life we are called to live in fidelity to the future that God has prepared for us.

"This is your newsletter and please treat it as such; let it truly be the voice of Sacred Heart Cathedral".

Here in our church, we see glimpses of new life sent from God in the many volunteers and new faces that have arrived in church since Easter of this year. Together, we share a vision about the future of this church community and how we should faithfully achieve it which has instilled in all of us a new spirit of service and dedication. One proof of this vigour is the new edition of our monthly newsletter and the several new organizations that have sprouted up in our church community, that are being introduced to you and featured within these pages.

On behalf of our parish priest, Fr Masahiko Inno, I encourage you to take time to read through our monthly newsletter. Through it, we get updates concerning the various activities within our church community. It also provides insights and reflections that concern our faith and life as foreigners in this land. It is also a way of getting involved in our church community and a platform for all parishioners to share their views and talents through write-ups, pictures and other contributions. This is your newsletter and please treat it as such; let it truly be the voice of Sacred Heart Cathedral! Through it, I hope we will all feel that we are indeed a church community bonded together by the Holy Spirit and that we have a mission!

Fr. Roed Desamparado, CM



Church Bazaar 2013

In the run up to this year's bazaar, we had quite a bit of anxiety about the weather. The Sunday before the bazaar we were supposed to take the tents, tables and chairs out of storage, assemble the tents and locate all the items strategically around the church grounds. Due to the weather and the threat of the approaching typhoon, the tent poles were taken out of storage but not assembled. The pieces for the large tables were also taken out of storage but were not assembled and only stacked in piles. Much work was left for later in the week.



The Thursday before the bazaar was designated as the day the tents and tables would be assembled and placed in designated areas around the grounds. The tents were assembled but not stood up, again because of concern for the approaching typhoon. Saturday morning, although still raining, the decision was made to go forward with the bazaar. The tents were stood up and the tables were assembled. Then we started to get our tent in order for the opening of the bazaar.

This year, as in years past, the Sacred Heart Guild supported the parish bazaar by selling hamburgers, hot dogs and cold drinks. Hamburgers and hot dogs cooked on the grill are perennial favorites with the bazaar visitors. Also on the menu were chili dogs. With many of our Japanese customers not being familiar with chili dogs, we were frequently explaining the concept. Once they tried the chili dog however, they were hooked and often came back again for another one. Due to the weather, Saturday saw only a few customers.

However, the weather was great on Sunday so we had a big crowd turning up at the Bazaar especially after the 10 am Mass. Our stall saw the usual long queue for hamburgers and hot dogs fresh from the grill at lunch time. We were able to sell all our hot dogs and hamburgers and most of our drinks. The camaraderie shared within the Sacred Heart International Community tent and the many helping hands made the work more pleasant.

The other food stalls too (Filipino, Japanese etc) had their fare selling quickly and many children frequented the Games booth.

As soon as the bazaar ended, all the equipment was disassembled and returned to storage. Thanks to the many helping hands, this work was accomplished quickly bringing another bazaar to a successful end.

John Tomalavage

Dates For Your Diary

- 03 November** : Bible Study at 11.45
- 09 November** : Rosary at 13.30
- 10 November** : Sunday School at 09.00
- 16 November** : Choir Rehearsal followed by Potluck at 10.00
- 01 December** : 'Nine Lessons and Carols' Program at 18.00 at Christ Church
- 07 December** : Parish Christmas Party from 1800 ~ 2100 at YC&AC



Sacred Heart Cathedral International Community Council

Fr Roed arrived at Sacred Heart earlier this year and identified an urgent need for parish renewal. He has been instrumental in encouraging us to come together as a community to work more closely in collaboration, to ask us to do more at Sacred Heart, for the good of our faith.

At the beginning of summer, Fr Roed called an open meeting for anyone interested in playing a more active role in the Sacred Heart International Community. A good number of brave people attended this meeting, from which a number of people offered to be leaders in the rejuvenation of our Catholic experience. A number of groups met together to reorganise, including Lector Ministry, Music Ministry and more recently the Welcome Ministry. There have been changes to the organisation and training of the Altar Servers and the recent addition of monthly Bible Study sessions have created invaluable opportunities for us all to enrich our faith.

The next stage in the renewal process was to reboot the Sacred Heart International Community Council, formerly made up of members from the English-speaking, Filipino and Latin American guilds. This important step enabled us to formalise all of the new structures created through the ministries. A cross-section of people from Sacred Heart Cathedral were invited to form the new Council, including the leaders from each ministry group and the dedicated members of the Guilds. The new Council held its first meeting on Sunday, September 22nd, 2013 to establish a new forward momentum in the ministry and fellowship of all who are part of the Sacred Heart Cathedral international community, as well as to look at ways in which we can improve communication and collaboration with the Japanese congregation.

We are in the early days of renewal, of course, and there is still plenty for us all to contribute. Is there something more in which you would like to participate or contribute? It is never too late, so if you have missed out on the opportunity to play a greater role in one or more of the international community ministries, please feel free to contact the relevant leaders (see the Council List), or email me at the address below. If you are new to the community at Sacred Heart, you are very welcome : let us know if there is a particular ministry in which you would like to participate.

Scott R McCall

Chairperson, International Community Council
scottrmccall@hotmail.com

International Community Council Members	
Responsibility	Name
Chairperson	Scott McCall
Sub Coordinator 1	Gus Nishizumi
Sub Coordinator 2	Joey Parraba
Spiritual Advisors	Fr Roed Desamparado Br John Pierre Houle
Lay Eucharistic Ministry	John Tomalavage
Lector Ministry	Beng de Leon
Music Ministry	Scott McCall
Lay Server Ministry	Dennis Mwansa
Welcome Ministry	Marilyn Kobayashi
Collections and Offerings	Toshi Asaba Teresa Nakamura
Sunday School	Chisato Nakamae Karen Gomez
Bible Study Fellowship	Karen Gomez
CFC (Couples for Christ)	Mar Vilar
Publications	Karen Gomez Savio Gomez
Sacristy	Beatriz Romero
Yokohama Filipino Community	Linda Kuruishi Josie Lirio
Men's Guild	Yutaka Nakamae Cecil Baclay
Block Rosary Devotion	Nelly Kato Menchie Suzuki
Congregation Representation	Lalaine Vilar Hiroshi Shishido Charles Boliko Cecilia Asaba



Lector Ministry



Sacred Heart Cathedral parishioners from the international community yielded to the call of Fr. Roed Desamparado to band together and formalise formation of what is now called Yamate Sacred Heart Lectors/Commentators Group.

More than 20 parishioners got together in May 2013 with Fr. Roed spearheading the meeting, following up with another meeting in June, and amongst other things discussed were rostering of readers and commentators, dress codes, proper decorum in and out of the church, communication channels and planning of a lectors/commentators workshop.

The Lectors/Commentators proclaim the Word of God in the celebration of the Liturgy. They are also expected to faithfully observe the duties and responsibilities of the Lector stipulated in the General Instruction of the Roman Missal (GIRM) and other rules implemented in the diocese, parish and by the group itself.

To facilitate dissemination of information amongst members, a yahoo group was formed and is now actively used to provide information and updates to the members.

As part of its spiritual formation, the group held a Lectors/Commentators workshop in church on July 28th, 2013 conducted by Fr. Robert Zarate, a former Salesian priest who joined the Diocese of Yokohama and became the first Filipino priest of Atsugi Catholic Church. Fr. Robert touched upon the important roles of lectors and commentators including the proper way to conduct themselves during the mass. The workshop was well received by the attendees who were even more enlightened after Fr. Robert's talk.

The group met again end of September 2013 to prepare the roster for the months of October and November as part of its bi-monthly get-together. New members were welcomed replacing some members who have permanently departed Japan. As part of the ongoing formation of its members, Fr. Roed this time gave a talk that dealt with "The Basics of Effective Liturgical Proclamation". He emphasised that "as lectors, we are members of a liturgical team that come together to create a celebration of worship that will build up the assembly in faith. As lectors, we are part of the Symphony of the Liturgy."

The group plans to have a fellowship during the time of Advent in preparation for the Christmas season and holidays. New readers/commentators are most welcome to join the group and may contact its facilitator, Beng de Leon.

Beng de Leon

Facilitator, Lectors Group
bengdeleon@hotmail.com



Sacristy and Altar Servers

We are a small team who are involved in the preparation and setting up of all the items used at Sunday Mass as well as those of special occasions such as the St Maur Graduation Mass, Sacred Heart Cathedral First Communion Mass etc. Furthermore, we also assist in the monthly Japanese instructive meetings led by the authorities at Sacred Heart Cathedral and we also work together with the Japanese Sacristy teams for all joint Japanese-English Masses.

We also undertake the assigning of duties, and assist in the guidance and instruction of the Altar Servers. They are : Christian del Espiritu, Jasang John Yoo, Paul De Franqueville, Andreana Buluran, Joshua Woobin Lee, Matthieu De Franqueville, Catherine Vilar, Reina Asano, Takumi Asano, Aya Ueno, Shun Nakamura, Takuma Nakamura, Sherika Boliko.

Beatriz Romero

Sacristy-in-charge
bcsf4@hotmail.com



Music Ministry



We come together in the Sunday Mass to celebrate the joy of the Resurrection, a wonderful moment when we as God's people come together to share in worship and praise. Our worship at Mass is pulled together by various ministries, one being the Music Ministry. Music is not there as background music while something else is going on; it is there as an aid to help us in our prayer and praise.

The main musical aid during the Sunday Mass is our Parish Choir. Before the summer, discussions were held to see whether we could make the Choir's contribution to the Mass more effective and proactive: as a true aid to the worship, to help to lead the congregation. Also, we began to consider the range of songs and hymns that were sung during the Mass.

Hymnody in church has the potential to be beautiful and inspirational. We wanted to introduce the people at Sacred Heart to new musical material that would help to enhance our experience during the Mass. This led to the introduction of the new Pew Sheets. Over the past month or so, we have introduced some new hymns to Sacred Heart's repertoire, not all necessarily new hymns in the Catholic Church, but new to Sacred Heart.

In terms of the Choir, we came up with a plan of action, beginning with an open rehearsal early in September to announce the new plans for the Choir and to sing through some new music. We wanted to encourage more people to join the Choir, to share in the great contribution of music to the Mass. The rehearsal was very successful and served as a reboot for the Parish Choir, gaining a number of new members alongside those who have been dedicated previously. This open rehearsal served as the template for a new set of monthly Saturday rehearsals to work through new music. Our first official Saturday rehearsal was held earlier in October, at the end of which everyone shared in a delicious potluck lunch, sharing in fellowship together. The main part of the reboot involves the Choir meeting for rehearsal at 9:00am each Sunday, to allow plenty of time to rehearse the music so that we are ready to play our part as music leaders.



I am pleased to say that the Choir continues to build the strength and quality of its sound each week and we have been lucky enough to attract more new members. The full roster now includes 29 singers, of all ages, most of whom sing every week. If you think you would be interested in making a contribution to the musical leadership at church by joining the Sacred Heart Choir and would be able to rehearse at 9:00am each Sunday, you would be very welcome to contact me at the email address below. However, if the Choir is not for you, you can still play your part in praising God by joining in with the hymn singing from your pew!

Scott R McCall

Choir Director

scottrmccall@hotmail.com

Sing unto the LORD
a new song;
Sing unto the LORD
all the earth.
Psalm 96:1



Sunday School



We are a team of seven catechists and two helpers. Some are more experienced than others, but each one is dedicated to providing the children of our parish with catechism, faith formation and the opportunity to grow in our faith.

Every second Sunday, we have Sunday Bible School from 9 am to 9.55 am. The 25 odd children who attend are divided into three groups according to their age groups from 4 to 6, 7 to 9 and 10 to 12.

In each group, we have a catechist and at least one helper, if not more. Each catechist writes her own teaching plan appropriate for the assigned age group. All three age groups receive a lesson on the same topic—a carefully selected biblical story or parable for that day—whilst the teaching style and content differs according to the age group of the children, with the employment of various teaching aids. Besides the actual lesson, we begin and end with a time of prayer, along with children's songs, craft and take-home activities to make the lessons come alive.

This year at Fr. Roed's suggestion, we are organizing Children's Mass every fourth Sunday of the month. We assign about ten to twelve roles to be served by the children who attend Sunday Bible School. We believe that by serving during mass, the children would learn the respect and good behavior expected during mass as well as the procedure and a deeper understanding of the Eucharist.

We are also planning to get older children and teenagers involved in serving at Children's Mass and we ask teenagers interested in doing so to kindly contact us at our email addresses below.

Besides the year round programs mentioned, we also run an intensive course to prepare the first communicants to receive their First Holy Communion in a worthy manner. This course is held from March to June on eleven Saturdays from 10 am to 11 am and are taught mainly by our most experienced catechists. The course covers basic knowledge of the Catholic faith as well as preparation to receive the first rite of Reconciliation which is done prior to the children receiving their First Holy Communion.

Chisato Nakamae & Karen Gomez

Coordinators - Religious Education
y-cdream@khaki.plala.or.jp ; karengomez@gmail.com



Welcome Ministry



The Welcome Ministry or the Ushers Group is the latest addition to the growing list of ministries of the international community at Sacred Heart Cathedral. This group gives a welcome touch to our parishioners and visitors as the first point of contact or first representative of the congregation at worship. We greet you with the smile of Christ when you arrive for mass, help you secure a seat, attend to your needs and keep the place of worship free from unnecessary stuff. In church, we are easily identified by our name tags during service and of our readiness to render assistive care. Formed on October 6, 2013, we comprise twelve members and the group is headed by Marilyn Kobayashi.

Marilyn Kobayashi

Coordinator
marilyn_aguilar_kobayashi@yahoo.com



Bible Study Fellowship

I am reminded of a story where a child asks his grandfather why he prayed, read the Bible and went to church every day. The grandfather's reply was "Don't you eat, shower and sleep regularly?!" In the same way that we need to look after our body's physical needs regularly, we need to take care of our spiritual needs on a regular basis too, else the soul shrivels up. Once this happens, we are unable to recognise the voice of the Holy Spirit and unable to pray. We may not realize it but every time that we pray, read the Bible or come into the presence of the Lord, the Holy Spirit does a purifying work in us.

"For the Word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." - Hebrews 4:12

Few of us, good Catholics, are aware of this truth or the tremendous power of the Word of God to convict, instruct, heal, purify and transform us.

"Man does not live on bread alone, but on every word that comes from the mouth of God." - Matthew 4:4
And in order to live by the Word of God and according to the Word of God, we need to be able to know and understand the Word of God. Which does not come easy! After all, the Bible comprises not one book but is a collection of 73 separate books written by about 40 different authors from all different backgrounds over a period of at least 2000 years on three different continents (Asia, Africa and Europe) in three different languages (Hebrew, Greek and Aramaic), all under the inspiration of the same Holy Spirit, with an internal consistency and without any discrepancy whatsoever. And it remains the best-selling book of all time.



With such a diversity of writing styles, themes, times, cultures, settings, interspersed with symbolism, reading most books tend to be a daunting task. Which is why, churches over the world require to and have Bible Study groups. Vatican II has laid down guidelines for the same and the teaching ministry of the Catholic Church, has already put forth stipulations to take us along that path.

Our own parish Bible Study group meets on the first Sunday of every month, to read, understand and learn the Word of God together sharing our experiences as we go along. Join us as we commit to meeting once a month to understand the Word together, then following it up individually in our personal time and finally putting it into practice in our lives.

Karen Gomez

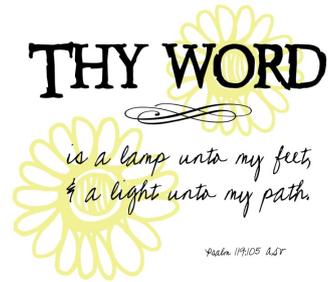
Bible Teacher
karengomez@gmail.com

Block Rosary Devotion

The rosary is a powerful weapon in prayer and spiritual warfare; and in all Marian apparitions around the world, Mother Mary has been urging her children everywhere to pray it as often as possible. A few of us parishioners get together once a month to pray the rosary together for all our needs, along with a sharing of reflections on the gospel reading of the day. This takes place in a different host person's home every month followed by a fellowship meal. Come join us pray together.

Nellie Kato

Rosary Coordinator
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Couples For Christ

Couples For Christ (CFC) is an international Catholic lay ecclesial movement which started in the Philippines in 1981. Its goal is to renew and strengthen Christian family life and values. The organization was affiliated with the Vatican recognition from the Pontifical Council for the Laity. The community is made up of family ministries, social arms, and a pro-life ministry.

In 1993, CFC established its family ministries, namely:

- Kids for Christ
- Youth for Christ
- Singles for Christ
- Handmaids of the Lord
- Servants of the Lord

In 1996, CFC was approved by the Catholic Bishops' Conference of the Philippines as a National Private Association of Lay Faithful and in 2000, it was recognized by the Holy See (Vatican) as a private international association of the lay faithful of Pontifical Right.

The members of CFC undergo a seminar called the Christian Life Program (CLP), an integrated course that deals with the basics of Christianity leading to an understanding of God's call to be committed Christians living in the power of the Holy Spirit.

The members are then divided into cell groups called 'household' composed of 5 to 7 couples or individuals who meet regularly for support and encouragement in the Christian life under the direction of a 'household leader' and are brought to a living relationship with Jesus Christ.

Continuing its global vision of being one with Church, CFC members in Sacred Heart Cathedral provide active support and presence in the international community by serving in the Lectors Ministry, Music Ministry, Welcome Ministry, Sunday School, Mass Collections and attend the Bible Study classes held in the parish.

Beng de Leon

bengdeleon@hotmail.com



Singles For Christ And The New Evangelization

The CFC - Singles for Christ is one of the family ministries of Couples for Christ (CFC) founded to cater to the needs of "single" men and women from 21 to 40 of age. The pastoral care offered by the ministry includes anyone who might be considering the sacrament of matrimony, single blessedness or religious vocation as a state of life.

One with the Catholic Church, its vision is to partake in the mission of helping and sharing the Church's role of first experiencing Christ and then giving Him to every single man and woman all over the world. SFC members are the next generation destined to take an active role in creating Christian change in society. Through the power of the Holy Spirit and together with other single men and women, they undertake a journey to witness, to discover and to pursue their vocation toward the common mission of building a Christ-centered society.

Building the Church of the home, building the Church of the poor – is the common mission of the Couples for Christ – Singles for Christ. SFC plays an active role in molding its members to become Christ-like. At home, its members are taught to become a more loving son / daughter / sister / brother; at the workplace, to be successful in their careers through the values shared and taught by the Catholic Church; in relationships, to take a stand against presently accepted immoral beliefs of pre-marital sex, abortion, contraception and the likes.

CFC-SFC members do not only set an example to its direct circle of influence but it also intentionally reaches out to the marginalized and the underprivileged in society. Fund-raising programs such as concerts and sports fests are annually held and its proceeds are donated to ANCOP (Answering The Cry Of The Poor) Foundation. By far, CFC-SFC through ANCOP has been able to provide housing, free education and medical aid in the poor areas of the Philippines.

The Couples for Christ – Singles for Christ community, with its oneness with the Catholic Church, actively portrays its role in the "New Evangelization" that our beloved Pope Francis has been inviting all lay Catholics to. With its profound mission and vision, it is a united global community of family evangelizers that sets the world on fire with the fullness of Christ's transforming love. And with that same love, it constantly shares its mission to all single and lay Catholic members in every Church that it belongs to.

Alvin Suemitsu

alvin@villasuemitsu.com

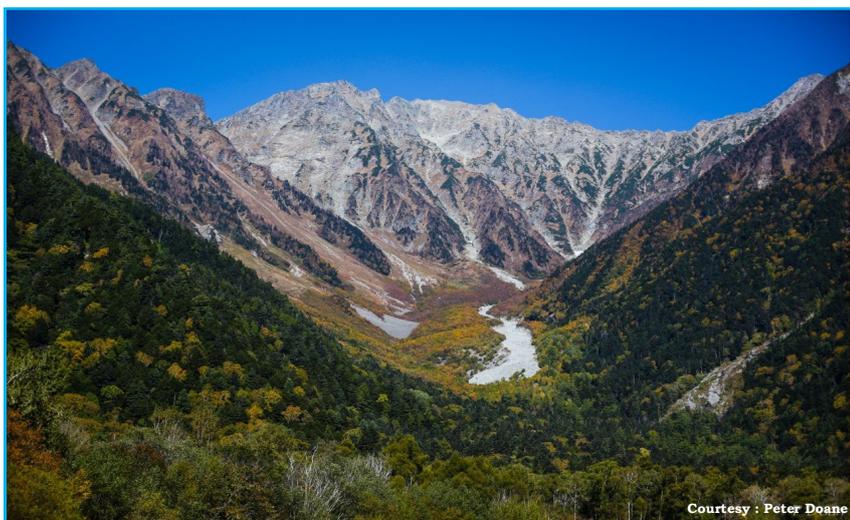


Out And About In Japan

"Autumn is a second spring, when every leaf is a flower" - Albert Camus

Nowhere is this statement truer than in Japan. The months of October and November bring the most beautiful colours to not just the countryside and mountains, but also the streets and gardens in every neighbourhood. Tracked from the north to the south, the whole country gradually turns beautiful shades of yellow, orange and red. The autumn foliage is called "kouyou" in Japanese, which literally means red leaves. People will take trips near and far to enjoy the leaves, with the common theme being to find the perfect spot and take as many pictures as you can!

There are many places to enjoy the autumn colours right here in Yokohama. Sankeien Gardens in Honmoku bids farewell to summer with a stunning display of red maple and yellow fan-shaped ginkgo leaves surrounding the ponds and pagoda. Definitely a lovely way to spend an afternoon. Kamakura is also only a short train ride away, with its beautiful temples and shrines. Kouyou arrives a little later in Kamakura, with the colours often not peaking until late November / early December. The temples of Enkakuji and Meigetsuin near Kita-Kamakura station offer beautiful walks and photo opportunities - don't forget to try the sweet-potato ice-cream when you reach Kamakura station!



My own personal favourite when it comes to autumn in Japan is to go a little further and visit the alpine areas of Nagano Prefecture. Sitting at an altitude of 1500m and a 5 hour journey from Yokohama, the area of Kamikochi, meaning "where the Gods descend", is located in western Nagano and is recognized as one of the most scenic spots in Japan. Kamikochi is closed during winter, due to the heavy snow and opens only from Golden Week through to mid-November. Being home to two of the highest peaks in Japan - Mt Yari (3180m) and Mt Hotaka (3190m) - it offers many opportunities for great hiking and camping. If time is not on your side, a very enjoyable day can also be spent with short walks around the lakes and the Kappabashi area. Never mind the crowds - you will be too mesmerized by the spectacular views! Wrap

up warm though...the mountains will already have welcomed their first snowfall.

A weekend trip to Kamikochi from Yokohama is very possible with an early start on your first day. A sample itinerary might be -

Day 1

Yokohama - Matsumoto (3.5 hrs by train)

Matsumoto - Kamikochi (1 hr by bus)

Kamikochi - enjoy the walking courses (1-2 hours) and some hot soba noodles around the lakes near the bus terminal

Kamikochi - Sawando-Onsen (30 mins by bus) - finish your day with a stay at a traditional Japanese guesthouse and enjoy an onsen and delicious evening meal featuring autumn vegetables and local specialities.

Day 2

Sawando - Matsumoto (40 mins by bus)

Matsumoto Castle - spend a couple of hours wandering around one of the oldest castles in Japan and enjoying the mountain vistas. Don't forget the beautiful kouyou around the castle either!

Matsumoto - Yokohama (3.5 hrs by train)

Autumn in Japan is not all just about the kouyou though...it is also known to be the season of "healthy appetites". Don't miss out on the sweet potatoes, persimmon, chestnut rice, mushrooms, mackerel and of course the newly harvested rice!

Things to look out for in November - "Yabusame" Horseback Archery display on Zushi Beach on November 17.

Caroline Kennedy

Travel Consultant



From The Oven : Stuffed Roast Turkey

How to Roast Your Turkey :

1. To prepare the turkey for roasting in the oven, first remove the giblets (and save for gravy or stuffing). Next, rinse the bird inside and out and pat dry with paper towels.
2. If you are stuffing the bird, stuff it loosely, allowing about $\frac{1}{2}$ to $\frac{3}{4}$ cup stuffing per pound of turkey. It is essential to put the stuffing in right before the turkey goes into the oven.
3. Brush the skin with melted butter or oil. Tie drumsticks together with string (for stuffed birds only).
4. Insert a meat thermometer into the thickest part of the thigh. The thermometer should point towards the body, and should not touch the bone.
5. Place the bird on a rack in a roasting pan in a preheated 350 degree F (175 degrees C) oven. To determine for how long to cook a turkey, use the following chart to estimate the time required for baking.



Turkey Cooking Time Guide :

Don't dry out the bird! Use this chart to determine turkey cooking time.

These times are based on placing the whole turkey on a rack in a roasting pan, and into a preheated 350 degree F (175 degrees C) oven.

Weight of Bird	Roasting Time (Unstuffed)	Roasting Time (Stuffed)
10 to 18 pounds	3 to 3.5 hours	3.75 to 4.5 hours
18 to 22 pounds	3.5 to 4 hours	4.5 to 5 hours
22 to 24 pounds	4 to 4.5 hours	5 to 5.5 hours
24 to 29 pounds	4.5 to 5 hours	5.5 to 6.25 hours

Cook the turkey until the skin is a light golden color, and then cover loosely with a foil tent. During the last 45 minutes of baking, remove the foil tent to brown the skin. Basting is not necessary, but will promote even browning. The only true test for doneness is the temperature of the meat, not the colour of the skin.

The turkey is done when the thigh meat reaches an internal temperature of **165 degrees F**. To get an accurate reading, be sure that your thermometer is not touching the bone.

If your turkey has been stuffed, it is important to check the temperature of the dressing; it should be 165 degrees F (75 degrees C).

When the turkey is done, remove from the oven and allow to stand for 20-30 minutes before carving. This allows the juices to redistribute throughout the meat, and makes for easier carving.

Suggestions for stuffing :

With cornbread, white bread, or whole wheat bread, you have an endless choice of tasty add-ins. To mention a few, onions (chopped and fried), fresh parsley (chopped), celery (chopped and fried), mushrooms (washed and chopped), chestnut (cooked and chopped), white raisins, dried cranberries or various dried fruits, apples (cored and chopped). Mix breadcrumbs, your choice of add-ins and pour melted butter and soup stock over it. You can add herbs, such as sage and thyme.

Chisato Nakamae

Food Consultant



Feast Of Christ The King

Living in an international community can be a blessing in many ways, and here at Sacred Heart Cathedral, we have countless opportunities to get to know and familiarise ourselves with each other, our individual customs and cultures. Here's a glance at the perspectives and memories of our parishioners from three different countries.

A British Catholic's Perspective

A procession can be a very public way of declaring belief or bearing witness to the faith. A number of church solemnities and feasts can involve a procession around the inside of a church or even in the local streets of a town. In Britain, until about a decade ago, the great Feast of our Lord Jesus Christ the King would have been celebrated with a street procession. The whole congregation led by the altar servers and priest would carry the Blessed Sacrament into the community.

The modern secular issues of health and safety, crime, local bureaucracy and the impatience of drivers and pedestrians have dissuaded many churches from carrying out processions. This rise of secularism that encourages such negative attitudes to churches giving an outward sign of the faith is, ironically, the very reason why Pope Pius XI instituted the Feast of Christ the King in 1925. He connected the denial of Christ as King to the rise of secularism.

However, there are some churches, thankfully, who still insist on bearing witness and the people together will gird their loins to take Christ the King to the people. There is something truly glorious about the procession: the Real Presence of Christ being carried in the monstrance, held by the priest wearing a humeral veil (so that he does not touch the monstrance with his hands) with a protective canopy carried by four servers. Walking behind will be the faithful, singing psalms and hymns of praise. It is surely fitting that the feast celebrating Christ as King is observed just before the beginning of Advent, the time when we prepare for the coming Messiah.

Scott R McCall



How It Is Done In Brazil

Brazil has the highest number of Catholics in the world, about 143 million or 78% of the population is Catholic. Although this scenario has and is gradually changing with young people leaving their faith behind, Catholic festivities still play a pivotal role in Brazilian culture.

Catholicism also blends in with Brazilian folklore. In June, we celebrate the June Festival (Festa Junina) to celebrate the feasts of Saint Anthony, Saint John and Saint Peter where Catholics and non-Catholics alike attend the festivities at different parishes across the country. During this season, we eat typical Brazilian food, dance the "Quadrilha" (Brazilian square

dancing) and children dress up in traditional rural outfits. All our cities have holidays on the days of their respective local patron saint, as well as on the day of the Patroness of Brazil, our Lady of Aparecida ("Nossa Senhora de Aparecida") celebrated on October 12th.

The Basilica of the National Shrine of Our Lady of Aparecida is the greatest Marian pilgrimage center and the second largest Catholic church in the world, second to only St. Peter's in the Vatican. The Basilica of Our Lady of Aparecida was built in honor of the black image of Our Lady found by chance in the Paraíba river in Aparecida city by fishermen, bringing hope and comfort to the poorest section of the Brazilian population consisting mainly of African slaves at that time.

In Brazil, the festivities for the feast of Christ the King differ across the regions.



- Procession of Christ the King in Lagoa de Dentro – Paraíba;
- Statue of Christ the Redeemer in Rio de Janeiro;
- Invitation to participate for peregrination on the feast of Christ the King.



In the Northeast, it is more popular than in the other areas where the bishop leads the solemnity and the image of Christ the king is paraded through the streets in procession, with the believers following it singing unto and praising the Lord.

At the end of the procession, an outdoor mass is celebrated. In the Sao Paulo state in the southeast region, where I am from, there is no procession and the celebration is restricted to the Sunday Liturgy. But in some cities like my own city of Suzano, we have an annual outdoor mass celebrated by the bishop with several lively songs. In the capital city of Rio de Janeiro, the people organize a pilgrimage to the statue of Christ the Redeemer (“Cristo Redentor”), the symbol of Brazilian Christianity and Rio’s world famous icon. The pilgrimage ends with a solemn Eucharistic celebration.

For my part, I have warm memories of this day. At this liturgical season, we sang my favorite hymn, “*The Lord is the King*” (“O Senhor é Rei”) - as the recessional hymn. As a child, I used to sing and do the accompanying actions to this song (impossible to forget with its lilting melody and cheerful rhythm) quite often with my mother - at home, on a car trip, helping her to prepare dinner or on any other occasion. This year, I sincerely wish that you have the same opportunity to proclaim the kingdom of our God together with your family.

Juliane Ishida

Down Memory Lane à la Mumbai

When my sisters and I were children, the feast of Christ the King was an event in our young lives. One we waited for with much ado and excitement. For you see, it was one of those rare occasions when we were allowed to wear our First Holy Communion outfits as we, the “angels” for the day, led the church procession along with other first communicants and children, throwing rose petals and flowers on the streets before Christ the King, present in the Blessed Sacrament, passed by.



My home town of Bandra, erstwhile known as the Catholic heart of Mumbai (or Bombay as we much prefer to say), dotted with churches, chapels, Catholic establishments and Portuguese-styled cottages (remnants of our colonized past), had and still has six vibrant parishes, each containing a few thousand parishioners at least, apart from a famous basilica on a hill overlooking the sea, in an area of roughly 7 sq kms. And each of these parishes would host the Feast of Christ the King in a similar manner.

Spiritual preparation for the feast included a *Triduum* (a shortened three day novena) culminating in a solemn Eucharistic celebration on the feast day itself. On that Sunday, there would be what is known as “13 Hours Adoration” or in other words, an entire day of adoration in church before the exposition of the Blessed Sacrament from early morning to evening, just before the procession with all the faithful left church to meander through the streets taking Christ to the people, to witness to a country - which consists of people belonging to every possible religion on the face of the earth - that Jesus alone is King of Kings and Lord of Lords! With six huge parishes in this suburb by the sea, each parish would mainly cover in procession its own area.

So every year, one particular zone is covered by the procession which comprises the “angels” (the children dressed in white), the altar servers, the priests bearing the monstrance while the altar servers carry the canopy above the monstrance, a slow moving vehicle carrying those leading the lay faithful in hymn singing, psalms and rosary recitations. Immediately after the vehicle would follow the laity belonging to the various church ministries and then the rest of the parishioners. The procession finally led to the outdoor area where the high mass would be celebrated - in a neighbourhood convent school, seminary or nunnery. Often, parishes combined processions till all processions converged at a common spot to celebrate the Eucharist together.

Before the feast day, parishioners living on the same streets where the procession was to pass through would band together to decorate the gardens, gates and streets and prepare banners, flags, floats and other street decorations. Statues would be kept at the gates or lit candles lining the walls. In other parts of Mumbai and India too, it is celebrated in much the same way with the Indian penchant for street celebrations and festivals.

Today, the Bandra I grew up in, with her unique charm and rich Spanish-Portuguese-British influenced legacy, gets more unrecognizable each passing day. Our churches still stand strong but parishioners are fewer as more Catholics live and work abroad. The quaint cottages and tree-lined streets have been replaced by skyscrapers and malls. And while the procession still takes place, it is restricted to a smaller area. No longer do people get together to decorate the streets but hire a contractor to arrange for the neon lights and decorations.

Thankfully, children still gleefully throw petals from their flower baskets. And as the song we used to sing for the feast, “*Christ The King, Bandra Hails Thee As Her King*” echoes in my heart, I succumb to a bout of nostalgia. The other hymn faithfully sung each year is “*Rise India*” as Catholic India boldly claims her country and its denizens for Jesus with these lyrics :

“Rise India, thy millions lead, and follow Christ Thy King

From Comrin’s Point to Everest’s Peak, Christ’s hymn of triumph sing”. Amen.

Karen Gomez

