

Heart Beats



Newsletter Of The International Community Of Sacred Heart Cathedral

October - November 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 ICC

Dear Parishioner,

This letter is normally penned down by Fr Roed. However, for this issue, he has requested us, Charles and Karen, as chairpersons of the International Community Council (ICC), to share a few things which have been laid upon our hearts.

So on behalf of the ICC, at the start of this new international academic year, we extend our greetings to all the faithful who are already part of our church family, as well as to those new to our community. We also thank all those who made it to the welcome party on September 6; sadly though, not too many newcomers turned up but we trust that this will change in future. We ended our party that day by introducing all the church ministries that function within the parish along with their respective leaders and herein these pages, you will once again find the details given for your benefit.



The reason for doing so is to encourage each one of you to join a ministry or a group where you can share your talent, experience or time to serve the community for God's greater glory. All of us are in this land as part of God's plan and purpose for our lives and we're sure you will agree with us - looking back at your own lives - when we say that none of us are here by chance. And as foreigners here, we need to find a "home away from home" and a church family to which we can belong. It is our hope that you will find that "home" and that "church family" here with us, for the time that you are based here, and that you will consider Sacred Heart Cathedral your own church in Japan.

We believe an important step to belonging and feeling at home is to come forward and participate in any church activity and be a member of a church ministry. Furthermore, if you have some experience in a ministry that is not already existent here and you would like to initiate it, or you would like to propose a community activity, we urge you to contact either one of us or our very obliging pastor Fr Roed (roeddesamparado@gmail.com) regarding the same. We are always looking for ways to incorporate everybody and build a community truly alive in Christ.

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.

Just attending a Sunday service, whilst essential, is not enough to nourish our spiritual selves, nor help us forge friendships and foster that sense of community. As we are exhorted, in the Parable of the Talents (Matthew 25:14-30), to give off ourselves and use the talents God has given us as a God-given responsibility lest we find our plight to be similar to that of the man who buried his talent in the ground (Matthew 24-30).

And at Sacred Heart Cathedral, we are blessed to have a truly international community comprising people from many countries, so we have a myriad of opportunities to share our cultures and embrace our differences with our brethren, our faith in Christ being the unifying factor in our diversity. Often times, we think, perhaps Heaven must be a bit like this with people from every tribe and tongue praising the Lord together.

We have noticed that there are always the same faces at church programmes so this an appeal to those who have not yet stepped forward. Please do! Together let us do our bit for Christ and His Church.

At His service and at yours,

Charles Boliko & Karen Gomez

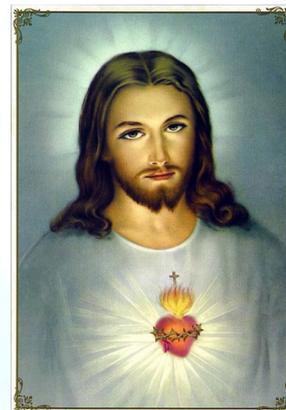
bcharles77@icloud.com ; karengomez@gmail.com

Contents

- ★ From The ICC
- ★ Parish News & Events
- ★ Church Ministries
 - ♥ International Community Council (ICC)
 - ♥ Lector Ministry
 - ♥ Music Ministry
 - ♥ Sunday School
 - ♥ Hospitality Ministry
 - ♥ Bible Study
 - ♥ Divine Mercy Devotion
 - ♥ Intercessory Prayer Group
 - ♥ Block Rosary Devotion
 - ♥ CFC – SFC
 - ♥ Heart Beats
- ★ Catholic Tradition
- ★ Angels & Saints
- ★ Out And About
- ★ Recipe of the Month
- ★ Culturally Speaking

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 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

Circulation : heartbeatssacredheartcathedral@gmail.com



International Night - Welcome Party

September 6th saw over a hundred of our parishioners get together in the church basement for an evening of fun, fellowship and food galore, as has been tradition over the past years. Within an international community half of which is largely migratory, we regularly receive newcomers to our church and to Yokohama in the new international academic school year, and this year is no exception. So it was also an opportunity for the newcomers here to meet everyone and be welcomed into the church family.



The party kick started with a prayer by Fr Suzuki and everyone singing "Bind Us Together". Immediately following which we had a couple of ice breakers which got people moving to form different groups and introduce themselves, and then play a "Pass On The Holy Word" game, a take on "Chinese Whispers". Prizes were then handed over to the respective winners by Fr Suzuki.



After blessing the food, it was time to eat and as always, there was a sumptuous feast laid out on the tables. The theme being "international", parishioners were asked to wear something as well as bring a dish specific to their countries. Whilst not everyone was very forthcoming in their attire, they did not disappoint where food was concerned!!



To regale us during our meal, we had a couple of delightful performances where the Filipina troupe performed their popular 'Bamboo Dance' and Sherika Boliko played a few sonnets for us on the flute. After which Charles Boliko outlined the various church ministries we have encouraging people to join and be a part of the ministry of their preference.



A group photograph concluded an enjoyable evening after which some people stayed behind to reassemble the tables, chairs and

clean up the place. We also thank the group that came before the party to get everything organized.



Courtesy : PM Reyes-Garcia



Update : Charity Bazaar 2014

Our upcoming Charity Bazaar will be held this year on October 25 and 26 from 10:30 am to 3:00 pm in the church grounds. This Charity Bazaar is being facilitated by the Bazaar Committee comprising representatives from the Japanese, international community and other groups of the Parish.

At the Bazaar, the International Community will sell western bakes / goodies and Filipino food. The Filipino food includes all time favourites such as pork barbeque, *pansit sotanghon*, *lumpiya*, chicken *adobo*, *kutchinta*, *maja blanco*, *puto*, banana cue, coffee, soft drinks etc.

The western savouries and goodies include different types of bakes such as flavoured cakes, breads (shortcut and sweet), brownies, cupcakes, muffins, pies, tarts, cookies etc. Typical French, Spanish and Indian food is also solicited from those representative nationalities that make up our international community. Since early September, we have been announcing the same at the English mass and we appeal to you to prepare and donate whatever and however much you can to the booth. Donors are requested to sign up their names on the sign-up sheet after mass stating what food items you will bring. The handling of donated food items will be explained to you. Proceeds from the sales go to the church as well as to the ICC fund which is used to take care of the needs of the international community.

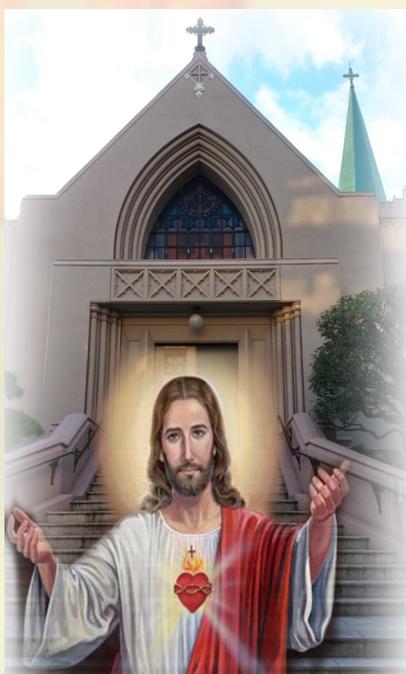
This is an opportunity for all to volunteer as well as enjoy the same. Please pray for good weather and come with your families.

Josie Liria

Bazaar Committee – Coordinator
in19jl@yahoo.com

Advent
Programme

Important
DATE!



First Friday Holy Hour

Our first Friday Adoration took place in church on Friday, October 03 from 6pm to 7pm. The novena to the Sacred Heart of Jesus was recited followed by benediction before the Blessed Sacrament.

It was an intense time of worship led by our parish intercessory prayer group.

The next Holy Hour will take place on November 07.



The Festival of “Nine Lessons and Carols”

The Festival of “Nine Lessons and Carols” is a traditional format for a Christian worship service in Advent. Each of these lessons narrate the series of events in the history of God’s plan of salvation – from the fall of man to God’s covenant with Abraham, Isaiah’s prophecies about the coming Messiah through the seed of Jesse (David) until the time He actually arrives, culminating at the nativity scene – through nine readings from the Word of God interspersed with choral singing comprising hymns and carols.

This format was based on an order drawn up by Edward White Benson, later Archbishop of Canterbury, for Christmas Eve 1880 in Truro, Cornwall. It has since been adapted and used by other churches all over the world. This lovely tradition has been kept alive in the Bluff area of Yokohama since the mid 1950s. And in the 1970s, Fr John Berg combined the choirs of Christ Church and Sacred Heart Cathedral to form a joint choir to sing at this Advent service. Though he left in 2005, this joint effort continues in the spirit of friendship between the two churches whilst celebrating the good news together.

This year it will take place on Sunday, December 14 from 6:30 pm at Christ Church. Choirs of Christ Church and Sacred Heart will sing thirteen hymns and carols together, many with the congregation, with the readings read by parishioners of both churches.

You are all invited to this beautiful Advent service. Please come with your families. Those who wish to sing with us are requested to contact me to receive the rehearsal schedule.

Yutaka Nakamae

Programme Coordinator
y-cdream@khaki.plala.or.jp

ヘンデル オラトリオ「メサイア」
Handel's Messiah



2014年12月28日(日) 14:00 開演 第1部
2015年12月27日(日) 14:00 開演 全曲

December 28, 2014 (Sun) 14:00 Part 1
December 27, 2015 (Sun) 14:00 In full

横浜ユニオン教会聖歌隊&ゲスト
ソリ・デオ・グロリア・アンサンブル

Yokohama Union Church Choir and Guests
Soli Deo Gloria Ensemble

一緒に歌いませんか？
Won't you sing with us?

リハーサル:毎日曜日 12:30-14:00
横浜ユニオン教会にて

Rehearsals every Sunday 12:30-14:00
Yokohama Union Church



Church Ministries

International Community Council Members	
Responsibility	Name
Chairperson	Charles Boliko Karen Gomez
Sub Coordinator 1	Toshi Asaba
Sub Coordinator 2	Joey Parraba
Spiritual Advisors	Fr Roed Desamparado Br Michel Beaudoin
Lay Eucharistic Ministry	Gus Nishizumi
Lectors Ministry	Justino Capinpuyan
Music Ministry	Gilbert Espineli
Lay Server Ministry	Toshi Asaba
Welcome Ministry	Marilyn Kobayashi
Sunday School	Chisato Nakamae Karen Gomez
Bible Study	Karen Gomez
CFC (Couples for Christ)	Mar Vilar
Publications (Heart Beats)	Karen Gomez Savio Gomez
Sacristy	Beatriz Romero
Filipino Community	Josie Lirio
French Community	Philippe GB
Spanish Community	Wilfredo Rodriguez
Indian Community	Sr Helen Poovakot
Treasurer	Yutaka Nakamae
Former Guild Member	Cecil Baclay
Divine Mercy Chaplet	Carmel Prem Kumar Sr Helen Poovakot
Intercessory Prayer Group	Sr Helen Poovakot Carmel Prem Kumar
Block Rosary Devotion	Nelly Kato Menchie Suzuki
Congregation Representation	Lalaine Vilar Cecilia Asaba Teresa Nakamura

International Community Council (ICC)

Last September, the ICC was formally established under the direction of Fr Roed and under the leadership of Scott McCall.

When Fr Roed arrived last year, he identified the need to form a steering committee (to look after the international community) which would function as the umbrella under which all the different ministries would operate, to take decisions on relevant church matters, and to function as a joint body to liaise with the Japanese congregation for joint church programmes. And so it began.

Today, the ICC is one year old and it continues to consist of heads or representatives of all the ministries as well as some former guild members, the guild being the committee that was at the helm of organising church events in the past. Besides these members, we also have representatives from the Filipino, French, Spanish and Indian communities.

We are over twenty members and we plan, organise and take decisions on church activities and thus regularly meet once a month. It is jointly chaired by Charles and Karen after Scott left for the USA in June this year.

In this special feature are the detail of various ministries, their leaders and what each ministry is about for your perusal.

Charles Boliko & Karen Gomez

ICC - Chairpersons

bcharles77@icloud.com ; karenpgomez@gmail.com

Lectors Ministry



Lectors in church are called in a special way. Our work is a key ministry – that of playing a pivotal role in the central act of worship by proclaiming the Word of God from the pulpit at the Holy Eucharist.

Jesus Himself began His earthly ministry as a lay reader in the synagogue proclaiming the Word of God from the Book of Isaiah in the Old Testament, as recorded in Luke 4:16-22. In a similar way, as disciples of Christ, we are commissioned to first proclaim the Scriptures in church and then to also emulate the life of the Master.

We have 21 members in our Lectors / Commentator Group (LCG) and we regularly meet for a roster schedule cum reflection once a month. We also hold special workshops involving training from time to time and if you would like to be a lector, please contact me.

Justino Capinpuyan

LCG Facilitator

cdo2tong@yahoo.com



Music Ministry

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



“Global, inspirational and passionate” are three words that describe the music ministry at Sacred Heart. If you take a good look at our choir that sings at the 9.30 am mass every Sunday, you will see faces from various countries around the world. This is the unique feature of our group. We feel blessed to consist of so many nationalities (representing the international community at Sacred Heart) that come together every Sunday to blend our voices in harmony to worship the Lord.

Our current choir members come from countries such as Africa, the Philippines, France, Spain, India, the United States and Japan. In addition, we also have great musicians - one organist and two guitarists - that accompany the choir every week.

As for the songs, our choir sings a wide range of praise and worship hymns that are both vibrant and uplifting. And our goal is to encourage the congregation - our regular Sunday mass goers, visitors to our church and everyone who attends mass - to join the choir as we lead each song. Consequently, we strive to select hymns that not only fit the weekly gospel, but also hymns that everyone can sing each week, as well.

Our choir meets every Sunday at 8:30 am for a short rehearsal before mass. Sometimes, we also practice on Saturday mornings to learn new songs and refine the songs that we already know.

The good news is that our choir is always looking for new members! If you like to sing and have the desire to join our choir, please feel free to come up to the choir loft on Sunday and introduce yourself. Our choir members will welcome you and I am sure that we will have a spot just for you! We hope you will join us!

Gilbert C. Espineli

Choir Director

gilbertespineli@gmail.com

Sunday School



Like with every group, we too are blessed to have a wonderful group of dedicated catechists. This year, two new catechists joined us making us six catechists who volunteer to teach at Sunday School and to help out at Children's Mass besides us, the coordinators of the entire programme. Thus, the year round programme of faith formation for the children in this community include a monthly Children's Mass held every second Sunday and a monthly Sunday School class held every fourth Sunday at 8:30 am.

At Children's Mass, we assign the children from Sunday School to actively participate at mass. For Sunday School itself, we have three groups divided according to the age groups - 3 to 6, 7 to 9 and 10 to 12 years. All three groups are taught a lesson based on the same topic selected and scheduled at the beginning of the school year, painstakingly prepared and taught by our catechists according to the respective age group. There are quite a few children who are not native English speakers, so we depend on visual aids as much as possible during the lessons.

Besides the above, we have an intensive course to prepare the first communicants to receive their First Holy Communion in June. This course is held from March to June on eleven Saturdays and covers basic knowledge of the Catholic Faith.

Those parents who would still like to enrol your children, kindly contact us. And if you would like to volunteer your time at Children's Ministry, also kindly get in touch with us.

Chisato Nakamae & Karen Gomez

Religious Education - Coordinators

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



The Hospitality Ministry



"Anyone who welcomes you, welcomes me; and those who welcome me, welcome the One who sent me" (Matthew 10:40).

The Hospitality Ministry aka Ushers Group was formed in 2013 by a group of Filipinas whose friendly demeanour is a witness of God's love to those who come to church.

A group of five to six ladies are assigned each week to joyfully greet and accommodate people within the church. Their smile demonstrates the sincerity of their welcome from the entire international community. They take the time and effort to be attentive to those who arrive by acknowledging their presence, speaking to them and introducing them to one another. Their presence and contribution is to enhance people's experience of the liturgy and the community, whether they be long-standing parish members, those on business trips or tourists on visit.

After a year of service now, the ministry continues to grow in number and in the effectiveness of their service. However, it is still our prayer and hope that new members join us in our role as the hands and feet of Christ to serve and make all who come here feel welcomed and at home. Do get in touch with me if you would like to join us.

Marilyn Kobayashi

Hospitality Ministry - Facilitator

marilyn_aguilar_kobayashi@yahoo.com

Bible Study

THY WORD

*is a lamp unto my feet,
& a light unto my path.*

Psalm 119:105-106

There is simply no substitute in a Christian's life for regular personal prayer time and Bible reading. These along with the sacraments (especially the Eucharist and Confession) are the three pillars of our Christian life. However, while most of us 'good' Catholics partake of the Eucharist and have our personal time with the Lord, Bible reading or study is put on the back burner. And one very obvious answer is because the Bible is not an easy book to understand.

Rather than one book, it is a collection of 73 separate books written by about 40 different authors from all different backgrounds over a period of at least 2,000 years on three different continents (Asia, Africa and Europe) in three different languages (Hebrew, Greek and Aramaic). So we have a diversity of writing styles, themes, times, cultures and settings interspersed with symbolism. Yet, there is an internal consistency, no discrepancy whatsoever and one author - the same Holy Spirit.

Little wonder then that reading the Bible seems to be a daunting task! And that is why the teaching ministry of the Catholic Church, as instructed by Vatican II, has set down guidelines to take us along that path. Every church is supposed to have Bible Study cells meeting either in homes or in churches with at least one person who has completed the Ministry of the Word. Having done the latter, and being authorized by Fr Roed, we started meeting once a month. We began with about fifteen persons; today the Holy Spirit has assed many more people to our group.

John 1:1 says, "In the beginning was the Word and the Word was with God and the Word was God." And then, as if to crystallize that thought, John 1:14 goes on to say, "the Word became flesh and made His dwelling among us". In other words, Jesus is the living Word of God. Therefore, to quote St Jerome, "Ignorance of Scripture is ignorance of Christ".

Strong words but sadly, we are all quite ignorant of the riches of His Word. Therefore, we commit to meeting on the first Sunday of every month in the rectory to read, study and explore the Word together sharing our testimonies as we go along.

Come join us on our exciting journey and let the Word of God come alive in your life. Give Him first place and He will take you places!

Karen Gomez

Bible Study - Facilitator

karengomez@gmail.com



Church Ministries



Devotion to the Divine Mercy of the Lord

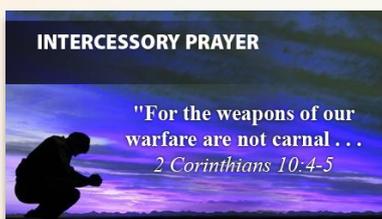
“O human souls, where are you going to hide on the day of God’s anger? Take refuge now in the fount of God’s mercy. O what a great multitude of souls I see! They worshipped the Divine Mercy and will be singing the hymn of praise for all eternity” (Diary, 848). “The souls that say this Chaplet will be embraced by My mercy during their lifetime and especially at the hour of their death” (Diary, 754).

Some of us who have experienced the Lord’s touch through this chaplet, felt called to share it. When we got together, the Lord Himself spoke through each of us about the need of imploring His Divine Mercy upon all of us. And so we were encouraged by our dear Fr Roed to initiate this devotion in church. After going through the required procedure, we prayed the Divine Mercy Chaplet on the first Sunday in September with great joy and gratitude - especially by those familiar with the immense power of this Chaplet, and for those who did not yet know, an opportunity opened up to experience it. Please contact us if you are interested in praying with us.

Carmel Prem Kumar & Sr Helen Poovakot

Divine Mercy Group - Facilitators
080 36023688 ; 045-253-8010

The Intercessory Prayer Group



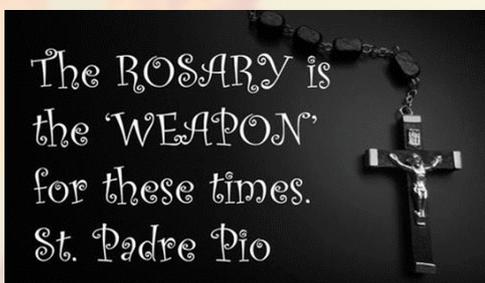
In order to effectively implore the Divine Mercy of the Lord upon us all and for our various needs, it is important that we spend quality time with the Lord as a group. So we have begun that in earnest, taking on the burden the Lord gave us of praying for others while experiencing His peace and joy after doing so.

All those interested in praying together are warmly welcomed. Kindly contact us for further details.

Sr Helen Poovakot & Carmel Prem Kumar

Prayer Group - Facilitators
045-253-8010 ; 080 36023688

Block Rosary Devotion



We celebrated the first anniversary of our block rosary devotion on July 27 by praying the rosary together in church followed by a potluck meal.

The regular manner in which we conduct the block rosary devotion is like this – a family asks to receive the image of Our Lady of the Miraculous Medal encased in a portable shrine for safekeeping, which is then carried from house to house. In each home, we pray the visitation prayers on the arrival of the Image, then we pray the rosary after which we read, reflect and share the gospel for the day.

If the house hasn’t been blessed, Fr Roed then blesses the home. Often, a family who wants their house blessed, invites us to pray the rosary in their home. The family then keeps the Image venerated in their home until the next appointment for another family to receive the Image.

If you would like to be visited by Our Lady of the Miraculous Medal, kindly inform us and we will slot you in at your convenience.

Nelly Kato & Menchie Suzuki

Block Rosary - Coordinators
080-3480-5045 ; 080-3547-5769



CFC / SFC Japan : Choosing Christ In Our Lives



Going to a theme park, hanging out with friends in a cafe or doing some sports could just be your typical go-to places for the weekend on a sunny day. But thirty members of the Singles for Christ (SFC), Japan marked September 20 as a special day to spend time in prayer, faith-filled talks, sharing, worship and fellowship. For us, other entertainment fades in comparison to the SFC's "Choose Christ" Regional Conference we chose to attend.

The SFC – as we, single men and women, are collectively called – listened intently to the preachers' impassioned appeal to put Christ at the centre of our lives, living the gospel values and emulating His actions. In line with the conference theme "Choose Christ," based on Philippians 1:21: "For to me life is Christ, and death is gain," there were teachings about how an encounter with Jesus transforms our life. We also sang praise and worship songs with gusto, the way we would at a pop concert - the way we Christians are actually called to praise the Lord.

Who says following Christ in this modern-day world is boring, irrelevant and uncool? Not for us. There are just so many things I love about my CFC family. As part of a charismatic Catholic community based on family renewal known as the Couples for Christ (CFC), we pray regularly, in our cells known as "households," or larger assemblies like this conference, uniting with CFC-SFC members from places such as Tokyo, Yokohama, Yamato, Kita-Kanto region, Osaka and Kobe. I love the way we inspire each other to grow spiritually and try to "be the answer to someone else's prayers," as one speaker puts it. I love that we can be wholesome, be His disciples and still have fun.

The Conference was yet another reaffirmation of the kind of life we choose : a life of purpose, love and compassion. How can we let it go?

Please contact me if you would like to join the CFC / SFC and be a part of the new evangelization.

Mar Vilar

CFC / SFC - Representative

mbvilarjr@yahoo.com



Heart Beats

This November, **Heart Beats** turns one and hence, this current edition happens to be our anniversary edition. It has been made possible only by the Holy Spirit and by the cooperation and support of every one of you. It has indeed been a fruitful year being able to be the voice of Sacred Heart Cathedral. We thank you for your many contributions - either by articles, write-ups or photographs.

However, we are also inviting you here to be more participative. If you have a flair for writing, feel free to write a human interest article or a spiritual one; if you enjoy travelling around taking pictures, do likewise. If you have something to share with the church community, go ahead and email us with your text. Please treat this as your very own newsletter.

Finally, if you know people who do not receive the newsletter and would like to, kindly direct them to us.

Karen & Savio Gomez

Editor & Designer

heartbeatssacredheartcathedral@gmail.com



Catholic Tradition

Welcome to this new column in '**Heart Beats**' where we shall try to provide some understanding to our Catholic practices and observances. I hope this will help in deepening our faith by opening our Bibles, catechetical notes and church documents. Moreover, I hope this will spur more interaction in our community by sharing our thoughts and opinions through this column.

In this edition, let us focus on the question : **Why do we have to confess to a priest when we can direct our confessions to God alone?**

The sacrament of Confession is properly known as the Sacrament of Reconciliation because it is through this sacrament that a sinner is reconciled to God and the Church community (CCC 1423-1424). Our belief in this Sacrament comes from scripture. Jesus says to Simon Peter, "I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." (Matthew 18:18)

This sacrament was also instituted in the Garden of Eden. In the book of Genesis itself, when Adam and Eve sinned and hid themselves from God among the trees of the garden, (Genesis 3:8ff) we read God calling to them, "Where are you?" Now obviously, our omnipresent and omnipotent God already knows where they are hiding, yet he asks this question to give Adam and Eve the opportunity to confess their sin. God goes on to ask them questions (answers to which he already knows) such as, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" "What is this you have done?" God continues asking them point blank questions because he wants them to own up to their disobedience. Because saying "I have sinned" and "I repent" has great power and is the key to forgiveness, cleansing, healing, transformation and Holy Spirit power. God asks them these questions for their sake. However, we read that they instead continue to play the blame game and so deceive themselves.

God is the only one who forgives sin. However, because we are His adopted brothers and sisters through faith, God naturally wants us to bring each of us and each other into a deeper conversion of heart. God wants us to develop an intimate friendship with Jesus and with each other. That is why the Sacrament of Reconciliation is not only a reconciliation back to God but also a coming back to the community. Which is why in the Penitential Rite at Mass, we say, "I confess to Almighty God and to you my brothers and sisters.....". Also to be noted is that in every prayer at Mass, we say "we pray" or "we ask" etc. It is only here that we say "I confess" thus emphasizing the overriding importance of the individuality of our confession and repentance to God as well as to our brethren.

And to kneel before a priest, who acts as God's representative on earth, is the road towards greater accountability and deeper healing. Confessing our sins through a priest brings us to our most humbling admission of guilt and a sincere desire to amend our life. If a priest is truly compassionate in confession, how much more our loving God? If we have been open and honest, authentic and sincere, repentant and contrite in our confession, we open our hearts to the Holy Spirit to flow in us and through us. We can truly receive deeper inner healing and strengthening.

This Sacrament of Reconciliation indeed, when properly understood and partaken of, is vital in bringing us to a daily conversion and to a closer friendship with God and one another.

Fr. Roed Desamparado



Angels & Saints

Welcome to another new column in 'Heart Beats' wherein we shall feature a well-known saint (whose feast is usually observed within the current calendar months) along with the established Catholic devotional to the saint. It is our prayer that this column will lead you to a stronger prayer life with the communion of all the saints.



We, in the Catholic Church, are blessed to have all the saints in heaven as our intercessors. It is important to remember however, that we do not pray to the saints themselves since God is the only one to whom we must pray; rather we ask the saints to pray for us to God in the same manner that we ask religious and spiritual persons to pray for us because we believe their prayers will be more powerful than ours ("The prayer of a righteous man is powerful and effective" - James 5:16). And their intercession, as scores of Catholics will testify, pays off.

This removes the problem with verses like Deuteronomy 18:11 which forbid "inquiring of the dead", which prompt our non-Catholic Christian brethren to disagree with us on the devotion of asking the intercession of saints.

St Jude Thaddeus – Patron Saint of Desperate Cases

Are you facing a desperate situation? Have you ever been in a place where there was no hope in sight? If so, be of good cheer and hope in the Lord for we have a powerful intercessor, namely Saint Jude whose Feast we celebrate on October 28. St Jude, known as Thaddaeus, was a brother of St James the Less, and a relative of our Savior. He is also one of the twelve apostles of Jesus.

Ancient writers tell us that he preached the Gospel in Judea, Samaria, Idumaea, Syria, Mesopotamia, and Lybia. According to Eusebius, he returned to Jerusalem in the year 62, and assisted at the election of his brother, St Simeon, as Bishop of Jerusalem.

He is an author of an epistle (letter) to the Churches of the East, particularly the Jewish converts, directed against the heresies of the Simonians, Nicolaites, and Gnostics. This Apostle is said to have suffered martyrdom in Armenia, which was then subject to Persia. The final conversion of the Armenian nation to Christianity did not take place until the third century of our era.

Jude was the one who asked Jesus at the Last Supper why He would not manifest Himself to the whole world after His resurrection. Little else is known of his life. Legend claims that he visited Beirut and Edessa; possibly martyred with St Simon in Persia.

Jude is invoked in desperate situations because his New Testament letter stresses that the faithful should persevere in the environment of harsh, difficult circumstances, just as their forefathers had done before them. Therefore, he is the patron saint of desperate cases and his feast day is October 28.

A common prayer to St Jude :

"O most holy apostle, St Jude, faithful servant and friend of Jesus, the Church honours and invokes thee universally, as the patron of hopeless cases, and of things almost despaired of. Pray for me, who am so miserable. Make use, I implore thee, of that particular privilege accorded to thee, to bring visible and speedy help where help is almost despaired of. Come to mine assistance in this great need, that I may receive the consolation and succour of Heaven in all my necessities, tribulations, and sufferings, particularly (here make your request) and that I may praise God with thee and all the elect throughout eternity. I promise thee, O blessed Jude, to be ever mindful of this great favour, to always honour thee as my special and powerful patron, and to gratefully encourage devotion to thee. Amen."

Novena to St Jude (A novena is a prayer format to be said for nine consecutive days before the feast day):

"O Holy St Jude! Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor for all who invoke you, special patron in time of need; to you I have recourse from the depths of my heart, and I humbly beg you, to whom God has given such great power, to come to my assistance; help me now in my urgent need and grant my earnest petition. I will never forget thy graces and favours you obtain for me and I will do my utmost to spread devotion to you. Amen."

Sr Helen Poovakot



Out And About

A Tryst With Adventure Sports

The Japanese Alps are best known for their snow conditions in the wintertime, perfect for skiing and snowboarding. Lesser known is that although the snow eventually melts and gives way to summer, the fun still remains.

Allow me to introduce you to Evergreen Outdoor Centre (EOC). Located a mere 100 metres upwards along the Happo-One Kokusai Slope, this team of outdoor specialists are in an ideal location to begin each of their summer tours. Canyoning, white water rafting and kayaking are popular among the water sports, while land activities comprise hiking, rock climbing and mountain biking. As each tour is preceded by both a thorough introductory course as well as ample practice time, it is fair to say that Evergreen caters for all.

Each tour runs an average of two hours, not including travel to and from launch sites and is priced from 5,000 to 8,000 yen. The run time of each activity allows for a multitude of possible combinations hence Evergreen offers special price combination packages in an attempt to give their visitors a trip to remember.

Preparing the itinerary for a trip can often be tedious as it comes with the necessity to coordinate schedules, travel and lodging, and more often than not for more than one person. At such times, a group like Evergreen would come in handy. Their excellent services such as itinerary suggestions, pick-up and drop-off at accommodations, and BBQ meals that are to die for, are only a sliver of what makes Evergreen a reliable and thrilling outdoor organization.

Evergreen is for all ages, interests, and ability levels; really, all one could ask for. With a backdrop as stunning as the staggering peaks of the Japanese Alps, it makes for a trip to remember.

Apart from Evergreen, there are some other outfits that provide similar services and are easily accessible online. Since all these activities conclude by end October, you still have a little more time to go give it a try and have yourself an adventure.

Hannah Maki

Recipe of the Month

Cajun Shrimp

Ingredients :

✪ 16 green shrimp with shell ✪ 2 sticks of butter ✪ 3 garlic cloves minced ✪ 2 tsps lemon juice ✪ 2 tsps Worcestershire sauce ✪ Tabasco – as much as you like ✪ tons of black pepper.

Directions :

- ★ In a large oven safe pan, melt butter in medium heat and then cook the garlic till it gets aromatic.
- ★ Turn the heat up to high and place shrimps in the pan, cook them till the colour changes to pink.
- ★ Turn the heat off. Add the lemon juice and the tabasco and mix well. Cover with black pepper and set aside for 30 minutes.
- ★ Pre-heat the oven to 450 F.
- ★ Put the pan with shrimps in the oven for 10 minutes.

Voilà! It will be super messy but eating with your hands is required! Lots of paper napkins too! Accompaniments such as French baguette and chilled white wine are recommended. Dipping your bread in the sauce is encouraged. Bon appetite!

Abiko Maki



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You are welcome to our open studio from November 1 to November 3 from 11 am to 8 pm free of charge.

Karl Leonhardtsberger

adorationart@alto.ocn.ne.jp

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1. "Saint Francis", 2011, quartzstone-cast, H 67 cm
2. "The Prodigal" Son", 2012, clay with patina, H 18 cm
3. "Jesus Praying", 2014, plaster, lifesize
4. "Jesus the King", 2014, plaster, lifesize
5. "Veil of Veronica I", 2014, acrylic on canvas, 41 x 32 cm
6. "Veil of Veronica II", 2014, acrylic on canvas, 41 x 32 cm
7. "Encounter I", 2014, acrylic on canvas, 41 x 32 cm
8. "Encounter II", 2014, acrylic on canvas, 41 x 32 cm
9. "Crucified and Resurrected", 2013, wood, H 80 cm

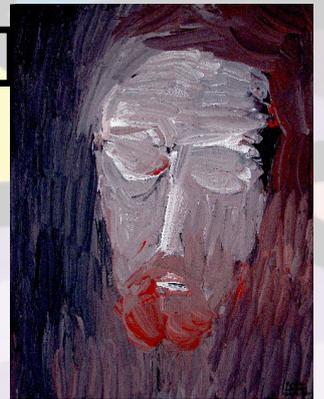
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Sayonara

We, at Sacred Heart, get plenty of practice at saying goodbye, but that doesn't make it any easier! So it is with a heavy heart that we bid adieu this time to

Juliane Ishida, who served as a catechist in our parish Sunday School programme. Loved by children and parents alike, Juliane always prepared and delivered excellent lessons taking pains to ensure that the children in her class understood the message clearly. She could always be counted upon to help - be it at Children's Mass or at the First Holy Communion preparatory sessions.

She will be missed by all of us and especially by our catechetical team as she heads back to her hometown of Sao Paulo in Brazil. Juliane spent six years in Yokohama doing her Ph.D in Plant Biology at the University of Tokyo while working as a laboratory assistant at the university. We wish her nothing but the best as she embarks on the next phase of her life which includes tying the knot pretty soon. As with each precious parishioner, we always echo the sentiment that this is not 'farewell', rather 'until we meet again'.

