

DEC
2021

Vol: XXXI No. 04



Contact

A quarterly magazine of the Goan Chaplaincy, UK

COMMUNION PARTICIPATION MISSION



The Synodal Church

EDITORIAL TEAM
Fr. Patrick D'Souza
CHAPLAIN

Charles Dias

Elliot Bocarro

Fiona Pereira

Jennifer Da Silva

Melwyn Mendes

Paulo Dias

Selvin Mendes

CONTACT goes out to over 1000 people in Britain, Europe, America, Australia and India.

Goan Chaplaincy

St Thomas of
Canterbury,
Commonside East,
Mitcham, Surrey,
CR4 1YG

Tel: 020 8665 2176

Email: goanchaplaincy@gmail.com



Christmas Crib Competition

You could win £50 when you
share your home Crib pictures
with your chaplaincy.
See [page 28](#) for more information.

Subscriptions can be paid/renewed with the following persons authorised to act on behalf of the Goan Chaplaincy, UK.

Southall/Cranford/Hounslow:

Wilson Fernandes 07417434187
Jose Mendes 07448045388
Debbie Fernandes 07896007011

Wembley:

Charles Dias 07809552654

Reading:

Luis Dias 07448651265

Maidenhead:

Anthony Marques 07413736429

Swindon:

Elvis Mendes 07882097861

Croydon/Tooting/Norwood/ Norbury:

Jennifer Da Silva 07712273024
Inacio João 07908409495

Southampton:

Dina D Souza 02380780774

YOUR CHAPLAIN

Calling!

Fr. Patrick - Goan Chaplain UK



My Dear People,

May our Saviour and Lord Jesus, born to us as a little baby, present to us in our fellow humans and He who will come again as Mighty King and Saviour, be with you all.

This year, we have been surrounded by numerous unfortunate incidents around the globe- like religious persecution in different parts of our world; natural calamities like floods, fires, untimely and unusual rains leading to destruction of plantations thus affecting the livelihood of the poor farmers; inexplicable mutating viruses; the list goes on. Somehow human authority has no control over these occurrences, which makes one think that we as humanity have failed in some way or the other. Could this be the result of the wrath of God? Maybe, as scripture says 'the end time is at hand'.

Our activists for the environment are the Prophets of today, warning the world that we have to protect our environment now, so we may preserve our planet for our future generations. Our Pope Francis is yet another prophet; for in his who has called on the whole world to protect our environment.

The recent Climate Change Conference (CoP26) is one of the ongoing efforts of the United Nations to fight climate change and global warming. Numerous individuals and national reps came together, emphasising the urgency and seriousness of our current situation. Many may be sceptical, listening to all the promises and rhetoric in this large gathering, Polluting nations and big companies will go on doing what they did for decades and the poorer nations and individuals will continue suffering. Pope Francis, in Laudato Si says that the answer to the problem of a corrupted environment is to change our hearts and minds. – The pope calls all humanity to an ecological conversion. Let us give heed to the call given by Pope Francis to conserve our ecology

with a new approach.

Harnaz Sandhu – Winner of this year's Miss Universe Beauty Pageant held in Israel, was asked how to convince people who think that Climate Change is a hoax. She replied to the question saying "Honestly, my heart breaks to see how our nature is going through lot of problems and it is all due to our irresponsible behaviour. I totally feel that this is the time to take action and talk less because each action could either kill or save nature. Prevent and protect is better than repent and repair."

In October this year, Pope Francis has asked the Catholic Church worldwide to engage in a process of discernment under the guidance of the Holy Spirit. This process is called a Synod. This Synod plans to involve everyone in the Church - clergy, religious, and lay Catholics, each participating according to the gifts and charisms of their vocation. The Synod emphasises three words - COMMUNION, PARTICIPATION and MISSION. Pope Francis expects us all to participate fully and actively in this process of discernment.

Our magazine in this quarter is dedicated to both the Synod and conservation of ecology.

I wish all our valued readers and well-wishers a very happy and holy Christmas. May our little baby Jesus bring good tidings of peace, happiness, joy and good health to every one of us. May I take this opportunity to thank our editorial for our quarterly, our subscribers, well-wishers and all our volunteers at every Mass Centre. You all have been a great support to me, Pilar Fathers and the Chaplaincy. Your belongingness to the chaplaincy is seen in your love and dedication. Thanks a million to each and every one of you. May our Lord reward you for all that you do.

God bless us all.

Soglleank tumkam khuxalborit Natalam Ani Axirvaddan
bhorlolem Novem Voros 2022 tumkam anvdetam.

Fr Patrick

Goan Chaplain UK



CHAPLAINCY PROGRAMME

London & Swindon

31/12/2021 New year mass at Southall 4.00pm
New Year mass at Greenford 8.00pm

January 2022

02/01/2022 GC Mass at Wembley 4.00pm
09/01/2022 GC Mass at Mitcham 3.00pm
GC Mass Holyrood Church Swindon
15/01/2022 GC Mass at Southall 4.00pm
16/01/2022 GC Mass at Hounslow 4.00pm
GC Mass at Reading

February 2022

06/02/2022 GC Mass at Wembley 4.00pm
13/02/2022 GC Mass at Mitcham 3.00pm
GC Mass Holyrood Church Swindon
19/02/2022 GC Mass at Southall 4.00pm
20/02/2022 GC Mass at Hounslow 4.00pm
GC Mass at Reading

March 2022

06/03/2022 GC Mass at Wembley 4.00pm
13/03/2022 GC Mass at Mitcham 3.00pm
GC Mass Holyrood Church Swindon
19/03/2022 GC Mass at Southall 4.00pm
20/03/2022 GC Mass at Hounslow 4.00pm
GC Mass at Reading

Subject to change as per COVID-19 guidelines

KONKANI MASSES AT SAINT PETERS CHURCH- WEST SWINDON.
EVERY SUNDAY AT 8.30 am and 11.30 am



Contact

SUBSCRIPTION & RENEWAL FORM

Your Chaplaincy is sustained purely by donations and subscription to the Chaplaincy publications. Suggested subscription rates below. Please TICK one option.

1 year - £10.00 2 years - £20.00 3 years - £25.00

From year..... to year

Please complete the form in BLOCK LETTERS

A/c. No.: (For existing subscribers only)

First Name: Last Name:

Address:
.....

Postcode: Tel. No:

Email Address:

I enclose the sum of £ cash /

cheque No.

Signed: Date: ____ / ____ /

Please return this form and your cheque to the authorised person or call our chaplain on 07342 267 878 to Subscribe over the phone.

COVID Vaccination: Are we protected?

Mrs Lilian Cortez,
Oncology Pharmacist
RMH. London. UK



Vaccines to prevent SARS-CoV-2 infection are considered the most promising approach for curbing this pandemic. Vaccine development for SARS-CoV-1 and Middle East respiratory syndrome coronavirus (MERS-CoV) paved the way for rapid development of COVID-19 vaccines. By the end of 2020, several vaccines were available to use in different parts of the world. The only way to control the COVID-19 pandemic is to ensure that enough people are immune to the disease so that it can no longer spread easily. The best way to do this is to vaccinate as many people as possible. Most people worry about the safety of the COVID vaccine and there is a lot of “vaccine hesitancy” due to all the theories circulating on social media. We must bear in mind that the COVID vaccine has gone through the same vigorous testing process as any other vaccines.

Getting vaccinated has the following benefits:

1. It greatly lowers your chances of getting infected; makes you less likely to get severely ill, hospitalization and death.
2. In addition to protecting yourself, you are less likely to pass the virus onto other people.

Several different types of potential vaccines for COVID-19 have been developed, including:

- *Inactivated or weakened virus vaccines*, which use a form of the virus that has been inactivated or weakened so it doesn't cause disease but still generates an immune response.
- *Protein-based vaccines*, which use harmless fragments of proteins or protein shells that mimic the COVID-19 virus to safely generate an immune response.
- *Viral vector vaccines*, which use a safe virus that cannot cause disease but serves as a platform to produce coronavirus proteins to generate an immune response.
- *RNA and DNA vaccines*, a cutting-edge approach that uses genetically engineered RNA or DNA to generate a protein that itself safely prompts an immune response.

The COVID-19 vaccines currently available in the UK are;

Oxford/ AstraZeneca vaccine:

Licensed for individuals 18 years and older; effectiveness when Delta variant prevalent: Symptomatic infection: 63 to 70%. Severe disease/hospitalization: 82 to 95%

Rare adverse side effects: Very rare thrombotic complications associated with thrombocytopenia.

- Cerebral venous sinus thrombosis (169 of ≈ 34 million)
- Splanchnic vein thrombosis (54 of ≈ 34 million)

Recipients of these vaccines should be aware of the possible association and seek immediate care for signs and symptoms suggestive of thrombocytopenia (eg, new petechiae or bruising) or thrombotic complications (including shortness of breath, chest pain, lower extremity edema, persistent severe abdominal pain, unabating severe headache, severe backache, new focal neurologic symptoms, and seizures).

- Guillain-Barre syndrome (227 cases/51 million)

Pfizer / BioNTech vaccine:

Licensed for individuals 12 years and older. Effectiveness when Delta variant prevalent: Symptomatic infection: 41 to 88%. Severe disease/ hospitalization: 86 to 95%

Rare adverse effects: Anaphylaxis (approximately 5 per million). Myocarditis/pericarditis (approximately 16 per million among 16–39-year-olds)

Moderna vaccine: Licensed for individuals 12 years and older; effectiveness when Delta variant prevalent: Symptomatic infection: 85 to 88%. Severe disease/ hospitalization: 89 to 96%

Rare adverse effects: Anaphylaxis (approximately 2.8 per million) Myocarditis/pericarditis (approximately 16 per million among 16-39 year olds)

The common side effects for the COVID vaccines in general are: Local injection site reactions. Systemic symptoms (fevers, chills, fatigue, myalgias, headache)

Vaccine Booster:

In the UK a COVID-19 booster vaccine is given to all adults over 18 years who have had the 2nd dose of a vaccine. You are likely to be offered a dose of the Pfizer or Moderna vaccine as a booster dose. Evidence shows that these mRNA vaccines work best as boosters, even if you received a different vaccine for your first two doses. AstraZeneca will only be offered to those who can't have Pfizer or Moderna. A real-world study by the UK Health Security Agency shows that boosters significantly increase protection against illness from Covid-19. The study found that two weeks after a booster dose, protection levels increased to 93.1% for those who had AstraZeneca for their first two doses and 94% for those who had Pfizer.

Why is it important to have the flu vaccine if you have had the COVID vaccine?

Influenza virus is remarkable for its high mutation rate, compromising the ability of the immune system to protect against new variants. The flu vaccine is offered every year to protect people at risk of getting seriously ill from flu. Flu vaccination is important because:

- more people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic
- if you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill
- getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses

In conclusion, it is really important to take the COVID 19 vaccine (if you haven't already taken it) or the booster and the flu jab as this will give you immunity to fight off infections. It is important to remember that no vaccine is 100% effective and all the necessary precautions like hand washing, wearing masks, keeping a safe distance should still be observed. At the end of the day once we have taken the necessary precautions, all we can do is to pray to keep our families safe.

References:

1. The World Health Organisation (WHO)
2. UpToDate and NHS website

**Don't forget to send your Christmas crib photos.
See page 28 for details.**



Travelling to India

The Government of India has recently relaxed renewal of OCI rules.

Renewal of OCI is now NOT required in the following cases:

- a. For Minor Children on change of passport.
- b. After 50 years of age.
- c. If OCI was issued after 20 years of age.
- d. Every time there is a change of passport.
- e. (For change of address.)

Instead of renewal, Applicants are only required to upload ONLINE a copy of their current passport and Photo on website <https://ociservices.gov.in/welcome>. No fees need to be paid. No form is required to be filled. No appointment required.

You may also refer to <https://ociservices.gov.in/MiscNew.pdf> for details.

This could mean that the renewal of OCI card is required only Once, after getting a new passport after completing 20 years of age (Only if OCI was issued before 20 years of age).

Renewal of OCI card is also required in case there is change of name/nationality.

Government has also relaxed the condition to carry an old passport linked with the OCI Card. Now all OCI cardholders can travel to/from India carrying their OCI card and current passport only. But kindly upload your latest photograph and passport as mentioned above.

Kindly refer to the notice available on link:

https://www.hcilondon.gov.in/docs/1618897004Untitled_19042021_172708.pdf