

Goan Connection

GOAN ASSOCIATION OF NEW JERSEY, INC.
Established in 1991

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JUNE 2018

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The Goan Connection is a publication of the Goan Association of New Jersey, Inc., a non-profit organization established in 1991.

Inquiries, membership, subscription requests, feedback and letters to the Editor may be sent to:

The Goan Association of NJ, Inc.
P.O. Box 335
Cranbury, NJ 08512

Email: committee@goanj.com

Phone: 1.201.64.GOANJ(46265)

Website: www.goanj.com

Internal Revenue Code (IRC)
Section 501(c)(3)

(A Nonprofit Organization)



The Goan Association of New Jersey

Annual
PICNIC

Saturday, June 23rd, 2018
10:00 am till dusk
Princeton Country Club, West Windsor, NJ 08540

Members - \$18 per person
(children under 4 are free)
GOANJ Members' guests - \$25 per person

Appetizers • Lunch • Burgers • Hot dogs
Tea with Snacks • Non-alcoholic beverages
(alcohol is not allowed except beer in cans)

DJ Music
Mass starts at 5:00 pm

Join us for a day of fun with...
Sporting Events for kids /
Group Games / Volleyball /
Soccer for kids & adults / Tug-of-War
Art Corner / Bingo / Sing-along

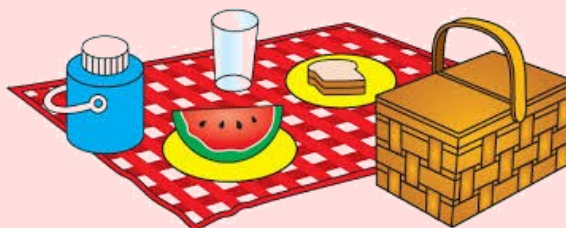
Please feel free to bring in your canopies, beach chairs, umbrellas, blankets to make yourselves comfortable.

In case of inclement weather call 1-201-64-GOANJ(46265)
Disclaimer: Photographs taken at the picnic will be posted on our website and facebook. For any objections, please contact a committee member.
GOANJ not liable for any injuries caused with the participation of sporting events.

Complete form and return with check or go to www.goanj.com to book online

Make checks payable to GOAN ASSOCIATION OF NEW JERSEY, INC. Mail by June 18th, 2018.
Goan Association of New Jersey Inc., P.O. Box 335, Cranbury, NJ 08512

(Flyer Design: Louella Menezes)



Who's Who



Elvis Proença
Editor

Brenda Fernandes
Designer & Editor



Dianne Nunes
Assistant Editor

Rui Gomes
Website Coordinator

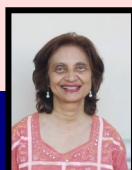


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Vice President



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Secretary

Allan D'Guerra
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Clea Lobo
Membership Coordinator

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Email: committee@goanj.com
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Association Corner

My Dear Friends,

Spring is in the air and I hope this weather and greenery reminds you of the green, green grass of home (Goa). Trust it has been a great year for you and your families as we journey through 2018.

The Executive and Planning Committees have rolled up their sleeves and are working towards our popular event of the year, the Annual Summer Picnic, on June 23. If you have not bought your tickets already, kindly go online www.goanj.com and confirm your tickets, as we will have a cut off due to limitations on the number of attendees per the park commission rules. Get your tickets -don't miss out - be part of the fun, food and festivities!!!!

We have already initiated our Family Group Meetings, which have started with gusto and we hope to have more traction as we meet all of you in person. Should you be interested in being part of a group or if you desire to start one, please do let us know. The purpose is to bond and have support groups in your very locale, targeting a 15-mile radius from your home.

Plans are already on for the other upcoming events of the year, Whist Drive, Retreat, Halloween Dance and more. We are still fine tuning on the logistics, however we welcome your ideas and suggestions on the above or any other ideas that you may have in mind! We welcome your input AND participation.

We culminate the year with our 'fantastic' Christmas Dance so be sure to mark your calendars as we have the day December 15 reserved especially for GOANJ celebrations! Arrange your Christmas activities around this date and plan on sharing your Christmas joy at our dance. Bring your family, neighbors and friends along - all are welcome!

Viva Goa! Viva GOANJ !!

Felix Menezes
President



Faith-based Family 'Tribe'

Join/Form 1: For Intimate Gatherings + Spiritual Settings

Brenda M Fernandes



Several GOANJ members have either individually or as small groups expressed that in as much as they appreciate participating in the major events hosted by the Association, they continue to pine for deeper and more enduring interactions among Goans who live in the tri-state area. GOANJ will continue to host all the major events that its members love so much, and **Family Group meetings** will complement them. To seed this initiative, GOANJ has proposed that each group is formed, encompassing the following parameters:

- **Limit:** Approximately 15 families
- **Meet:** Monthly or bi-monthly
- **Activities:** Autonomous group decision



- Offer Goans who live in the greater New Jersey/New York City/Philadelphia area, the opportunity to gather in smaller groups
- Forge stronger social bonds with fellow Goans residing in close proximity
- Organize more frequent interactions among members, and coalesce around activities that appeal to the respective group.



For smaller gatherings that share in a more intimate community and spiritual setting.

Share our Goan heritage with small groups or 'tribes' within a comfortable radius from your home! Gather in prayer, song, fellowship, community, social caring and sharing primarily to enhance the spirit of community of those living in close proximity.

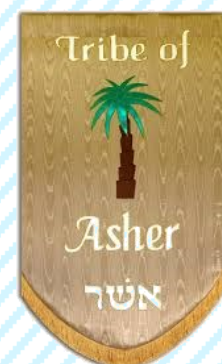
Initiate or Join a Family Group (Faith-based Family 'Tribe')

Conceive of "small groups" akin to the *Twelve Tribes* of Israel. This characterization encompasses a spiritual tenet that often exemplifies our interactions as Goans, and also underscores the tribal underpinning for which we yearn.

Tribe: Asher
(Meaning: "Happy One")
Central New Jersey

Planned Community Gatherings:

- Mother's Day / Pray the Rosary
- Beach trip
- Whitewater rafting
- Ski/ snow tubing
- Visit to a soup kitchen with carol singing



   90 *14 May*
&
Fabulous!



Elina Gomes
HAPPY BIRTHDAY


Congratulations

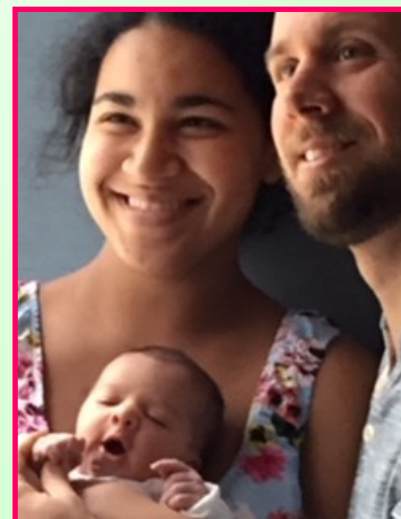
Ezekiel (Zeke)

Oliver Pires

5-April-2018

Oh boy, he's finally in Chicago, IL. Welcoming little Zeke to the world are his joyful parents, Chantelle and Andrew Pires.

"...the true meaning of #Blessed", say Chantelle's parents – Lorraine and Clifford Pires.



**Brandon
Chambers
&
Melissa
Barreto**

Daughter of Miguelinha and Miguel Barreto, exchanged wedding vows at the Royal Manor in Garfield, NJ, on April 29, 2018. The happy couple will reside in Hackensack, NJ.



Spring Arrival
with
April showers of blessings

August Amalia Viegas



Born: 15-April-2018
to proud parents

Mary & Socrates Viegas
and sister

Congratulations **Drew**
of Phillipsburg, NJ

Our Annual Lenten Retreat

Speaker: Dr. Jayanand

Deacon Francis D'Mello



What is a Retreat and why do we need one, at least once a year? Retreat is an action of withdrawing ourselves from the world's hustle and bustle, to spend time examining ourselves especially in our relationship with God. How much is God a part of our life, and our families' daily activities? Do I love Him and spend enough time with Him? How much do I, my spouse, children, and family appreciate Him in our home?

Referring to our annual retreat that took place on March 17th 2018 at Our Lady of Peace in North Brunswick NJ, Dr Jayannand a lay preacher from Bangalore, India was our retreat master. This short retreat of 3 hours brought home some many important points to ponder. We were blessed to hear our brother preacher tell us what is important in our lives, the care of our souls which lives forever compared to our bodies that turn to dust. Our souls continues to live forever, that is eternal life with God if we deserve, or with the Devil if we neglect God in our life on earth. Our life here on earth is one short journey, to prepare for our eternal life.

God has a plan for every one of us, so does the Devil, besides our own plan to succeed in our profession or vocation in life. With the disobedience of our first family we lost our likeness of God and had to work hard for our livelihood, fighting evil, Satan's snares, the world and its trickery and our own tendencies to sin, selfishness and EGO. It is Jesus the Son of God who redeemed us by His Sacrifice, a death so agonizing on the Cross shedding His Blood, and rising from the dead. He has given us the Church with its Sacraments, to be born into a new life, as His followers, to attain Eternal Life with him in Heaven. Now it is with our effort with the help of Jesus, Our Church and the Sacraments we are to attain our own salvation of our souls and return to Our Father from where we have come.

To do this we have to know that there are 4 areas in our life we have to work on. They are:

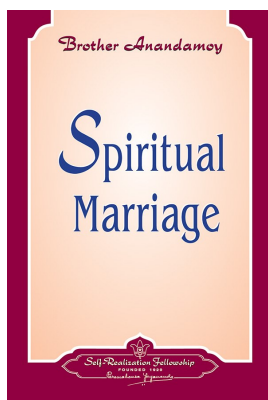
1. Birth 2. Marriage 3. Death 4. Judgment. All of them have to have the prefix- Spiritual.

Spiritual Birth: Through a natural birth we are only living lives looking after our needs, comforts, pleasures, passions, our successes and failures and doing everything to please our Ego. Through Jesus we become Christians, who are spiritually born, through Baptism, become reborn into a spiritual life. We learn to honor, love, praise and thank the Holy Trinity, and make prayer an important part of our lives. We follow the 10 Commandments loving and honoring God and loving our neighbors. We become aware of the importance of building treasures in Heaven instead of building them on earth, by helping God extend his Kingdom on earth, bringing souls to Him, and doing charitable works of mercy for our neighbors.



Spiritual Marriage: For those who are called to marriage, and have children, it is God's idea. We follow His plan, loving our spouses and accepting the gift of children given to us by Him to care for Him; we do not own them, but care for them being God's property. We have to have Jesus as the center point or be like the hub of a wheel, holding an important place in our family. This way all the activities and schedules of the family flow through Jesus the Master of





our homes. When we do that, there is a blessing for every one of us and there is peace, joy, love, happiness, and prayer life in the family. The husband and the wife are each united to Jesus, the Spiritual power of marriage, and the marriage becomes a Spiritual marriage. A marriage that is holy, beautiful in mind and heart, and spirit. Family prayers are given top priority, like the praying of the Rosary, reading the Bible, the Word of God. Commandments are obeyed, and Sacraments are received frequently. Prayers conquer all challenges. Weaknesses and strengths of each other are appreciated by both husband and wife, making for an environment of a happy home.

Spiritual Death: Believing and trusting in Jesus, our Savior who died on the Cross for us, rose from the dead and made us His followers by the Sacrament of Baptism, we are born to a new life with Him. Death is a separation of the soul from our bodies, which decay. The soul continues to live forever in the eternal life. Living our spiritual lives with Jesus, Mary and Joseph we are helped at our last moments of our lives, to die a peaceful death. The enemy the Devil is most active at that time trying to get us to despair God, and win our souls. We have to always remember that death can come at any moment, we have to be ready and prepared by receiving the Sacraments of Confession and the Holy Eucharist, and pray the Divine Mercy Chaplet frequently.



Spiritual Judgment: Living our life with Jesus as the Captain of our soul, we are to live a life of trust in Him. He can steer us through the landmines of our lives. He will guide us to obeying the 10 Commandments. Loving Jesus and Mary our Mother, we are able to handle our judgment much better by having Mary as our advocate to defend us in our judgment before Jesus. Having treasures built in Heaven adds to our advantage to secure Heaven as our Eternal Home with God. Praised be Jesus!





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GOING PLACES TOGETHER

Lending a Hand at St. Xavier's Academy

Dianne Nunes



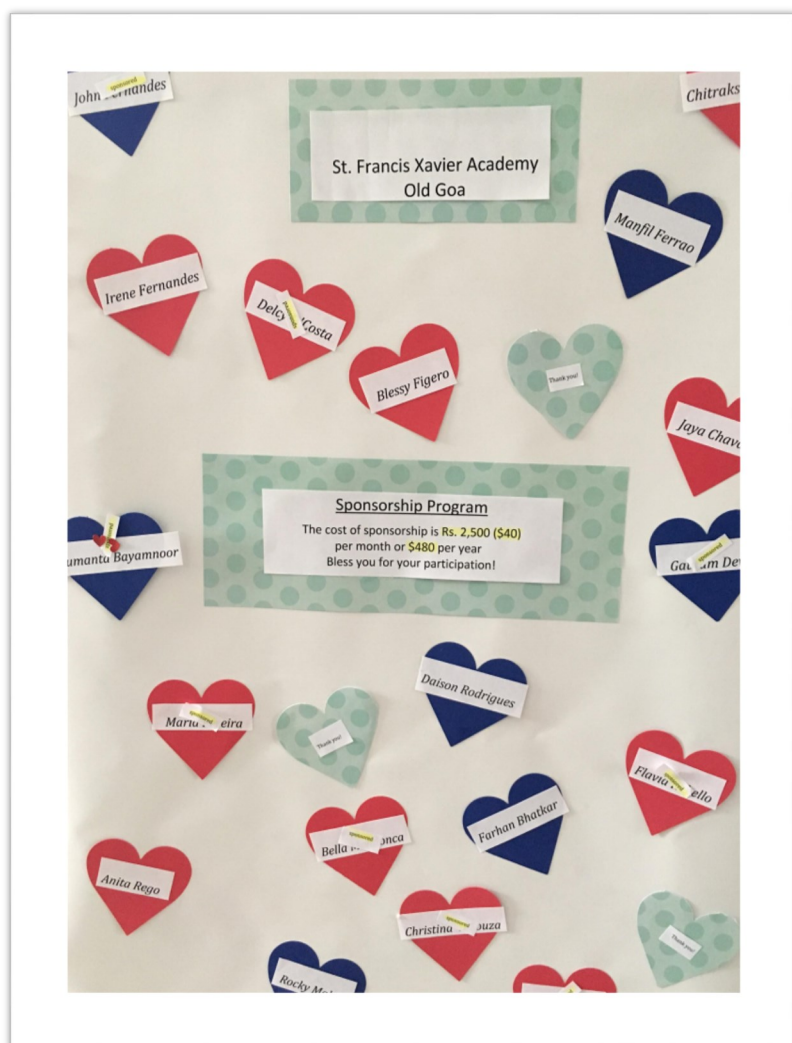
Dear Friends,

We all had such a fun time at the GOANJ sponsored Easter dance! Loviena talked about the sponsorship program between GOANJ and St. Xavier's Academy prior to the Mass collection. Everyone agreed that it was a heartfelt plea and an invitation to consider sponsoring a child and also that the Mass collection would go to the cost of underwriting housing and educating these children. I'm happy to inform you (thanks in part, I'm convinced!) to Loviena's speech and the generosity of our attendees, two additional people came forward to offer sponsorship. I believe the seeds of interest were nurtured yesterday as well, and we may get other families to come forth - here's hoping! The collection for the Mass was \$584, enabling another child to be sponsored. We started out with eight children sponsored, prior to the dance, and yesterday, including the Mass collection, we now have eleven. That's wonderful! Paper, stickers and markers were also handed out yesterday, and we received a bunch of homemade cards for the children. In the summer, Rui and Giselle are planning a trip to Goa, and they will take the cards. Of course, we can continue to make more at the picnic and you and your families are encouraged to make a few more as well.

Good news to share with you all. Thank you for your support.

For those that were not wished personally at the dance, Easter blessings to you and your families. The Lord is mighty!

Love,
Dianne

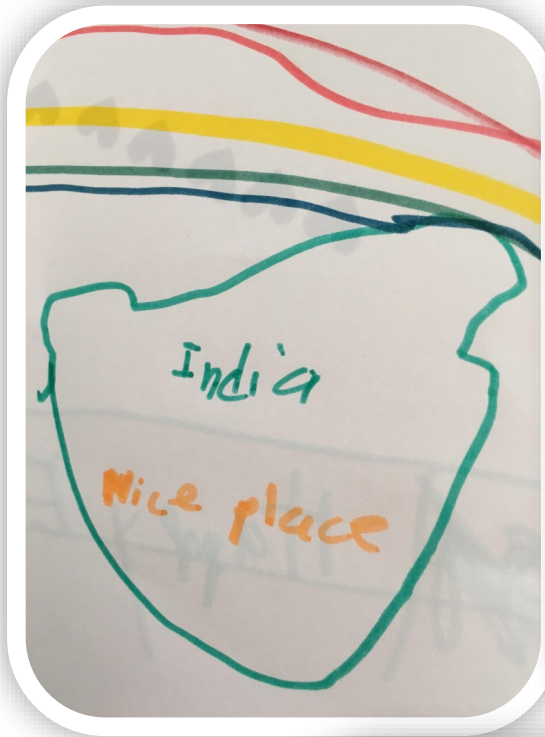


Artists Put Forth Their Efforts!

Dianne Nunes



Thanks to everyone at the GOANJ Easter Dance who made cards for the children at St. Xavier's Academy in Old Goa - you did well!!! These lovely creations will be given to the children to be enjoyed. Imagine getting a homemade card from a 'friend' in the Goan Association, and what a smile that will put on the face of that child. *Thank you* to everyone who made a card - your talents showed through but the love filled every space! Additional cards are always welcomed - bring them to the picnic and we'll get them to St. Xavier's.
Bless you.



Eggstraordinaire Easter Eggstravaganza

Neal Pais



This April, I had the chance to attend my first GOANJ event of the last few years, and it was an absolutely splendid occasion. This year, the Goan Association of New Jersey did something new and interesting in hosting a very enjoyable daytime dance to celebrate Easter Sunday on April 1.

The fete was held at the Crown of India restaurant in Plainsboro. I was most happy to revisit this venue after several years, as it was once a favorite lunchtime haunt among colleagues from my office in nearby South Brunswick.

Mass was said at 11am, officiated by Father Paolo Fedrigoni, an Italian priest currently based in New Brunswick. Concelebrating mass was Father P Das.

The dance kicked off at noon and was emceed by Loviena Mascarenhas. As the adults queued up at the bar and youngsters played amongst themselves, the crowd was treated to chill melodies by the musical group Castle Rock. Ernest D'Souza and Rachel Rebello were guest performers on guitar and vocals.

The spread for lunch was just as tasty as I fondly remembered. Having given up meat for the entirety of Lent, I was particularly excited to end my vegetarian streak with the restaurant's succulent lamb curry.

Entertained by great music and yummy food, old friends had the chance to merrily chat and catch up, while the children were occupied by a fun Easter egg hunt and lively dance games. Prizes were handed out to the younger guests, as well as holiday party favors.

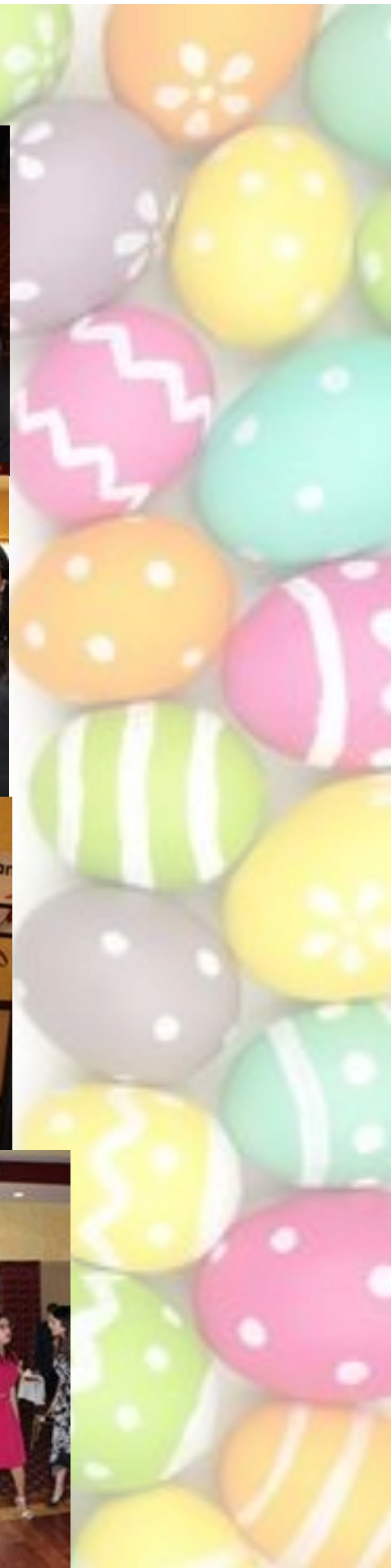
By the time the event concluded at 5pm, all those gathered were satiated by good food, drinks and Easter cheer, and perhaps ready for an early Sunday evening siesta. Thank you to all who helped organize this wonderful gathering!



Easter Dance



Easter Dance



Roving Reporter

What did you like best about the Easter Dance?

Dianne Nunes



Johann D'Souza
(visiting from
Dubai)- 11
"I liked my
parents showing
me how to
dance."



Candace Pinto
- 10
"The food!"



Abigail Soares
- 13
"Nice! Very
nice variation!"



Leel Dias - 13
"The music,
the food -
having fun!"



Samantha Fernandes
- 12
"The music!"



Tyler DeBellis -10
"The games!"



**Additional
Easter Dance
pictures at**

www.facebook.com/pg/GOANJ/photos/
Albums: GOANJ Easter 2018

#GOANJVirtualEasterEggHunt



Eggsact Answer: 49

Winner: Juliana Carvalho

I  **M O M**

HAPPY MOTHER'S DAY

**Happy
Father's
Day**



**MINDSET IS
WHAT
SEPARATES THE
BEST FROM THE
REST.**

**Summer
Fun**



Goans in the Limelight

Dr. Daniel (Neville) Mascarenhas

Felix Menezes



Our very own Member, Dr. Daniel Mascarenhas (Neville) a long time donor and supporter of GOANJ, has been invited to be a Guest Faculty Speaker by this very prestigious Heart Rhythm Society (HRS) and by the HRS Program Committee, at the Society's Scientific Sessions, taking place in the historic city of Boston, MA, May 9-12, 2018. Neville will be speaking at a special session titled, *Global Humanitarian: Stories and Experiences from the Field*. Dr. Mascarenhas' presentation on May 11 will be on: Reuse of Cardiac implantable electronic devices in India.

The Heart Rhythm Society's 39th Annual Scientific Sessions, at the Boston Convention & Exhibition Center (BCEC) will convene the finest clinicians, scientists, researchers and innovators in the field of cardiac pacing and electrophysiology. More than 800 of the world's most noted experts in cardiac rhythm management will serve as faculty for more than 200 educational sessions covering topic areas such as pacing, defibrillation, clinical arrhythmia management, ablation, pharmacology, genetics, basic science, health policy, and more!

The Heart Rhythm Society will host the brightest minds in cardiac pacing and electrophysiology at the annual Scientific Sessions. This renowned, global event will provide the latest science, best practices, and forums for peer-to-peer discussions and debate. The BCEC will convene the finest clinicians, scientists, researchers and innovators in the field of cardiac pacing and electrophysiology. ... The Heart Rhythm.

It is our distinct honor and pride to have Dr. Daniel Mascarenhas as our long time valued member. GOANJ wishes him continued Good Health and Blessings from above.



Doctor's Advice:

Healthy and Helpful Tips from our GOANJ Doctor

Dr. Noel Martins



How common is colon cancer?

Approximately 130,000 people will be diagnosed with colon cancer this year and close to 50,000 people will die from colon cancer in 2018. Colon cancer has dropped from the 2nd to the 3rd leading cancer cause of death in the US as rates have been decreasing. We believe this is because of colon cancer screening and surveillance.



Recently there have been news stories about more young people being diagnosed with colon cancer. Is this true and is it known why this is happening?

The age of onset does appear to be dropping, but it is still much more common in people over age 50. The reasons are unclear but may be due to poor diet and lack of exercise. Because more young people are being diagnosed with colon cancer it is very important for young people to tell their doctors if they have blood in their stool, abdominal pain, change in bowel habits, or weight loss.

Is colon cancer more common in either gender or any particular race or ethnic groups?

Men outnumber women but not by that much. Overall lifetime risk is 1 in 22 for men and 1 in 24 for women. African Americans have an increased risk of colon cancer and should start colon cancer screening 5 years earlier at age 45. Ashkenazi Jews also have an increased risk.

What are some risk factors for colon cancer?

Risk factors we have control over: Physical inactivity, being overweight, smoking tobacco, heavy alcohol intake, and a diet that is high in red meats and low in fiber, fruits, and vegetables. Risk factors we don't have control over: Being older, having a personal history or family history of colon polyps or colon cancer, having inflammatory bowel disease (Crohn's or ulcerative colitis), having an inherited syndrome like Lynch syndrome or familial adenomatous polyposis (FAP).

What age should colon cancer screening start?

Anyone over age 50 should be screened. African Americans should start screening at age 45. If one has a first degree relative with colon polyps or colon cancer, we suggest a colonoscopy at 40 or 10 years younger than the youngest first degree relative was diagnosed (whichever is earlier).

What positive steps can people take to reduce their risk of developing colon cancer?

Get regular exercise, quit smoking, avoid heavy alcohol intake, eat a high fiber diet with lots of fruits and vegetables and less red meat, and get regular screening colonoscopy after age 50 (or sooner if you have symptoms or a family history).








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Goan Giggles



Have you ever noticed that a woman's
"I'll be ready in five minutes"
and a man's
"I'll be home in five minutes"
are exactly the same?

Goan style of distribution of property

A dying man in the hospital, surrounded by his 2 sons,
daughter & wife says to his eldest son:

"To you Peter I leave the Colva houses"

"To you my dear daughter I leave the apartments in
Benaolim"

"To you Carmo being my youngest son with a large future
ahead I leave the Pallolem shacks"

"And you my dear wife the row houses in Aquem"

The nurse impressed tells the wife:

"Madam your husband is very rich he owns so many prop-
erties.

You are so lucky!!!!"

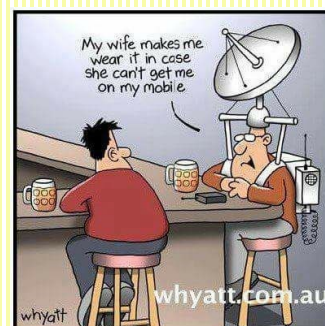
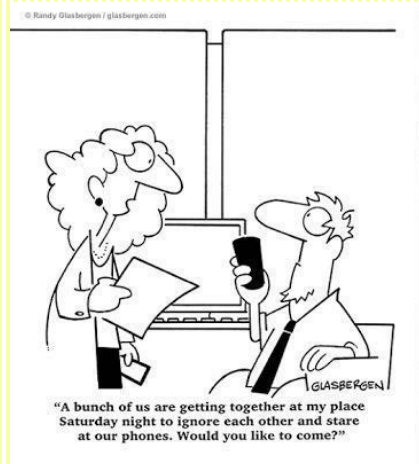
To which the wife replies :

"Rich???? Lucky????

My foot! He is a Podheir!!!!

Those are his routes where he delivers bread !!!!!

Paum & Poeee!!!!!"



Looking to Grow Your Business?

If you are looking to launch a new business or grow an existing business, consider advertising in the *Goan Connection*. Reach a highly educated and culturally sensitive audience in New Jersey, New York, Pennsylvania, Delaware, Maryland and beyond. Send the content of your advertisement in a Word document to committee@goanj.com.

Our yearly rates (for 4 inserts spread over 4 issues) are as follows:

2inch, 1 column	\$20.00
1/3 page	\$125.00
1/2 page	\$150.00
Full page	\$250.00

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A STAR ALLIANCE MEMBER 



Goan Gourmet

Pork Vindaloo

Anonymous GOANJ 'Chef'

Ingredients

1lb. pork
12 Kashmiri chillies
4-5 pepper corns
1 tsp cumin seeds
12 cloves
1/4 cup vegetable oil

1 pod garlic
1.5 to 2 in. ginger
1 tsp turmeric powder
2 Tsp sugar
1 Tsp white vinegar
Salt to taste



Directions

1. Grind the ingredients in vinegar to make a paste.
2. Trim and cut the pork meat 1—1.5 in. pieces and par boil the meat.
3. In a vessel, fry the ground paste well.
4. Add the meat.
5. Add vinegar if needed.
6. Cook till done.
7. Serve with rice or crusty rolls.



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Crowd Favorites

CASTLE-ROCKS
Socrates Viegas | Neil Gomes



Caring Corner

Sponsorship with Love

Christopher Nunes



Sister Monica, the principal of St. Francis Xavier's Academy in Old Goa has reached out to us with a most critical need. Last year we supplied funds for renovating the corridor and bathrooms. The funds were used toward providing cupboards, LED lighting and emergency lighting. When asked this time around what is the most important need, Sister Monica requested funding for taking care of these students both physically and educationally. As many of you are familiar with St. Xavier's Academy, it educates and is home to many of the differentially abled children and offers them education and employable life skills training.

Sister sent over a list of 20 children to sponsor. The cost of housing and educating a child is \$40 a month, or \$480 per year. Very generous GOANJ members have committed for a year and selected a child, and so we have these precious children left:

Rocky Malgy, Daison Rodriques, Diksha Madkaikar, Manfil Ferrao, Mark Rodriques, Blessy Figero, Chitrakshi Sarvekar, Irene Fernandes, Jaya Chavan, Anita Rego and Farhan Bhatkar.

To avoid any hard feelings among the students, the monies will go into a general fund so the children are not aware of any special financial treatment. However, you are encouraged to communicate with your sponsored child, by sending cards and letters. Sister Monica also mentioned that if you are visiting Goa, you are most welcomed to visit.

If you and your family would like to make a few cards for any one of these children or any child in general, that is also welcomed. The Easter Dance attendees made a lovely assortment that will be delivered and bring smiles to many of these precious children! If sponsoring a child is something that pulls at your heart, please contact either:

Felix Menezes fmenezes10@aol.com or

Dianne Nunes dianneenunes@gmail.com and we would be happy to address any questions or concerns that you might have. Doing the Lord's workone smile at a time!



Upcoming Events

Members' Picnic

June 23, 2018



Retreat: Bill Wegner

August 25, 2018



Whist Drive

September 2018

Halloween Dance

October 27, 2018

Christmas Ball

December 15, 2018

PRAYER CHAIN

The Prayer Chain continues to provide powerful intercession on behalf of those who are suffering for a variety of reasons. Our faithful prayer members are a great source of comfort to those in need. If you wish to have this wonderful group intercede on your behalf, or if you wish to be a part of this prayerful team, please don't hesitate to contact us:

Dianne Nunes

dianneenunes@gmail.com

Wilma Martins

ylfm@hotmail.com

