

Goan Connection

GOAN ASSOCIATION OF NEW JERSEY, INC.
Established in 1991

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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.

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Rejoice, Renew, and Re-emerge for this year's GOA NJ & MCA-EX Sponsored



Lenten Retreat

See Flyer on Page 2 for more details



"I am the Lord Who Heals You" (Ex 15:26)



Don't you hear the gentle voice of Jesus calling you affectionately to experience...

His empowering presence?

His inspiring Word?

His loving warmth?

His healing touch?

His comforting deliverance?

Then here is the Lord giving you two opportunities to live a Spirit-filled life being rooted in the Word and alive to the world!

<p>Dr. D. Jayanand World-Renowned Catholic Preacher</p>  <p>Saturday, March 7, 2020 12:00pm to 5:00pm 5:30pm Mass to follow</p> <p>Our Lady of Peace Church 1740 US Highway Rt. 130 North Brunswick, NJ 08902</p>	<p>Fr. Walter Mendonca, SVD Preacher & Counselor Divine Call Retreat Center, Mulki, Mangalore</p>  <p>Saturday, April 4, 2020 11:00am to 4:00pm 4:00pm Mass to follow</p> <p>St. Andrew's Church 244 Avenel St Avenel, NJ 07001</p>
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The annual Lenten retreat series of GOANJ and MCA-EC

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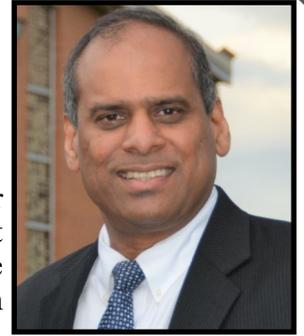
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Association Corner



My Dear Friends,

I want to start by saying Thank you for attending our Christmas ball at the Royal Albert Palace. I hope you all had as much fun as we did - laughing, dancing, making merry with Santa, lots of prizes, some wonderful DJ music, and dancing to the tune of Head over Heels. Well, the Ball topped all expectations!!!!!!

As we turn the corner and begin the solemn religious observance of lent, GOANJ invites you to join us for the Lenten Retreat on April 4th at St. Andrew's Church 244 Avenel St Avenel (speaker -Fr. Walter Mendonca, from SVD Divine Call Center, Mulki, Mangalore). The retreat is organized in coordination with MCA-EC.

Feeding the hungry is one of the seven Corporal Works of Mercy, and GOANJ is looking for families and volunteers to serve meals on assigned days at Mother Teresa's soup kitchen in Newark. Our next assigned day is March 22nd. Please let us know if you are interested in volunteering on that day, or any other day in future.

As you plan for the year, kindly mark your calendars for the dates with confirmed GOANJ events; Whist Drive (June 6th), Picnic (July 11th), Christmas Dance (December 12th).

We are grateful to our special sponsors who made our Christmas Ball exciting, with extraordinary airline tickets. Kudos and much thanks to Kuwait Airways, Qatar Airways and Mill-run Tours, as they certainly added to our cheer in a BIG and GENEROUS way!!! Do keep them in mind when making your next travel plans!

As always, get back to committee@goanj.com with any constructive comments and suggestions on any of our events. Again, without your support, and feedback, events like the Christmas ball would not have been possible. Lastly, I would be remiss if I don't thank the members of the planning committee who work tirelessly to make all our events possible. Thank you and Stay safe.

Mog Asu,

Marvin Fernandes
President
Goan Association of New Jersey, Inc





Passenger Choice Awards

BEST SEAT COMFORT IN
MIDDLE EAST
WINNER 2020



GOA NJ Halloween Dance 2019



BOO CREW



HAPPY HALLOWEEN

GOANT Halloween Dance 2019

Mother Theresa's Soup Kitchen

A small but hearty group went to the Mother Teresa's Soup Kitchen in downtown Newark to help feed the less fortunate on Sunday, November 24. So the troop of Vera and Felix Menezes, Chris and Dianne Nunes, Martinha Gracias and Alan Lobo headed to Newark to assist the Sisters of Charity in their efforts to bring a warm meal and some Christian love to so many others. The weekend being so close to Thanksgiving made it a bit difficult for more people to attend, so we are most grateful for the food trays prepared by Tressie Delaya and Kevin and Christabel D'Souza who kindly donated their meal without being able to attend. This outing happens several times a year and anyone is invited to be a part of this mission of love and mercy. Please consider joining a group that arrives at 8 am to prepare the meal, attend the morning Mass, then head back over to the kitchen to serve the meal. Cleanup concludes the early afternoon departure and

the blessings and love that are gifted to those serving, make it a joyous celebration of Christian love.



Dates in the New Year are as follows:
March 22
June 21
September 20
November 22

Please contact goanjcommittee@gmail.com for additional information. We would LOVE to hear from you and have you join in with this Christ centered project!





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Goan Connection • Spring 2020



'Tribe' of Judah takes root in NJ

A mission of faith and fellowship !

By Norman D'Souza

On May 31st, 2019, a few families from Central Jersey came together to form the tribe of Judah. It was an auspicious day to start our tribe, as it was the last day of the month of May. What better way to honor our blessed mother and seek her intercession and blessings.

As it is written in Ecclesiastes 3:1 "To every thing there is a season, and a time to every purpose under the heaven." For us this was the season to start our tribe and as we started the season of Novena to the Holy Spirit. We asked the Holy Spirit to guide us on our mission of faith and fellowship. As the tribe of Judah, it is our hope to be stewards of our faith, by example. Serving one another within the community, building our faith lives- and doing it all joyfully!

TO EVERYTHING *there is a*
SEASON
and a time to every purpose
UNDER HEAVEN
ECCLESIASTES 3:1

Our first get together was held at Celsius and Brenda Rebello's house in South Brunswick. It was a wonderful evening which started with the Rosary- each family said a decade and dedicated it to a special intention. Bible study was conducted by me, since it was the period from the time Jesus Christ's resurrection till he was received in Heaven, I thought it was appropriate to reflect on all the sightings of Jesus during this period. Each member shared their thoughts on why Jesus revealed himself before the Ascension- It was a thought provoking study that got every member to prayerfully reflect.

After bible study, we played a very creative game- Go Forth and be Fruitful! It definitely got our creative minds working. It was a lot of fun and after that food for thought, we had a home cooked Goan meal and a variety of desserts. There is no Goan event without singing. Celsius played the guitar and we ended the evening on a musical note!

We all agreed on meeting every 2 months. We all are excited and looking forward to spreading the Word of God and fulfilling God's purpose in our lives.



Tribe of Judah A Perspective...

By: Abigail Brunotte

The Tribe of Judah met on Friday evening, November 15 to wrap up 2019. We began with a nice opening prayer, then the service was in full swing. The facilitator, Norman D'Souza, prepared a very detailed analysis about different translations of the Bible and how it has evolved especially with the story of Adam and Eve. One piece of information I learned was that the words "man" and "mankind" have been altered many times to describe Adam and Eve. He was very open to discuss anything or if we had any questions.

The second half of the gathering was more discussion on giving thanks and how it related to Thanksgiving, which was very thoughtful. Another group member brought up four short Bible readings and two discussion questions, keeping the idea of thankfulness in mind. We also went around and shared a time where we were put in a situation and was anything but thankful in that moment. It really opened up my mind listening to everyone's stories. It also got me to reflect upon how God has given us these challenging situations and we have to find ways to be grateful. The concluding message was thankfulness is a choice. The more we are grateful, the more we will be positive. Give thanks in everything!





2019 GOANJ Christmas Dance

A rocking and rolling Christmas celebration took place on December 14 at the Royal Albert Palace! Fun and festivities started at 6 pm with the first 20 attendees awarded a little prize for coming on time.....it took off from there until midnight!

'Head Over Heels' with their fast paced contemporary music blazed through the evening with new and old time favorites. Santa made a surprise appearance to the delight of young and old alike! A sumptuous buffet offered culinary delights - including an authentic pork sorpotel dish homemade by our First Lady, Connie Fernandes. What a novel Goan touch -thank you Connie! Fun activities for the children made it a family friendly fun event! See you all next year!!!!



GOANJ 2019 Christmas Ball



GOANJ 2019 Christmas Ball



Meet Honora Grace-Ann!



Mom and Dad Ian and Karen Martins, along with big brother Noble, welcomed little sister Honora Grace-Ann into the family on November 5. Named after her Irish grandmother, she carries on a beautiful tradition!

Proud grandparents are Wilma and Bambino Martins, founding members of GOANJ. Congratulations to the Martins family - certainly blessed with His grace!

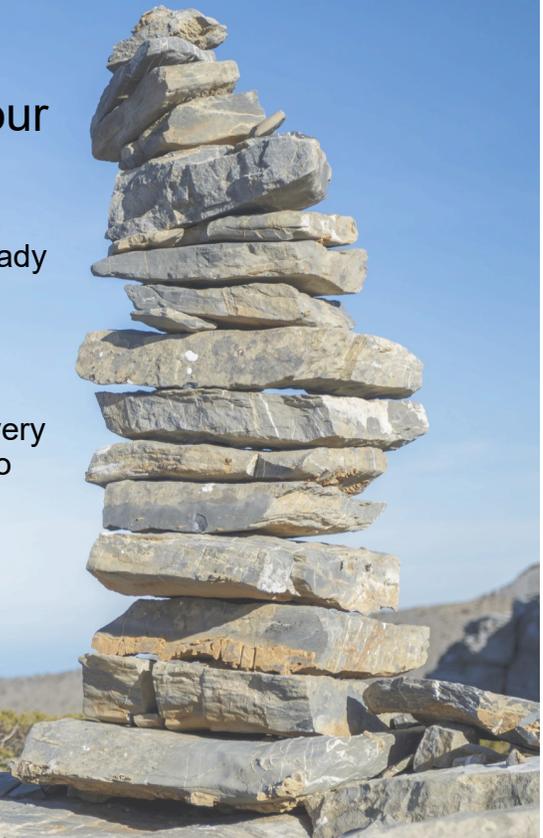


We ***Congratulate*** you on your Milestones!

Hope everyone had a wonderful summer and is ready for all the fall activities coming soon!

Please send us your milestones - birth announcements, weddings, special anniversaries, graduations, awards.....We want to include this very special news! We welcome you to send us a photo along with a sentence or two of your special milestone and we can include it in the Goan Connection. After all - this is YOUR newsletter!

We will be thrilled to receive your news at commitee@goanj.com. Thank you!!!



Tribe of Levi

By Michelle Vital



With the Christmas season approaching, our Tribe of Levi decided that we would use the talents of the group to spread Christmas cheer at a local nursing home. In a conversation with our group member Wilma Martins, a founding member of GOANJ, she mentioned that she had recently visited Elina Cunha Gomes who now resides at Atria Nursing Home in Cherry Hill. We contacted Elina's family and then Atria, who were delighted with the idea of our group coming over to entertain the residents.



So, on December 22nd, our Tribe, which is fortunate to have such talented musicians as Neil Gomes and Mario Paes, met at Atria Nursing Home. It was wonderful to see Elina looking so well and she was simply delighted to see us. Elina and her daughter Anile Martinez actively participated in the carol singing and the residents gathered around and sang along. There were solos by Neil Gomes, Nicole Pinto, Naia Gomes and Nyomi Pinto. Pratik Fernandes played Jingle Bells on the violin and Gabriel Gomes played it on the guitar.

It was so heartwarming to see the smiles on the faces of the senior residents and the staff of Atria. Elina and Anile had tears of joy in their eyes as they thanked us. Afterwards we returned to our house in Cherry Hill for a fun filled evening of food, desserts and laughter. Wilma Martins put together beautiful Christmas goodie bags for all the children in the Tribe.



It was indeed a wholesome and fun experience to know that we brought joy of Christmas through song into the nursing home. All of us will cherish these memories for a long time to come.





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Jeremiah 31: 6: Come let us go up to Zion to the Lord our God



Goa Chitra

-A Kaleidoscope of our Culture and History-



By Helga do Rosario Gomes

To many, a museum is a repository of fine stuff - beautiful pottery, paintings and artifacts dug out by archeologists from layers and layers of cultures that this planet has accrued. However, this information overload often leaves our minds reeling, no longer able to remember if King Tut had married his mother or his sister or if that lovely piece of china was a soup dish or a urinal.

Thankfully for us there are those smaller carefully curated museums that pull you into a world of lives well lived, of clever people who lived with care for their land, who used simple technologies to enhance their lives, but yet were open to the influences and cultures from lands far away.

Fortunately, overseas Goans can take pride in their way of life and their culture when they visit the conglomerate of three museums, Goa Chitra, Goa Cruti and Goa Chakra located in the verdant beach village of Benaulim, South Goa. A visit will give you an immediate glimpse of the lifestyle of your ancestors and their rich traditions, many of which Goans still practice in the sterile suburbs of the tristate area and many more taken by their ancestors to far off places like Byculla and Baroda. It's these traditions that keep Goans as a cohesive group no matter how far they travel.

The story of Goa Chitra, the first of the three museum established in 2009 is also the story of artist-restorer-dreamer Victor Hugo Gomes whose blind grandmother filled a young boy with stories of her Goa and led him to zealously collect artifacts of the state's diminishing traditions brought on by a lack of awareness and appreciation of the eco-friendly lifestyle of our ancestors. Where could a young boy find the money to collect more than 4000 objects some now unrecognizable to younger Goans? Ingenious ideas like hatching bulbul eggs and selling the chicks!!! Over the years Victor,



Victor Hugo Gomes

relentlessly searched through the villages and towns of Goa and its periphery not only collecting broken and beaten pieces that had once been a big part of our ancestors' lives, but also talking to village elders collecting wisdom and the intricacies of our language. This Victor calls our 'intangible culture' which he worries is slowly slipping away. Armed with a degree in Fine Arts from the Goa College of Fine Arts and a Masters in Restoration from the well-known Indian National Trust for Art and Cultural Heritage (INTACH, New Delhi), Victor began the painstaking restoration of our heritage supported by personal finances garnered from restoring old Goan houses, small donations and creative fundraisers.

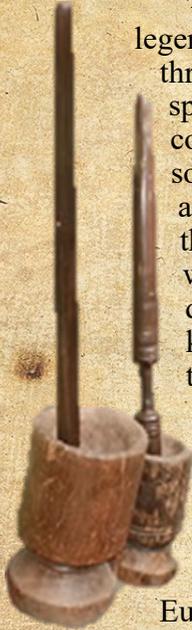


Coconut oil press made of wood and run by oxen at Goa Chitra



Goa Chitra (continued)

And thanks to the vision of a young boy from 'Banavli' which legends say was the heart of the Konkan coast, you now see as you walk through the beautiful yellow and red brick building designed by Victor, splendid pieces like a giant coconut oil press taking up an entire courtyard, an array of agricultural implements to suit Goa's terrain and so much more. It is here at Goa Chitra that we see the deep sensitivity and concern for the environment of our ancestors. Victor likes to give the example of a plough, which in English is just a plough. But, in Goa we had a host of ploughs depending on the type of soil and we had seed dispensers, and wooden flutes that calmed angry cattle. We see all kinds of weights and measures for rice and to my amazement a crab pot that had the exact design as the famed lobster pots of far off Maine.



Goa Cruti tells a slightly different but equally compelling story of Goa and its 500 years of colonial history. Displayed for you is beautiful, finely crafted furniture, an amalgam of Indian and Portuguese designs, motifs of Goan flora and fauna carved into rosewood and teak that sets these beautiful pieces apart from its European counterparts. 'Chinoiserie', the style of incorporating Chinese and East Asian artistic traditions into European arts that was the rage in mid-17th century was also embraced by the well-off Goans thanks to the proximity to another Portuguese colony, Macau. At Goa Cruti you see delicate blue and white china as well as the more ostentatious red and gold one.

Another feather in the cap for Goa Cruti is Victor's acquisition of the medical paraphernalia from the Escola Médico-Cirúrgica de Goa (1842-1963) which later transitioned into the Goa Medical College. Rare instruments of surgery, dentistry, pharmacy and maternity are on exhibit to demonstrate the development of medicine and health care from almost nonexistent to a high level of sophistication.



Recreation of a medical ward at Goa Cruti with paraphernalia collected from the former Escola Médico-Cirúrgica de Goa (1842-1963) and now the Goa Medical College, Panaji, Goa

To those with lawyers in their family or just legal buffs the judicial section of Goa Cruti will be a banquet, for it contains the original photos of Judges, microfiche cards of all judgments that Goan courts have awarded, Government Gazettes since 1961, seals, typewriters and stamps.



Goa Chitra (continued)

Finally, there is the very large and beautiful hall resplendent with the most gorgeous carts and chariots both from Goa as well as elsewhere in India. 70 non-mechanized indigenous carriages, carts, palanquins, such as the gypsy card, wedding carts, the Goan *machila* used to transport well off Goans at the hands of bearers or *boyas*. This is Goa Chakra, which celebrates the wheel. Victor has made preserving the culture of Goa his one big mission, and towards this end, he has put every iota of his energy, money and time into it. He has stayed this course in spite of a million obstacles especially financial because consecutive governments have shown no interest helping him. To quote the well-known Goan historian Prajal Sakhardande "Victor is cut above the rest. He is a red lotus who has risen on his own steam, because he woke up with a beautiful dream".



Bridal Cart at Goa Chakra

Many well-known people including Robert de Niro, Nobel Laureate Orhan Pamuk, Man Booker winner and writer Kiran Desai, award-winning poet Gulzar and Sonia Gandhi have chosen to visit Goa Chitra to learn of Goa's story.



Goa Chitra now aims to become a research institution that will produce a global generation of young people who have an awareness of Goa's rich and multicultural history. It hosts study abroad students from Carleton University, Minnesota and has a tie-up with the University of Bologna and the University of Milan, Italy as well as the University of East Anglia, UK whose Masters and PhD students conduct their research on a myriad topics.

To Victor this is a museum of the people which is why I urge you to visit it with your American families for if nothing else, this vibrant repository of our heritage may just make the sorpotel eating Goan dad look so much better in the eyes of his American vegan daughter.



Goa Chitra



Goan Gourmet

Tips and Tricks

BUGS BE GONE!

Inserting a Bay leaf in your flour, rice or pasta will help repel bugs.

OMEGA 3S...YUUUMMMM

If you'd like to insert some healthy Omega 3s into your diet and don't have fish, you can add anchovies into your repertoire. Buy anchovy paste or sauté anchovies in olive oil and garlic to create a mixture you can add into your cooking when needed.



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Tribe of Judah Sings!

On Friday, November 29, some members of the Tribe of Judah sang at the Elms Nursing Home in Cranbury, NJ for the residents. Spreading good cheer and singing golden oldies music melodies - were Norman D'Souza, Chris and Dianne Nunes, Sean and Sandra Salins and their children, Sarah, Sasha and Simeon.

A fun time was had by young and old!



UPCOMING



EVENTS

Lenten Retreats
April 4, 2020



Whist Drive
June 6, 2020



Summer Picnic
July 11, 2020





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GOING PLACES TOGETHER



Caring Corner

St. Frances Xavier School

Christopher Nunes



On December 20, 2019 members of the Nunes' family visited St. Xavier's Academy (SXA) in Old Goa. This is a school for the differentially abled that GOANJ has supported over several years. One of the main reasons for this visit was to have my two grandchildren meet the children at SXA and see the remarkable successes that these children have accomplished. Sister Monica, headmistress of SXA, greeted us with gracious hospitality and gave us a tour of the school and surrounding area.



Our first stop was to see the lovely garden that Sister Monica carefully and lovingly oversees, with the help of some of her students. This is her oasis and 'therapy' spot! Several of the students were building a stage set in preparation for an outdoor Christmas performance. Another stop was watching a group of girls who are deaf perform a lovely dance to the sound of music – one that won them a competition a few days earlier. These young girls twirled and entertained us with an impromptu dance routine. I was informed that the teacher would do finger gestures to guide them in the dance routine.



The Planning Committee of GOANJ collected monies in lieu of sending Christmas cards to each other. This donation allowed Sister Monica to add these funds towards a lovely Christmas party for the children. Rs. 10,000 was handed to Sister Monica through Fr. Maverick Fernandes, Director of Caritas-Goa, for this purpose.

The association raised \$6,300 in funds to upgrade the chapel at SXA which actually requires \$15,600. If we can raise a total of \$7,800 then there is a good possibility that we could obtain a matching donation from Catholic Missions. So, there is a need to raise another \$1,500 for the project.

Fr. Maverick informed me that the Archdiocese is planning to renovate the residence of the sisters and the fathers as the infrastructure of the current residence has been deteriorating. As part of this renovation the archdiocese is planning to have the chapel on the ground floor of the renovated residence. Thus instead of upgrading the existing chapel, the move is towards a new chapel within the residence structure. Fr. Maverick would be very grateful if the funds for upgrading the chapel could be used in having a chapel in the renovated residence.

As we left, our hearts were warmed once again by the genuine love and affection so freely offered by Sister Monica and all the children. The smiles said it all!



Caring Corner

St. Frances Xavier School (Cont...)

Decorations created by children at St. Frances Xavier School.



PRAYER TEAM

The Prayer Team 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

Dianne Nunes dianneenunes@gmail.com

Wilma Martins vlfm@hotmail.com





GOAN GIGGLES



Bus Trip

A bus full of housewives going on a picnic, fell into a river, all died. Each husband cried for a week. One husband continued to cry for more than 2 weeks !!!

When asked that did he miss his wife so much ?

He replied miserably :

No...My wife...

...missed...

...the bus !!!



Who Should Make the Coffee??

A man and his wife were having an argument about who should brew the coffee each morning.



The wife said, "You should do it, because you get up first, and then we don't have to wait as long to get our coffee."

The husband said, "You are in charge of the cooking around here so you should do it, because that is your job, and I can just wait for my coffee." Wife replies, "No, you should do it, and besides it says in the Bible that the man should do the coffee."

Husband replies, "I can't believe that! Show me."

So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says, "HEBREWS."

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