



By Love Serve One Another

JOTTINGS

Faith in God the Father Almighty
and in Jesus Christ His Only Son Our Lord and Saviour
and in the Holy Spirit

Purpose

- Promotion of the full development of women and girls through its programmes
- To develop a membership that is responsive through service to the changing needs of the community in a changing world.

For Private Circulation only

No. 305 November 2024

A JOINT MESSAGE FROM THE PRESIDENTS OF WORLD YWCA AND WORLD YMCA

Since 1904, the World YWCA-YMCA Week of Prayer has united our global movements in a cherished tradition of reflection and prayer. Each November, it gathers us under themes related to our collective communities' ongoing realities and needs. We confront immense global challenges as we approach the World YWCA-YMCA Week of Prayer 2024. Wars are ravaging lives and communities across the Middle East, Africa, and Eastern Europe. Systemic oppression grips countless regions in the Americas and Southeast Asia, while environmental disasters—cyclones, floods, and an escalating climate crisis—displace families and threaten livelihoods worldwide. These harsh realities weigh heavily on our hearts, reminding us of life's fragility and our urgent call for healing, justice, and collective action. Now, more than ever, we must stand united

in faith and purpose to work toward a world of peace and equity. In these moments of struggle, we are called to look beyond ourselves, drawing strength from our faith, spiritual traditions, and shared values. Whether through prayer, reflection, or meditation, we gather in solidarity with all those who suffer, recognising our collective duty to uplift one another and advocate for compassion and justice. Faith, grounded in hope, becomes a powerful symbol of resilience and healing, guiding us toward a more just and peaceful world for all. From 10–16 November 2024, the theme 'Moving with Faith Through the Elements' will highlight how faith helps us navigate life's challenges, drawing meaning from the spiritual significance of water, earth, fire, and wind. Within the global YWCA and YMCA movements, we honour the rich diversity of faiths, cultures, and

perspectives that strengthens us. By celebrating our beautiful differences and fostering a sense of shared humanity, we cultivate empathy, solidarity, and a commitment to justice. As life-long learners and community advocates, we are dedicated to standing alongside those oppressed and marginalised. Through our daily prayers, stories, and shared experiences, may we inspire resilience and fuel our collective work for justice. Together, we must persevere in creating meaningful change and promoting community wellbeing, ensuring a just and sustainable world for all. In this Week of Prayer 2024, we invite you to join us with open hearts and minds, fully embracing the diversity that strengthens our

movements. Let us move forward with unwavering faith through the elements—water, earth, fire, and wind—and recognise the divine presence in one another and the world we share. This connection with the Sacred ignites the transformative work of the global YWCA and YMCA movements. Now is the time to unite, take meaningful action, and strive for a brighter future that promises justice, equity, and a sustainable peace globally.

Mira Rizeq-
President, World YWCA

Soheila Hayek
President, World YMCA

Schedule for Week of Prayer

Date	Day	Topic /Passage	Time	Venue
10 th Nov 24	Sunday	Moving with Faith through the storm	9.30 am	Taylor Memorial Church
11 th Nov 24	Monday	Moving with Faith through the Drought	3 pm	YWCA Andheri
12 th Nov 24	Tuesday	Moving with Faith through the Valley	3 pm	YMCA Ghatkopar
13 th Nov 24	Wednesday	Moving with Faith through the Field	6.30 pm	YMCA Navi Mumbai
14 th Nov 24	Thursday	Moving with Faith through the Fire	7.30 am	YMCA Andheri
15 th Nov 24	Friday	Moving with Faith through the Dark	2 pm	YWCA Byculla
16 th Nov 24	Saturday	Moving with Faith through the World	7 pm	YWCA Fort

A Heart Filled with Gratitude

Annie Cardoz

A heart filled with gratitude recognizes God's love and mercy in everyday moments. Each new day is a gift from Him, as He breathes life into us, returning our soul back to our bodies after a good night's sleep. God provides countless reasons to be thankful when we just look around. We often overlook simple blessings: waking up, the warmth of sunlight, and a peaceful life. These are tangible reminders of His care, His daily provision for our needs.

Even in the most dire situations, the Bible shows us how to be thankful. When Jonah was swallowed by the whale, he prayed, "I will sacrifice to You with the voice of thanksgiving" (Jonah 2:9). Paul and Silas, imprisoned and beaten, sang hymns of praise to God (Acts 16:25). Their hope was

bleak, yet their gratitude never wavered. As Christians we continue to pray fervently for the safe return of the hostages kidnapped by Hamas from Israel and for lasting peace in the Middle East.

Trusting in God's goodness is the true essence of faith, even when circumstances seem challenging. Gratitude leads to patience and patience to hope—fruits of the Holy Spirit (Galatians 5:22-23). As we follow Jesus, our hearts are transformed, we learn to trust Him fully.

So, stop worrying about the timeline. God has our backs! Keep trusting, be patient, and remember: it's about becoming more like Jesus, not about being perfect—because that is where transformation happens!

States of India-Karnataka

Compiled by Rekha Joshi

Karnataka is a state along the southwest coast of India. The capital, Bengaluru is a high-tech hub known for its shopping and night-life. It is India's third most populated city, fifth most populous urban agglomeration, the largest city in South India and the 27th largest city in the world. Formerly known as Bangalore, from 2006 Bengaluru still embraces certain British characteristics.

The city is fondly nicknamed the Silicon Valley of India. To the southwest, Mysore is home to lavish temples including Mysore

Palace, former seat of the region's maharajas. Hampi, once the capital of the Vijayanagara Empire, contains ruins of Hindu temples, elephant stables and a stone chariot. Karnataka has a recorded history of more than 2,000 years.

Karnataka was formerly known as Mysore State, which was created in 1953 and renamed Karnataka in 1973. The first in our list of fascinating facts about Karnataka is that it is a dream destination for nature-lovers. Karnataka has a blend of heritage places, thick dense forests and holy places.

There are 5 National Parks 18 Wildlife Sanctuaries and 9 bird sanctuaries, The National Parks are home to a wide variety of flora and fauna.

Kannada, Tulu, Konkani Urdu and Kodava are the different languages spoken in Karnataka. It was the pioneer state in

establishing hydroelectric projects in the country. Karnataka state and Bengaluru city in particular have become the largest bio-clusters in the country.

Karnataka is a fascinating place to visit. Every town or city of Karnataka has something different to offer.

Visit of Gulobi Fernandes, Past President of YWCA of Bombay

Date 5th October

Venue : Achamma Bhavan, Byculla

Organized by : Board 2024-2025

The event began with a welcome by Susan Jacob, followed by a devotion led by Priya Daniel. A variety of cultural performances were presented, including a dance by the Study Centre students, a skit and song by Nursing students, solo act skit by WDU staff and songs by YWCA staff.

Gulobi Fernandes, the Guest of Honour, was introduced by Ex-President Blessy Babychan. She shared her experiences with YWCA, highlighting the positive impact the organization has had over the years.

All Ex-Presidents were honoured for their contributions, followed by a Vote of thanks by Alida D'Souza.

Gulobi visited the Nursing Department, Bakery Department, and other units, as well as the YWCA Shelter Homes bringing the day to a fulfilling and memorable close.

YWCA of Bombay's Participation in Walk for Freedom

On Saturday, 19th October, YWCA of Bombay actively participated in the global Walk for Freedom event held at Nariman Point, Mumbai. Organized by 'The Movement' India, this is the world's largest awareness walk against human trafficking. Since its introduction to India in 2017, the event has partnered with over 200 NGOs and conducted more than 140 walks across 14 states.

YWCA of Bombay proudly contributed to the cause, with 62 participants including members and staff. The event attracted over 500 participants, many of whom were college students from nearby institutions. During the walk, YWCA displayed brochures, bookmarks with information about YWCA and International Centre at our stall.

After introduction to the dignitaries, explaining the magnanimity of the problem, and the purpose, the 3 km walk was flagged off, from Nariman Point to Churchgate and back.

The event provided a valuable opportunity for YWCA of Bombay to support the fight against human trafficking and collaborate with the Walk for Freedom organizers.

All participants who successfully completed the walk received certificates from 'The Movement'



Testimony from Mrinal Khathuria, LWH Resident

My stay at YWCA Colaba has been truly delightful. As a working woman, finding a place that offers the extra comfort needed after a long day is essential, and this hostel has provided just that without a doubt. Every single detail has been taken

care of here, ensuring a comfortable living environment.

I've formed a wonderful bond with Bharati ma'am, who is genuinely a kind-hearted person. Knowing I live in such a secure and supportive place allows my family to rest easy, never worrying about my safety.

I am incredibly grateful that YWCA accepted me and provided a family and a home away from home.

Birthday List for the month of November 2024

Happy Birthday

Date	Members	Area	Staff
1st November			Sachin Namaye
2nd November			Vidula Raj
4th November	Serena Ubale	Y-Deepa	
5th November	Tiara Kundar	Bandra	
5th November			Priyanka Pawaskar
6th November	Joise Fernandes	Andheri	
6th November	Helen Naronha	Bandra	
6th November	Antoinette Pereira	Bandra	
6th November	Jane Pereira	Borivali	
7th November	Flory Alvarez	Borivali	
7th November	Iris Rodricks	Fort	
7th November	Jayshree Jethwani	Bandra	
7th November	Lata Seth	Andheri	
8th November	Philomena Aranha	Borivali	
13th November	Sandra Francis	Fort	
15th November			Asha More
16th November	Lavina Shirsat	Byculla	
17th November	Carol Monthero	Byculla	
17th November	Threeza Martis	Borivali	
18th November	Aneela Rao	Fort	
20th November	Chandraprabha Nundy	Belapur	
20th November			Manish Chirankar
25th November	Meena Sathe	Andheri	
26th November	Vanita Patel	Bandra	
26th November	Anaiah Londhe	Y-Deepa	
27th November	Susan Thampi	Chembur	
27th November			Vaishali Shinde
27th November			Yogita Randive
29th November	Kamalini Suchitta	Andheri	
30th November			Dinkar More

"Count your life by smiles, not tears.

Count your age by friends, not years."

HAPPY BIRTHDAY

We love you!!!



Prayer Requests

JESUS CALLING - PRAYER REQUEST

Online Prayer request channel was opened by SE Committee. Prayer requests will be confidential. Below is the list of members available for prayers:

Gissy Jacob	9702499500
Suneela Arun Kumar	9322776627
Prabhavaty Christdoss	9892717323

Important

Members,

kindly update your current postal address, mobile number and email id to Membership Staff Christina.



YWCA of Bombay

THEME COMPETITION

Do you have a vision for what our 150-year legacy represents? Submit your idea for the official anniversary theme! Let your creativity capture the spirit, impact, and future of the YWCA of Bombay.

GUIDELINES:

- Open to all members of YWCA of Bombay
- Submit your entries by 8th November, 2024 through the Google Form



Scan the code to send in your entry!

YWCA Of Bombay: 150 Years

LET'S MAKE OUR 150TH YEAR EXTRAORDINARY-TOGETHER!

MORE EXCITING COMPETITIONS COMING YOUR WAY!

Seniors Day

Date : Friday, 22nd November

Time : 11 am

Venue: ABH Byculla



Evening of Carols

Date : Saturday 7th December

Time : 6 pm

Venue : LWH Fort

Sweet Notings

- Sharon Pires

Be kind, for everyone you meet is fighting a battle you know nothing about – Wendy Mais

People face tough times, hardship and difficulties, but rarely do they share these things. Most keep it bottled inside and put up a strong face, trying to be resilient. Our kindness will only help them along the path – be the one to bring a smile on someone's face. Let's daily make this our goal and especially on World Kindness Day – 13th November.

Children are the world's most valuable resource and its best hope for the future – John F. Kennedy

It's hard to imagine a world without children – they bring love and laughter into our lives, along with their naughtiness and tantrums. They are the hope that all is not lost – their innocence, fun-loving and bubbly nature makes troubles disappear. As we celebrate Children's day on 14th November, let's acknowledge their meaning and role in our lives and appreciate our own children and grandchildren.

Our lives begin to end, the day we become silent about things that matter – Martin Luther King, Jr.

Today more than ever before; hate, violence, greed and the need for supremacy is taking over our lives. We need to move away from this trend and change our behaviour before it's too late. We all want to live in a safe environment where our lives, bodies, existence is not compromised. On 25th November we commemorate 'International day for elimination of violence against women' – let's unitedly work for this cause.

Women's Development Unit (WDU)

- 1) Ozone Day was celebrated in September at Byculla, Fort, Geeta Nagar, and Belapur for 172 participants. Akshita Tambe, Curator at the City Institute of Disaster Management (CIDM), gave a talk on the ozone layer, the effect of pollution, prevention and mitigation to protect it. This was followed by a drawing competition for adolescents and study-class children



- 2) A workshop and session on Family Life Education and Breastfeeding was held in September at Byculla, Fort, and Geeta Nagar for 158 participants. It was conducted with support from BMC Health Department gynecologists, Dr. Poonam Badgajar and Dr. Hansa Parmar, along with assistant nurse Shilpa Awale. The breastfeeding sessions were led by Dharmashila Gautam Assistant Auxiliary Nurse Midwifery (ANM) and Shobha Tiwari, a Community Health Volunteer (CHV) from Colaba Health Centre. The topics covered included breastfeeding, baby-holding positions during feeding and ideal holds for breastfeeding.



- 3) A Hearing Problem awareness session was held on 4th September for 15 crèche parents by Social Worker Akshay Gavali from Montfort Care at Byculla. She spoke about hearing capacity, ear structure, and how sound waves affect the eardrums. As a follow-up on 27th September a hearing checkup camp was organised for 60 balwadi and crèche children by a team of professionals from Montfort Care. Parents showed great

interest in the suggestions provided. A few children were referred for ENT checkup and earwax cleaning. The camp was coordinated by WDU Belapur team.

- 4) A cancer awareness session was held on 4th September by Eva Athavia from Sudha NGO at Byculla for 35 women. She explained about cancer and its type and also instructed them on self-assessment for breast cancer.
- 5) A TISS student conducted a workshop for 9 senior women about the constructive use of smartphone and mobile applications on 23rd September at Chembur. Women got hands-on experience with use of WhatsApp, voice messages, etc.
- 6) A Medical Health Check-up Camp was conducted by L&T

Date	No. of beneficiaries	Venue
6th September	67	Geetanagar, Fort
24th September	72	Belapur
27th September	141	Ashok Nagar, Chembur





- 7) Three sessions on 'Good Touch and Bad Touch' were conducted in September for 226 beneficiaries at Byculla, Shivshakti Nagar, Machimar Nagar, Geeta Nagar Fort.



8) Scholarships:

Belapur beneficiaries received scholarships from NMMC to pursue education.

Sr. No	Standard	No of Students	Scholarships Received
1	2nd	5	Rs.30000/-
2	8th	5	Rs.26500/-
3	9th	2	Rs.17599/-
4	11th	2	Rs.19000/-
5	12th	3	Rs. 26500/-
6	B. Com IInd Year	1	Rs.11000/-
	Total	18	Rs. 130599/-

Asha Kiran

- 1) Teacher's day was celebrated on 5th September appreciating all our teachers.



- 2) Study classes for the community children from Std VII to X started on 12th September.



- 3) Training session on 'Good Touch and Bad Touch' was conducted by Shoba Bhalla on 25th September for 23 parents of our crèche children.



- 4) Awareness session on 'POSH Act 2013' was conducted by Dr. Usha Ubale on 27th September for 27 young girls of the community.



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e-mail: ywcaandheri@rediffmail.com

Mob. : 9619618079 / 9619615027

website: <http://www.ywcabombay.co.in>

Shelter Homes

- 1) Tree plantation – plantation of useful vegetables for Shelter Homes



- 2) International Homeless Day was celebrated on 10th October. Banners regarding Shelter Homes were put up in public places like markets, police station and crowded areas. Surveys were also conducted to provide information to the homeless women about the availability of shelter home facility.

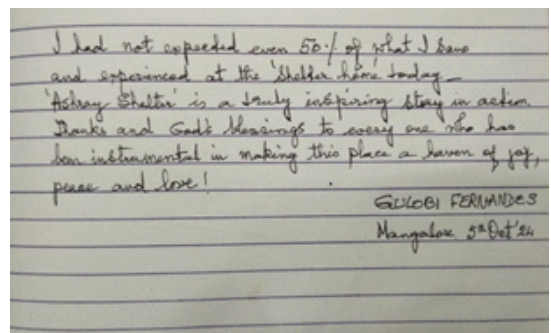


BELAPUR: Anugraha Hostel, Sector 8, CBD-Belapur, Navi Mumbai- 400 614

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- 3) The Jewellery making course enabled the women to use their skills to start their own business. Stalls of the jewellery made were put up at the AGM.
- 4) Ex President Gulobi Fernandes visited shelter home and appreciated Shelter Home work.



- 5) A session on first Aid and Hygiene was conducted on 11th October.
- 6) A session on cervical cancer and prevention through vaccination was organised on 13th October. Also, vaccination was given to the residents





Onam Celebrations in Chembur and Belapur

Onam was celebrated with great enthusiasm in Chembur and Belapur areas. Members dressed in traditional attire actively participated in the joyous occasion. The highlight of the event was the grand

Onam Sadhya, served on banana leaves, featuring a variety of vegetarian South Indian delicacies.

Members also performed a graceful traditional dance at Belapur. The celebrations in both areas reflected the joy, unity, and cultural richness of Onam, with everyone coming together in true Kerala style.



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Ph. : 8655093534

The Newly Elected Membership Chairperson Susan Jacob (Gissy) and GS along with Membership staff attended all the area meetings and conducted elections at each area.

Area	Chairperson	Secretary	Treasurer	Committee Members
Andheri	Sadhana Powar	Lora Saldanha	Juliet Solomon	Meena Sathe Susy Babychan Nutan Mistry Daksha Kanavia Harsharan Kaur
Bandra	Louella Rana	Jacinta Lobo	Isabel Murzello	Alice Panikal Clotilda D'Souza Patrica Furtado Flavy D'Souza
Belapur	Dr. Sunila Sanjeev	Yasmin Koshy	Vimala Kakara	Rajitha Chandran Jyotima Rajput
Borivali	Angela Fernandes	Wilma Galbao	Anita Nandsokar	Agnes Monteiro Threeza Martis Helen Pinto Jane Pereira Geeta Daniels
Byculla	Rekha Joshi	Hilda Patrao	Marianel Baptista	Swati Das Vanita Narvekar Caroline D'Souza Lorraine Aguiar
Chembur	Lovey Pariyaram	Elizabeth Philip	Sarah Gaikwad	Susan Philip Elizabeth Jacob Elizabeth Binu Kurian Jolly Roy
Fort	Teofilda Pinto	Sandra Francis	Elaine Pinto	Prabhavathy Christdoss Laila Furtado Anuradha Patil

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Programmes and Committee Meetings for November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Holiday	2 Bandra Area 3:00 pm
4 Belapur Area 11.30 am DDH Meeting 11:30 am Andheri	5 Byculla Area 11.00 am LWH Meeting 11:00 am Fort ABH Meeting 3:00 pm Byculla Spiritual Emphasis Meeting 3:00 pm on Zoom	6 Borivali Area 11.30 am	7 Fort Area 11.00 am PASI Meeting 1:00 pm Fort Andheri Area 3.30 pm	8 SGMA 11.30 am Byculla Chembur Area 3.30 pm Shelter Homes Meeting 11:30 am Anugraha Meeting 2:00 pm Belapur	9 AK Meeting 1.30 pm Andheri PR Meeting 11:00 am AK
11	12 WDU Meeting 11:00 am Byculla	13	14 IC Meeting 10.30 am Hybrid	15 PIYA 7.00 pm on Zoom	16
18	19 Jottings Meeting 11.00 am Byculla	20 General Hostels Meeting 11:30 am Belapur	21 Buildings Meeting 11.00 am on Zoom Membership Meeting 7.00 pm on Zoom	22	23 HR Meeting 10.30 am Andheri
25	26 Finance Meeting 4.00 pm on Zoom	27	28	29	30 Board Meeting 11.00 am Byculla

DROP IT IN

If you do not receive a copy of the JOTTINGS for the month, please inform our Byculla office immediately.

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