



AGRAGAMI INFO

**“The Stone
Rolled Away”**



Gathering of the Health Ministry Members



Welcoming the Mother General - Sr Arpita



❧ AGRAGAMI INFO ❧

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**Sisters of St. John the Baptist and Mary the Queen,
Indian Province**

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Content

Titles	Page No
<i>Editorial</i>	3
<i>Voice of Mother General</i>	7
<i>Provincial's Inspiration</i>	9
<i>A Glance at our Centers</i>	13
<i>The Message of Spring</i>	39
<i>Memoirs of Gratitude</i>	41
<i>Put The Glass Down</i>	44
<i>My Mission Experience</i>	45
<i>Hindutva : A Christian Response</i>	47
<i>Health Ministry Day Celebration 2023</i>	61
<i>Socio-Pastoral Activities of St Clare's</i>	63
<i>Girls' High School Pune</i>	
<i>Jesus Is The Peace Maker</i>	67
<i>My Vocation Story</i>	69
<i>The Lonely Barren Tree</i>	71
<i>The Seeds</i>	73
<i>Life Is A Miracle</i>	74
<i>Thirty Silver Coins</i>	76
<i>My Hostel Experience</i>	77
<i>My Community Experience</i>	78
<i>Rolling Away The Stone - Poem</i>	79
<i>Laugh A While</i>	80
<i>Message of The Holy Father Francis</i>	81
<i>Let Us Know The Saints</i>	86
<i>From The Hospital Corner</i>	91
<i>Ashakiran Balgruha</i>	94
<i>Good to Know</i>	97
<i>Bible Quiz</i>	107
<i>Happy Birthday& Festal Greetings</i>	111

Editorial

*"Vain the stone, the watch, the seal,
Christ has burst the gates of hell;
Death in vain forbids his rise,
Christ has opened Paradise.
Lives again our glorious King!
'Where, O death is now your sting?'
Once he died our souls to save;*



'Where's your victory, boasting grave?'

There was a massive earth quake recently that shook Turkey-Syria on 6th February, killing thousands and displacing lakhs of people. I remember watching the TV news after three days and seeing a child caught up under a huge building. The rescue team was seen struggling to reach her through the wreckage to pull her out alive. The amazing thing was that the child was alive after three days without food and water. I was wondering what could be the thoughts going through her mind. With concrete walls closing in on her which might have probably killed her loved ones, her last hope was on the rescue team who kept shouting and encouraging her to stay alive and conscious. It was so obvious that she had not lost hope that someone would reach out and help. She was in a way waiting for someone to roll away the stones and debris around her and give new life. We had similar experiences sometime or the other in our lives too; experiences of being caught up under huge stones

and rubble that seem eternally blocking our way out and blurring our vision of new life.

“Who will roll the stone away from the entrance of the tomb? “ When they looked up, they saw that the stone, which was very large, had been rolled away” (Mark 16:2-4). When Mary and the other women approached the tomb after Jesus’ death, they saw an amazing sight. They expected to see the stone still hiding the tomb, and they needed a way to enter the resting place of their beloved Master. The stone represented a barrier to their goal: to anoint the body of their beloved Master with spices. I’m sure their hearts were still downcast as grief flooded their spirits. “Who will roll away the stone?” they asked one another.

These women were obviously not strong enough to remove it themselves. Some sources say the stone, which rolled along a carved-out “track” in front of the tomb could have weighed more than a ton. How could the women anoint Jesus’ body if the stone blocked the entrance? Imagine the women’s shock when they “looked up” and saw that the stone was gone. Who moved the stone? The answer the Gospels give is “an angel of the Lord.”

What about our stones? Do we have stones stuck in deep ruts at the entrance of our heart-stones of fear, rebellion, despair, and discouragement? Do they loom so large that we shudder at the thought of even trying to remove them? Easter is about removing stones. Have

we tried to roll away our own stones, only to realize that no amount of heaving or shoving would budge them? The obstacles are not made of stone, but they seem just as massive and powerful-and we feel helpless to remove them. Then we “look up” in faith just like the little child in Syria and what we see is truly amazing. We see not stones, but pebbles, not darkness, but daylight. There is a huge opening, and we hear a faint divine whisper in our spirit, “I have already rolled the stone away.” When those barriers disappear, hope emerges from the other side-new life in Christ. But remember, it is God who specializes in stone removal. Whether we are looking for a way in or a way out, Jesus says, “I am the way, the truth, and the life” (John 14:6). Jesus’ death and resurrection opened the door to new life. The “stones” that imprison us or block our path have no power to destroy us. There is only one who can roll away our stones and bring joy, new life, and freedom and that is the Risen Christ. That’s the message Easter gives us. And that’s where our hope lies. Keep looking up!

Easter is also about the empty tomb. We are familiar with the Easter story of Jeremy, a young disabled boy, who is in a class with "normal kids" and seen as a distraction. His teacher tells his parents that she thinks he will be better off at a school for "special children." After she says this, she later feels guilty. As the Easter Season approaches, she wants to emphasize the true meaning of Easter. She hands them each an empty egg

and asks them to take it home and fill it with something that shows new life.

All kids fill their eggs with flowers and butterflies but young Jeremy's egg is empty. She reaffirms that he is a moron and she cant expect anything better. But to her great surprise, he explains that Jesus' tomb was empty. The teacher is shocked and asks if he knew why the tomb was empty. He replies with "Jesus was killed and put in there and then his Father raised him up.

Three months later, Jeremy dies. Those who pay respects at the mortuary are surprised to see 19 eggs on top of his casket, empty. Easter is about an empty tomb, and so much more. It is about our risen Lord, with us always, rolling away the stones and obstacles in our lives. It is about God helping us to live our lives without fear, following our risen Savior wherever he leads us, and helping to usher in God's reign. Easter means that there is no tomb that God cannot free us from and there is no stone that God cannot roll away. Regardless of how we got there, God doesn't want us to stay there. He wants to free us from whatever is keeping us from the new life in Christ that the miracle of Easter offers to us. Wish you all blessings of the Risen Lord.

Happy Easter!

- Sr Sally

Voice of the Mother General

My dear Sisters,

"Peace be with you!" (Jn. 20:19)

The resurrection of Jesus from the dead is the hope of mankind. Jesus, the Crucified One, is risen! He stands in the midst of those who mourned him, locked behind closed doors, full of fear and anguish. He comes to them and says: "Peace be with you!" (Jn 20:19).



Often in life, we are faced with challenges of various sorts: sickness and old age, accidents and death, loneliness and despair. At times there seems to be no point in carrying on. This is what happened to all believers on Good Friday when Jesus was nailed to the Cross. The Lord who could calm the sea and walk on the water was crucified like a common criminal. The Lord who fed 5,000 with mere 5 loaves and 2 fishes, who made the dumb speak and the deaf hear, who healed the paralytic and raised the dead was now in a tomb. Where was hope? Where was the promise of the resurrection? Where was the expectation of new life? Did it make sense to believe, trust and hope?

But, the resurrection of Jesus tells us that, death is not the end of the story. There is one more chapter. This is the most important chapter, the chapter of Resurrection. In the last chapter of the story, we see Jesus rise from the dead in all glory and majesty. He is vindicated. His enemies are shamed and confused. Jesus regains his eternal glory with the Father. He is the Lord, who will

prevail over all mankind, his enemies included. He is indeed raised. The empty tomb could not hold the Risen Lord. The stone had to be rolled away. Jesus is raised and will die no more. He will live forever.

Dear sisters, the Resurrection of Jesus makes the good news clear that Truth is immortal. We need to remember this and never give up on Truth. As disciples of Jesus, we do not give up on Truth and Justice like our patron St. John the Baptist.

Let us experience and enjoy the new life that the Risen Lord brings us at this Easter!

United with you all in Easter Joy!!

Sr. Arpita Mathew
(Superior General)



The Stone Rolled Away

The unfolding of drama emerges out of darkness. The women had been worried about the stone but it has already been mysteriously moved away. Whatever may have been in their mind as they came at that early hour, they were surely not expecting to find an empty tomb. The women knew well that they won't be able to roll the stone away. Yet they carried the spices they prepared to anoint the body of Jesus. They stand before us as epitome of undying Trust in the Lord who they loved.



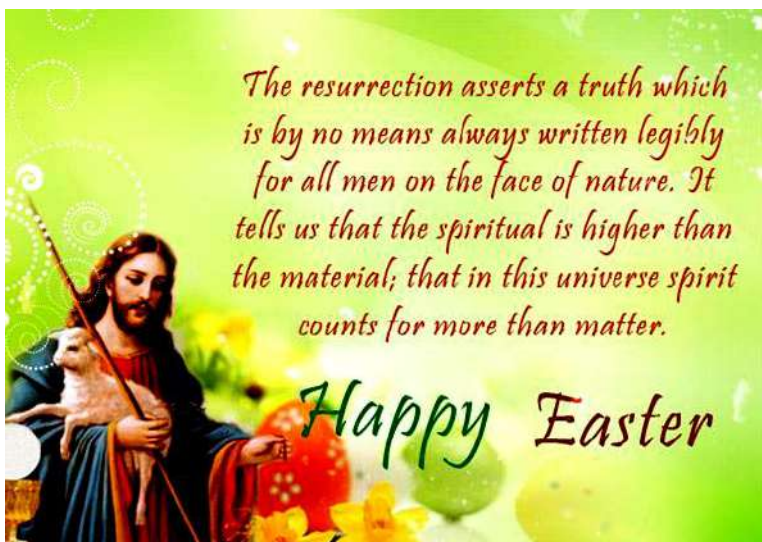
The women were so humble that they had the privilege to meet the Lord before anyone else could. Humility is required to seek and find God. We need to accept that by ourselves we cannot roll the stone away. When we strongly desire to meet him, He will roll the stone away for us, so that we can meet him without any hindrance.

What are the stones that block us from meeting God? Unbelief, Un-forgiveness, arrogance, vengeance, anger, worldliness, undue anxieties about food and family or something similar!? In John: 11:12, Jesus asks Martha and Mary to remove the stones to see the miracle. They made excuses. But when they removed the stone miracle happened.

Do I take efforts to roll away stones of lack of confidence, fear, and various binding complexes from the life of others to let them meet the Risen Lord?

Those who believe that God sends His angels to remove stones from their life can only enjoy the true joy of Easter. May the Risen Lord bless us with a strengthened faith in Him during this Easter Season!

Sr. Vidya Joseph
(Provincial Superior)



From the Editorial board

Dear Sisters,

We sincerely thank all those who contribute and enrich each volume of the Info. It is heartening to note that our junior sisters continue to enhance the variety of Info with well thought about pieces of write ups. Congratulations to each of you. Thanks to the communities who regularly send news for Info. Thanks to all the wellwishers for your valuable suggestions, critical evaluations, and motivations that assist the steady growth of Info. Your further comments, suggestions and feedbacks will help us to be more proficient and apt to make Info richer. Kindly forward the same to the editor on **infowardha@gmail.com**. We look forward for further enriching contributions from juniors, formees, members of our institutes as well as senior sisters. Please forward your thoughts, inspirations, poems, vocation stories, inspiring and touching life events or experiences even if it is in local language to the given email ID or address.

Kindly send the Bible quiz answers by 20th July 2023 to SrJyotsna.

Congratulations to Bible Quiz Winners

1	Sr. Archana	100	1 st
2	Sr. Archangel	100	1 st
3	Sr. Christina	100	1 st
4	Sr. Dhannya	100	1 st
5	Sr. Manjusha	100	1 st

6	Sr. Rashmi	100	1 st
7	Sr. Sancy	100	1 st
8	Sr. Suma	100	1 st
9	Sr. Daina	98	2 nd
10	Sr. Joshana	98	2 nd
11	Sr. Sudha	98	2 nd
12	Sr. Vineeta	98	2 nd
13	Sr. Jaya	96	3 rd
14	Sr. Lifey	96	3 rd
15	Sr. Roja	96	3 rd
16	Sr. Subhangi	96	3 rd
17	Sr. Kamshila	94	-
18	Sr. Martha	94	-
19	Sr. Riya	94	-
20	Sr. Linmy	92	-
21	Sr. Nikita	92	-
22	Sr. Nutan X	90	-
23	Sr. Ranjita L	90	-
24	Sr. Beronika	88	-
25	Sr. Anjali	88	-
26	Alisabeth	86	-
27	Sr. Mariagorethi	86	-
28	Sr. Secunda	86	-
29	Sr. Asha	82	-
30	Gloria	80	-
31	Sr. Ursila	80	-
32	Sr. Ujwala	78	-



A Glance At Our Centres

❖ **Parpa**

- Rev. Sr. Vidya Joseph, the Provincial and Sr. Sally, the counselor, had come to Parpa for the Canonical Visit. Their presence brought God's blessings. We had fruitful meetings and sharing with our Provincial. It was indeed grace filled days. We were very lucky to get an opportunity to go for an outing when they came. We organized a short welcoming programme for Sr. Vidya and Sr. Sally in Nirmal School, Parpa. On 26th January, we honoured and offered tribute to our freedom fighters and acknowledged their efforts for the country. Our students put up a very meaningful programme. The Chief Guest of the day was Mr. Pavan, the parent's representative. Many parents and friends witnessed the colourful day.
- February 2nd was a memorable day, as we celebrated the feast of our dear Sr. Archana and anticipated Sr. Lify's feast (Our Lady of Lourdes). Our parish priest Rev. Fr. Thomas Muppathinchira CMI celebrated Holy Mass for us and gave an enriching homily.

❖ **St John's, Ranni**

"God has blessed us more than we deserve." By the grace of the Almighty we have received many blessings. We are blessed with very energetic and dynamic

children this year. We have received and shared God's love, care and concern through them in this academic year 2022-23.

- Sisters and hostelites took part in the Holy Eucharistic celebration at our parish Church, and joined for dinner with parishners.
- Sr. Abhilipsa had gone to Manpuzhakari with Sr. Anita for vocation promotion.
- We installed 14 CCTV cameras in and around the house.
- Rev. Sr. Pavana, our councillor visited our community and had a meeting with the Manager of Citadel School along with hostelites.
- It was a memorable day when we bid farewell to our beloved students of class 12. The programme was held in boys' hostel canteen in the presence of all fathers from Citadel School and all sisters. There was a colourful programme performed by the students, both boys and girls from the hostels. Later we shared a delightful dinner.
- We were blessed with the presence of our Mother General Rev. Sr. Arpita Mathew on 23rd February 2023. She was accompanied by her nephew to our community. We welcomed her with a bouquet. She met each sister individually and then as a community. She also gave a motivational talk to our hostelites. Students felt so happy and encouraged. On 26th February, Sr. Arpita proceeded to Punchavayal community. Srs. Roseline and Jaya accompanied her.

❖ **St John's Convent, Hinganghat**

- Under the leadership of Sr. Seema the pastoral councillor, an awareness programme for women was conducted on 6th February in the nearby village. The resource person was Dr. Rajeshwari from Hinganghat PHC. Around 50 women participated in the programme.
- Sr.Seema took initiatives to arrange two health camps in the interior villages of Hinganghat in collaboration with our Health team. Many sick and needy people benefitted from the medical camps conducted by Sr. Sally and team. Dr. Rajeshwari also helped on the first day of the camp. There was overwhelming response and co-operation from Serpanchs and all other officials from the village. A big congratulation to Sr. Sally and to the team for their availability!
- Sr. Dainy's birthday was celebrated in a grand way. Fr. Prince CMI from Jam was the main celebrant of the day. The presence of sisters from Allipur and our candidates from the formation house added more jubilation to the day.
- Number of awareness programme for the children were conducted by Sr.Seema with the help of Sr.Shubha and Sr.Ujwala in Abinav Pradhamic Vidyalaya, Hgt, SSM Vidhyalaya Hgt and Balamandir Uccha Pradhamic Shala Hinganghat. Sr.Ujwala spoke on different nutritional items that are essential for good health and at the end children were given nutritional kits.

- Sr.Jyoti and Sr.Divya gave one day retreat to our parishners. It was indeed a day of renewal for all of us. May the good Lord continue to bless their ministry to bring many more to the Lord to experience His merciful love! We celebrated the Woman's Day in our parish conducting a small programme to appreciate and acknowledge all women from our parish, staff and nearby villages.

❖ **Christuvan, Gomini**

- Bishop Ephrem Nariculam, Fr. Shine and Br. Nikhil visited the centre on December 9th .Christmas carol was conducted from 19th to 23rd December in 10 villages. We had a very meaningful and memorable Christmas programme in the School with cultural fest on 23rd evening.
- Solemn Christmas celebration with night Mass and cultural programmes, cake cutting etc were conducted on 24th December. On 31st night, we had a wonderful New Year celebration with Holy Mass and burning of old man to bid farewell to the year 2022.
- On 7th January, Sr. Vidya (Provincial) and Sr. Seema the Counselor came for Canonical Visitation. On 18th February, our boarders had Zonal level Arts competition conducted by Catechism department of Chanda Diocese in Ettapalli. Christuvan boarders won the first prize for Bible Quiz and got the all rounder's trophy. Fr.

Raju, sisters and boarders had a meaningful Holi celebration on 7th March morning with Holy Mass, playing with colors and Rangoli competition and common lunch along with Fr. Benny and Fr. Vivek. On 13th March Srs. Divya, Jyoti, Dhannya and Valsa came for 3 days Home Mission in Gomini Parish. There were showers of blessings on all the families through their intervention and prayers. On 18th March, 10th Standard boarders were given farewell with a creative Holy Mass celebration, cultural programmes and common supper. On 20th March Sr. Clementina was given a send off with Holy Mass, programmes and common supper.

- On 24th March, Srs. Jyoti and Nitya came for the preparation of villagers for Holy Communion and Baptism. On 25th March, Sr. Manjusha's Feast day was celebrated with a meaningful Holy Mass.

❖ **JeevanVikas, Sewagram**

- We had a meaningful Christmas celebration in one of the villages through which we could proclaim Jesus. The students from Agragami School, Pipri joined us for the celebration and they played a wonderful drama on the nativity.
- St. John Society was blessed to have one more project under CHAI supported by Sochara. It was a Scholarship programme for one month through which we could reach out thousands of people through medical camps and many awareness

programmes like awareness on mental stress, Tobacco use, Cancer and Nutrition.

- We could provide 390 kits to differently abled children through the Covid emergency programme under CHAI - Miserior.
- This year JeevanVikas Society under Manos Unidas found 30 new handicapped groups in various villages. We have provided tailoring machines to 30 disabled candidates and helped 25 families by providing the livelihood.
- We had 3 days camp on physiotherapy. The resource person was Dr.Sheetal Fulzele from AWMH, Mumbai. It was conducted for newly admitted members. 40 disabled members participated and benefited from the camp.
- JeevanVikas society supported by CSR gave different trainings to SHG groups such as making papad, pickle, Soap, spices. Many of them have started small scale business and are yearning a livelihood.
- On 4th March, we celebrated Women's Day in Ghadgaon. 200 women were present for the function. The programme was blessed by the presence of many great dignitaries. During the programme we felicitated two women who are real inspirations to the society; Mrs. Gangabai Thul who is running a shop and MainabaiMaruthi Ade who is the Serpanch of Babulgaon in her seventies. The programme was colourful with

cultural events presented by women from the village.

❖ **St John's Convent, WORMS (Germany)**

- We find the name "WORMS" as the name of a town to be funny. The city is not named after the invertibrate 'Worms' but its name has its origin from the Latin "Vormatia" meaning settlement in a watery area. WORMS is a city in Rhineland-Palatinate, Germany, situated on the upper Rhine about 60km south- West of Frankfurt and Mainz. Rhineland- Palatinate is a state in Germany, known for the many specialized crops of its river valleys. Viticulture (*the science of cultivation, growing, and harvesting of grapes*) occupies a predominant place in the agriculture of the state, and the famous vineyards along the Rhine, Moselle, and Nahe rivers are the source of most of Germany's wines. WORMS is one of the oldest cities in northern Europe. It is located on the west bank of the River Rhine between the cities of Ludwigshafen and Mainz.
- The Cathedral Church of WORMS is one of the imperial Cathedrals and among the finest examples of Romanesque architecture in Germany. It is a Roman Catholic Church and former Cathedral of WORMS, located on the highest point of the inner city named after St. Peter. It is a very large and beautiful Church in the town. It is special as it is one of only three

Romanesque Cathedrals in Germany. The other two are in Mainz and Speyer.

- Opposite of this Cathedral, there are different apartments of Caritas. Our new community, 'St. Johns Convent, WORMS' is in one of these apartments. On 27th December 2022, on the feast of St. John the Apostle, the new convent was blessed by Rev. Fr. Jimmy MSJ in the presence of Sr. Arpita, the Mother General, Sr. Manisha, Assistant General and Sr. Gabriela, the Superior of Johannes Höhe. We (*Sr. Ranjitha and Sr. Lincy*) began rendering our service in the Hospice, 'Hochstift WORMS', run by Caritas from 1st January 2023. On 12th January Sisters of St. John the Baptist and Mary the Queen officially opened our community at WORMS with the Eucharistic celebration offered by Rev. Fr. Tobias Schafer the Domprobst (in charge of the Cathedral church), who also blessed and placed the Blessed Sacrament in our Chapel. From that day until now, we are blessed to have Holy Mass in our Chapel on the first Saturday of every Month. The Dom (Cathedral) is very close to our house and hence, we can have Holy Mass either in the morning or evening. We actively participate in the parish ministry by taking up the reading for the Mass, preparations for the liturgy in the Old age Home etc.
- The Hospice 'Hochstift WORMS', where we render our service was opened on 17th November 2022 and is the first Hospice in the city

with in-patient facility. The Hospice Hochstift is a ray of hope and a great venture by Caritas. Our Hospice is a Home away home where everyone is happy and celebrates life as a gift from God. Here we don't allow the elderly to cry and die, but celebrate and laugh just as they need it so much at the evening of their lives. It is a place where everyone can feel safe and welcome, regardless of their origin, religion or the way they interpret the world. At present there are 21 staff members from various places, language, culture and qualification. In spite of our differences, we shine together as one rainbow that brightens the horizon of hope for the needy. We leave no stone unturned to make sure that we alleviate their suffering and pain to the best of our ability. Being with them motivates us to wholeheartedly follow Christ who became a human being and served the needy selflessly.

❖ **St John's Convent, Gohpur - Assam**

- During the time of harvest we were blessed with good crop as usual in every year. We are indeed glad and thank God for His grace and kindness. Our play school functions well. Sr. Martha continues to add colour and newness to the school through her creativity. We have few admissions in the school and hope to get few more in the coming days.
- Two of our apostolic students are writing their 10th board exam. Please keep them in your

prayer. We continue to support the parish in its pastoral activities. Sr. Kalpana made a beautiful crib in the parish for Christmas. She was highly appreciated for her creativity.

- In the month of December and January there were marriage preparation classes in the parish and in one of the villages nearby. Srs. Rani, Martha and Mandakini were actively involved in conducting the classes along with few catechists. Basic catechism and related topics on marriage and other guidelines were given to the couples. They were happy to get good insights for their lives.
- Every Saturday we continue to visit families, pray the Holy Rosary with them, listen to them and give guidance. These days during the Lent, every Friday we go to the villages for the Way of the Cross. We pray with them and give a short reflection on the season of Lent and the Gospel. We pray that people continue to develop their spiritual life through all these activities.
- Sr. Arpita, our Mother General, visited us from 16th March to 19th March. Her presence made us gracious and joyful. These days we visit the villages for vocation promotion. Please keep us in your prayers.

❖ **Sandhaya Home, Pune**

- During Christmas week two of our juniors, Srs. Tresa and Padmini were here to celebrate

Christmas. SrTessy attended her annual retreat in the Provincial house.

- On 21st January we celebrated the 60th birthday of Sr. Tessy. Fathers from parish celebrated the Eucharist and prayed for her. They joined us for the agape. The presence of our sisters and novices added more music to the wonderful celebration.
- Sr. Anjali had her home holidays in month of January. On 16th January Sr. Nivedita our General councilor made a short visit to Sandhya Home. We spent a good time with her in talking about her mission experience in Germany. One of our inmates, Mr. Andrew had gone to Kerala, Divine retreat center for one week prayer. He had a wonderful God experience and was refreshed in his mind and body with God's Holy Spirit.
- On 26th February Srs. Aishwarya and Anjali along with inmates went to PIME Fathers' seminary to join their Mission exposure programme. They had a prayer service and different games and cultural events to refresh everyone. They had arranged all provisions for the inmates' physical comfort. At the end of the programme they gave gift to each centre. Mr. Andrew thanked fathers and brothers for all their service and for arranging such a fruitful day for them.
- On 5th March, the youth group from our parish conducted prayer service and games for our

inmates. Inmates expressed their happiness for being with them and for the gifts.

- Sr.Tessy gave a session for St.Claré's staff on "Middle life challenges". Srs. Tessy and Aishwarya had attended "Gratitude day" at PIME seminary. The brothers shared their mission experiences at different centers. It was a wonderful experience of get together and sharing.

❖ **St. John's Matric High School, Thoothoor**

- Fancy dress competition was held for classes Pre-KG to UKG.
- Two of our KG students participated in the interschool Fancy Dress competition held at Bethany Nava Jeevan Matric Her. Sec. School, Puthukadai.
- Our students collected money instead of sharing gifts with friends for Christmas. With that money, they bought grocery items, two beds and mattresses for 25 poor old people from this locality.
- We celebrated traditional harvest festival of "Pongal" on 14th January. On this occasion various competitions were held for students such as musical chair, picking up stone, passing ball, filling water in the bottle, breaking balloons, lucky corner, ball in the bucket, pot painting and rangoli.
- Thirukkural competition was held for Classes Pre-KG to VI standard.

- Psalm recitation competition was held for Standard VII to X.
- Master Mansin from STD IX participated in national Karate competition conducted at Trivananthapuram. He won the first prize.
- Seminar for parents was arranged on the topic “Parenting Style”. Almost all parents participated in it. It was very enriching class conducted by Rev. Fr. Bensigar.
- Our students participated in the interschool Maths competition at St. Jude’s College.
- Rev. Sr. Arpitha Mathew the Superior General visited our school. A small cultural event was organized for her. She inaugurated the Science & Art Exhibition. Parents also witnessed this event.
- Principal’s Day was celebrated with cultural programs.
- St. John’s Metric High School bid Farewell to standard X (6th batch)

❖ **St. John’s Convent, Thoothoor**

- Sr. Pooja was elected as the Co-ordinator of Religious nuns for Thoothoor Forane.
- Thoothoor Community members went for picnic to Thiruvananthapuram.
- Novice Sushanthi completed her three months community experience here in Thoothoor and went back to Pune on 17.02.2023.

- Sr. Pooja's feast was celebrated on 2nd February. We had Holy Mass by Fr. Amruthn Raj.
- We celebrated the feast of St. Joseph on 19th March.
- Sisters visited more than 30 families during the Lenten season.

❖ **VinayVikas, Pune**

- We began the season of Advent with Advent candles decorated beautifully and with special prayers each Sunday while burning the candle. We gave food packets to poor people and gave gifts to senior citizens. We the community journeyed with Mother Mary during the advent, commemorating her search for a place for the baby Jesus. Each of us received Mother Mary with joy and hope and prayed the Holy Rosary. During the Christmas week we had carol singing in the campus. All novices of the campus also had a get together and Christmas celebration at Maria Assunta Convent. We had a fruitful Christmas celebration and we welcomed Infant Jesus in our hearts. On 23rd December a short entertainment programme was put up by our formees for the inmates of Sandya home.
- We welcomed the New Year with new heart and genuine prayer. The Holy Eucharistic celebration inspired us to live a new life.

- We had the presence of Rt. Rev. Bishop Ephraim Nariculam. He prayed and blessed us. It was wonderful for us to be with Him.
- The second year novices returned after their community experience on 19th February.
- Novices had their annual retreat on 17th to 21st March. It was a reviving experience for them. Fr. Arun Kumar SJ guided them.
- The second year novices had their mission exposure programme in Wagholi “Empowering the differently abled” and in Mother Theresa Sisters’ Home.
- “A beautiful woman draws strength from troubles, smiles during distress and grows stronger with prayers and hope.” We celebrated Women’s Day and hostel day. Fr. Rohan gave the input session. We had the love meal and cultural evening. The girls were empowered by the class and programme.

Wish you all a grace filled Easter!

❖ **St. John’s High School, Hinganghat**

- The Annual sports meet was held in the school. Mr. Ajay Rithe and Mrs. Mrunal Rithe, the National players of Kabaddi were the chief guests of the day. All students took part in various sports activities with enthusiasm and competitive spirit.
- The New Year was welcomed by imploring God’s blessings through a prayer song and

colourful programme organised by students of class II. Sr. Preeti shared an inspiring anecdote with students on listening to the instructions and living everyday's life with love.

- The completion of five fruitful decades is a major landmark and a significant milestone in the odyssey of any educational institution. The year 2023 marks the Golden Jubilee year of the esteemed existence of St. John's high school at Hinganghat.

With sentiments of contentment, joy and gratitude St. John's High school celebrated the inaugural ceremony of Golden Jubilee year on 25/1/2023. This day is considered a red –letter day in the history of St. John's School. The chief Guest of the day, Smt. Shilpa Sonale SDM of Hinganghat, The president of St. John Society, Rev. Sr. Vidya, the founding Principal, Sr. Veena, Mr. Atul Deodhe, the vice president of PTA and Alumni of the school, Rev. Fr. Joseph OFM, the Parish Priest of Jeevan Jyoti Church, and Sr. Seema, Socio-Pastoral Counselor were present along with principal Sr. Preethi and other sisters and staff. Sr. Vidya officially declared the Golden Jubilee year open. Dignitaries lit the ceremonial lamp and marked the beginning of the Golden Jubilee year. This was followed by releasing 50 golden balloons by the dignitaries. The logo of the jubilee year with the theme 50 years of grace and excellence was unfurled by Rev. Sr. Veena. Sr. Vidya the president of the society let go of a

dove symbolizing the celebration of golden memories and hope for the days to come. The inaugural address was given by Sr.Vidya, appreciating and motivating the students, staff and all collaborators of the School. Sr.Veena shared golden memories about the School from her vast experience. Dr.Pathik Kothari, the Alumni of the School attributed his success to his Alma matter in his speech. An entertaining drill display exhibited by students from class I to VII added joy to the celebrations. It was indeed a day of joy and pride for all of us.

- A fare well programme for class X was organised by IX STD students with the theme 'let your light shine'. The chief guest, Pro. Sheshkumar Yerlekar gave an inspiring message to students.
- The staff had one day outing to Gosekhurd National Project at Rawanwadi. It was truly relaxing and entertaining.
- Students of Class VII were taken for one day excursion to Dwarka Water Park in Nagpur.

❖ **Vinayalaya High School, Jaripatka Nagpur**

- On 16th January 2023, 10th class students of Vinayalaya along with three High school staff visited Shanti Bhavan- Home for the aged at Nagpur. Students were happy to conduct cultural programme, games and singing with the inmates. Our students gifted a water cooler for the centre. Snacks and fruits were also distributed for

inmates. It was indeed an eye opener for our students to know how to respect, love and care the grandparents. They were all inspired and empowered from this gesture of kindness, compassion and solidarity with old people. After visiting the old people they proceeded to Seminary hills, where they spent some time in prayer at Lourdes Matha Grotto. Then they shared their food packets with a family spirit along with their teachers and friends.

- We bid fare well to our 10th STD students on 20th February 2023. Rev.Fr.SameerNagrare Asst. parish priest of St.Martin de Pores Church was the Chief Guest of the day. He gave a value based talk on the word Success. Rev Sr.Nirmala the principal gave an inspiring speech on the occasion on the significance of the day.
- Science exhibition on cleanliness and health was held at Rajkumar School on 17th January. Various schools participated at this event. Two of our students from 9th class represented our school with their science models.
- Every 1st Friday our Catholic children participate in the Holy Mass along with two staff andSr.Nutan.
- Supporting the biggest campaign of Nagpur police “Narco Flush out” a Walkathon was conducted in the school. It was a great success.

- Mrs. Christina James was the resource person to conduct three days seminar for the high school students.
- Police department conducted an awareness program for boys from (6, 7th & 8th). In this seminar they gave awareness on good touch and bad touch.
- A two days Scout and Guide program was organized on 3rd and 4th of February in our school premises. Students from 6th to 8th participated in the camp.
- Municipal Corporation organized a health camp on 27th and 28th February in the school.
- One day picnic was arranged for our teaching and non-teaching staff on 18th March 2023 at the Light House water park at Mansar.

❖ **Vinayalaya Convent, Jaripatka**

- Community members participated in the Annual retreat and then soon welcomed the dawn of the happy and Blessed New year January 2023. SrRanjita the new member joined our community on 16th January 2023. We joyfully welcomed Sr.Ranjita.
- Srs.Jyoti, Lavanya, Nutan and Ranjita visit our young Christian girls, studying from 6th to 10th STD. They meet and talk to them and give them awareness about various things and conduct prayer meeting in different areas. The purpose of

this is promoting vocation and motivating young Christian girls to decide about their future life.

- Sr.Jyoti participated in retreats at Sanjeevani and prayers sessions.
- Sr.Jyoti does counselling for school students and very enthusiastically works in the pastoral area and motivates many.
- Every 1st Saturday we have night vigil in the parish from 10 pm to 5 am followed by Sunday Mass.
- On 22nd January 52 students were prepared for first Holy Communion. Our sisters and teachers taught them prayers and conducted oral and written exams.
- On 26th February 53 students had intensive classes for the Confirmation. Our sisters prepared them and conducted oral and written tests. It was a great spiritual experience like every year to see our students ready to receive Confirmation and become faithful members in the Church.
- People of Martin Nagar were blessed to have area wise Holy Mass in their respective blocks.
- One of the spiritual experiences was 4 days retreat in the beginning of March 9 to 12 in our Church. Rev. Fr. Joby V.C from Divine Vachan Ashram was the Main preacher
- Sr.Jyoti along with Sr.Divya and team went for home mission in the Month of March. Sr.Jyoti's

enthusiasm, zeal, and spirit was felt by all of us from her sharing.

- Sr.Jyoti went to preach a retreat in Gondia along with Sr.Divya
- Let us pray for each other to lead a dedicated life by doing well on earth. Wish you all a Blessed and Happy Easter.

❖ **Sanjeevani Ashram, Sewagram**

- By the grace of God all activities at Sanjeevani Ashram goes well. Sr. Divya and Sr. Valsa are actively involved in retreat ministry conducting retreats in the Ashram and going as a team to various parishes in different dioceses to spread the Kingdom of God. Every month we conduct three days retreat wherein eminent preachers from different places come to help our retreat team. Sr. Esther and Sr. Jyoti as part of the team regularly help in preaching and direct evangelization. In the month of March we had Fr. Jinse Madathiparambil from Jagdhalur diocese preaching and healing many with his special gift of healing and prophesying. It was a great witness to all who participated.
- We conduct night vigil every 1st Saturday where people from the prayer team also join online. The retreat team along with Sr. Dhannya had gone for home Mission at Gomini for 5 days. It was very fruitful with many people brought back to faith and many marriages rectified. People of other faith

were also inspired to accept Jesus as their Savior and Lord through their mission. We help out with giving classes and talk at various places especially at diocesan marriage preparation course. Sr. Sudha continues to take care of patients at Jeevadhara and renders her service as a counselor to Mhasala School. We have 8 inmates now. Religious sisters from different Congregations also regularly come for treatment and counseling at our centre. Sr. Secunda continues her BA studies with good scores at term exams.

- We were blessed to get few projects sanctioned through our collaboration with CHAI, like Covid response Self Help Group and Livelihood Project, SOCHARA Community Health Project and solar power installation Project for Jeevadhara. All these projects except the solar project were carried out in collaboration with socio-pastoral ministry and education ministry in different villages of Kopreli, Hinganghat and Allippur School. Through these, we could reach out to thousands of people and extend our service in the form of conducting tailoring classes, village based SHGs, medical camps, awareness programs and nutritional material supplement programs. We thank Sr. Vidya and Sr. Dhannya for supporting our initiatives wholeheartedly. Through the solar power installation project we have unceasing electricity supply to Jeevadhara

building. Thanks to CHAI for supporting us through various projects.

- We got financial help to buy a good four wheeler through the mediation of Fr. Job SJ. A good vehicle was a long standing dream and an urgent need of our centre. We thank Fr. Job for his continued support and keen interest in all our activities. We also thank all our benefactors and well wishers for their prayers, best wishes and financial support time and again. We assure you our sincere prayers daily. May the Risen Lord bless you all!

❖ **Nirmala Niketan, Bhendala**

Socio-Pastoral activities

- NirmalaNiketan Community organized International Women's Day on 4th March. This event was officiated by His grace Elias Gonsalves Arch bishop of Nagpur, the dean of Bhandara Fr. Jeyaprakash, the director NMSSS, the principal of MSFS school Nimkheda, the coordinators of Yuvaparivarthan Center Nagpur and the development officer of LIC and SJB sisters from nearby communities, sarpanches from Bhendala, Ajangaon, Telimangli and Virshi villages.
- The program began by receiving the guests with traditional Arati followed by a welcome dance. The guests were welcomed with solemn procession and were felicitated with floral bouquets, saplings and gamcha.

- Then the guests officially inaugurated the program by lighting the traditional lamp. There were 10 cultural programs allotted to each group from different villages of our project area. The programs were based on women empowerment, social security, and other women related issues.
- The Chief Guest empowered the women with his inspiring and thought provoking message. There were around 300 women who actively participated in this celebration. 50 women were of Save a Family, 120 women are of our present project and 130 women are of our surrounding and other invited guests.
- This program was well organized and conducted with the contribution of the beneficiaries of project area. On this auspicious occasion we appreciated and honored our tailoring students who fruitfully completed their diploma in tailoring. The students were awarded with diploma certificates by His Grace Elias Gonsalves. We also presented a small gift to each woman as token of our love and remembrance of this great event. And the programme was concluded with vote of thanks by Sr. Amali.
- We also had Deanery level women's day celebration at Tumsar Sr. Francis Xavier's' Church. The catholic women from Bhendala presented a dance on Nari Shakti.

❖ **Kisanwadi Church, Kopreli**

Socio-Pastoral Activities

We are engaged in Socio-Pastoral, Educational, charitable and health care apostolate in different villages in and around our mission station. We concentrate our activities mainly on the poor and illiterate people, especially the Tribal, Dalit and marginalized by providing them formal and non-formal education, charitable works and health care. We conduct classes on health education- on health and hygiene, Nutrition, etc. to prevent deceases and promote health. In the dispensary we conduct free medical camps with the help of different sponsors.

Some of the Activities of the Centre

- We conducted Medical camps, in the village and in the dispensary.
- Senior citizens day of our parish, celebrated Holy Mass, conducted games and distributed prize and gave them gifts on 2 October.
- Awareness program on drug abuse to Parish youth.
- We had one Baptism and 12 children for 1st Holy Communion.
- Children's Day Celebration
- Christmas celebration in K.G School
- SHG Programs
- Tailoring class for the poor village ladies
- We have distributed food kit to the poor Christian families.

- New Dispensary built and function well with the help of Manos Unidas Agency.
- We had awareness classes on horticulture and we have distributed fruit plants and vegetable seeds to the Christian families.
- Youth Meet
- Awareness classes on adolescent health and menstrual hygiene and distribution of sanitary napkins.
- Home mission
- Family prayer

❖ **Pastoral Activities, Kazhakuttam**

- During Christmas we went for carol singing with the youth, catechism children and few teachers. In five days we visited almost 120 houses of our parish. It was a very edifying experience for us and people; a celebration of Divine generosity and human sharing.
- We conducted advent stall for four weeks with a purpose of charitable works. We collected Rs.10000/- and gave to the charity counter of the parish. By this we could encourage youth and women in baking and cooking.
- Sr. Geeta is an active member in the Vincent De Paul society of the parish. They do a lot of charitable works like helping the poor, sick, marriage of poor girls, and educational support for poor kids etc.

- Sr.Geeta is giving counseling for families and individuals in our parish, our Forane and other parishes like Thoothoor. It is a very active ministry in the present day crisis of common folk. Sr. Geeta is also teaching German language to children and youth from near and far by online. Many are benefitting from it.
- We are actively participating in the Sunday Catechism, Sunday Masses and preparing people for Sacraments. Now around 35 children are preparing for first Holy Communion and Confirmation. We are also preparing couples for marriage who belong to other religion and also for rectification of marriages.
- In this Lent we are daily visiting families, sick people and those who are not coming regularly to Church. BCC family meetings are looked after by us. We regularly attend these meetings and listen to people and help to solve their problems consulting with the Parish Priest. These are some of the things we have been engaged in at Kazhakuttam mission.

The Message of Spring

- Sr Anjali SJB

“Plan for tomorrow, live for today, learn from yesterday.”

“The grass is green, the snow is long gone and the sun feels warm on my face again.” This is how someone described the arrival of spring season. The spring season ushers in the promise of renewed life, freshness, beauty, joy and energy. It is the season of growth and fruitfulness. It is all the more sweet after the long and boring, freezing and lifeless winter season. Spring is the time when we come out and savor the beauty of nature, enjoy more warmth, meet more people and get more out of life. It is the time to grow spiritually and emotionally too. Often we experience the winter of disappointments, powerlessness and hopelessness in our lives. But they are not permanent. God allows these experiences but He also showers us with blessings and more opportunities to grow emotionally and spiritually. Shelley’s immortal words, “If winter comes, can spring be far behind, is very true in our lives. Spring season pushes us onward and challenges us on the areas where we have failed or experienced stunted or less growth. Just as spring brings beauty and fragrance, life and energy to nature, we can bring beauty, goodness, fragrance, life and energy to our fellow human beings. We can transmit the spring of cheer to those who are discouraged, sick and elderly. We can extend our hands of friendship and raise a fallen human being and encourage them to move on in life.

Memoirs of Gratitude

- Sr Jyoti SJB



April 1st 2023 was dawned with the sad news that Fr.Mathew Njarakkattu is no more. He has entered his final destiny. I was privileged to be here in Gomini as Sr.Nitya and I were called to prepare people for Baptism and Holy Communion. I happen to highlight some points about the starting of Kopreli and Gomini mission stations to the people in Puski village in the same evening of his departure from this earth.

When I recollect my memories about him, I feel overwhelmed with feelings of gratitude. As I sit down to write something about him, hundreds of thoughts come to my mind about this saintly priest. As we know he was closely associated with senior members of our Congregation. So I am sure I am reflecting the feelings

of all those who were with him sometime or the other in our mission stations.

As a founder father of Kopreli centre he had to face numerous difficulties in the initial stages. The mission fire burning inside pushed him forward and made him courageous to take any risk. It is worth remembering how he spent the nights sleeping in a very small cot in the cow shed of Sukar Patel. He was not at all frightened of snakes or tigers which were very common in those days. God safe guarded him from such harms. Ascetic type of life style, special devotion to Mother Mary and dedication to the Holy Eucharist were his powerful weapons to start and develop this centre.

We saw him often kneeling down and praying for hours in the Church at nights after the supper. It was a great inspiration for us sisters too, to pray. With the zeal and enthusiasm to give Jesus to the people he resembled his master. He was a gentle, listening, loving, caring and nurturing father to all those who approached him. He was never tired of visiting the villages like Bandukapalli, Mulchira, Paraspata, Malgewri, Thumdi, Gundapally,

Mallera, Kopreli and Labandola however far they had been.

He could gather many followers for Christ from these villages. He was a good shepherd who knew his sheep by name. People recognized him as a unique priest given for their spiritual and physical welfare. Even now when I visit Labantola the first question they ask me is

“Where is Njarakkattu father?” And then, “How is he?” He was a silent missionary like little Theresa, relentlessly saving souls for Jesus. He was an exemplary priest making intercessory prayers for people, a person preaching without much words but with his own life. When he realized his health was not agreeing to continue in the mission stations, he went back to Kerala. But all the while he kept all his dear ones of this remote place in his heart and prayed for them. Fr. Raju the priest in charge of Gomini said “At least five times he phoned me within this one year asking about the centre after my meeting him once in Kerala.”

When I was transferred from Kopreli to Nagpur he said, “You could stay back in Kopreli for the sake of the people”. I replied that I will not leave Kopreli but visit whenever possible. Now he is no more with us. But his prayers and wishes are with us and the people in the mission stations. We can be assured that we have got one more intercessor in heaven. May he enjoy eternal rest and happiness with Jesus the Risen Lord!

Put The Glass Down

- SrNikita SJB

A professor began his class by holding up a glass with some water in it. He held it up for all to see and asked the students “How much do you think this glass weighs?” Each of students gave a different answer,” 50 gms... 100 gms... 125 gms!”

The professor said, “I really don’t know unless I weigh it but my question is what would happen if I held it up like this for a few minutes?” “Nothing”, the students said. “Ok what would happen if I held it up like this for an hour?” the professor asked. “Your arm would begin to ache” said one of the students. “You’re right, now what would happen if I held it for a day?” the professor asked. “Your arm could go numb; you might have severe muscle stress and you will have to go to hospital for sure!” responded by one of the students and the others laughed.

“Very good!” the professor said in an excited tone. “But during all this, did the weight of the glass change?” the professor asked. The students responded, “No”.

“Then what caused the arm ache and the muscle stress?” the professor asked. The students were puzzled.

“What should I do now to come out of pain?” the professor asked again. “Put the glass down!” said one of the students “Exactly!” said the professor.

“Life’s problems are something like this. Hold it for a few minutes in your head and they seem alright. Think of them for a long time and they begin to ache. Hold it even longer and they begin to paralyze you. You will not be able to do anything. It’s important to think of the challenges or problems in your life, but even more important is to ‘PUT THEM DOWN’ at the end of every day before you go to sleep. That way, you are not stressed, you wake up every day rejuvenated and possess the ability to handle any challenge that comes your way!” the professor explained.

My Mission Experience

- **Sunima Digal** (2nd Year Novice)

I SunimaDigal went for my community experience to JeevanVikas and Sanjeevani Ashram for three months. First I went to JeevanVikas Community which is a centre for social service activity especially for the physically challenged children. I really admire the mission our sisters are engaged in and rendering with love and dedication. Being a member of this community I had the opportunity to go to the villages for few days along with SrsBanita, Linmy and the staff members. I was disturbed a lot seeing the pathetic condition of many disabled

children and the elders whom I specially saw in the disability day, bearing every struggle of life silently. There is more cheerfulness in their faces when God's hand is always stretched towards them to embrace them through our sisters as far as the last and the least.

On 2nd January, I joined Sanjeevani Ashram the retreat centre and for the mentally challenged women. In this enriching place I spent one and half months very happily, being with our sisters, patients and with our domestic workers. I was privileged to be in this community to have an eagerness to find God and to get the inspiration from our sisters, the outsiders who come with strong desire to find God and to experience the healing touch and the power of prayer over the non-Christians. Especially I was inspired by the sharing of SrValsa whenever she got time. She motivated me with good messages that she comes to read, know and wants others specially the young ones to know for their spiritual growth. I was delighted to be with our patients at Jeevadhara while I was having an interaction with them especially when I was teaching them hymns and action songs. I enjoyed with all and was able to involve in all the activities whatever way it was possible for me to do, and I thank all my sisters for their dedicated mission daily in all fields. "You will seek me and find me when you seek me with all your heart. I will be found by you," declared the Lord. (Jer 29:13-14).

Hindutva: A Christian Response

- Sr Joshana SJB

Introduction

Individual human behavior is shaped by subconscious fears, needs and prejudices, which in turn are the leftovers of past experiences. This is true also of a community. Hindus in early 20th century had an identity crisis.

Who is a Hindu?

All other religion existed in India had clarity about their identity. Veer D. Savarkar and Chandranath Basu used the word Hindutva in 1892. Following Chandrakant Basu; Savarkar began a process of Hindutva movement. During his stay from 1906 to 1910 in England Savarkar's attention was drawn to a question who is a Hindu. There was perfect chaos among the Hindus those days. After studying all its aspects, Savarkar came to the conclusion that the real cause of failure in arriving at a comprehensive as well as a correct definition of the word 'Hindu' lay in the popular error of identifying the word almost entirely, with its religious aspect alone. By Hindu they only understood is Hinduism i.e. Hindu religion. In order to overcome the confusions, he decided to approach the question chiefly from its historical aspect and traced the development of the Hindu race, religion and polity ever since Vedic period. Savarkar says "Hindutva is not only spiritual or religious history of India

but a history in full". (Like salvation History: Old and New) Hinduism is derivative, a fraction, a part of Hindutva"

Founders of Hindutva

Vinayak Damodar Savarkar (1883-1966) A Maharashtra Brahmin of the Chitpavan caste was inspired by the life and work of the Italian revolutionary Giuseppe Mazzani. Savarkar founded a secret society in 1904 called Abhinav Bharat modeled after Mazzni's Young Italy.

Keshav Baliram Hedgewar (1898-1940) founded the Rashtriya Swayamsevak Sangh RSS at Nagpur in 1925. RSS began as an explicitly upper caste Hindu organization, promoting Hindu Rastra. M.S Golwalkar (1906-1973) who was inspired by Hitler, the Nazi leader. According to him heart of Hindu culture is Hindu religion i.e. Vedas. Diverse languages are the offshoot of Sanskrit (Language of the Gods). The Sanghparivar's slogan "one nation, one culture, one religion, one language" is similar to the Nazi slogan "Einvolk, Ein Reich, Ein fuehrer," (one people, one state, one leader). This motivated the Nazis to involve in most inhuman forms of destruction. The Sanghparivar has created 'we-ness' identity based on tradition and ritual. At the same time they have created an otherness i.e. Muslims Christians and communists.

Understanding Hindutva

Revivalistic agenda: India encountered the western influence and there was a modern thinking, cultural reform and so on. Thus Hindutva seems to revive the Golden age an ideological reinterpretation of the past to meet the challenges posed by the west. The westerners also questioned the validity and superstitious belief in Hinduism. As a reaction Dayanand Saraswati (1824-1883) started Arya Samaj (1875)

Dayanand Saraswati (1824-1883)

We must understand Dayanand in the background of Punjab. Earlier Muslims, then Sikhism, made Brahmins and Rajputs weak (they defended Hindu faith). But the Vaisya in Punjab became stronger. 1835, the American Presbyterian Mission at Ludhiana started a press, which published handbills that attacked Hinduism and propagated Christianity. 1891, the Hindus in Punjab were just 40% a minority. In this context Dayanand appeared. He set up Vedic infallibility and authority to match and to counteract the infallibility of Christian bible and Muslim Quran. He also reformed Hinduism. He said Veda was only one source of truth (go back to Veda). He says only one who is conversant with all four Vedas should rule, i.e. as president or political assembly. We have here linking of politics with religion already. Only the knower of Vedas has right to vote and to be elected and all others would be ignorant people. All embracing Hindutva Here it is enough to point out that Hindutva is

not identical with the term Hinduism. “The Hindus are not merely the citizens of the Indian state because they are united not only by the bonds of love they bear to common motherland but also by the bonds of common blood” (Savarkar). Savarkar maintains that Hindus are one nation (Rastra), one race(Jati), one culture (Samskriti) mediated by one language (Sanskrit).

Two magical words defining Hindu

Hindutva indicates the state of mind not only of that person who considers this land as his fatherland but also holy land. “Pitrabhumi” and “PunyaBhumi” Hindutva requires 4 things: 1. Birth and growth in Hindustan; 2. Belonging to the Indian race, that is possessing Hindu blood; 3. Appreciation for and practice of all the customs and traditions of Hindu sanskriti and acceptance of India alone as one’s fatherland (pitribhumi) and holy land (punyabhumi) its heroes as persons of veneration (virpurush) as well as Sanskrit as the common language and 4. Allegiance to one of the religious traditions that have emerged from India, such as Hinduism Buddhism, Jainism or Sikhism as off shoots of Hinduism.

Religious Politics

In the early thirties the MahaSabha emerged as an independent political party. In 1933 Parmanand says in Ajmir “Hindustan is the land of the Hindus alone, Musalman and Christians and other nations living in India are our guests, they can stay as long they want to stay as guests”

Savarkar's Hindustan

1939 Savarkar said “a. India is called Hindustan. b. That the only flag with Aumbe its national flag, that c. Hindi be our national language, d. that devnagri be our national script, that e. the Hindu MahaSabha is a national organization. He rejected the Gandhian principle of Ahimsa. His speech also indicated the need to rename (Hinduisse) the names of some towns and cities. Hindu MahaSabha is the source also of ideology of Bharatiya Jana Sangh. Though officially not affiliated to the Hindu MahaSabha, RSS was a pro-Hindu, MahaSabha organization. The MahaSabha recognized the Sangh officially in 1932 and encouraged the opening of branches all over the country. In its earliest years most of the public figures patronizing the RSS belonged to the Hindu Maha Sabha.

Emergence of Hindutva:

1. WOUNDED PSYCHE

Hindutva has a root in the past incidents of our nation. The hurt feelings of Hindu communities are coming up or raised up now. Especially, when it was hurt, it was helpless and so could not retaliate. India has been invaded by Muslim rulers and Christians (Britishers) who destroyed temples and plundered wealth of India. They also insulted Hindus.

2. A PAMPERED MINORITY

RSS says Islamic countries treat minorities as second-class citizens. Democratic and communist treat equally, and only in our country they are enjoying more rights and privileges. Many Hindus believe that Gandhi also pampered Muslims. Article 29 and 30 give special privileges to the minorities. (Article 29 mandates that no discrimination would be done on the ground of religion, race, caste, language or any of them. Article 30 mandates that all minorities, whether based on religion or language, shall have the right to establish and administer educational institutions of their choice).

3. A VULNERABLE MAJORITY

Hindus are majority in India but they are a minority in the world. All condemned Babri Masjid demolition but no one spoke about Pakistan incident following this demolition i.e. killing raping and looting Hindus in Pakistan. Hindus are actually minority in the world politics. Hindus see Muslims and Christians as international network. Even Buddhist, Sikhs, Jains are Hindus as per constitution No. 25 and have their own identity.

4. THREATENED ARISTOCRACY

Brahmins, moneylenders, patriarchy and Sanskritized Hinduism, were Aristocrats of Hindu social living. These were privileged. In fact tribals, Dalits and women suffered under these Aristocrats. Even scriptures supported them. These lower groups are educated now

and these groups are posing threat to the aristocrats. The missionaries teach them and they are becoming independent. The second threat to aristocrats was from within the western thought that brought in lots of reform and new thinking in their old practices i.e. critical assessment of the traditions. Jothi Rao Phule was anti-caste and anti-Hindu movement claimed to speak for the Bahujan Samaj (Majority) against the Shetji-Bhattji (moneylenders and Brahmins). Today we have the Bahujan Samajwadi party. Many women are educated and work outside home.

5. AN IMPERILED STATE

In this context we can understand the opposition to Deep Mehta's effort to shoot the film 'Water' (on widow's treatment; a child becomes a widow since her husband who was old died). We are still a nation in the making. Hindus see Muslims and Christians as not only aliens but also agents of alienation. That is how the culture and life style of the people changed through the missionaries according to Hindus. British also gave preferential treatment to Christians. Hindus thus see that church as colony of the west. This also corresponds with present day, the important decisions are taken in the west i.e. Rome. Christians like western music and their institutions are still considered as centers of alienation. Some Hindus think that Christians really do not think India as their home. Even Pakistan has been a threat to Indian peace keeping. Sikhs also wanted a separate state. In 1986 they burnt the national flag and hoisted

the Khalistan flag atop the Golden temple. We see different groups demanding for separate state and division of India. Hindutva thinks Brahminical Hindus alone can uphold the integrity of this nation.

DISTORTED PAST

They have a selective/distorted retrieval of the past. Some say that the Varnas system of Manu smriti formulated to protect Hinduism from the Muslim conversion. But the Manu Smriti was written before the Islam was found. They also try to say Vedic and Harappa civilization is the same. The method they use and the double talk they present before the people are questionable methods of the RSS. “The RSS has not set its eye on next election but next generation”.

STRATEGIES OF HINDUTVA

In order to implement the ideology of Hindutva well-nit strategies are planned.

1. Stigmatizing those religious groups by whom the Hindus feel vulnerable.
2. Inventing the myth of the Golden Vedic Age, where in they plant all these ideals and virtues as having been there in a glorious way.
3. Use different mechanisms to inculcate these things in the minds of the people, to shape the consciousness of group identity.

4. Re-writing of history and of the textbooks for educational institutions from their own ideological standpoint.
5. Falsification of census data in artificial manner, false propaganda against Muslims and Christians and taking up aggressive measures against these communities.
6. They know, without media and political power they won't be able to achieve these ends. So they try to gain these in their favor. The RSS claims itself to be only a cultural movement. It gave rise to Bharatiya Jan Sangh in 1951, which became in 1980 the BJP.
7. They use Christian methods to implement their ideas in administration as well as for new converts. Shudhi ritual, GharVapasi is their strategies to convert the tribals and dalits to Hinduism.
8. The temples are changed from places of individual worship to community centers where religious and social functions take place, as it is done in Christian parishes.

GROWTH OF HINDUTVA

Hindutva ideology grew in India due the following reasons.

1. The upper caste Hindus felt insecure, especially under Muslim and British rulers. They felt threatened economically, politically but also religiously and

culturally, because westerners treated Hinduism as superstition and condemned some practices of Hinduism.

2. The proselytizing activity of the Christians and spread of western cultures was a threat to Hindus. This made Orthodox Hindus to respond and bring in reform in culture and religion.
3. The Hindutva leaders were also aware of caste, sects, and divisions in Indian society and there was absence of collective consciousness among Hindus.
4. The growing Muslim fundamentalism ever since the struggle for National Independence also contributed to the rise of the Hindutva ideology.
5. The Khilafat Movement occasioned an anti-Hindu rebellion, and in many places Hindus were attacked. Negotiation with the Muslims and non-violent behavior of Gandhi worried Hindutva forces. They were worried that Gandhi would give in for all the Muslim demands and Hindus would have no place in post-independent India.
6. Keshavrao Baliram Hedgewar (1889-1940) who was not happy with the functioning of the Hindu organization like Arya Samaj (1875) and the Hindu Maha Sabha (1914/15), found the Rashtriya Swayam Sevak Sangh (RSS) at Nagpur on Vijay Dashami day in September 1925 in order to consolidate Hindu unity in the face of the Semitic religions in India.
7. Hindutva ideology was reinforced by Madhav Sadashiv Golwalkar, the second Sarsanghchalak of

the RSS. His two major works are “We or our nationhood defined” (1939) and “Bunch of thoughts” (1966). It is beyond doubt that Hindutva leaders, especially V.D. Savarkar, K.B. Hedgewar and M.S Golwalkar, held in high esteem the extreme nationalist movements in Europe (Nazism in Germany and Fascism in Italy) and used these as models in shaping the structure, functioning and strategies of the Hindutva movement.

8. After the assassination of Mahatma Gandhi by Nathuram Vinayak Godse, the RSS was banned and it became isolated in the country.

CHRISTIANS CONSIDERED AS FOREIGNERS

In India, Christians are considered as foreigners. One of the reasons could be that Christians have their holy land in Jerusalem / Rome. The word foreigner for Hindutva means enemy. They have Muslims, Christians and Communist as enemies. These three groups uphold values like equality, liberty, and freedom. Education is one of the means they use for development and conscientize people. They also work towards the developmental projects as main thrust. Church is treated as enemy and foreigners today in spite of its major contribution towards India's education and hospital ministry. There is a suspicion in the mind of the Hindu with regards to Christian commitment towards the poor, tribals and Dalits. Christian missionaries work mainly among these groups. This is one of the reasons Hindus say that Christians exploit the poor, Dalits and the

tribals, mainly for conversion purpose. Normally Catholics call themselves as 'Roman catholic'. Such titles raise a question in the mind of Hindutvava whether Christians are loyal to India or Rome. The above-mentioned points invite us to introspect and if there are areas which mislead Hindus about our identity and loyalty, we need to rectify them.

A. CONVERSION AS TARGET

Hindutvava spread false news about Christians saying that Christians help the poor and work among them for the sake of conversion. If we analyze different institutions run by missionaries, many non-Christians are trained but there is no conversion-taking place. Most of our schools have Hindu students and not a single one has become a Christian so far. The allegation of Hindutvava can be easily proved false. BJP wanted to redraft the article 25 of the constitution by deleting the word "propagate" religion. Freedom to practice and profess one's religion is linked with our national security. If we look at the statistic there is a decline in the Christian population. In 1971 the Christian population was 2.6%, in 1981 it was 2.44%, in 1991 it was 2.32%, and in 2001 it was 2.31%. The usual understanding among the people is that Christians are growing in number, which is not true as per the statistics. The issue of conversion is an easy target, which RSS uses to put down and attack Christians. Basically, Hindus are afraid of Christian institutions, which empower the marginalized.

B. COMMITMENT TO THE NATION

Nationalism of Hindutva is narrow (one nation, one race and no place for people other than Hindus). We need to foster real nationalism. India is pluralistic. Nationalism without the spirit of universalism and integral humanism should be rejected.

C. CULTURAL REDUCTIONISM

RSS spokesperson says, “it is ridiculous to divide our national history in to Hindu Period, Muslim period, and British period. History cannot be named after rulers; a proper history of has to be a history of the people. And so our entire history is Hindu history”. There is an idea of Mono-cultural perspective. We are aware of the multi-cultural, lingual background of our country and many races which came and settled in this land. The Hindutva explains a narrow understanding of the complexity of our nation. Culture grows in interaction. If it is closed, it never grows in isolation. The Sangh Parivar has monolithic and revivalist approach to culture. Dalit and tribal culture is not a Hindu culture.

D. SOLIDARITY WITH SUBALTERN GROUPS

Hindutva promotes Brahmanism, caste system and there by oppress the tribals and Dalits. That is why they pursue the policy of economic liberalization and globalization- a policy that favors small groups and worsens the condition of the majority. Church sides with the poor i.e. church of the poor.

E. JOINING WITH WOMEN'S MOVEMENT

Women are seen as object and Hindutva movement fosters patriarchal society. This is what Manu Smriti says. The church joins with the feminist groups to empower them.

F. MISSION OF THE CHURCH IN INDIA TODAY

It is none other than mission of Jesus himself. He went about doing good! In a multi-religious and cultural context it is called to dialogue with other religions. It also becomes an agent of reconciliation. It becomes a light, salt, and leaven to the world.

COMPASSIONATE CHURCH

It is a gift of Christians to India specially secularism. Those who framed constitution studied in Christian schools. We need to be more understanding towards our Hindu friends. We have a history of crusade and inquisition. What is happening in India is little more than a drop of ocean when compared to the history of Christianity.

A SERVANT CHURCH

If we think in terms of number, conversions and expansion, we lose the serving character of the church. Today we are facing economic colonialization though Europe is no more center of the world. Worldly values have become part of the Church today. Once again Jesus ceases to be center of our life. We need to shift

from royal Christology to servant Christology today to be genuine followers of Christ. Jesus says he came to serve. He is known and experienced not in what differs from the people but what is in solidarity with them. In such situation we need a new ecclesiology. Church leaders must cease to be ‘Lordship’ and become deacons not merely through the ritual of ordination but also through a life lived for and with the poor.

CONCLUSION

Hindutva cannot but be a socio-political movement and it has to defend caste hegemony and oppose the struggle of the poor for freedom, dignity, and equality. It cannot but advocate theocracy as its political basis. It cannot but be in alliance with the rightist movement of capitalism against the leftist forces trying to reshape the economic structures of the country and to empower the poor. Church responds by being faithful to the gospels, by being faithful to the commitment to the poor.

Health Ministry Day Celebration 2023

- Sr Sally SJB

We had a wonderful and memorable celebration of Health Ministry Day on 12th March in Ashakiran, Nagpur. The members of health ministry from Wardha and Nagpur regions could attend the celebration. We reached for the morning Mass at Mhasala, (Kampti)

Parish at 8.30 am. We attended a short Women's day program arranged by the Church to honor all women of the parish. Sr. Seema spoke about the role of women in today's society. After that we had our get together and celebrations. It felt amazingly great to come together, meet and share with each other. It was especially amazing to be with children of Ashakiran who put up a wonderful cultural fest and enhanced the celebration mood. We had an input session by Dr. Manisha Deshmukh, who is a Professor in St. Joseph's college on the topic 'replenishing the reservoirs for an extra mile', explaining about conflict resolution and tips for leading a happy life. There were short and touching felicitation messages from Sr. Vidya and Sr. Sunanda and hearty sharing of experiences from the field of ministry by some of the members. Thanks to Sr Vidya, Sr Sunanda and Sr Seema for being with us, encouraging and supporting us always, especially on Health Ministry Day. Thanks to Sr Amala and Ashakiran community for hosting us with so much love and hospitality. Thanks to each member of health ministry team who put in a lot of effort to arrange and come together to have such a beautiful program. Thanks a lot to all of you who wanted to be a part of the function but could not come. You supported us with your wishes and prayers. God bless you all abundantly for your dedication, hard work, readiness to go many extra miles for the people we serve, and the love you cherish for the congregation and the mission entrusted.

Socio-Pastoral Activities of St Clare's Girls' High School Pune

- Sr Aishwarya

1. Blessing of the school premises

- A prayer service was conducted by the students to begin the new academic year. Fr Mathew Joseph blessed the school and premises on 15th June 2022 - the first day of school. St. Clare's staff organizes the first Friday Mass in alternative months.
- The school feast was celebrated on 11th August 2022. The theme was – "St. Clare with a fearless heart". Fr Mathew was the main celebrant for the Holy Mass which was followed by a small get together.
- Each class collected food grains which were distributed among the poor students of our school.

2. Teacher's Day

- There was Eucharistic celebration on teacher's day. The theme was 'Walking towards education recovery'.
- The teachers attended a Seminar on 'To celebrate the teacher in you' on 10th September 2022 which was conducted by Don Bosco Youth team.

3. Christmas: The students of St. Clare's Girls High school enacted the Nativity. Students participated in various competitions. Among them star making was the

outstanding one. There were group activities as well as individual competitions.

Outreach Program: Students of class 10 collected certain items for the members of Sandhya Home. Along with teachers, they visited Sandhya Home with cards and wished the inmates. They interacted with them and sang few carols.

Teachers contributed their share to help out a cancer patient who was in great need.

4. Swacha Bharat Swacha Shala : The Project - Swacha Bharat SwachaShala was started by Nehru Foundation for Environmental development, organized by the Environment educational center of India. This foundation commenced in 1984 and Maharashtra it set up its organization in 1995. The foundation has built a strong base in the state with various groups; one such group is known as PariyavaranMitra.

The foundation began with a Social awareness movement among schools from 2022-2023, to bring about awareness among the students about proper disposal of waste. Our school follows this project from August 2022 till February 2023. A team of 25 students and two teachers along with the Principal started the initiative in our school.

A science wall was set up in the school which is consisted of charts, banners, slogans about various methods of recycling waste, garbage disposal, Verme-

culture, compost etc. It also educated students about hygienic use of washrooms and toilets. This wall helped students to understand benefits of a healthy and nutritious diet.

As part of this project, the school conducted a plastic free environment movement among students. The students were encouraged to avoid plastic during their lunch time. They were instructed to avoid packaged foods and get home made food in steel Tiffin boxes.

The information about the “Red Dot campaign “was given to students of Std 6 to 10 through an orientation program. Keeping up with the theme of the Environmental campaign, the school started a practice of giving saplings to the guests at different programs and also gifting for birthdays.

5. Activities for the school organized by NGO's for the academic year 2022-2023

- The Lila Poonawalla Foundation (LPF) offers a range of scholarship programs, mentoring and leadership development programs and career guidance and counseling services to the girls of St.Clare's High school, Pune. There are 68 students who have been sponsored by the foundation.
- The foundation aims to provide these girls with opportunities to develop their skills and potentials and to help them become independent, confident and self-reliant individuals.

- The foundation also provides financial assistance for other education-related expenses like tuition fees, textbooks, and educational fees.
- On the occasion of Children's Day, the foundation gifted the students with chocolates.
- Dr. Anjali Morris Education and health foundation reached out their specially trained teachers to teach our weak students in reading, writing and counting.

6. Eye Check-up: During the month of October, The Rotary Club of Pune organized an eye check-up for students of STD 1 to 10. This camp helped to identify students who suffered from low vision and needed immediate rectification. The NGO provided some of the students with free spectacles and also requested the parents to visit the clinic for a follow up.

7. Medical Check-up: The Pune Municipal Corporation conducted a free medical check-up for students in the month of February. They brought forward the diagnosis that a lot of girls were anaemic and needed medical attention. The feedback was given to the parents by the class teachers.

8. Proctor and Gamble : A renowned company conducted a seminar for students of Std 6 to 8. The seminar was held in the month of February. It brought awareness among students about menstruation. During the seminar the conductor spoke about importance of hygiene during this period.

9. Mid-Life challenges:

A special seminar was organized for teachers to deal with the issues of Mid-Life crisis and how to handle it in a positive manner. The teachers interacted with the speaker Sr. Tessy Sebastian (SJB) and shared their experiences.

10. ServaSevaSangh conducted

“Beggary” awareness program for primary students: Rev.Fr.MathewKorattiyil (SVD) and his team guided our students to become conscious on unknown persons and beggars and instructed them not to encourage them by giving cash. On 30th November they conducted a training program for teachers on “child protection and child rights”.

11. Our students deposit in every month some amount from their pocket money in the “Blessing Box” which would support the financially poor students who were suffering with serious health issues.

Jesus Is The Peace Maker

- Sr Riya SJB

In this world of war and violence we never find peace. But we know that Jesus is the peace maker. When I talk about peace, a story comes to my mind. The story goes like this. Once there was a king who offered a prize to

the artist who would paint the best picture of peace. Many artists tried. The king looked at all the pictures, but there were only two which he really liked and he had to choose between them.

One picture was of a calm lake. The lake was a perfect mirror for peaceful lowering mountains were all around it. Over head was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The other pictures had mountains too, but were rugged and bare. Above was angry sky from which rain fell in which lightening played. Down the side of the mountain tumbled a foaming waterfall. This declined to look peaceful at all. But when the king looked he saw behind the waterfall a tiny bush growing in a crack in the rock. In the bush a mother bird had built her nest. There in the midst of the rush of angry water sat the mother bird in her nest in perfect peace.

The king gave the first prize to the artist who painted the second picture. Because the king said, peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in all your heart. That is the real meaning of peace. Peace comes to those who put their entire trust in the Lord and those who always cling to Jesus.

We can imagine how worried Joseph and Mary were when they lost Jesus. Those three days without him

must have been truly agonizing. They just could not live without Jesus. They looked here, there and everywhere but there was no trace of the boy Jesus. How great was their joy to find him sitting among the teachers listening to them and asking them questions. When we lose Jesus we must be restless as Joseph and Mary. Our restlessness will cease only when we find him. When we lose Jesus we must go in search of him until we find him. A life without Jesus always experiences intense anxiety and restlessness. A life with Jesus always brings deep happiness and peace.

My Vocation Story

- Sr Anjali Ekka SJB

I, Sr. Anjali Ekka from Gumla in Jharkhand, was born in a middle class family. I am the fifth child among six siblings. I was with my parents till I completed my first Std. I don't remember the age exactly when I was taken to my granny's house. There, I grew up and helped in all her household work and continued my studies. I received the seeds of my faith, developed devotion to our lady and grew in faith and discipline. My granny taught me to pray rosary and to read Bible. After completing seventh class, I came back to my home and joined my parish school at Chattapahar. There I continued my studies up to 10th class. During these years I got the inspiration to become a nun though I did

not have much idea of religious life. When I was in 10th class, two sisters from another congregation came to see me. They met me and gave me a hug and invited me to join their Congregation. I decided to join them but something happened differently. After two months, two sisters from our congregation, Sr. Lalita and Sr. Hemalata came for vocation promotion. First time I saw different colored uniforms and I liked the dress which they wore. And secondly, I liked Sr. Hemlata's smile. These things attracted me to join the Congregation of Sisters of St. John the Baptist. I believe definitely God had a greater plan for me. I said good bye to my family on 15th May 2014, and came to Maharashtra, Wardha. In my first year of Candidacy, I was sent to Assam. There I learned language, and about our Congregation. Thereafter I was sent to Pune for my faith formation. I improved my language and received Catechism classes. There after I was sent to Nagpur for the college studies. After completing my 12th in 2018, I was sent for Atma Darsan course in Darsana Institute. On 15th August 2018 I entered into Postulancy. It helped me to discern my vocation to religious life and I entered into Novitiate on 1st May 2019. Finally after 2 years of my Novitiate, I made my First Profession on 31st May 2021.

The Lonely Barren Tree

Sr Tresa Sjb

*I am a lonely barren tree
In the midst of the thick green forest
I stand alone.
I wonder why I am so barren.
No leaves, no fruits.
But I have sturdy, strong branches and stem
Spring or autumn, I remain the same.
I bear the disapproval of other trees...
Those hard, cruel words...
'Why are you here? You old barren one...
Die off...that's better...wasting space...a shame for
us...'
I bear it patiently...and await my destiny...
The birds and squirrels run and hop around
They playfully move upon my companions
But none comes to me
I look at myself...the lone barren tree
One day comes the woodcutter...
His gaze falls on me...
'For that criminal ...this barren tree is best....'
I was only glad to give up this bitter life
He cuts me down, but not as logs
He kept my real form
He chiseled and kept one more log across me...
I lay on the bare floor for days
The heat and cold touched me not
For numbness had set in me long before....*

*I waited my destiny....
My day came....They dragged me
I lost my skin...I was wounded....
Oh...its nothing...I told myself
And at last I met that criminal
They kept me on Him...a frail body
But...He took me so lovingly...
Oh! He hugged and kissed me...
First ever expression of love I had
It gave me goose bumps...!
He carried me with no complaints
I was only happy with Him...
Reaching the pinnacle of the mount
They crucified Him upon me
And I... I was united to Him forever
Though it hurt Him a lot....and me too
I, the lone barren tree was united to Him... my first
love...*



The Seeds

- Sr Linmy SJB



There were two seeds lay side by side in the fertile land. The first seed said, “I want to grow and I want to send my roots deep in to the soil beneath and push my sprouts through the earth’s crust above me. I want to unfold my tender buds like banners to announce the arrival of spring. I want to feel the warmth of the sun on my face and the blessing of the morning dew on my petals”. And so, it grew.

The second seed said, “I am afraid if I send my roots in to the ground below, I don’t know what I will encounter in the dark. If I push my way through the hard soil above me, I may damage my delicate sprouts. What if I let my buds open and a snail tries to eat them? And if I were to open my blossoms a small child may pull me from the ground. Now it is much better for me to wait inside the soil until it is safe. And so it waited. One day, hen scratching around in the ground for food found the waiting seed and promptly ate it. Dear sisters, let us examine ourselves and see which seed do I resemble?

“Strive to live content in the midst of those things that cause your discontentment. Free your mind from all that troubles you, God will take care of all things”

Life Is A Miracle

- Sr Shruti SJB

Our God is a God of life. He wants all to live. Thus, God in Jesus Christ came to give life in abundance (Jn 10:10). God's love is everlasting. He does not love us only for a life time but forever. There are no limits to God's love. He loves us and wants us to live forever. His love is tangible, personal and high. I admire the touch of my beloved God. Life is a miracle and every breath I take is a gift from God. He can only wish me the best in life. I thank God for the miracle that happened in my life on 18th March 2022. God whispered to me, that I want you to continue your life again and He gave me back my beautiful life. How miraculous was that moment? It was a blessing in my life. God installed in me His precious Jewel in my life. He loved me with an everlasting love more than anybody else. When I was hit by a bike He lifted me up with His divine strength and treasured me a new life with its all marvels.

Yes, it was a miracle. Miracles happen when we believe. I was flying like a bird day by day by His strength and He filled me with His divine spirit through the prayers of many people. Sometimes our lives are filled with great moments that will always remain in our mind. Some are more significant than others; one of the greatest moments in anyone's life is witnessing the miracle of life. The miracle of life is a beautiful thing to behold with an amazement and awe. Life is full of beauty if I seek to see

its beauty in every wondrous thing I hear and see. When God is my strength I begin not only to see miracles in my life but in the lives of others. Never stop believing in love because miracles happen every day. I understand that God's plan is bigger than our plan and no one can block the blessings that God has for you and me. Every day is special if I think so. Every moment is memorable if I feel so. Everyone is unique if I see so. Life is beautiful if I live so. Life is like a badminton match ... If I wish to win, I must; serve well, return well and remember, the game starts with "LOVE ALL".



Thirty Silver Coins

*So what is one man's life, Oh Lord,
But thirty simple silver coins:
An honest shepherd's promised wage,
To one who cannot see the worth,
Incomparable, of one who shared
His cup and dish? Is money all,
That friend can see? Who deems, we find,
A friendship poor commodity?
What price to buy a potter's field,
Who works the clay just as he wills
To form an earthen vessel meant
To hold its chrism and to crack
And bless the dusty feet of God?
What price for foreign souls to find,
A place of rest in Israel
But thirty simple silver coins.*

My Hostel Experience

- Asin Mariya Jojo

(St John's Hostel, Ranni)

As I begin, first of all I would like to thank God for providing me with an opportunity to stay in this beautiful hostel, ST. JOHNS HOSTEL, RANNI. It is an immense pleasure to speak about my hostel. I was living in a place far-by and I hadn't even thought of changing my old school and thereby I was brought to the hostel. I joined this hostel on 4th July 2022. Until that day I had never stayed in a hostel, and I was a little bit sad thinking of my family. My mother was my guide, and she was so friendly, I was so sad that I could not call her every day. As days passed, I was comfortable with the timetable, food etc. There are sisters to guide us, and I felt so comfortable with them. They are so generous that we could ask them for any help. From the very beginning, I started learning to do many things my own. I got to know about many types of people around. I got many friends. I was able to know about some of the realities of life. As I conclude, my experience in the hostel was so good. And I am so happy to be a part of this hostel. It's been almost 9 months that I have stayed in this hostel and I would go rather very happily.

Thank You!!

My Community Experience

- **Sushanti Herenge** (Novice)

GratITUDE makes sense of our past, brings peace for today and creates a vision for tomorrow". I thank God, the Almighty who brought me up with love and care through my mission experience. I would like to thank our sisters who gave me an opportunity to go to Thoothur for my community experience. For me Thoothur community was a new experience with different language, climate and place. Living in community means sharing my life with sisters, spending time in prayer and sharing responsibilities! There were many opportunities for growth and development.

Seeing and experiencing the ministry of the sisters in the Parish helped me to know values and goals of religious vocation and awakened me to learn about myself. For me community experience was a witness to the mission of Christ in a busy and restless world. Prayer is the heart of a community. It deepens the mission entrusted to me. Without the language of the local area we cannot be a fruit bearing missionary. Through mission experience I got more idea about religious life. It helped me to know how to live in the community.

Rolling Away The Stone

Our long night over
the contemplative season
going through his passion
now, about to go into the light
Rolling away the stone
joy in this morning
Christ is risen,
He is risen indeed!



Laugh A While

1. A Christian guy named Bill saw an ad online for a Christian horse, so he went to check it out. The horse's owner said, "It's easy to ride him. Just say 'Praise the Lord!' to make him go and 'Amen!' to make him stop." Bill got on the horse and said, "Praise the Lord!" Sure enough, the horse started to walk. "Praise the Lord!" he said again, and the horse began to trot. "Praise the Lord! Praise the Lord!" he yelled, and the horse broke into a gallop. Bill was enjoying his ride so much that he almost didn't notice the cliff he and the horse were about to go over. Bill shouted "AMEN!" at the top of his lungs, and the horse stopped right at the edge of the cliff. Relieved, Bill said, "Praise the Lord!"
2. An angel appears at a faculty meeting and tells the dean, "In return for your unselfish and exemplary behavior, the Lord will reward you with your choice of infinite wealth, wisdom, or beauty." "Give me infinite wisdom!" declares the dean, without hesitation. "Done!" says the angel before disappearing in a cloud of smoke. All heads now turn to the dean, who sits surrounded by a faint halo of light. "Well," says a colleague, "say something brilliant." The dean stands and, with the poise of Socrates, opines, "I should have taken the money."
3. Spotted on a church marquee (exhibition area):
"Love your enemies; After all, you made them."

Message of The Holy Father Francis for Lent 2023

The following is the text of the Holy Father Francis's Message for Lent 2023, on the theme: "Lenten Penance and the Synodal Journey".

Dear brothers and sisters!

The Gospels of Matthew, Mark and Luke all recount the episode of the Transfiguration of Jesus. There we see the Lord's response to the failure of his disciples to understand him. Shortly before, there had been a real clash between the Master and Simon Peter, who, after professing his faith in Jesus as the Christ, the Son of God, rejected his prediction of the passion and the cross. Jesus had firmly rebuked him: "Get behind me, Satan! You are a scandal to me, because you do not think according to God, but according to men!" (Mt 16:23). Following this, "six days later, Jesus took with him Peter, James and John his brother and led them away to a high mountain" (Mt 17:1).

The Gospel of the Transfiguration is proclaimed every year on the Second Sunday of Lent. During this liturgical season, the Lord takes us with him to a place apart. While our ordinary commitments compel us to remain in our usual places and our often repetitive and sometimes boring routines, during Lent we are invited to ascend "a high mountain" in the company of Jesus and to live a

particular experience of spiritual discipline – asceticism – as God’s holy people.

Lenten penance is a commitment, sustained by grace, to overcoming our lack of faith and our resistance to following Jesus on the way of the cross. This is precisely what Peter and the other disciples needed to do. To deepen our knowledge of the Master, to fully understand and embrace the mystery of his salvation, accomplished in total self-giving inspired by love, we must allow ourselves to be taken aside by him and to detach ourselves from mediocrity and vanity. We need to set out on the journey, an uphill path that, like a mountain trek, requires effort, sacrifice and concentration. These requisites are also important for the synodal journey to which, as a Church, we are committed to making. We can benefit greatly from reflecting on the relationship between Lenten penance and the synodal experience.

In his “retreat” on Mount Tabor, Jesus takes with him three disciples, chosen to be witnesses of a unique event. He wants that experience of grace to be shared, not solitary, just as our whole life of faith is an experience that is shared. For it is in togetherness that we follow Jesus. Together too, as a pilgrim Church in time, we experience the liturgical year and Lent within it, walking alongside those whom the Lord has placed among us as fellow travellers. Like the ascent of Jesus and the disciples to Mount Tabor, we can say that our Lenten journey is “synodal”, since we make it together along the same path, as disciples of the one Master. For

we know that Jesus is himself the Way, and therefore, both in the liturgical journey and in the journey of the Synod, the Church does nothing other than enter ever more deeply and fully into the mystery of Christ the Saviour.

And so we come to its culmination. The Gospel relates that Jesus “was transfigured before them; his face shone like the sun and his clothes became white as light” (Mt 17:2). This is the “summit”, the goal of the journey. At the end of their ascent, as they stand on the mountain heights with Jesus, the three disciples are given the grace of seeing him in his glory, resplendent in supernatural light. That light did not come from without, but radiated from the Lord himself. The divine beauty of this vision was incomparably greater than all the efforts the disciples had made in the ascent of Tabor. During any strenuous mountain trek, we must keep our eyes firmly fixed on the path; yet the panorama that opens up at the end amazes us and rewards us by its grandeur. So the synodal process may often seem arduous, and at times we may become discouraged. Yet what awaits us at the end is undoubtedly something wondrous and amazing, which will help us to understand better God’s will and our mission in the service of his kingdom.

The disciples’ experience on Mount Tabor was further enriched when, alongside the transfigured Jesus, Moses and Elijah appeared, signifying respectively the Law and the Prophets (cf. Mt 17:3). The newness of Christ is at the same time the fulfillment of the ancient covenant and

promises; it is inseparable from God's history with his people and discloses its deeper meaning. In a similar way, the synodal journey is rooted in the Church's tradition and at the same time open to newness. Tradition is a source of inspiration for seeking new paths and for avoiding the opposed temptations of immobility and improvised experimentation.

The Lenten journey of penance and the journey of the Synod alike have as their goal a transfiguration, both personal and ecclesial. A transformation has its model in the Transfiguration of Jesus and is achieved by the grace of his paschal mystery. So that this transfiguration may become a reality in us this year, I would like to propose two "paths" to follow in order to ascend the mountain together with Jesus and, with him, to attain the goal.

The first path has to do with the command that God the Father addresses to the disciples on Mount Tabor as they contemplate Jesus transfigured. The voice from the cloud says: "Listen to him" (Mt 17:5). The first proposal, then, is very clear: we need to listen to Jesus. Lent is a time of grace to the extent that we listen to him as he speaks to us. And how does he speak to us? First, in the Word of God, which the Church offers us in the liturgy! May that Word not fall on deaf ears; if we cannot always attend Mass, let us study its daily biblical readings, even with the help of the internet. In addition to the Scriptures, the Lord speaks to us through our brothers and sisters, especially in the faces and the stories of those who are

in need. Let me say something else, which is quite important for the synodal process: listening to Christ often takes place in listening to our brothers and sisters in the Church. Such mutual listening in some phases is the primary goal, but it remains always indispensable in the method and style of a synodal Church.

On hearing the Father's voice, the disciples "fell prostrate and were very much afraid. But Jesus came and touched them, saying, 'Rise, and do not be afraid.' And when the disciples raised their eyes, they saw no one else but Jesus alone" (Mt 17:6-8). Here is the second proposal for this Lent: do not take refuge in a religiosity made up of extraordinary events and dramatic experiences, out of fear of facing reality and its daily struggles, its hardships and contradictions. The light that Jesus shows the disciples is an anticipation of Easter glory, and that must be the goal of our own journey, as we follow "him alone". Lent leads to Easter: the "retreat" is not an end in itself, but a means of preparing us to experience the Lord's passion and cross with faith, hope and love, and thus to arrive at the resurrection. Also on the synodal journey, when God gives us the grace of certain powerful experiences of communion, we should not imagine that we have arrived – for there too, the Lord repeats to us: "Rise, and do not be afraid". Let us go down, then, to the plain, and may the grace we have experienced strengthen us to be "artisans of synodality" in the ordinary life of our communities.

Dear brothers and sisters, may the Holy Spirit inspire and sustain us this Lent in our ascent with Jesus, so that we may experience his divine splendour and thus, confirmed in faith, persevere in our journey together with him, glory of his people and light of the nations.

Saint Companions

Saints Perpetua And Felicity



Sts. Perpetua and Felicity were Christian martyrs who lived during the early persecution of the Church in Africa by the Emperor Severus. In the year 203, Vivia

Perpetua, a well-educated noblewoman, made the decision to follow the path of her mother and become a Christian, although she knew it could mean her death during the persecutions ordered by the Emperor Severus. Her surviving brother (another brother had died when he was seven) followed her leadership and became a catechumen as well, receiving instruction from a Catechist and be prepared for Baptism.

Her pagan father was frantic with worry and tried to talk her out of her decision. At 22-years-old, the well-educated, high-spirited woman had every reason to want to live including a baby son whom she was still nursing. Perpetua's answer was simple and clear. Pointing to a water jug, she asked her father, "See that pot lying there? Can you call it by any other name than what it is?" Her father answered, "Of course not." Perpetua responded, "Neither can I call myself by any other name than what I am a Christian." This answer upset her father and he attacked her. Perpetua reports that after that incident she was glad to be separated from him for a few days even though that separation was the result of her arrest and imprisonment.

Perpetua was arrested with four other catechumens, including two slaves, Felicity and Revocatus, and Saturninus and Secundulus. Their instructor in the faith, Saturus, chose to share their punishment and was also imprisoned. Perpetua was baptized before taken to prison. She was known for her gift of "the Lord's speech" and receiving messages from God. She tells us that at

the time of her baptism she was told to pray for nothing but endurance in the face of her trials. The prison was so crowded with people that the heat was suffocating. There was no light anywhere and Perpetua "had never known such darkness." The soldiers who arrested and guarded them pushed and shoved them without any concern. Perpetua had no trouble admitting she was very afraid, but during all this horror, her most excruciating pain came from being separated from her baby. The young slave, Felicity was even worse off, for Felicity suffered the stifling heat, overcrowding, and rough handling while being eight months pregnant.

Two deacons who ministered to the prisoners paid the guards to place the martyrs in a better part of the prison. There, her mother and brother were able to visit Perpetua and bring her baby to her. When she received permission for her baby to stay with her she recalled, "my prison suddenly became a palace for me." Once more her father came to her, begging her to give in, kissing her hands, and throwing himself at her feet. She told him, "We lie not in our own power but in the power of God." When she and the others were taken to be examined and sentenced, her father followed, pleading with her and the judge. The judge, out of pity, also tried to get Perpetua to change her mind, but when she stood fast, she was sentenced with the others to be thrown to the wild beasts in the arena. Perpetua recanted how her brother spoke to her, "Lady sister, you are now greatly honored, so greatly that you may well pray for a vision to

show you whether suffering or release is in store for you." Perpetua, who spoke to the Lord often, told her brother she would tell him what happened the next day.

While she prayed, Perpetua was shown a golden ladder of the highest length, reaching up to heaven. On the sides of the ladder were swords, lances, hooks and daggers so that if anyone did not climb looking up on Heaven, they would be severely injured. At the bottom of the ladder laid a large dragon to try to scare those journeying up away from Heaven. Perpetua first saw Saturus go up. After he reached the top of the ladder he said, "Perpetua, I wait for you, but take care that the dragon does not bite you." To which she replied, "In the name of Jesus Christ, he will not hurt me," and the dragon put his head down. Perpetua traveled up the ladder and saw a beautiful vast garden with a tall man with white hair dressed like a shepherd and milking sheep. 'Thou art welcome, my child," he said to Perpetua, giving her some of the curds from the milk. She ate and all those around her said, "Amen." Perpetua woke from her dream with a sweet taste still in her mouth. At once, she told her brother what happened and together, they understood they must suffer.

Meanwhile, Felicity was also in torment. It was against the law for pregnant women to be executed. To kill a child in the womb was shedding innocent and sacred blood. Felicity was afraid that she would not give birth before the day set for their martyrdom and her companions would go on their journey without her. Her

friends also didn't want to leave so "good a comrade" behind. Two days before the execution, Felicity went into a painful labor. The guards made fun of her, insulting her by saying, "If you think you suffer now, how will stand it when you face the wild beasts?" Felicity answered them calmly, "Now I'm the one who is suffering, but in the arena, another will be in me suffering for me because I will be suffering for him."

She gave birth to a healthy girl who was adopted and raised by one of the Christian women of Carthage. The officers of the prison began to recognize the power of the Christians and the strength and leadership of Perpetua. In some cases, this helped the Christians: the warden let them have visitors -- and later became a believer. But in other cases, it caused superstitious terror, as when one officer refused to let them get cleaned up on the day they were going to die for fear they'd try some sort of spell. Perpetua immediately spoke up, "We're supposed to die in honor of Ceasar's birthday. Wouldn't it look better for you if we looked better?" The officer blushed with shame at her reproach and started to treat them better.

There was a feast the day before the games, so that the crowd could see the martyrs and make fun of them. But the martyrs turned this all around by laughing at the crowd for not being Christians and exhorting them to follow their example. The four new Christians and their teacher went to the arena (the fifth, Secundulus, had died in prison) with joy and calm. Perpetua in usual high

spirits met the eyes of everyone along the way. We are told she walked with "shining steps as the true wife of Christ, the darling of God." When those at the arena tried to force Perpetua and the rest to dress in robes dedicated to their gods, Perpetua challenged her executioners. "We came to die out of our own free will so we wouldn't lose our freedom to worship our God. We gave you our lives so that we wouldn't have to worship your gods." She and the others were allowed to keep their clothes.

The men were attacked by bears, leopards, and wild boars. The women were stripped to face a rabid heifer. The two were thrown out and attacked, but the crowd cried out they had had enough. The women were removed and clothed again. Perpetua and Felicity were thrown back into the arena to face the gladiators. Perpetua called out to her brother and other Christians, "Stand fast in the faith, and love one another. Do not let our sufferings be a stumbling block to you." Perpetua and Felicity stood side by side and were killed by sword at Carthage in the Roman province of Africa. Sts. Perpetua and Felicity are the patron saints of mothers, expectant mothers, ranchers and butchers. Their feast day is celebrated on March 7.

From the Hospital Corner

- Sr Sally Sjb

Pradeep (name changed) was chained and handcuffed when he was brought to the hospital OPD. He was caught in the act of stealing something the day before he was brought to the hospital. Pradeep was a young man, around 30 years, hailing from Uttarpradesh. He was put under trail in the jail. They found him behaving abnormally, talking to himself and disorganized in his thinking and speech throughout the day and night. Now our job was to evaluate and see if he really has a mental illness or if he was feigning mental illness for escape from law. (We may be reminded of the recent train fire incident in Elathur, Kerala, the prime suspect being a native of UP, yet to be cleared of the possibility of suffereing from a mental illness before strengthening his affiliation to a terrorist group).

On detailed history taking, our patient was found to be suffering from a psychotic illness, most likely schizophrenia. His past history and previous treatment records we obtained from his father corroborated the same. We also contacted the treating doctor in the previous hospital which substantiated our diagnosis. His speech was so disorganized that we couldn't get head or tail of what he inetended to say. Police kept watch of the patient round the clock in a special room for agitated patients in our ward. Over a period of time he improved with antpsychotic medications and started speaking

coherently. Since I visited him regularly to monitor his treatment, he kept calling me 'Didi' (meaning sister).

On the day prior to his discharge he showed me his feet badly cracked due to his barefoot walking. I wondered how I missed so obvious a thing glaring at me. He said it was paining severely while walking around and asked me to get some ointment. The policemen shoved off his request considering it very silly and asked me not to bother. He said some coconut oil would suffice. But I sensed his pain since I get cracked feet in winter and I knew pretty well how it felt. I assured him that I would get an ointment the next day when I come to see him. I had decided to buy a Crack Cream that helps me relieve cracked feet. But I forgot about it completely the next day when I went to the hospital. I had a busy OPD that day and later as I was coming to the ward I saw him discharged, ready to go back to the jail. I felt pathetic that I didn't remember to bring something that could relieve his suffering. I couldn't fulfil a simple request from someone who needed it most. I appealed the policemen to buy and give him the cream which I wasn't sure he would have done. (I couldn't give him money since they wouldn't appreciate it in case of a convict) Even today this failing of omission holds me guilty even though not purposely done. It makes my resolve stronger to be more observant and sensitive when I deal with my patients.

“A Ray of Hope for The Orphans - A Humble Beginning”

Ashakiran started in the year 2005 in Martin Nagar parish campus under the guidance of then Bishop His Grace Abraham Viruthukulangara. Then the institution was functioning in on old building with merely 5 children. In the year 2015 the institution was shifted to the present building which is located in St. Alphonsa parish, Mhasala near Kamptee Road. Presently there are 50 children being taken care of by Ashakiran.

GOAL AND OBJECTIVE

To identity and empower the marginalized and vulnerable individuals by providing access to various educational, health, counseling and guidance to become better citizens though hostel based care. The main purpose of this center is promotion of children's education and empowerment of women. To provide proper support and regular medical care. To ensure holistic edevelopment of each child, focusing on psychological, physical, intellectual, and social and emotional wellbeing of the child. Ashakiran is a center for girl children only from Nagpur who become orphan due to the loss of parents through illness as HIV, AIDS, COVID - 19 left uncared on roads, railway stations, market places etc. various personal or financial reasons.

VARIOUS ACTIVITIES OF THE INSTITUTION

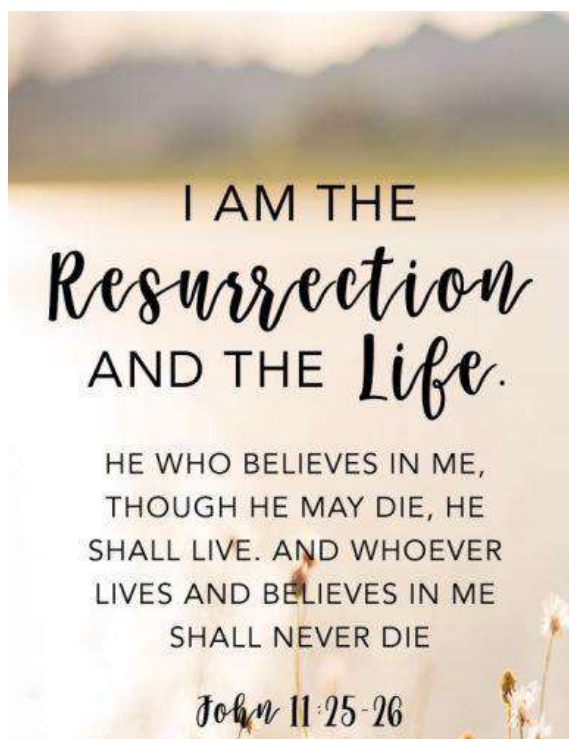
There are various activities that are organized regularly at Ashakiran Balgruha for the holistic development of the children apart from their academic curriculum. We also help the children to discover and develop their individual talents. For this purpose Ashakiran ensures that the child is provided the necessary material resource and time. All the major national, cultural and religious festivals are also celebrated with great joy.

A day begin for children at Ashakiran with Yoga and prayer (6-7 am) followed by the studies. According to the age three groups are made. Each group one leader is elected. To develop leadership qualities democratic leaders are elected by voting - for education, health, nutrition entertainment, sports, animal and environment and cleanliness. These leaders take the responsibilities very seriously and make others to do their part. It helps the institution for its smooth running.

So many prizes won by our children at various arts and sports events. So many programs are conducted by institution and C. W. C. (Child Welfare Committee). C. W. C. make frequent visit – formal and non-formal. Thrice in a year picnics are arranged by NGOS. Games and sports, various leadership programs drawing classes, career guidance, women's empowerment, and personal cleanliness etc. classes are given in regular basis.

The children here are admitted by C.W.C. (Child Welfare Committee). Though a registered institution, there is no grant provided from the government. The institution is run solely by local donations in cash and kind, sponsorship from the congregation. All the children in Ashakiran are orphans or semi-orphans who are in need of external help and support to build up a better future. This is the best way is spiritual guidance based on gospel values that we give to them every day.

Thank you...





Good to know ...

Vertigo

Vertigo is a common sensation of spinning or dizziness. A person may feel as though the room or surrounding environment is spinning in circles around them. Many people use the term to describe a fear of heights, but this is inaccurate. Vertigo can happen when a person looks down from a great height, but the actual term vertigo usually refers to any temporary or ongoing spells of dizziness due to problems in the inner ear or brain. Many different conditions can cause vertigo.

Symptoms

Vertigo is not an illness but a symptom of an underlying condition. But it can also lead to or occur alongside other symptoms.

These may include:

- balance problems
- Light headedness
- a sense of motion sickness
- nausea and vomiting
- ringing in the ear, called tinnitus
- a feeling of fullness in the ear
- headaches
- nystagmus, where the eyes move uncontrollably, usually from side to side

Vertigo can last for varying amounts of time from just a few seconds to several days, depending on the underlying cause. Most often, it lasts a couple of seconds or minutes.

Causes

Various conditions can lead to vertigo, which usually involves either an imbalance in the inner ear or a problem with the central nervous system (CNS).

Conditions that can lead to vertigo include the following.

Labyrinthitis

This disorder can happen when an infection causes inflammation of the inner ear labyrinth. Within this area is the vestibule-cochlear nerve. This nerve sends information to the brain about head motion, position, and sound. Apart from dizziness with vertigo, a person with labyrinthitis may experience hearing loss, tinnitus, headaches, ear pain, and vision changes.

Vestibular neuritis

An infection causes vestibular neuritis which is inflammation of the vestibular nerve. It is similar to labyrinthitis but does not affect a person's hearing. Vestibular neuritis causes vertigo that may accompany blurred vision, severe nausea, or a feeling of being off-balance.

Cholesteatoma

This noncancerous skin growth develops in the middle

ear, usually due to repeated infection. As it grows behind the eardrum, it can damage the middle ear's bony structures, leading to hearing loss and dizziness.

Ménière's disease

This disease causes a buildup of fluid in the inner ear, which can lead to attacks of vertigo with ringing in the ears and hearing loss. It tends to be more common in people between 40–60 years old. The exact cause is unclear, but it may stem from blood vessel constriction, a viral infection, or an autoimmune reaction. There may also be a genetic component, meaning that it runs in some families.

Benign paroxysmal positional vertigo (BPPV)

The otolith organs are structures within the inner ear that contain fluid and particles of calcium carbonate crystals. In BPPV, these crystals become dislodged and fall into the semicircular canals. There, each fallen crystal touches sensory hair cells during movement. As a result, the brain receives inaccurate information about a person's position, and spinning dizziness occurs. People typically experience periods of vertigo that last less than 60 seconds, but nausea and other symptoms may also arise.

Other factors

Migraine headaches, a head injury, ear surgery, perilymphatic fistula, when inner ear fluid leaks into the middle ear due to a tear in either of the two membranes between the middle ear and inner ear, in or around the

ear — herpes zoster oticus, otosclerosis, when a middle ear bone growth problem leads to hearing loss, syphilis, ataxia, which is the result of muscle weakness, a stroke or a transient ischemic attack, which people sometimes refer to as a ministroke, cerebellar or brain stem disease, acoustic neuroma, which is a benign growth that develops on the vestibule- cochlear nerve near the inner ear and multiple sclerosis.

Is it hereditary

Vertigo itself is not necessarily hereditary. However, it could be a symptom of various hereditary conditions and syndromes. Scientists have discovered six gene variants they associate with vertigo. These genes play a role in inner ear development, maintenance, and problems.

Examples of conditions that can trigger vertigo and appear to involve genetic factors include: familial episodic ataxia, migrainous vertigo, bilateral vestibular hypo function, familial Ménière's disease

Types

1. Peripheral vertigo

This type of vertigo accounts for about 80% of cases. Peripheral vertigo usually results from problems in the inner ear. Tiny organs in the inner ear respond to gravity and the person's position by sending messages via nerve signals to the brain. This process enables people to keep their balance when they stand up. Changes to this system can produce vertigo. BPPV and inflammation

are common causes. Other causes include Ménière's disease and acoustic neuroma, among others.

2. Central vertigo

Central vertigo relates to problems with the CNS. It usually stems from a problem in a part of the brain stem or cerebellum. Approximately 20% of cases are of this type. Possible causes include vestibular migraine, demyelination, and tumors involving the affected CNS region or regions. A problem with the cervical spine can also lead to vertigo.

Diagnosis

- **Romberg's test:** The doctor asks the person to stand with their arms by their sides and feet together, then to close their eyes. If the person then becomes unsteady, this could signal a CNS problem.
- **Fukuda-Unterberger's test:** The doctor asks the person to march on the spot for 30 seconds with their eyes closed. If they rotate to one side, this may indicate a lesion in the inner ear labyrinth, which could cause peripheral vertigo.

Depending on the results of these and other tests, the doctor may recommend a head CT or MRI scan to obtain more details.

Treatment

Some types of vertigo resolve on their own, but a person may need treatment for an underlying issue; for example, antibiotics for a bacterial infection or antiviral

drugs for shingles .Medications are available that can relieve some symptoms. These drugs include antihistamines and anti-emetics to reduce motion sickness and nausea. An individual may need surgery if other treatments do not help. If someone has BPPV or acoustic neuroma, he/ she may need surgery.

Treating Ménière's disease

Medications for people with Ménière's disease include meclizine, glycopyrrolate, or lorazepam which can help relieve dizziness due to this condition.

Other options include:

- limiting sodium intake and using diuretic therapy to reduce fluid levels
- trying pressure pulse treatment, which involves fitting a device to the ear
- having a doctor inject antibiotics or corticosteroids into the middle ear
- avoiding caffeine, chocolate, and alcohol and not smoking tobacco

Lifestyle changes

Steps that can help reduce the effects of vertigo include:

- lying still in a quiet, dark room when the spinning is severe
- sitting down as soon as the feeling of dizziness appears
- taking extra time to perform movements that trigger symptoms, such as getting up, looking

upward, or turning the head

- squatting instead of bending over to pick something up
- using a cane when walking
- sleeping with the head raised on two or more pillows
- making adaptations in the home
- turning on lights when getting up at night to help prevent falls

Anyone who experiences vertigo or other types of dizziness should not drive or use ladders.

Herbal remedies

Some herbal solutions may help improve symptoms. These include:

- cayenne pepper (green chillies)
- turmeric
- Ginkgo biloba
- ginger

Exercises

Exercises can help relieve symptoms in some cases.

The Epley maneuver for BPPV

A technique known as the Epley maneuver can help some people with vertigo that stems from BPPV. It aims to move calcium carbonate particles from the semicircular canals back to the otolith organs of the

vestibule, where they are less likely to cause symptoms in the inner ear.

For BPPV involving the left inner ear:

1. Sit on a bed and place a pillow behind the body where the shoulders will be while lying down.
2. Rotate the head 45 degrees to the left.
3. Keeping the head in position, lie down on the back with the shoulders on the pillow so that the head tilts back slightly and touches the bed. Hold for 30 seconds.
4. Rotate the head to the right by 90 degrees and hold for 30 seconds.
5. Turn the body and head, in their current positions, 90 degrees to the right. Hold for 30 seconds.
6. Slowly sit up and lower the legs on the right-hand side of the bed.
7. Hold for a couple of minutes while the inner ear makes adjustments.

Semont-Toupet maneuver

The Semont-Toupet maneuver is a similar set of movements that you can perform at home to treat vertigo. The Semont-Toupet requires less neck flexibility.

1. Start by sitting upright on a flat surface, with a pillow behind you and with your legs outstretched.
2. Lie down, turning to your right, and look to your left side, looking upward.
3. Quickly sit up and turn to your left side, keeping your head facing to your left. You will now be

looking down toward the ground.

4. Slowly return to your original position, looking forward and sitting straight up.

Brandt-Daroff exercise

This exercise is most commonly recommended for people with vertigo to do at home, because it is simple to do it unsupervised. You shouldn't perform the Brandt-Daroff exercise unless you are in a safe place and won't be driving for a while, because it might provoke increased dizziness for a short period of time.

1. Start by sitting on a flat surface, with your legs dangling as they would from a chair.
2. Turn your head as far as you can to the left side then lay your head and torso down on your right side. Your legs should not move. Stay here for at least 30 seconds.
3. Sit up and turn your head back to the centre position.
4. Repeat the exercise on the opposite side by turning your head as far as you can to the right side, then lying down on your left side.

You can do this exercise in a set of 5 repetitions and repeat it as often as 3 times a day, twice a week.

Stress management

Some conditions that cause vertigo, including Meniere's disease, can be triggered by stress. Developing coping strategies to navigate stressful circumstances could decrease your episodes of vertigo. Practicing meditation

and deep-breathing techniques are a good place to start. Long-term stress isn't something you can simply breathe through, and often the causes of stress aren't things that you can cut out of your life. Simply being aware of what is causing you stress might cut down on your vertigo symptoms.

Yoga

Yoga is known to reduce stress while increasing flexibility and balance. Physical therapy trains your brain to compensate for the cause of your vertigo, and exercise you do at home can mimic this effect. Try simple yoga poses, such as Child's Pose and Corpse Pose, when you're feeling dizzy. Be cautious about anything that involves sudden bending forward, as that could make your symptoms temporarily feel stronger.

Adequate Sleep

Feelings of vertigo can be triggered by sleep deprivation. If you're experiencing vertigo for the first time, it might be a result of stress or lack of sleep. If you can stop what you're doing and take a short nap, you may find that your feelings of vertigo have resolved themselves.

Hydration

Sometimes vertigo is caused by simple dehydration. Reducing your sodium intake may help. But the best way to stay hydrated is to simply drink plenty of water. Monitor your water intake and try to account for hot, humid conditions and sweaty situations that might make you lose extra fluids. Plan to drink extra water during

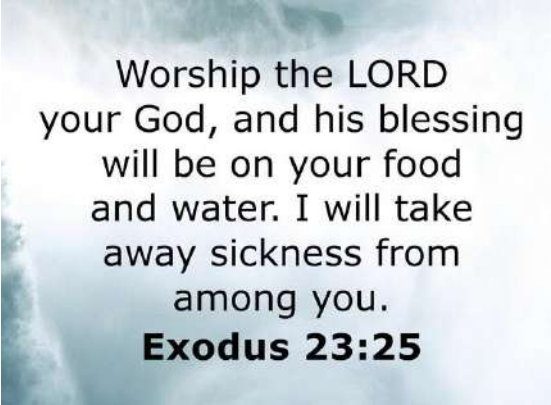
times you tend to become dehydrated. You might find that simply being aware of how much water you're drinking helps decrease vertigo episodes.

Vitamin D

A glass of fortified milk or orange juice, canned tuna, and even egg yolks will all give your levels of vitamin D a boost. Check your vitamin D levels and if you need more in your diet or if you need a supplement.

Outlook

Vertigo is not diagnosis, but it's a symptom of an underlying condition if it keeps occurring. Treating vertigo at home might work as a short-term solution. But if you continue to experience frequent vertigo, it's important to find out the cause and treat it properly. Being aware of stressful situations, developing coping strategies, life style changes and relaxation therapies can help as a long term management of vertigo.



Worship the LORD
your God, and his blessing
will be on your food
and water. I will take
away sickness from
among you.
Exodus 23:25

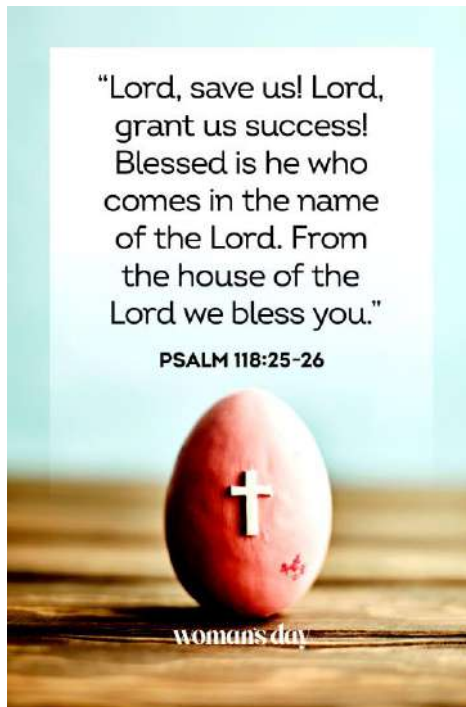
Aragami Bible Quiz

(PSALMS: 1-71)

1. What are not hidden from the Lord?
2. 'In their illness the Lord heals all their infirmities.'
Whose?
3. What proves true?
4. What did the Lord set up for those who fear Him, to rally to it from the bow?
5. What did the psalmist pray about God's power and righteousness?
6. What did the psalmist speak about extortion?
7. 'To him I will show the salvation of God! To whom?
8. What does the firmament proclaim?
9. What does the fool say in his heart?
10. 'They err from their birth, speaking lies'. Who?
11. What does the Lord not forget?
12. What does the psalmist do when he is afraid?
13. What made the psalmist distraught?
14. What will happen to the one who makes a pit,
digging it out?
15. What will happen to the way of the wicked?
16. What would not have happened if the psalmist had
cherished iniquity in his heart?
17. When does the psalmist feel his soul is satisfied as
with a rich feast?
18. Where do the rebellious dwell?
19. Where is fullness of joy?

20. Where will all flesh come when the deeds of iniquity overwhelm them?
21. Where will those who love the Lord's name live?
22. Which is the sacrifice acceptable to God?
23. 'They shall be given over to the power of the sword; they shall be prey for jackals.' Who?
24. Who shall behold God's face?
25. Who according to psalmist should be like the snail which dissolves into slime?
26. Who honours the Lord?
27. To whom does escape from death belong?
28. To whom does the Lord ask "What right have you to recite my statutes, or take my covenant on your lips?
29. Who is called happy in the land?
30. Who multiply their sorrows?
31. Who shall not live out half their days?
32. Who should exult before God?
33. Who thinks in his heart, "God has forgotten, he has hidden his face, he will never see it."?
34. Who will not be condemned?
35. Who will rebuild the cities of Judah?
36. 'They will collapse and fall.' Who?
37. Whom does God lead out to prosperity?
38. Whom does steadfast love surround?
39. Whom does the Lord cover with favour as with a shield?
40. Whom does the Lord deliver in the day of trouble?
41. Whom does the Lord destroy?
42. To whom does God give a home to dwell in?

43. Whom does the Lord hate?
44. Whom does the Lord hold safe under His shelter from the strife of tongues?
45. Whom does the Lord set apart for himself?
46. Whom does the psalmist compare to the chaff which the wind drives away?
47. Whom should one serve with fear and trembling?
48. Whom will the Lord teach the way that they should choose?
49. Whose wrath is quickly kindled?
50. 'Death shall be their shepherd.' Whose?





★HAPPY★ BIRTHDAY!



1 st May	-	Sr. Suma
1 st May	-	Sr. Vishala
3 rd May	-	Sr. Anita
5 th May	-	Sr. Surabhi
10 th May	-	Sr. Shalini
14 th May	-	Sr. Pratiksha
19 th May	-	Sr. Sancy
22 nd May	-	Sr. Secunda
28 th May	-	Sr. Vidya
31 st May	-	Sr. Sayujya
1 st June	-	Sr. Namita
2 nd June	-	Sr. Mandakini
5 th June	-	Sr. Sunita K
8 th June	-	Sr. Pooja
11 th June	-	Sr. Manjusha
15 th June	-	Sr. Latika
15 th June	-	Sr. Sheetal



★HAPPY★ BIRTHDAY!



17 th June	-	Sr. Amruta
17 th June	-	Sr. Varsha
18 th June	-	Sr. Deepa J
19 th June	-	Sr. Nirmala
22 nd June	-	Sr. Abhilipsa
23 rd June	-	Sr. Kusum
28 th June	-	Sr. Lalita P
29 th June	-	Sr. Lissy
2 nd July	-	Sr. Prasanna
2 nd July	-	Sr. Maria Goreti
4 th July	-	Sr. Lalita B
6 th July	-	Sr. Nutan K
7 th July	-	Sr. Deepa K
7 th July	-	Sr. Krupa
9 th July	-	Sr. Smita
11 th July	-	Sr. Jessy



★HAPPY★ BIRTHDAY!



11 th July	-	Sr. Prasada
17 th July	-	Sr. Lifey
20 th July	-	Sr. Shruti
21 st July	-	Sr. Priya
23 rd July	-	Sr. Ajita
25 th July	-	Sr. Anisha
5 th Aug	-	Sr. Jaya P.
7 th Aug	-	Sr. Sudha
10 th Aug	-	Sr. Sevika
12 th Aug	-	Sr. Seema
13 th Aug	-	Sr. Soumi
15 th Aug	-	Sr. Vandana
15 th Aug	-	Sr. Amali
23 rd Aug	-	Sr. Sally
26 th Aug	-	Sr. Rose
31 st Aug	-	Sr. Sajita





Festal Greetings

July 9 th	-	Sr. Shanta
July 16 th	-	Sr. Amala S.
July 17 th	-	Sr. Vinaya
July 17 th	-	Sr. Vineeta
July 26 th	-	Sr. Amruta
July 26 th	-	Sr. Anita
July 26 th	-	Sr. Anupa
July 26 th	-	Sr. Jessy
July 26 th	-	Sr. Kavita
July 26 th	-	Sr. Nita
July 26 th	-	Sr. Rashmi
July 26 th	-	Sr. Sneha



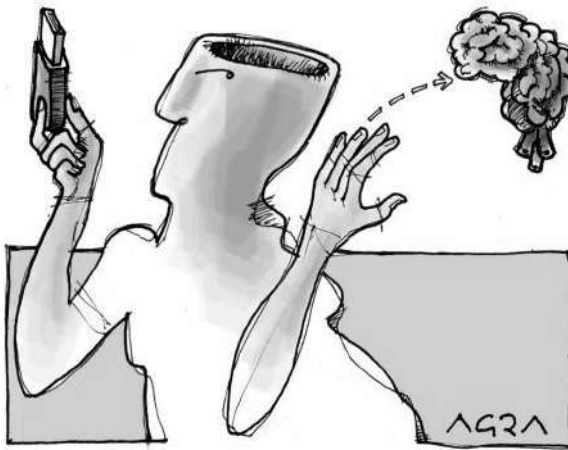


Festal Greetings

July 28 th	-	Sr. Secunda
Aug 6 th	-	Sr. Clementina
Aug 11 th	-	Sr. Aishwarya
Aug 15 th	-	Sr. Vandana
Aug 15 th	-	Sr. Alka
Aug 22 nd	-	Sr. Esther
Aug 22 nd	-	Sr. Karuna
Aug 22 nd	-	Sr. Rani P
Aug 22 nd	-	Sr. Roja
Aug 22 nd	-	Sr. Victoria
Aug 22 nd	-	Sr. Vishala
Aug 22 nd	-	Sr. Sunita G



Give a suitable caption to the given picture



***The winner will be awarded with an exciting prize
The caption should reach the editorial board
by 15th July 2023***

The Winner of the December 2022 Volume is

Sr Archangel - 1st Prize

*“Are you ready? Say cheese...!
Oh, by the way, where is the button”*

Sr Sancy - Runner Up

*“Be the photographer who captures the inner beauty of
those who pause before you ”*

Note : (Double entry is not entertained. In case of double entry, first given caption will be considered. You can consider giving suitable funny captions too which are creative and apt. Keep the captions short and crispy instead of too long sentences)

Dear Departed

1. 2nd Feb 2023 - Sr. Rupa's brother
Baby
2. 14th Mar 2023 - Sr. Divya's elder sister
Celine Thomas
3. 16th Mar 2023 - Sr. Priya's Father
Mr. Leo Clarke

Prayer for Those We Have Lost

Almighty and eternal God,
from whose love in Christ we cannot be
parted,
either by death or life:
hear our prayers and thanksgivings
for all whom we remember this day;
fulfil in them the purpose of your love;
and bring us all, with them, to your
eternal joy;
through Jesus Christ our Lord.
Amen.

Felicitation - 70th Birthday



Gathering of the School Supporting Staff



देवी नहीं बनना मुझे, मुझे इंसान ही रहने दो,
खुलके जीनी है जिंदगी मुझे,
बस उसे खुलके जीने दो

सहानुभूति नहीं चाहिए मुझे कोई,
जिंदगी के किसी मोड़ पर,
खुद को संभाल सकती हूं मैं
अपने चुने हुए राह पर,
देना है तो मुझे थोड़िसी इज्जत ही दे दो,
खुलके जीनी है जिंदगी मुझे,
बस उसे खुलके जीने दो

गलतियां भी हो सकती है मुझमे,
थोड़ी गलतियां मुझे भी करने दो,
परफेक्ट होने का टेंग मत लगाओ मुझ पर,
बस खुद के वजुदों के साथ सुकून से जीने दो,
खुलके जीनी है जिंदगी मुझे,
बस उसे खुलके जीने दो

असामान्य सा व्यवहार नहीं चाहिए मुझे कोई,
देना है तो सामान्य सा सम्मन ही दे दो,
रात को भी अकेली चल सकती हूं सड़क पर,
बस मुझे ऐसा थोड़ा भरोसा ही दे दो,
खुलके जीनी है जिंदगी मुझे,
बस उसे खुलके जीने दो

गिरकर संभलना आता है मुझे,
कभी मुझे गिरने का मौका भी दे दो,
खूं अरमानों की हत्या मत करो मेरे,
बस मेरी उड़ान के लिए थोड़ासा आसमान ही दे दो,
खुलके जीनी है जिंदगी मुझे,
बस उसे खुलके जीने दो

- कु. श्रद्धा कल्याणकर