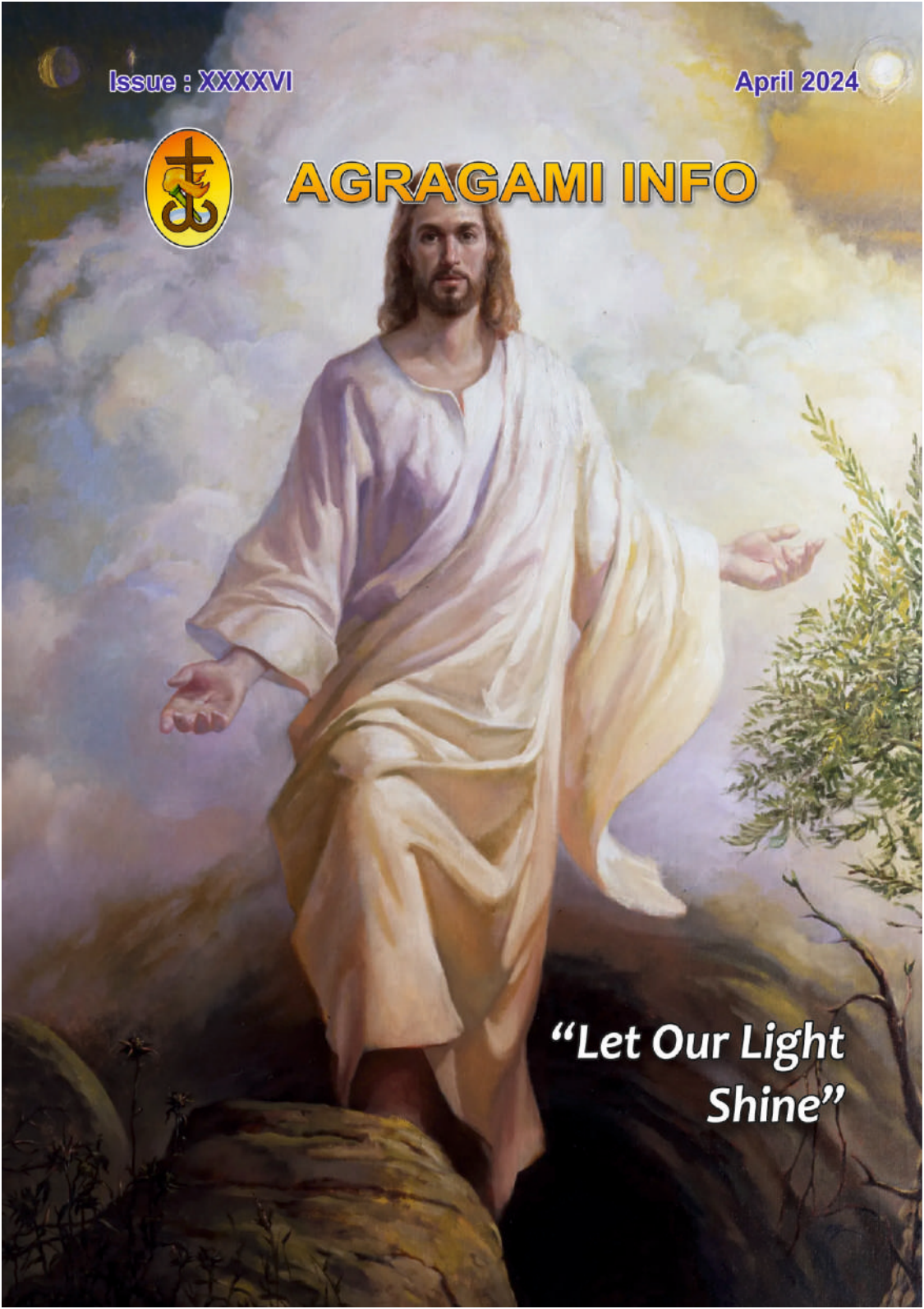


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April 2024



AGRAGAMI INFO



**“Let Our Light
Shine”**

Participants of Second Phase Retreat



Silver Jubilarians along with Sr Vidya & Sr Karuna



Gathering of batches from 1984 to 1994



AGRAGAMI INFO

Vol.XXXVI - April 2024

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Let our lights shine

In today's world, where the shadows seem to stretch endlessly, enveloping us in darkness, the story of Good Friday and Easter Sunday offers a compelling narrative of hope, transformation, and triumph. This is a world where personal desires often overshadow the collective good, where leaders cloak their selfish motives in the guise of service, and where the media, a supposed beacon of truth, sways under the influence of power. Those who dare to challenge the status quo, to speak out against injustice, are silenced, their freedom snatched away or detained behind bars by the cold hands of oppression. The electoral processes have become overshadowed and skewed, heavily biased in favour of the powerful elite who use their wealth to influence the masses, enticing and misleading the common people with promises and gifts, thereby tilting the scales away from true democracy towards an aristocracy of the affluent. Society, in turn, shows a profound indifference, turning a blind eye to the pervasive injustice and violence, a theme poignantly depicted in this year's Oscar-winning movie, "The Zone of Interest" (*The film won Oscar awards in best international feature film and best sound categories*). This film serves as a stark reminder of the consequences of societal apathy towards the undermining of democratic principles and the



normalization and the bored acceptance of horror and violence.

Yet, in this darkness, we are reminded of the journey from Good Friday to Easter Sunday—from despair to hope, from death to resurrection. This journey is not just a pillar of our faith; it mirrors the potential path of our society from its current state of turmoil towards a future illuminated by the light of truth, justice, and compassion. The challenges before us are indeed formidable, echoing the trials of Good Friday. However, amidst these trials, we are buoyed by the promise of Easter Sunday—a promise of renewal and redemption. We envision a world where love vanquishes hate, peace drowns out conflict, and the truth's light scatters the shadows of deceit and injustice. The resurrection of Jesus Christ signifies the ultimate victory of forgiveness and tolerance over aggression and falsehood.

In this reflective season, let our actions and faith cast light into the darkness, embracing the belief that every moment of suffering has a purpose and significance. With the resurrection guiding us, we are inspired by the ultimate triumph of truth and light over deception and darkness.

As part of our religious communities, we bear a special responsibility to be the torchbearers of this light. In a world marred by despair, our faith stands as a beacon of hope, promising a brighter tomorrow. It falls upon us to live out the principles of justice, kindness, and humility, exemplifying Christ's love and compassion in a society desperately in need of both. We are called to let our light

shine, to manifest the hope and transformation that Easter symbolizes, and to pave the way towards a future filled with promise and grace.

In the ancient land of India, a small village nestled in the shadow of a great mountain faced a dire threat. A monstrous dragon, awakened from its slumber, began to terrorize the lands, destroying crops and homes, leaving the villagers in despair. Amid this darkness, a Buddhist monk, known for his profound compassion and wisdom, stepped forward with a lantern in hand.

Instead of meeting violence with violence, the monk approached the dragon, his lantern casting a gentle light in the night. He found the dragon wounded by an arrow, anger and pain fuelling its rage. The monk, with a calm presence, carefully removed the arrow and tended to the dragon's wounds. This act of unexpected kindness transformed the dragon's heart. No longer did it see the villagers as enemies, but as beings capable of compassion. The dragon vowed to protect the village henceforth, and the monk's simple act of kindness became a legend, teaching generations the power of compassion to turn foes into friends, and darkness into light.

As we steer these challenging times, let us shine our light with hope and conviction, inspired by the resurrection's promise. In doing so, we affirm that no depth of darkness can extinguish the light of Christ within us. In this light, we see a future not defined by despair but by hope, not by division but by unity, and forever marked by the triumph of goodness over evil.

- Sr Sally

Voice of the Mother General

Hope Springs Eternal: An Easter Message

The joyous proclamation rings out across the globe on Easter Sunday: "Jesus, who was crucified, has risen as he said. Alleluia!" The word "truly" echoes with profound meaning, reminding us that Christ's resurrection is not a mere fable, but a cornerstone of our faith. It signifies a future anchored in hope, empowering us to face life's challenges with unwavering confidence.



Easter does not promise an escape from the world's troubles. The pandemic lingers, casting a shadow over many. Social and economic disparities remain, particularly for those most vulnerable. Conflicts and violence continue to scar our world. Yet, amidst these hardships, Easter offers a powerful message: "Jesus who was crucified has risen." This simple truth reminds us of a love that transcends suffering, a love embodied in a real man, Jesus, with a face and a name we can hold onto.

The witnesses to his resurrection describe a crucial detail: the risen Jesus bore the marks of his wounds - a constant reminder of his sacrifice and his enduring love. These wounds serve as a beacon, guiding us through our own struggles.

For some, celebrating Easter this year might involve limitations. Restrictions on gatherings may prevent them from attending traditional worship services. We hold them in our thoughts and prayers, alongside all who face limitations on their freedom of religion worldwide. May these restrictions be lifted, allowing everyone to express their faith openly and freely!

As we traverse life's inevitable hardships, let us remember the transformative power of Christ's resurrection. Our suffering, in the light of the Risen Lord, takes on a new meaning. Where there was despair, hope now blooms. Where there was grief, solace takes root.

The disciples, upon witnessing the resurrection, hurried to share the news. We too are called to act - to "make haste" in seeking Jesus Christ, the very essence of our hope and the guiding light for the world.

Wishing you a blessed and hope-filled Easter!

Sr Arpita Mathew
(Superior General)



Let Your Light Shine: A Message of Easter Hope

The Easter season echoes with the powerful words of St. Paul: "You must shine among them like stars lighting up the sky" (Philippians 2:15). This call reminds us of the transformative light of Jesus Christ, experienced by St. Paul firsthand.



Imagine the confusion and fear the disciples felt when they encountered the empty tomb. It was only after witnessing the Risen Lord that their faith truly blossomed. Fear morphed into joy, doubt into unwavering belief, and disappointment into unshakeable hope. Everything Jesus taught them finally clicked.

The resurrection isn't a relic of the past; it's a vibrant present and a promise for the future. The Risen Lord lives on through his Spirit, ever-present and guiding. He offers healing, inspiration, and teachings that resonate with all hearts. Even in our darkest days, when bombs ravage houses of worship and innocent people are imprisoned, a flicker of light persists within us. It's the same spark that illuminated the hearts of early Christians in their dank dungeons, a beacon shining from within. This tiny flame, radiating splendour, is a cause for celebration, as glorious as the stars illuminating our night sky. After all, "In Him we live and move and exist" (Acts 17:28).

When all seems lost and darkness reigns, the light within us points towards a God who endured ultimate sacrifice -

a sacrifice that imbues human suffering and failure with purpose and meaning. We experience personal resurrections throughout life: the joy of true love, the embrace of acceptance, the power of forgiveness, the act of opening our hearts to others, and the triumphant return of hope. These moments, as Flor McCarthy beautifully states, are like emerging from a tomb with a wider, brighter horizon.

Spiritual growth is a continuous effort to fully embrace divine grace. Just like the sun rays may be blocked by an object or deliberate action, we too can impede the light. However, Ephesians 5:7-9 reminds us: "You yourselves used to be in the darkness, but since you have become the Lord's people, you are in the light. So you must live like people who belong to the light, for it is the light that brings a rich harvest of every kind of goodness, righteousness and truth."

Many individuals serve as beacons of light simply by their presence – a warm smile, a comforting hug, a word of solace, a selfless act, a helping hand, or an idea that sparks enlightenment. We've all encountered such people who, as others might say, "made my day."

May this Easter season, and every day thereafter, fill us with enough light from the Risen Lord to illuminate the darkness in our world. As John 1:12 declares, "As many as received Him, to them He gave the power to become children of God." Let the Risen Lord be our eternal source of light.

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 write ups. Thanks to the communities who regularly send news for Info. Thanks to all the wellwishers for your valuable suggestions and critical evaluations, that assist the steady growth of Info. Your further suggestions and feedbacks will help us to be more proficient and prompt to make Info richer. Kindly forward them to the editor on the given address or **infowardha@gmail.com**. We look forward for further enriching contributions from all of you. Please forward your thoughts, inspirations, poems, vocation stories, touching life events even if it is in local language.

Kindly send the Bible quiz answers by 15th July 2024 to SrJyotsna. Please note that any entry including the news, articles and answers for Bible quiz need to reach by 15th July 2024 to make our efforts to publish Info in time be successful. We solicit your co-operation.

Congratulations to Bible Quiz Winners

1	Beronika	100	1 st
2	Sr. Archana	100	1 st
3	Sr. Manjusha	100	1 st
4	Sr. Sarala	100	1 st
5	Sr. Suma	100	1 st
6	Sr. Joshana	100	1 st
7	Sr. Riya	100	1 st
8	Sr. Sudha	100	1 st

9	Sr. Sunima	100	1 st
10	Jayanti Kerketta	98	2 nd
11	Punam	98	2 nd
12	Sankumari	98	2 nd
13	Sr. Ujwala	98	2 nd
14	Sr. Archangel	98	2 nd
15	Sr. Jaya	98	2 nd
16	Sr. Kamshila	98	2 nd
17	Sr. Rashmi	98	2 nd
18	Sr. Sancy	98	2 nd
19	Sr. Roshni	96	3 rd
20	Sr. Meera	96	3 rd
21	Ritu	94	-
22	Sr. Elizabeth	94	-
23	Sr. Nikita	94	-
24	Sr. Sushanti	94	-
25	Sr. Vineeta	94	-
26	Lucia	92	-
27	Ruchita	92	-
28	Sr. Hemlata	92	-
29	Sr. Padmini	92	-
30	Sr. Bertila	92	-
31	Sr. Mariagoreti	92	-
32	Alisabeth	90	-
33	Rosemary	88	-
34	Jayanti Kujur	86	-
35	Cicilia B.	84	-
36	Evangeline	84	-
37	Shishu S	84	-
38	Gloria	82	-
39	Kareena	82	-
40	Sneha T	80	-

A Glance At Our Centres

❖ Sandhya Home Community

- December 22nd: The novices and candidates brought holiday cheer to the inmates by singing carols and putting on a wonderful program for them.
- December 25th: We celebrated Christmas with a spirit of joy and happiness. All the sisters sang carols for the inmates. Sisters Anjali and Diana joined us for the Christmas festivities.
- December 26th: Sister Aishwarya attended the annual retreat at the Provincial House in Wardha.
- December 31st: We held a thanksgiving adoration service in the church.
- January 10th: An executive meeting was held with Bishop John Rodriguez, the Manager, and Dr. Hillary to discuss the administration of Sandhya Home.
- January 26th: Sisters Aishwarya and Sarala attended the ordination ceremony of Reverend Bishop Malcom Sequira, Amravati Diocese.
- February 3rd: Sister Tessy attended the silver jubilee celebration of the sisters in Wardha and then joined a batch gathering.
- February 4th: We were delighted to welcome Sister Shruti's family into our community.
- February 11th: We celebrated the feast of Our Lady of Lourdes. It was a special occasion for the

Sandhya Home community, and we also offered prayers for Sister Sarala who celebrated her feast day.

- March 6th: Sister Tessy departed for a two-week home leave.

❖ **St. John's Convent Hinganghat**

- St. John's School Golden Jubilee Celebration: All members wholeheartedly collaborated to ensure the successful celebration of St. John's School's Golden Jubilee.
- Community Outing: The community enjoyed a one-day outing to mission stations in Chanda diocese like Pattaguda, Wani, Jeevadi, Korpana, etc., with the kind guidance of Rev. Fr. Tomy CMI.
- Health Camp Initiative: Taking the initiative, Sr. Seema collaborated with the health team to conduct a health camp in Pathur, Samudrapur.
- Recruitment Drive(Vocation facilitation): Sr. Roshni and Sr. Shanti visited aspiring young girls (participated in a recruitment drive held) in Mysore diocese.
- Sr. Riya's Academic Achievement: Sr. Riya achieved excellent results in her first semester B.Ed. exams.
- Canonical Visitation: We were honoured to have a canonical visitation from our Provincial Superior,

Rev. Sr. Vidya and Sr. Sally the Secretary for Healing Ministry. Sr. Vidya visited all our centres and spent three fruitful days with us.

❖ **Vinay Vikas Pune**

- **A Season of Preparation and Welcoming:**

The spirit of Christmas filled our community after a dedicated 25 days of preparation. We embarked on a journey with Mary during Advent, reflecting on her search for a place for the newborn Jesus. Each member participated in this journey by praying the Holy Rosary and offering personal sacrifices (deeds of mortification). The Christmas week brought carols sung in various locations, heartwarming gift exchanges, and a delightful entertainment program presented by our former residents for the hostel girls, the Sandhya Home community, and the Sisters of the Sacred Heart. To top it all off, we shared food packets with those in need, creating a truly wondrous experience for everyone.

- **Gratitude and Looking Ahead:**

As 2023 drew to a close, December 31st was dedicated to expressing our deepest gratitude to the Lord in adoration. We reflected on his abundant blessings throughout the year and sought his unwavering presence as we stepped into the New Year.

- **Growth and Development:**

This period was also marked by significant growth and development within our community. Our second-year novices embarked on valuable community experiences in various locations. Three of our dedicated candidates received the Sacrament of Confirmation on January 21st. The first-year candidates gained invaluable experience through a one-month mission trip to Gomini. February saw the candidates enjoy some well-deserved home holidays, and their return in March marked the reunion of the community. We also celebrated Women's Day and Hostel Day, which featured an impactful input session from Fr. Chacko and a heart warming love meal. Witnessing the girls empowered by their education was truly inspiring. We concluded March with the return of the second-year novices after their community experience. Additionally, important repairs and painting works continued within our community.

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

- **A Time for Reflection and Growth:**

We are overflowing with gratitude for the continuous blessings God showers upon us. Our first-year candidates recently embarked on a profound spiritual journey. From February 4th to 7th, they participated in a three-day retreat at the Divine Retreat Center in Gumto. This immersive experience

provided a sacred space for them to encounter Jesus on a personal level and deepen their faith. As they now enjoy their well-deserved home holidays, we celebrate their growth and anticipation for their return.

- **Planting Seeds for the Future:**

Our dedication to fostering vocations continues with ongoing visits to local villages. From March 11th to 24th, we held a "Come and See" program, gathering approximately 13 students. Through engaging classes and activities, we offered them the opportunity to explore their purpose and consider a life of service. Your prayers are most welcome as we hope to guide these students towards a fulfilling path.

- **Celebrating Young Talent and Growth:**

Our playschool recently hosted its annual sports day, a vibrant celebration filled with competitions designed to unveil the talents and abilities of our energetic young students. Each child participated with remarkable enthusiasm. Building on this momentum, the school also held a captivating annual program. We are currently in the midst of new admissions, and with optimism, we aim to welcome a significant number of students to join our vibrant community.

- **Serving Our Community:**

Our commitment extends beyond our walls. These days, all members are actively engaged in pastoral activities in surrounding villages. We guide

individuals through preparations for sacraments, including Baptism, First Holy Communion, Confirmation, and Marriage. Witnessing the positive response from a significant number of people is truly rewarding.

❖ **St. John's Convent Vettukad**

A Time of Reflection and Guidance:

Our community was recently honoured with a visit from Bishop Mar Tony Neelankavil as part of his canonical visit to the parish. We held a solemn concelebrated Holy Mass followed by a breakfast gathering with the Snehshram Fathers and the Ashadeepam Community. Bishop Neelankavil expressed his appreciation for our service to the parish and diocese, particularly highlighting our cooperation with the parish priest. This visit served as a valuable opportunity for reflection and guidance.

• **Blessings and Fellowship:**

January and February were further blessed with visits from our esteemed leaders. Sr. Arpita, our Superior General, and Sr. Vidya, our Provincial, graced us with their presence. We were also delighted to welcome Sr. Nivedita, Sr. Ranjita, Sr. Sheetal, Sr. Prasanna, Sr. Suma and Sr. Jacinta, during their holidays. These visits provided a wonderful opportunity for fellowship and renewal.

- **Financial Accountability:**

On January 9th, 2024, Sisters Dhannya, Sajita, and Atulya conducted a successful internal audit on behalf of the Society. This process ensures our ongoing commitment to financial transparency and responsibility.

- **Celebrating a Golden Milestone:**

The 10th of February marked a joyous occasion as St. Joseph Church Vettukad celebrated its Golden Jubilee. The festivities commenced with a spiritually uplifting biblical theme dance performed by students of St. John's Academy. Our own Sr. Ajita delivered a heartfelt felicitation speech, and Sr. Tresa contributed a beautiful devotional song to the cultural program. We extend our congratulations to the entire St. Joseph Church community on this momentous occasion.

❖ **St. John's Academy Vettukad**

- **15th Annual Day a Resounding Success:**

On January 12th, 2024, St. John's Academy proudly celebrated its 15th Annual Day. The event welcomed distinguished guests Dr. R. Deepthi IFS as the Chief Guest and renowned actor Mr. Dain Davis. Adding to the prestige of the occasion were Rev. Fr. Baiju Kanjirathinkal (parish priest), Mrs. Daisy Jacob (ward member), and Dr. Saritha Joshy (PTA president).

- **Learning Beyond the Classroom:**

To complement classroom learning, students embarked on enriching study tours. Students from Standards I to VI explored the wonders of Silverstorm in Chalakudy, while their peers in Standards VII to X ventured to Wonderla in Cochin. These excursions provided valuable experiences beyond the confines of textbooks.

- **Celebrating Achievements and Saying Farewell:**

A heartfelt thanksgiving mass marked the graduation of Standard X students. On February 10th, 2024, St. John's Academy Kalasamithi (arts and cultural club) held its valedictory function. This ceremony not only bid farewell to the graduating class but also celebrated the year's achievements. The event culminated in the distribution of prizes for both intra-school competitions and the Thrissur Sahodaya Kalolthsav (inter-school arts festival).

- **Embracing Social Responsibility:**

St. John's Academy actively participates in community upliftment projects. As part of the Collector's initiative to eradicate poverty in the district, the school proudly adopted 10 families from Puthur Panchayat. Students actively participate in this cause by collecting and distributing essential groceries to these families on a monthly basis.

- **Board Exams Concluded:**

The academic year culminated with the successful completion of board exams. The 2023-24 board

exams commenced on February 24th and concluded on March 11th, 2024.

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

• **Golden Jubilee Inter-School Sports Meet:**

St. John's School marked its Golden Jubilee year with a dynamic inter-school sports meet. Rev. Sr. Sunanda, Vice President of the St. John's Society, served as the chief guest, while Mr. Mayur Deshpande, a BCCI and ICC cricket coach and a proud alumnus of St. John's, graced the occasion as the special guest. Six schools participated in the spirited competition, with St. John's School Allipur emerging as the champions and receiving the coveted trophy.

• **A Showcase of Artistic Talent:**

The school further celebrated its golden year by hosting an inter-school art competition. Attracting eleven schools, the event witnessed a vibrant display of artistic talent. A distinguished panel of judges, including Prof. Manisha Yelne, Ms. Priya Darshini, Mr. Ruikar, Mr. Mayur (art teacher at St. John's Allipur and Hinganghat), and Mr. Bhandakkar, evaluated the submissions. Winners were awarded trophies and certificates.

• **Appreciation for Dedicated Staff:**

A special gathering was organized to express gratitude to the bus, auto, and cycle rickshaw drivers who have played a vital role in the school's success. Principal Sr. Preeti acknowledged their unwavering

commitment to student safety and presented them with tokens of appreciation.

- **Grandparents' Day - A Celebration of Legacy:**

In honor of the Golden Jubilee, St. John's organized a heartwarming Grandparents' Day to acknowledge the contributions of its stakeholders through the years. Dr. Alok Borkar, an alumnus, was the chief guest, while Rev. Sr. Divya Sjb, Mr. Digambar Kharde, and Ms. Madhuri Deshpande represented the grandparents. Students presented a captivating cultural performance highlighting the importance of grandparents in a child's life. Sr. Preeti expressed her gratitude for their role in shaping St. John's into the institution it is today. Dignitaries also released the class magazines during this auspicious occasion.

- **Fostering Compassion through Charity Week:**

Understanding the importance of sharing for children's social, cognitive, and emotional development, the school announced a "Charity Week." This initiative aimed to encourage students to contribute to the community and reach out to those in need during the Golden Jubilee year.

- **Welcoming the New Year with Joy:**

The New Year commenced with a prayer service and a delightful cultural program organized by the second standard students.

- **Golden Jubilee Celebrations - A Milestone Achievement:**

St. John's High School celebrated its Golden Jubilee with immense joy, contentment, and gratitude. January 6, 2024, marked a red-letter day in the school's history. The ceremony was graced by the presence of esteemed guests: Rt. Rev. Dr. Elias Gonsalves, Archbishop of Nagpur, and Rev. Sr. Arpita Mathew, the Mother General. The celebration honored former presidents, managers, principals, and staff with long years of service, including Mr. Prashant, Ms. Baby Shinde, and Ms. Geetha. Provincial Superior Sr. Vidya and Sr. Arpita presented the felicitations. Under the management's guidance, staff and students collaborated to create an innovative and creative portrayal of the history of the school. The commemorative school magazine, "Dei Amor," was also released. The management expressed its sincere appreciation to all the parents for their wholehearted cooperation in making the Golden Jubilee celebrations a resounding success.

- **Alumni Reunion - Reconnecting with the Past:**

The second grand alumni reunion took place on January 7th. The event was marked with joy and nostalgia as alumni welcomed their beloved teachers with a warm reception. Sr. Veena, the founding principal of St. John's High School, Hinganghat, served as the chief guest. This reunion marked a historic occasion for the school.

- **Celebrating Patriotism and Personal Growth:**

Republic Day was celebrated with patriotic fervor, with Sr. Preethi hoisting the flag. Additionally, a seminar on "Goal Setting" was organized for students of Class IX, featuring Mr. Raut as the resource person.

- **Fulfilling Experiences:**

To provide a well-deserved break, students of Class VII enjoyed a one-day picnic to Dwarka Water Park in Nagpur. Later, a farewell program was organized for the graduating Class X batch, themed "Take Your Candle and Light the World." Mr. D.G. Yadav, a former teacher at St. John's, and Sr. Preeti, the principal, inspired the students with their uplifting messages. The event was further enlivened by a captivating cultural program presented by Class IX students.

- **Team Building and Refreshment:**

The staff of St. John's had one day picnic to 'Shivtirth' Water Park in Nagpur. It was a day of gathering together as a team to enjoy some fun activities and to get refreshed for coming academic year.

❖ **St. John's Convent, Jagdalpur**

- Our Christmas festivities commenced with a heartwarming tradition of caroling, bringing together parishioners of all ages to spread holiday cheer across our parish. It was a profoundly special

experience to see families, including their children, unite in this joyful expression.

- Sisters Subhangi and Sandhya embarked on a significant spiritual journey to Bhopal for their final vows preparation. We keep them, along with their profound commitment, in our thoughts and prayers.
- On February 2nd, we joyfully celebrated the feast day of our beloved Sr. Archana. The day began with a solemn Holy Mass, setting a reverent tone for the festivities. We were honoured to have our dedicated helpers and the students of Father join us for this momentous occasion, enriching the celebration further.
- February 11th was marked by the celebration of Sr. Life's patroness day. We extend our heartfelt wishes to her on this distinguished day. In addition, we cherish our weekly Family Rosary gatherings every Saturday. This beloved tradition unites families from our ward, fostering a profound sense of unity and connection. Following the rosary, the sharing of stories and updates among families further strengthens the bonds of our community through open communication and mutual support.

❖ **St John's Convent, Allipur**

- Following a spiritually enriching annual retreat, our community welcomed the year 2024 with revitalized spirits and a strengthened sense of purpose.
- On January 7th, we had the honor of hosting our revered leader, Rev. Sr. Arpita, our Mother General.

Her visit brought a profound source of inspiration and guidance to our community, enriching our collective journey.

- In a delightful blend of fellowship and relaxation, our community and the formation community came together for a refreshing picnic to Chikkaldhara. This outing significantly reinforced the ties within our community, fostering a deeper sense of unity.
- As we enter the solemn season of Lent, a period dedicated to introspection and service, our community is intensifying its efforts to visit the families of our students. Through these visits, we aim to provide support, encouragement, and forge a deeper connection with those we serve, embodying the true spirit of community and care.

❖ **St John's School, Allipur**

- **A Joyous Christmas Filled with Giving**

Christmas at St John's School, was a vibrant celebration brimming with joy and festivity. Students showcased their talents and spread holiday cheer through various competitions like star-making, carol singing, and Christmas dance. However, the spirit of giving extended beyond the school walls. Each class united to collect essential items like soap, socks, and winter creams. These thoughtful contributions were assembled into 100 care packages distributed to patients at the Dattapur Leprosy Center. The Class 9 students further embodied the spirit of Christmas by visiting Sanjeevani Ashram. They

brought messages of hope and performed a heart warming program for the residents. Inspired by Sr. Divya's call to service, the students donated rice and oil to the centre through their poor fund contributions. Representatives from the staff and student body also visited Asha Kiran, a sister center, to spend quality time with the residents. Witnessing the challenges faced by these individuals served as a powerful reminder of the importance of helping those in need. This sentiment resonated with the students, who presented Sr. Amala with Rs. 11,700 collected through their poor fund contributions. The Christmas outreach program undoubtedly opened the students' eyes to the realities of poverty and instilled a sense of empowerment through community service.

- **Celebrating Achievements and Building Community**

January witnessed two exciting events – the Annual Sports Day (January 18th-20th) and a grand Republic Day celebration. The Sports Day saw enthusiastic participation from all students in various competitions, fostering a spirit of sportsmanship and camaraderie. Proceeds from the event's food stall benefitted those in need.

The Republic Day celebration was a proud moment for the school community. We were honoured to welcome Mr. Chambhat Rao Mahakalkar, the first Sarpanch of Allipur, as the Chief Guest. During the ceremony, Mr. Prafulji Dhabole (PSI of Allipur Police

Station), Mr. Nitin Chandankhede (Sarpanch), and PTA executive members were all appreciated for their contributions. Students presented a captivating cultural program showcasing the rich heritage of different Indian states through dance and drama. The audience, including guests and parents, were enthralled by the performances, with some remarking that it felt like experiencing a replica of the Delhi Republic Day parade right in their village. The ceremony concluded with the distribution of awards to students who excelled in various academic competitions throughout the year.

- **A Heartfelt Farewell and Fostering Skills**

On February 17th, 2024, a heartfelt farewell program was held for the graduating Class X students. Sr. Seema, the Secretary for Socio Pastoral Ministry, graced the occasion as the Chief Guest. Class teachers and students of Class IX presented a touching program filled with memories and well wishes. Sr. Seema delivered an inspiring speech, motivating the students to achieve great things in their futures. The outgoing students expressed their gratitude to the school, management, staff, and fellow students for their support throughout their academic journey. As a token of appreciation, the graduating class presented the school with 17 chairs, an induction stove, and gifts for all the faculty members.

Building teamwork and lifelong skills was the focus of a two-day Scout and Guide camp held for

students of Standards 7 and 8 within the school campus, starting on March 2nd, 2024. Mr. Vittal Tapase, the Kendra Pramukh of Allipur, served as the Chief Guest for the inaugural ceremony. Mr. Abhijit Zade (in-charge of Scout and Guide for Wardha district) along with other trainers from Wardha, instilled a sense of purpose and importance in the students regarding the values of scouting and guiding. The camp curriculum included practical training sessions on tent-making, knot-tying, preparing food without utensils, and basic first-aid skills. Students actively participated in all activities, fostering teamwork and lifelong skills. A campfire and a student-led cultural program added to the evening's festivities. Parents were invited to witness the camp activities and the student-made tents, solidifying the school-community bond.

❖ **Vinayalaya Convent School ,Nagpur**

- **Catholic Students Shine in Bishop's Test:**

Congratulations to our 10th-standard Catholic students who participated in the Bishop's Test conducted by the CLC club! A special word of appreciation to Mst. Rojer Johnes for achieving the distinction of 2nd topper! His dedication and hard work were recognized with a trophy presented at the Catholic inter-school gathering.

- **Scouts and Guides Hone Skills at Camp:**

The Vinayalaya school campus buzzed with activity as students from Standards 6 to 8 participated in a

Scout/Guide camp on February 2nd and 3rd. The camp fostered teamwork and creativity as students constructed attractive tents and learned to prepare delicious dishes under the guidance of their teachers. Discipline and a systematic approach were key components of the camp experience.

- **10th Standard Students Reach Out to Asha Kiran:**

Demonstrating compassion and social responsibility, our 10th-standard students embarked on a heart warming outreach program to Asha Kiran. They spent quality time with the children there, engaging them in games and cultural programs. Their generosity extended beyond entertainment as they also donated groceries and sweets bringing smiles to the faces of those they visited.

- **Inspiring Words at Farewell Program:**

Rev. Fr. Jesu Raj graced the farewell program for our 10th-standard students as the Chief Guest. His words served as a guiding light for the graduating class. He emphasized the importance of carrying forward the values they learned at school and treating elders with kindness and respect. These wise words undoubtedly resonated with the students as they embark on the next chapter of their journeys.

- **A Fun Day for Younger Students:**

Students from Standards 1 to 9 enjoyed a delightful picnic adventure to Fun Planet. A day filled with laughter and merriment created lasting memories for these younger members of the school community.

❖ **Vinayalaya Convent, Jaripatka**

- In a vibrant display of joy and enthusiasm, the parishioners of St. Martin de Porres Church ushered in the New Year with a solemn mass, immediately followed by a spirited dance around a bonfire on the church grounds. The parish youth, along with other members, revelled in the dual joy of the New Year celebration, enhancing the festive atmosphere.
- The dawn of the New Year was further brightened by the visit of Rev. Sr. Arpita, our Mother General, whose esteemed presence added a layer of joy to our celebrations. We are deeply grateful to the Lord for blessing us with her gracious company.
- Our commitment to pastoral activities continued unabated, encompassing SSC prayer meetings, visits to the sick, and distribution of Holy Communion, among others. Our sisters, including Sr. Jyothi who visited over fifteen patients, dedicated their days to providing care, conversation, and support to the sick and elderly across various families.
- January and February 2024 were significant months for our parish, marking the sacraments of First Holy Communion and Confirmation. Catechism teachers and sisters diligently prepared the recipients for these profound milestones.
- On February 4th and 5th, Sr. Kripa and Sr. Nirmala participated in the batch gathering from 1984 to 1994 in the provincial house, enjoying a reunion filled

with joy, spiritual enrichment, and inspirational sessions.

- The visit of Rev. Sr. Nivedita, the General Counselor, Sr. Prasanna accompanied by her cousin, a priest, on February 6th, fostered a day of warmth, shared stories, and laughter.
- February 11th saw our sisters embarking on a pilgrimage to Lourd Mata at Seminary Hill, a day marked by grace and the felt presence of Mother Mary.
- Sr. Jyoti's extensive mission work in the Chanda diocese, including visits to Gatta, Repanpally, Patta Guda, and Vani, left her rejuvenated and spirit-filled. We commend Sr. Jyoti and her team for their enduring patience and missionary zeal. Our community supports them with prayers, thanking the Lord for their service.
- A Lenten retreat, organized by our parish priest Rev. Fr. Jesu Raj and led by Rev. Fr. Thomas Mentattu and his team from Punjab, brought a charismatic renewal to our parish. Visiting families at Martin Nagar and engaging the wider parish community, the retreat infused us with the Holy Spirit, offering profound satisfaction in prayer and song.
- As we express our gratitude to God, let us continue to pray for the Catholic Church, Christian missionaries, and each other, that we may all experience the peace and joy of Easter.

❖ **Agragami Provincial House, Mhasala**

Warm greetings and love from Agragami Provincial House, Mhasala, to all readers of Agragami Info. Our Provincial House community continues to thrive with various activities and programs. We are delighted to share the following highlights and good news with you.

- Our annual retreat, phase-2, was held from December 27, 2023, to January 1, 2024, under the guidance of Rev. Fr. John Kusumalayum OP, who led 36 participants in a time of spiritual renewal.
- We were honored by the presence of Rev. Sr. Arpita, the Mother General, who visited us from January 2 to January 9.
- On January 13, Rev. Fr. Kurian Ponmalakunnel, the director of the Ephatha Retreat Center, along with two other priests from the Diocese of Adilabad, visited our community. They were in Wardha for an evangelization program organized by CRI Wardha Zone.
- January 25 marked the visit of 13 newly ordained priests from the CMI congregation to our community.
- On February 3, the community exchanged vehicles, handing over the white Scorpio to Agragami Pipri and receiving a new Scorpio.
- We welcomed authorized visitors from MANOS UNIDAS, the Department of Social Work from Spain.

- Sr. Nivedita, the General Councilor, graced us with her presence on February 1, spending a few days with us.
- One of our happiest moments was on February 3, as we celebrated the Silver Jubilee of Sr. Jyotsna along with her three companions, and the 80th birthday of Rev. Sr. Karuna.
- The batch gathering for sisters from 1984 to 1994 took place on February 4 and 5, with 26 sisters participating. The gathering was led by Rev. Sr. Lilly from Green Garden and Rev. Fr. Aarogyaswami from the Diocese of Amravati.
- Rev. Fr. Felix SVD, a long-time well-wisher of the congregation, visited our community on February 9 and stayed for a few days.
- On February 10, we had the pleasure of welcoming Rev. Bp. Ephrem Narikulam, Bishop of Chanda.
- Finally, on February 26, Rev. Bp. Remigious Inchanani, Bishop of the Diocese of Thamarasseri, visited our community.

We cherish these moments and the community we share, looking forward to more such enriching experiences.

❖ **Aragami School, Mhasala**

Greetings from Aragami Convent School, Mhasala.

- It has been an eventful and enriching period for our students and staff at Aragami Convent School. From December 6th to 8th, 2024, our students from

classes 6th to 9th embraced the splendor of nature and the thrill of outdoor adventures at the Sahas Adventure Camp in Buttibori, Nagpur.

- On December 13th, 2023, our class VII students were enlightened at the Illuminous – 2023 value education seminar, graciously hosted by the Brothers of Cleretian Ashram, Sawangi.
- Seeking a blend of relaxation and fun, our Agragami Staff ventured out for a one-day picnic at Tai Cha Mala, Pulgaon, Wardha, on December 15th, 2023.
- The festive spirit of Christmas combined beautifully with the excitement of our Annual Sports Meet Inauguration on December 19th, 2023. The two-day sports event saw enthusiastic participation from over 1700 students.
- Our 'Aesthetic Reverie' – Mega Exhibition 2023-24 on January 12th, 2024, showcased the creativity and enthusiasm of our students across various subjects and themes, marking a unique and successful event.
- The 75th Republic Day was celebrated with fervor, featuring cultural performances, a valorous karate display, and honors for our students and staff who have shown outstanding commitment and achievements.
- A heartfelt farewell themed 'Happy and Safe Journey' was organized on February 10th, 2024, for our class X students by their juniors. In a gesture of giving back, proceeds from the farewell and the Annual Sports meet were donated to Asha Kiran,

Nagpur, and Ashadeepam Vettukad, two revered rehabilitation centers.

- As our students gear up for the 10th Board Exam, we seek divine blessings for their success and well-being.
- The 394th Birth Anniversary of Chhatrapati Shivaji Maharaj was celebrated with great zeal on February 19th, 2024. Our students paid homage to his remarkable legacy, emphasizing his administrative and military prowess, while Rev. Sr. Jessy highlighted his contributions to social welfare.

We extend our deepest gratitude for your continued prayers and support.

❖ **Trier, Germany**

- This year marked a special period for Sr. Sayujya and Sr. Prasanna as they embarked on a home holiday, which coincided with a jubilee celebration preparation course and retreat in Thannipuzha, Kalady. The opportunity to participate in the course and retreat proved to be profoundly enriching, offering them valuable spiritual renewal after a considerable time. Their experiences in both locations were deeply fulfilling, contributing to a memorable and spiritually significant journey.
- The culmination of this enriching experience was a meaningful liturgy held for the jubilee celebration at the Provincial House in Wardha on February 3, 2024. This event not only celebrated their dedication

and service but also served as a spiritual milestone for both sisters.

- Following the jubilee celebration, Sr. Sayujya and Sr. Prasanna returned to Germany on February 13, 2024. There, they seamlessly resumed their daily apostolic activities, carrying with them the spiritual insights and rejuvenation gained during their time in India. This period of reflection and celebration has undoubtedly enhanced their commitment to their apostolic mission.

❖ **Asha Kiran: A Nurturing Haven**

- Asha Kiran currently cares for 48 children. Some come from single-parent homes where a parent has left, abandoning them on the roadside or with grandparents. Others are complete orphans. These children range from 6 to 18 years old.
- All the children attend government schools, with instruction in Hindi or basic English. This year, we have a particularly promising group: 8 students from Class 10 and 3 students from Class 12 are preparing for their board exams. Notably, one of our young adults is already pursuing a Bachelor of Social Work degree in her first year.
- We consider these children blessings. To ensure their holistic development, our dedicated staffs, both internal and external, conduct monthly classes. These sessions cover a wide range of topics, including value education, moral values, career guidance, personal safety, nutrition, hygiene, and

talent development. We also provide targeted support for academic success by offering online and offline tuition classes in mathematics and science, specifically for the Class 10 students.

- To break up their daily routine and bring joy, we welcome visitors who celebrate festivals, birthdays, and even wedding anniversaries with the children. These celebrations provide entertainment and create a sense of community. The children also receive gifts for personal needs and occasional treats.
- We are deeply humbled and grateful for the positive feedback we receive from their school teachers and visitors. Recently, the District Child Protection Officer (DCPO) and the Child Welfare Committee (CWC) organized sports and cultural competitions. The children from Asha Kiran shone brightly, showcasing their talents and winning numerous trophies and certificates.
- Looking ahead to summer, we plan to expand our curriculum beyond classes like sewing, beautician training, embroidery, and nutrition courses. We are excited to introduce computer education for the older children, equipping them with valuable skills for the future. We express our profound gratitude to God and our congregation for allowing us to serve these underprivileged children and contribute to their overall well-being.

❖ **Sanjeevani Ashram, Sevagram**

- By the grace of God, all activities at Sanjeevani Ashram continue to thrive. It is evident that God, whose presence and approval underscore all missionary endeavors undertaken at the ashram, walks steadfastly by our side. Sister Divya dedicated herself throughout the Lenten season, conducting retreats for various groups within the ashram and extending her outreach to several parishes in the vicinity of Wardha and Nagpur. Sister Valsa was blessed with a unique opportunity to participate in the Jeevotsav mission of the diocese, aimed at renewing faith through home missions. Together with Sister Jyoti, she brought hope and the good news of the Gospel to numerous parishes and households.
- Currently, we are home to eight inmates, all of whom are faring well. Sister Sudha has been a pillar of support for them, embodying hope and compassion in her everyday actions. Sister Secunda underwent a three-month Terianship in Bhopal alongside her companions, gaining valuable experience and insights. We were also delighted to have Gloria, our novice, with us for a three-month community experience. Her laughter, cheerfulness, and hard work brought additional joy to our community.
- Our community feast and Sister Sally's feast were celebrated with great joy, marking memorable moments of fellowship and gratitude. This Christmas season, like those before, saw generous support

from our school communities and individual sisters. We extend our heartfelt thanks for all the assistance, support, prayers, and well wishes we have received from our sisters. Your contribution plays a vital role in our growth and outreach.

May God bless you all with His abundant grace! Wishing you a joyous and blessed Easter!

❖ **Aragami High School, Pipri**

- The school reopened after the Christmas vacation, brimming with enthusiasm. The new year was ushered in with a heartfelt prayer service and an array of cultural performances, setting a vibrant tone for the days ahead.
- Our Republic Day celebration was graced by Sr. Rashmi SJB as the chief guest, with Sr. Veena, Sr. Karuna, and Sr. Vineeta honoring us as guests of honor. The event was highlighted by a mesmerizing drill display performed by our students, organized class-wise, which captivated all who attended.
- On February 3rd, a special moment was shared amongst the staff members of Aragami School as they extended a warm felicitation to the cherished mother of Sr. Deepa, marking her visit to our school with warmth and joy.
- The school bid a heartfelt farewell to the graduating 10th standard students on February 10th, commemorating their journey and achievements within our halls and wishing them success in their future endeavors.

- February 19th was a day of joyous celebration as we honored the 60th birthday of Sr. Savita, our esteemed Vice Principal. The staff members came together to celebrate this milestone, reflecting on the dedication and love she has poured into our community.
- The festivities continued on February 24th, with the dual celebration of Sr. Savita's birthday and Sr. Deepa's Silver Jubilee. Our students showcased their talents through various cultural programs, making the day memorable for both honorees.
- From March 1st to March 26th, the school hosted the Board Exams, a period marked by diligence and determination. Our students approached these exams with focus and perseverance, supported by the entire school community in their pursuit of academic excellence.

❖ **Christusadan Convent, Pipri**

- Following their annual retreat, Sr. Savita and Sr. Veena rejoined our community on the evening of January 1st.
- It was indeed a great day for Christu Sadan community and Agragami community, Jail Road on 28th of January as we had an outing to Amravati Bamboo Garden and Oxygen garden. Also we were indeed blessed to visit the Cathedral Parish and to spend some gracefilled time at the presence of the blessed sacrament.

- It was a delight to host Sr. Deepa's family members from February 2nd to 4th. Their presence brought much joy and warmth to our community.
- On the evening of February 4th, we had the pleasure of welcoming Rev. Sr. Prasanna and her family. Sharing a meal with them was a wonderful opportunity to foster community spirit and friendship.
- Our community was blessed to welcome Rev. Fr. Felix SVD, Sr. Karuna, and Sr. Sarala on February 8th. That day was marked by a profoundly meaningful and enriching celebration of the Holy Eucharist, led by Fr. Felix, which deeply touched all participants.
- The 60th birthday of Sr. Savita on February 19th was a grand occasion. The presence of our parish priests and Sisters from various communities infused the celebration with added joy and vibrancy, making it a memorable event.
- Rev. Sr. Philomina underwent surgery on February 21st in Nagpur. She is currently recuperating at the provincial house, where we continue to keep her in our thoughts and prayers.
- On March 21st, Sr. Savita traveled to Kerala to visit her ailing father, carrying with her our best wishes for his swift recovery and their time together.

❖ **St. John's Convent, Kazhakuttam**

The Kazhakuttam Catholic community is a vibrant and flourishing place, brimming with activities that strengthen faith and foster connection. Here's a

glimpse into some of the blessings enriching the community:

- **Saturday Unit Prayers:**

United by their faith, parishioners gather every Saturday for shared prayer sessions, solidifying their bond with God and each other.

- **Nurturing Young Minds:**

Committed sisters dedicate themselves to imparting God's knowledge to children through engaging catechism classes.

- **Caring for the Elderly:**

Recognizing the needs of seniors, the community cherishes Sr. Deepa Kidangan's efforts. As the animator of the "Genius Group," she energizes the elderly by organizing activities and fostering a sense of togetherness, combating loneliness.

- **Sharing the Gift of Languages:**

Sr. Geeta's generosity extends beyond parish borders. While she willingly teaches German to students in Trivandrum Thampanoor, she goes the extra mile by offering additional German language classes within the parish itself.

- **Youth Ministry Flourishes:**

The parish youth ministry thrives under the inspiring guidance of Sr. Pavana. Her dedication to the youth's growth is evident in her efforts to accompany them in Eucharistic Adoration and connect them to God through creative activities.

- **A Milestone Achieved:**

Through Sr. Pavana's perseverance, the land registration process culminated in a momentous occasion. By God's grace, the foundation stone was laid on March 20th, 2024, by Rt. Rev. Bishop Thomas Netto of the Archdiocese of Trivandrum. This momentous event was graced by the presence of Provincial Superior Rev. Sr. Vidya Joseph and Rev. Fr. Deepak, the parish priest of St. Joseph Church, Kazhakuttam, along with the parishioners.

- ❖ **John's Matriculation High School, Thoothoor**

Here's a summary of some exciting events and activities that took place at St. John's Matriculation High School, Thoothoor, between January and March 2024:

- **Inspiring Start to the Year:**

The school year began with a meaningful prayer service to celebrate New Year's Day 2024. Bro. Akash, the guest speaker, shared an inspiring story of the lost sheep, leaving a lasting impression on the students.

- **Navarasa 2024** - A Successful Annual Day: The school held its annual day on January 12th, 2024, themed "Navarasa 2024." The event was graced by the presence of several dignitaries, including Rev. Sr. Sunandha (Chief Guest), Rev. Fr. Fredy Solomon and Rev. Fr. Tony Thomas (Guests of Honour), Mr. John Britto, Mr. Jamald, Mr. Jesinth, Sr. Pavana, and Sr. Sunitha. Students showcased

their talents through various performances, making the event a joyous and successful celebration.

- **Planting the Seeds of Awareness:**

St. John's students actively participated in a speech competition organized by Malankara Catholic College, focusing on the importance of tree plantation in the Chinnathurai seashore area, near St. Jude's School. Their participation resulted in winning medals and certificates, demonstrating their commitment to environmental awareness. Our students each contributed Rs. 50, enabling us to distribute essential groceries to 25 underprivileged families in Thoothoor parish.

- **A Day of Spiritual Renewal:** The school organized a one-day retreat for students, led by Rev. Fr. Pinto. The day included prayer and adoration sessions, providing a time for reflection and spiritual growth for both teachers and students.

- **Celebrating Leadership and Language:** On March 13th, 2024, a combined celebration took place at the school. Principal's Day was observed alongside the English Annual Day of WICE (Winners Institute of Communicative English). Mr. Jesinth served as the chief guest for the program.

- **A Fond Farewell:** The school held a heartwarming farewell ceremony for its graduating class 10 students. A meaningful prayer service and a cultural program marked the occasion, creating lasting memories for the students as they embarked on their next chapter.

❖ **Ashadeepam Convent, Vettukad**

- Warm greetings and love from everyone at Ashadeepam Convent, Vettukad. We are blessed to report that all our inmates are in good health and spirits, thanks to the grace of God.
- Currently, we are home to six inmates from various locations, whose presence fills our community with joy. Serving these elderly mothers is not only our duty but a source of countless blessings.
- We are also pleased to share that Sr. Anima joined us at Ashadeepam on February 1st due to health concerns. In search of better medical facilities, she was transferred from Ranni to Vettukad. Following complications related to a brain stroke, Sr. Anima underwent a minimally invasive brain surgery at Jubilee Mission Hospital. She has since been moved to John Haw Vihar, Chiyaram for further recovery. We are immensely grateful to the Almighty for His timely intervention and care.
- St. John's KG, Vettukad, recently saw its 60 young learners go on summer vacation after their exams and results. Meanwhile, our pastoral activities, including Matruvedi, aiding in communion distribution, family visits, and attending to the sick, continue to thrive under God's protective shade.
- As a community, we extend our heartfelt thanks to everyone for the unwavering support towards our activities. May God bless each one of you!

❖ **John Haw Vihar, Chiyvaram**

Greetings from John Haw Vihar, Chiyvaram!

- We'd like to share some of the joys and events that have filled our community recently.
- We were delighted to host our Superior General, Rev. Sr. Arpita, during her visit to nearby communities.
- Several of our dear sisters working in Germany, including Sr. Nivetita, Sr. Sayujya, Sr. Prasanna, Sr. Ranjita, and Sr. Sheetal, also graced us with their presence.
- February 2nd saw a grand celebration for the feast of Rev. Sr. Arpita, coinciding with the Presentation of our Lord. The event brought together various communities from the surrounding area.
- We were especially honored to participate in the Ordination and First Holy Mass of Dn Edison MSJ, the brother of Sr. Archangel SJB.
- On January 30th, the community warmly welcomed five newly ordained MSJ priests. Rev. Sr. Sunita SJB, an African Missionary from Tanzania, visited us in January.
- We share the news that our dear Sr. Sutara, a pioneering missionary, suffered a fall and underwent hip surgery. She is now receiving palliative care within the convent.
- Sisters on vacation make a point to visit the community.

- The community consistently offers support by attending funerals of our sisters' family members.
- A retreat for senior sisters in Chiyyaram was held from February 24th to 29th. Rev. Fr. Francis Kurisseri CMI served as the guide, and eight sisters participated.
- The 80th birthdays of Rev. Srs. Sutara and Udaya were celebrated during a John Haw Vihar Service Society meeting.
- Sr. Anima is recuperating at Chiyyaram after brain surgery at Jubilee Mission Hospital Thrissur. We kindly ask for your continued prayers for our sisters' health.
- Our hostel houses 45 students, along with two teachers from Brilliants and Chetana Institute. They are happy and thriving in their studies.
- Catholic students and teachers among them join us for regular evening prayers.
- The sisters remain dedicated to their pastoral activities, including visiting families, leading family unit prayers, distributing Holy Communion, caring for the sick and elderly, and attending funerals.
- The hostel's leftover food becomes a blessing for five families, as it is distributed to them.
- We are all doing well despite our various health concerns. Your continued prayers are greatly appreciated.

May God bless us all!

❖ **Jeevan Vikas Convent, Sevagram**

Jeevan Vikas Society, with the continued support of Manos Unidas, has had another successful year in empowering underprivileged communities. Here's a glimpse of our impactful activities:

- **Reaching Out to New Communities:** The society identified 25 villages and formed new handicapped groups, expanding their reach and support.
- **Livelihood Skills and Equipment:** 24 disabled individuals received tailoring machines, enabling them and their families to achieve financial independence.
- **Manos Unidas Representatives Visit:** A successful inspection was conducted by Mrs. Anna and Mrs. Monica from Manos Unidas, solidifying their partnership.
- **Healthcare for All:** Numerous medical camps were held, providing vital medical services and free surgeries at Sawangi hospital to the sick and needy. Additionally, awareness programs on various health issues were conducted in different villages, focusing on women's well-being.
- **Women's Empowerment:** A legal awareness program for women in each village was organized. With Sr. Philomina from Nagpur as the resource person, 70 women actively participated, gaining valuable knowledge about their rights.
- **Skilling SHG Groups:** Jeevan Vikas Society, supported by Manos Unidas, provides training to

Self-Help Groups (SHGs) in various skills like papad making, fast food preparation, creating different masalas, and soap production. This empowers women to start small businesses and earn a livelihood.

- **Celebrating International Women's Day:** The society organized a grand celebration at Rotha village. Over 129 women participated in cultural events, highlighting the importance of women's rights and mobilization. A true inspiration to the community, Mrs. Nanda Junghre, who tirelessly serves leprosy patients, was felicitated at the event.
- On March 25th, the Jeevan Vikas community celebrated a momentous occasion – the blessing and inauguration of our newly constructed rooms. Rev. Fr. Robinson Forane Vicar and Parish priest of St. Antony Church, Wardha was present for the blessing, while Sr. Vidya Joseph inaugurated the facility. This achievement is a testament to the dedication of the provincial team and their tireless efforts.
- The Jeevan Vikas Society continues its mission to uplift the lives of the underprivileged, offering them hope and a brighter future. We wish them all the best in their endeavors.

❖ **Kisanwadi, Kopreli Community**

- Greetings from the Kopreli Community! We're happy to share some of the highlights from our ministries at Kisanwadi Convent.

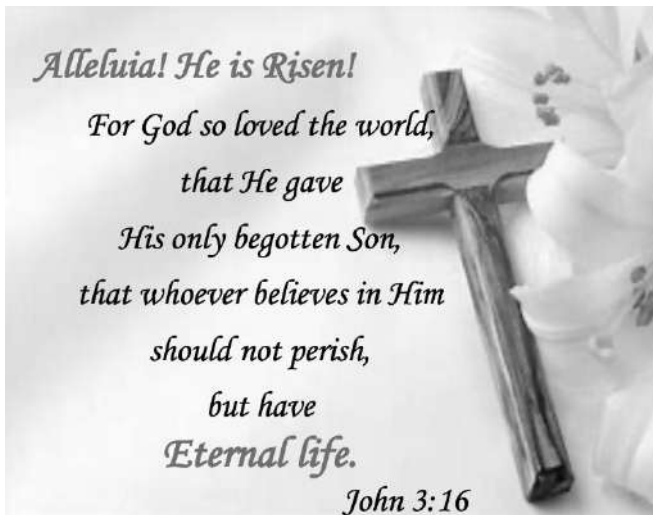
- We successfully concluded the annual exams for our Kindergarten on March 23rd. We're proud of our 5 graduates from a class of 20 students!
- Our boarding school continues to provide a nurturing environment for 23 children. One student recently completed the tenth exam, and others are currently appearing for their annual exams.
- The dispensary remains a source of vital medical services for the community.
- We celebrated the joy of faith with 22 baptisms this year. Five children also received their Holy Communion and Confirmation.
- The community came together for a meaningful celebration of the feast of St. Joseph, followed by a one-day retreat for spiritual renewal.
- The Project under Manos Unidas is ongoing, demonstrating our commitment to social outreach and community development.

We at Kopreli Community are grateful for the opportunity to serve and uplift those in need.

Don't Seek Yourself, Give Yourself Away

- Rosmary Tigga (2nd Year Candidate)

Turn away from the quest to find yourself within,
For in giving yourself, your true essence will begin.
Don't stand fixed on your reflection in the glass,
But reflect a light that uplifts and surpasses.
See the errors holding you down, let them fade,
Make things right, a better path to be made.
When shadows fall and your spirit feels low,
Turn yourself around, to where Jesus can show
His endless love, a constant and radiant stream,
A chance for your joy to become a joyful dream.
Transform your minuses, make the burdens depart,
Turn them all to pluses, a brand new start.



Beyond The Walls: A Look Inside Prison Life

- Sr Rupa Antony

“When God gives you a new beginning, it starts with an ending. Be thankful for closed doors. They often guide us to the right one.”

As we navigated through the chapter document and the proposed action plan of our community, we faced the harsh realization that restarting the jail ministry seemed unattainable, as Ashadeepam had pivoted to caring for the elderly. The Corona pandemic and subsequent lockdowns had revoked our permission to visit jails. For our school community, reviving the jail ministry felt like an unreachable dream, prompting us to fervently pray for those behind bars. In November 2022, this became our prayer intention. To our astonishment, in December, we discovered that other members of the “Jesus Fraternity” had resumed jail ministry since June 2022. The odds of obtaining permission at year's end seemed slim. Yet, the persistent thought of attempting, despite potential failure, led us to approach the authorities for permission. To our immense relief, we were granted permission to visit the jail starting 1st January 2023. Sr. Deepa Kidangen and I visited the jail after a prolonged gap. On the first day, after praying at the correction center for women, we attended the Holy Mass at the District Jail for men. Upon entering the Chapel, an elderly sister inquired if we spoke Hindi. When we said yes, she requested one of us to counsel the North Indians in the district jail, who were eager to share their experiences but lacked a fluent

Hindi speaker among us. Engaging in counselling without knowing the outcomes, I realized that our desire to restart the jail ministry was secondary to Jesus, who had initiated this mission long before us. He merely awaited our modest effort to affirm His plans. The North Indians were overjoyed to find someone who understood their language, making us the 'voice of the voiceless.' Gradually, more Hindi-speaking jailers began participating in the prayer and Holy Mass. Meanwhile, the women's wing prayer group became vibrant, witnessing miraculous works by God. A robust prayer group emerged, holding daily prayers even on weekdays. Despite lacking a complete Bible, one member had a small Bible Box with scripture passages, which she shared with her cellmates. This led to more inmates gathering in her cell, recognizing the extraordinary occurrence among those in prayer.

Lacking pen and paper, the Holy Spirit inspired them to write His messages on their palms with a refill to share with us during our next visit. We were oblivious to the specific messages from the Holy Spirit but continued our prayers, guided by faith. It soon became evident that we were witnessing divine intervention in their lives, not merely human efforts. As we shared the Word of God, one woman would reveal her palm, displaying a Bible quotation or message that exactly matched our teachings. Sometimes, they interrupted us, claiming to have found answers to their prayers. This reminded us of Sr. Inigo, a chapter moderator who urged us to leave our comfort zones and engage in frontline ministries. Indeed, the inspiration was palpable.

I encountered a woman from Chalakudy, accused of drug trafficking without understanding the charges against her. Having heard about her case on the news, I was moved when she wept openly during prayer the following day. Wrongly accused and caught with drugs she had never seen, the evidence mounted against her, leading to her imprisonment for 72 days. Witnessing her tears, I reassured the group that crying is also a form of prayer. I comforted her with the knowledge that a God who has experienced similar suffering understands and will intervene. After 72 days, she was declared innocent and released. Her testimony on a TV channel, attributing her survival from depression and suicidal thoughts to the prayers in jail, highlighted the divine intervention she experienced through the Sisters. This incident, shared by our auditor Mr. PV Chacko during legal training, exemplified the Sisters' life-saving charitable work, coinciding with International Women's Day.

The faces in the prayer group often change, as many inmates are released following court settlements. They encounter the Lord, and their lives transform. The deepest sorrow comes from abandonment by their own families, who fail to welcome them back even after bail is granted. The special grace of Mother Mary leads them to her Son, Jesus, witnessing true miracles. Subsequently, Kerala imposed restrictions on jail visits, limiting them to special occasions with prior approval. Yet, we received special permission from the jail Superintendent to visit the women's wing, recognizing the positive transformations among the inmates.

Every Sunday, our visits allow us to pray with them and listen to their experiences of God. Their hopeful eyes and thirst for the Word of God speak volumes. From being closed off, they have become open-hearted, more obedient, caring, and hopeful for a new life in Christ, accepting their past and ready to move forward. Our role is simple yet profound; we offer sincere prayers. God's active concern for them manifests in miraculous changes, touching many lives. **It is all because of this one man Jesus who began this great work for the abandoned.**



Laugh A While

A little boy was waiting for his mother to come out of the grocery store. As he waited, he was approached by a man who asked, "Son, can you tell me where the post office is?"

The little boy replied, "Sure, just go straight down the street a couple of blocks and turn to your right."

The man thanked the boy kindly and said, "I'm the new parish priest in town, and I'd like you to come to church on Sunday. I'll show you how to get to Heaven."

The little boy replied with a chuckle, "Awww, come on; you don't even know the way to the post office!"

A businessman needed a million dollars to close an important business transaction. He went to church to pray for the money. He knelt and started praying next to a man who was praying for a hundred dollars he needed to pay an urgent debt. The businessman took out his wallet and pressed the hundred dollars into the other man's hand. Overjoyed, the man got up and left the church. The businessman then closed his eyes and prayed, "And now, Lord, that I have your undivided attention...."

An old preacher was dying. He sent a message for his banker and his lawyer, both church members, to come to his home.

When they arrived, they were ushered up to his bedroom. As they entered the room, the preacher held out his hands and motioned for them to sit on each side of the bed. The preacher grasped their hands, sighed contentedly, smiled, and stared at the ceiling.

For a time, no one said anything. Both the banker and lawyer were touched and flattered that the preacher would ask them to be with him during his final moments. They were also puzzled; the preacher had never given them any indication that he particularly liked either of them. They both remembered his many long, uncomfortable sermons about greed, covetousness, and avaricious behaviour that made them squirm in their seats.

Finally, the banker said, "Preacher, why did you ask us to come?"

The old preacher mustered up his strength and then said weakly, "Jesus died between two thieves, and that's how I want to go."

Woman

- SrTresa SJB

Woman? Who is a woman?

There...she is a woman

What makes her different from 'he'

Just a letter? No...

Then...I need to think

A woman is a mother

Whose care nurtures her child

A woman is a daughter

Who loves her pappa more

A woman is a sister

Who protects her siblings

A woman is a lover

Whose heart longs for her lover

A woman is a child

Whose tenderness wins her stubborn child

Yes...dear woman

The world hovers around

Your little universe

You are the queen and the servant

The life giver and protector

I salute your love

That overflows

And fills the earth

And preserves its growth.

Life Full of Divine Glory

- Sr Shruti

Embracing the call of religious consecration is a profound journey that intertwines divine selection with meticulous preparation and formation, akin to a potter's careful crafting of a beautiful vessel. Scripture abounds with narratives of individuals divinely chosen and entrusted with pivotal missions, with Moses standing as a prime example. His life, marked by a series of divinely orchestrated events beginning with his miraculous preservation in childhood and culminating in his encounters with God, including the transformative experience at the burning bush and subsequent missions, epitomizes the process of God's call. Moses's life reflects a gradual unfolding of his vocation, revealing the glory of God at each step and culminating in his leadership over Israel.

This pattern of divine calling and preparation is not unique to Moses but is evident in the lives of numerous biblical figures, from patriarchs and prophets to the disciples of Jesus Christ. Each encountered God in a profound manner, uniquely prepared to partake in the divine mission of salvation. Their stories collectively underscore God's enduring love for humanity, manifested through the call, preparation, and journey of these chosen instruments.

Our own paths mirror this divine process, marked by moments of intimate encounter with God that illuminate our vocation and purpose. As we reflect on 25 years of

consecrated life, we recognize these years as a testament to God's mercy and a cause for heartfelt gratitude. The journey of religious life, though forward-looking, gains clarity in hindsight, enabling us to discern the grace that has guided us, even when our roles and challenges seemed inscrutable.

In celebrating a jubilee, we acknowledge not our own strengths or weaknesses, but our openness to God's will—a willingness that God has richly blessed. Our dedication to living out our vows amidst varying circumstances underscores our reliance on divine strength and the guidance of our founder, Fr. John Mary Haw, whose trust in divine providence has been a constant inspiration.

Our journey has been one of sacrifice and service, yet it is through our individual and collective efforts that the kingdom of God has been furthered. Echoing the boundless love of our Father Founder, we continue to ask, "What more can I do for you?" Confident in God's love and guided by His spirit, we embrace the future, ready to extend His kingdom with renewed zeal and dedication.

From Tomb to Bloom

- Sr Sally

In the hush of the tomb, where shadows reside,
A promise lay dormant, hope petrified.
A life spent in service, a love freely given,
Crushed beneath sorrow, a price to be striven
But dawn's gentle fingers, kissed away night,
A tremor, a rumble, a shattering light.
The stone rolled aside, a victory cry,
Death's grip overcome, reaching for the sky.
From the heart of the garden, where lilies unfurl,
A message resounding, a change in the world
No longer the darkness, the sting of despair,
Life bursts from the silence, a promise to share.
The echo of triumph, a call to believe,
That even in darkness, new beginnings weave.
For deep in the slumber of winters cold hold,
A seed waits for springtime, a story untold.
So let us rejoice, with spirits alight,
Death's shackles are broken, bathed in morning's soft
light.
A promise fulfilled, a victory won,
From the tomb to the bloom, a new life begun

First Steps to Faith: My Journey Begins

- Sr Sushanti

They say the first step is always the hardest, and it's true. Without taking action, our goals remain just dreams. So, I embarked on my journey in religious life by making my initial commitment to the Lord.

Looking back, my heart overflows with gratitude. I thank God for the precious gift of life, the unwavering strength of my Christian faith, and the unwavering love of my family – my parents, siblings, and my incredible formatters, Sisters Surabhi, Pavana, Bindu, Shruti, and LifeY. Their guidance was instrumental in my growth during those formative stages.

On July 31st, I took another momentous step by beginning my life within the community in Gomini. There, I was entrusted with the responsibility of leading a small pre-primary school. Family visits have also become a cherished part of my experience. As I enter each home, I witness firsthand the struggles people face. These encounters deepen my appreciation for the blessings in my own life. I recognize God's hand in keeping me safe and sound, and I feel His presence strengthening me each day as I strive to understand His sacrificial love and remain steadfast in my faith.

Prayer of Abandonment

This prayer by Charles de Foucauld beautifully encapsulates the essence of total surrender to God's will. It's a profound declaration of faith and trust, highlighting a willingness to accept whatever God has planned, rooted in the understanding that God's will is ultimately for our good. Foucauld's life, marked by a radical transformation from a life of privilege to one of humility and service among the Tuareg people in the Sahara, exemplifies the depth of his trust and surrender to God. This prayer continues to inspire many in their spiritual journey, serving as a reminder of the peace and joy found in entrusting oneself fully to God's loving care.

*Father,
I abandon myself into your hands;
do with me what you will.
Whatever you may do, I thank you:
I am ready for all, I accept all.
Let only your will be done in me,
and in all your creatures -
I wish no more than this, O Lord.
Into your hands I commend my soul:
I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give myself,
to surrender myself into your hands without reserve,
and with boundless confidence,
for you are my Father.*

- Charles de Foucauld

Vocation Story

Called to Be the Vessel of God's Mercy

- Sr Shanthammal (Shanti) SJB

My journey towards my vocation was far from direct and clear-cut, unlike what others might experience. Reflecting on my vocation story fills my heart with profound gratitude towards my merciful God for His unwavering benevolence and companionship. I am immensely grateful to have grown up among a brother and three sisters, all nurtured by deeply religious and God-fearing parents. When I was in primary school, one of my sisters joined the DSS congregation, which sparked my interest as well. However, at the tender age of 13, I had to halt my education to support my family. Engrossed in work, the dream of becoming a nun faded away from me as I focused on earning money and accumulating jewellery for my eventual marriage. It was following my father's persistent reminders that girls should be married by the age of 18. Little did I know that Jesus was preparing me to become His bride, a path I never imagined possible for myself!

As I reached the age of 18, my father restricted me from working, deeming me ready for marriage. Despite my occasional assertions of wanting to become a nun, discouragement from all sides led me to believe it was an impossible dream. Yet, in an inexplicable moment of courage, I found the strength to ignore my family's opposition and expressed my desire to become a nun to my parish priest, Rev. Fr. Soosai Raj. He was supportive

of my decision and, as the school's manager, recommended that the headmaster allow me to resume my studies. With my family unhappy about my decision and unwilling to finance my education, I resolved to sell all my jewellery and rejoined 9th grade after a five-year gap. Starting from scratch, I relied on God's assistance in overcoming the challenges.

During my studies, my sisters attempted to arrange my marriage to a suitor who frequently visited our home. To evade this situation, I sought refuge in a hostel with the help of my parish priest. In 10th grade, I encountered Sr. Victoria and Sr. Roshini at school, who introduced me to our congregation. After a brief introduction about myself, I joined the congregation. My novitiate period was profoundly influenced by the life of St. Faustina, as recorded in her diary. Finding parallels between her life and mine, I chose her as my patroness, aspiring to embody the divine command, "Be merciful, just as your Father is merciful" (Luke 6:36). This is the story of how I became a member of the SJB congregation, deeply convinced of my divine calling to spread God's merciful love to many.

What Is Life

- Sr Maria Goreti

Life is not just a test

Life is a challenge to be faced.

*And while facing these challenges,
we come across the ups and downs of life.*

But life is not always a challenge.

Life is a target to beat.

And it is hard to attain this target.

A tough a target to beat.

Life is not only a target to beat

life is a way of living

living truthfully and loving

Each day and each one and all.

To gain life's greatest target

We need to be good and kind.

*For this we need to pray to God
to help us lead a good life.*



Saint Companions

From Soldier to Saint: The Compassionate Legacy of John of God

Saint John of God (1495–1550) was the founder of the Brothers Hospitallers, a Catholic order dedicated to nursing. Canonized in 1690 with his feast day on March 8, he is the patron saint of hospitals and the sick, a title bestowed by Pope Leo XIII in 1886.

John of God's path to sainthood wasn't a straight one. Born in Portugal, he spent much of his early life as a shepherd and soldier. Far from the image of a saint, he even faced accusations of theft. Yet, a spiritual awakening transformed him entirely. Inspired by the sermons of a mystic preacher, John dedicated himself to serving the poor and the sick.

His devotion wasn't confined to thoughts and prayers. In 1537, John rented a house in Granada, Spain, and began caring for the most vulnerable in society. His dedication and compassion attracted others, and soon a group of followers joined him. Bishop Sebastián Ramírez recognized John's work and bestowed upon him the name "John of God." This marked the birth of the Hospitaller Order of St. John of God, a religious order dedicated to caring for those in need.

John of God wasn't just the founder; he was the embodiment of the order's spirit. He personally cared for the sick, often going above and beyond. Stories abound of his selfless acts, like risking his own health to save

others. His dedication even led to his death – he contracted pneumonia while rescuing a young man from a river.

John of God's legacy extends far beyond his lifetime. The order he founded continues to operate worldwide, providing healthcare and social services to millions. John of God's story serves as a powerful reminder that even the most unexpected journeys can lead to profound acts of compassion, leaving a lasting impact on the world.

एककिरण

- Poonam Kujur (Candidate)

सुरज जब उगता है,
हजारों दीप ले आता है।
हर एक चेहरे पे एक प्यारीसी,
मुस्कान छोड़ जाता है।
हरियाली, खेत नाचते फूल,
सुर्य के किरण से खिल जाते हैं।
ओस की बुन्दे सुर्य के,
किरण से तीव्र बन जाते हैं।
घना जंगल अंधेरी रात,
सुर्य के आने से प्रकाशमय हो जाती है।
देखते ही देखते सुर्य तीव्र हो जाता है,
फिर दुबारा एक नयी किरण ले आता है।

Joyful Witness of Our Charism In My College Life

- Sr Abhilipsa

As I step into the bustling college campus, I'm greeted by an environment brimming with technological innovation and smart advancements. This modern milieu, once foreign to the contemplative ambiance of our religious upbringing, has now become a canvas for my personal and intellectual growth. College life has evolved into a jubilant affirmation of my existence, where the fusion of spirituality and technological advancement unfolds daily.

Engaging with my peers, I've been heartened by their respect for the deep-seated values our religious teachings espouse. Beyond the confines of academia, I endeavour to meld our Charism with the cutting-edge ethos of today, crafting a synergy between spirituality and innovation. Each day in the college's lively halls presents a fresh chance to join the wisdom of tradition with the excitement of modernity.

The rich interactions with classmates and educators have transformed into a podium for broadcasting the depth of our Charism. Navigating through my academic voyage, I'm constantly inspired to present our spiritual doctrines in ways that echo with the rapid pace of contemporary education. It's a stimulating challenge to seamlessly integrate spirituality into the college experience.

Within the walls of Azam College of Education, I discover an arena where the zeal for knowledge meets the passion for living out our Charism. Through my academic pursuits and social exchanges, I'm dedicated to not only mastering technological advancements but also to enriching them with the eternal truths and values that guide our lives. My college days are thus imbued with the mission of harmonizing the divine with the modern.

This educational odyssey is not merely a segment of my academic path; it is a vibrant testament to the harmonious interplay between tradition and innovation, spirituality and technology. Engaging with the college's support staff during breaks has been among the highlights of my experience, offering profound insights into their lives and struggles. Amidst Pune's bustling life, stories of poverty and solitude remind me of my calling as a joyous herald of His Merciful Love. As we approach the solemnity of Holy Week and the exultation of Easter, I extend to each of you the blessings and jubilation of the season. May this time of reflection and renewal bring you closer to the joy and hope Easter symbolizes.

The Easter Star's Secret

- Sr Sarala Montry

In a sleepy town nestled beneath a velvety night sky, a little star named Stella twinkled with an extraordinary secret. Each Easter, Stella's light became a guiding beacon for the Easter Bunny, leading him to hidden treasures across the world. One eve, as the Easter preparations began, Stella sensed a touch of sadness in the bunny's heart. Determined to spread an extra dose of joy, Stella decided to embark on a magical journey of her own. With a sprinkle of stardust, she transformed into a tiny bunny, joining the Easter Bunny on his mission. Together, they hopped through moonlit meadows, crossed sparkling streams, and shared stories with night-dwelling creatures. Stella, in bunny form, discovered the wonders of Easter from a different perspective. The duo encountered challenges, laughter, and even a dash of moonlit mischief.

As dawn painted the sky in pastel hues, Stella revealed her true identity to the Easter Bunny. Touched by her compassion, the bunny's heart brimmed with gratitude. The duo returned to the town, bringing with them not just eggs but a tale of an unlikely friendship and the magic woven into the beauty of Easter night. From that day forward, the Easter Star's Secret became a cherished story, reminding children that kindness, friendship, and a sprinkle of starlight can make Easter even more magical.

May you have a trustful Holy Week, an enlightening Good Friday and a very Happy Easter! May you always

walk in His light and tell His Easter stories. Even in these hard times and all your troubles, know that He will never forsake you and is in charge of everything.

Easter Vigil Homily - 2023

- Pope Francis

In the early light of dawn, as the first hint of sunlight pierces the horizon, a group of women make their sorrowful journey to Jesus' tomb, their hearts heavy with grief. Upon finding the tomb empty, their sorrow is transformed into joyous disbelief. They rush back to the disciples, their message clear: Jesus has risen, and He awaits them in Galilee. This narrative captures the essence of Easter as a passage—from mourning at the grave to a joyful reunion in Galilee, symbolizing a new beginning.

The women initially approached the tomb, expecting to find closure in the finality of death. This mirrors our own experiences, where at times, our lives seem to be a collection of sealed tombs—disappointments, failures, and the crippling belief that nothing can change. We've all faced moments that bring us to a standstill, questioning "Why?" amid sorrow and regret.

However, the story of Easter teaches us not to linger at the tomb. The women, despite their initial fear, quickly spread the joyous news of Christ's resurrection and His summons to Galilee. Galilee represents not just a

physical location but a spiritual journey back to the beginnings of faith and forward into a future filled with hope. It's where the disciples first encountered Jesus and were called to follow Him. Easter, therefore, is a call to remember our own "Galilee"—the moment we first felt the touch of divine love and hope.

To rise again, to rediscover our path, we are invited to recall that initial encounter with Jesus. It's in this memory, this return to our spiritual Galilee, that we find the strength to move forward. Remembering our first love, the moment God became more than a distant figure, but a present and loving force in our lives, reignites the joy and passion of our faith.

Thus, Easter challenges us to roll away the stones of disappointment, to revive our faith by remembering the beauty of our first encounter with Christ. It asks us to return to Galilee, to the essence of our faith, to celebrate the resurrection within us. By revisiting our spiritual beginnings, we are reminded that Jesus is not confined to the past but is a living presence, guiding and loving us every step of the way.

Let us, therefore, embrace the journey back to our own Galilee, to rekindle the love and hope that first brought us to faith. In doing so, we rise to new life, inspired to meet Jesus again, where He awaits us with open arms.

Home Mission Report

The Spark of Light Received From Reaching Out and Renewing Faith

- Sr Jyoti SJB

Introduction

At the request of our Provincial, Rev Sister Vidya, Sisters Valsa and I embarked on a home mission journey, visiting five locations in the diocese of Chanda: Ghatta Parish (January 14th-21st), Reppanpalli (February 13th-15th), Pattaguda (March 5th-7th), Wani (March 12th-17th), and Mul (March 19th-21st). We are deeply grateful to Rev. Sr. Vidya for giving us the opportunity to be part of this vital ministry. We are indeed fortunate to have participated in it during Lent, a significant season for spiritual reflection. This experience has undoubtedly enriched us both spiritually and physically.

We extend our sincere appreciation to Fr. Binu, director of Jeevotsava, for his tireless efforts in reigniting faith within these mission stations.

Our Approach:

Following the model of Luke (10:1), we visited families in pairs, recognizing the immense responsibility entrusted to us. With complete reliance on God, we approached each household with a simple yet impactful method:

1. Surrendering the Family to God:

We began our prayers by dedicating the family to God's grace through prayer.

2. Proclaiming Jesus as Savior:

We conveyed that we came on behalf of Jesus, highlighting his role as the savior of their household and the one true, powerful God.

3. Listening with Compassion:

We actively listened to their stories and concerns, observing the family atmosphere with care and interest.

4. Discerning Spiritual Obstacles:

We exercised prudence in identifying any spiritual hindrances that might prevent them from fully experiencing Jesus' salvation.

5. Individualized Counselling:

Guided by God's word, we offered personalized counsel to each family member.

6. Reconciliation and Community Building:

We encouraged reconciliation with God, with one another, and with neighbours, emphasizing the importance of fostering a peaceful and connected community.

7. Healthy Living Practices:

Finally, we offered reminders for a spiritually and physically healthy life, including attending Holy Eucharist, reading scripture, receiving sacraments, reciting rosaries, and fostering devotion to Mother Mary. We concluded with a final prayer and invited them to a retreat at the Parish Church, a potential starting point for a renewed life with Jesus.

Observations and Responses

We encountered several common challenges across the communities, including alcoholism, broken families, and alternative forms of worship, diminishing faith, and personal and family struggles. However, most families welcomed us warmly, readily sharing their problems and receptive to hearing God's word as a solution. Some even expressed a desire to learn more about cultivating a robust spiritual life, referencing scriptures like Luke 6:43-44 regarding good and bad trees bearing fruit. This resonated with the idea that our inner fruits, such as love, joy, and peace, manifest through our actions as patience, kindness, and generosity. Self-control, faithfulness, and gentleness are virtues to be practiced towards oneself, family, and neighbours. While some individuals expressed a yearning for deeper spiritual growth, many houses lacked male figures due to work commitments and wavering faith.

Parish Highlights:

a) Ghatta Parish:

We acknowledge the commendable efforts of Parish Priest Father Nikhil and the sisters in facilitating a successful mission. Father Nikhil's enthusiasm and dedication were inspiring. However, the parish faces significant challenges. Many Christians, primarily tribal migrants facing pressure from anti-Christian movements, reside in remote villages scattered across 28 villages. These external pressures, coupled with a shallow faith foundation, necessitate continuous support. We pledged our prayers and departed with heavy hearts.

b) Mul Parish:

This parish stood out for its strong sense of community. We extend our appreciation to all the Parish Priests who have served the community, from Fr. Jeevan to the current Parish Priest, Fr. Binu. Families, adhering to Fr. Binu's instructions, were mostly present during our visits. Decorated altars, Bibles, and rosaries were indicators of a deeper faith life compared to other mission centres. Many residents practiced regular Bible reading and rosary recitation. We were particularly moved by a husband's loving care for his paralyzed wife of 20 years. Their contentment exemplified the power of faith even during hardship. The challenges faced by residents in rural areas resonated with the scripture verses from Luke 9:36-37, highlighting the vast harvest and the need for more labourers.

Conclusion

This home mission experience has been deeply impactful, allowing us to witness the power of faith and the challenges faced by communities. We are committed to responding to Jesus' call by actively participating in such endeavours.

Waiting For A Miracle

**(Article taken from the Trier Volk Freund Newspaper
on 31.01.2024)**

- Sr Veena SJB

Sandra Blass-Naisar from Schweich highlights a compelling narrative about Fr. John Mary Haw, a figure of significant historical and spiritual importance, whose legacy, despite being celebrated and honored in countries like Portugal, Mozambique, India, and Montenegro, remains largely unrecognized in his birthplace, Schweich. The journey towards his beatification has been a painstaking process of 15 years, driven by the commitment of Sr. Celeste Goncalves, a key member from the Sisters of St. John the Baptist in Leutesdorf, who oversees the secretariat dedicated to Fr. John Mary Haw.

In an endeavor to uncover the current status of the beatification process, esteemed individuals from Schweich including long-time pastor Edwin Prim,

Rüdiger Glaub-Engelskirchen, and Ursula Heinz from the parish council embarked on a journey to Leutesdorf. Their mission was to meet with Sr. Celeste and learn more about the progress.

Fr. John Mary Haw's life and work had once been a staple of local education in Schweich, inspiring many with tales of his compassion and dedication to society's marginalized. Yet, today, his name and legacy seem to have faded from collective memory, with many in Schweich, both young and old, unaware of his significant contributions.

Fr. Haw's founding of the St. John's League in 1919, and later the Sisters of St. John the Baptist and of Mary Queen (1928) and the Missionaries of St. John the Baptist (1948), showcased his unwavering commitment to serving those in need. His words, "We must have men and women in whom the love of Christ blossoms and who radiate this love into the cold world," continue to resonate through the actions of those who follow in his footsteps.

The delegation from Schweich found in Leutesdorf a living embodiment of Fr. Haw's vision, where both congregations he founded still operate a rehabilitation and accommodation center for individuals facing social and psychological challenges. With over 600 people cared for across Germany, the enduring impact of Fr. Haw's work is undeniable.

The narrative calls for a rekindling of Fr. John Mary Haw's memory in Schweich, advocating for the

recognition of a native son whose life's work has touched countless lives far beyond his hometown.

In Leutesdorf, the legacy of Father John Haw, born in Schweich, is fervently preserved. Schweich's long-standing pastor Edwin Prim, alongside parish council members Rüdiger Glaub-Engelskirchen and Ursula Heinz, witnessed this dedication firsthand. Sr. Celeste, pictured on the right,



is committed to advancing the cause for Father John Mary Haw's beatification. (Photo by Sandra Blass-Naisar) In a deeply enlightening encounter with Sr. Celeste following their visit to the Chapel of the Mount of Olives, where Father Haw's tomb is located, visitors from Schweich gained a profound understanding of a man whose life was characterized by unwavering perseverance and dedication, despite suffering from poor health. His journey, marked by steadfast responsibility and an unyielding faith in God, began under challenging circumstances. During his studies at the Trier seminary in 1893, he was advised to abandon his strenuous studies due to lung disease. Yet, Father Haw was determined to "save as many souls as possible every day," a mission he noted in his diary in 1920.

Father Haw's path seemed almost predestined. Born in 1871 into a prosperous farming family in Schweich, he

harbored a deep longing to serve as a priest from an early age. After completing his education at the Friedrich-Wilhelm-Gymnasium in Trier, he embarked on his philosophical-theological studies at the Bishops' Priester Seminary. In 1895, he was ordained by Bishop Michael Korum, alongside 25 other candidates. Bishop Korum would remain a pivotal figure in Father Haw's life, once remarking in 1908, "I thank God for giving me this priest!"

The young theologian's worldview and mission were profoundly shaped by his experiences as a parish vicar in Holz, in the heart of the Saarland's coal-mining district. There, he witnessed firsthand the dire consequences of rapid industrialization and population growth: poverty, despair, and a pervasive sense of hopelessness, often numbed by alcohol. His subsequent transfer to Wintersdorf/Sauer on the Luxembourg border further exposed him to the struggles of small farmers and quarry workers against "poor people's alcoholism."

In response, Father Haw envisioned and rallied his congregation to build a church, a project that offered a beacon of hope amidst despair. When not actively engaged in construction, he found solace in writing, penning his thoughts and frustrations. His works, including the notable booklet "King Alcohol," resonated with many. "My secret: kindness and humility. That's how I win!" he wrote.

In 1906, Bishop Korum appointed him as the Spiritual Rector of St. Irminen Hospital and the Managing Director of the Diocesan Temperance Association in Trier. Father

Haw's commitment to combating the ill effects of alcoholism led him to establish the "Katholischer Mäßigkeitsbund Deutschlands" (Catholic Temperance Movement for Germany) and move its headquarters to Leutesdorf in 1912. There, he opened a sanatorium and later the "Johannesheim," underscoring his shift towards pastoral work and the healing power of true love exemplified in the Gospel.

Father Haw's influence and apostolate of writing spread far and wide, touching lives across Germany and German-speaking countries. To this day, publications like "Der Rufer" (The Call) and "Krankenbrief" (Letter to the Sick) continue his mission of faith.

Father John Mary Haw passed away on October 28, 1949, in Leutesdorf, leaving behind a legacy that endures. The beatification process, despite the submission of over 8000 documents and interviews with 79 eyewitnesses, awaits a recognized miracle. Sr. Celeste Gonsalves, reflecting on Father Haw's enduring impact, expresses a heartfelt wish for Schweich to appropriately honor its remarkable son, an apostle of the 20th century whose vital legacy continues to inspire and serve.

The grave of Father John Haw(Founder of the congregation of Sisters of John the Baptist & Missionaries of John the Baptist) in Leutesdorf on the Rhine in Germany, serves as a poignant reminder of his enduring legacy.



Old Age Is A Blessing

- Sr Shruti SJB

“The harvest of old age is the recollection and abundance of blessings previously secured.”

As we journey through life, accumulating experiences like precious treasures, we find that old age brings with it a unique perspective. The smaller moments become more significant, relationships deepen, and simplicity becomes a source of contentment. **Autumn**, the season of life, carries its own beauty and tasks. It invites us to reflect, offering a dignified maturity that soothes the soul.

Old age, in many ways, is a great blessing. It represents a lifetime of experiences—the struggles, joys, and sorrows - all woven together. These experiences shape us, making us patient, sensitive, and even Godlike. Life's challenges, though often difficult, provide opportunities for growth and resilience. Like climbing a mountain, old age may leave us a little breathless, but the view from the top is magnificent.

In the Bible, the aged are portrayed as resourceful individuals with valuable gifts. Wisdom, earned through a lifetime of dependence on God, becomes their legacy. They have a duty to offer wise counsel to the younger generations. As the prophet Joel reminds us, *“Tell your children of it, and let your children tell their children, and their children another generation.”* (Joel 1 :2-3).

Continuing moral responsibilities and resources accompany old age. God's abiding presence sustains us, granting strength to endure suffering and infirmity.

Aging is not merely about how long we live; it's about how we live - with gratitude, purpose, and stewardship. And those who retain the ability to see beauty, regardless of age, remain forever young at heart.

Our Village Experience

- Candidates

We are profoundly grateful to the Lord Almighty for granting us the incredible opportunity to immerse ourselves in village life, safeguarding us from all potential harm. Our heartfelt thanks also extend to the congregation for their warm welcome and support. Upon our arrival in Gomini on January 10th, we were greeted with enchanting flowers and a melodious welcome song, a gesture that made us feel deeply cherished. The community members embraced us with open arms, paving the way for a memorable and enriching experience.

Initially, the anticipation and the local tales of bloodthirsty tigers instilled a sense of fear and tension within us. However, this soon transformed into an adventure we all eagerly embarked on. The villagers' hospitality was unparalleled; they welcomed us into their homes, where we stayed for three days, engaging in prayer and sharing moments of spiritual connection. Their kindness, respect, and care were heartwarming, allowing us to witness and learn from their simple, yet profoundly loving way of life. Communicating in Marathi and observing

their traditional lifestyles enriched our understanding and appreciation for a life marked by simplicity and heartfelt generosity.

Our return to Gomini after these three days marked a period we will cherish forever, touched by the boundless love and care from all the sisters, children, and the father. Our journey did not end there; we visited several places like Chamorshi, Chandrapur, Kasurvahi, Attapalli, and other villages, noticing the amusing commonality of the suffix 'palli' in their names. We are especially thankful to Fr. Deepak for making time in his busy schedule to show us around these remarkable places.

Each day brought new experiences, new ways of life, new perspectives, and a renewed heart full of gratitude towards God for all of life's blessings. Among these experiences, cotton plucking stood out as a highlight. The camaraderie and joy shared during the cotton plucking race, divided into teams led by Sr. Manjusha and Sr. Roshni, added a layer of fun and excitement to our adventure. Adorned with medical gloves and masks, we humorously likened ourselves to surgeons operating on cotton fields.

Throughout our stay, we felt the guiding and protective hand of God at every moment, leading us to explore, enjoy, and learn from every new experience. This journey has profoundly inspired us, fuelling our desire to become passionate and zealous sisters of SJB.

Thank you for this life-changing experience.

The Scars That Bind

- Sr Sally SJB

I had a profound encounter with a medical intern, while sitting in the outpatient department (OPD, at Kasturba Medical College, Svagram, Wardha dt.Of Maharashtra) recently. Interns, who are positioned in our department usually, sit with us, consultants for observation and learning. During a quiet moment with no patients, she asked me, "Ma'am, do you have Rheumatoid Arthritis?" Confirming her query, I shared that I've been managing Rheumatoid Arthritis (RA) with medication for over 20 years. Intrigued by her curiosity, I asked what prompted her question. She revealed her own diagnosis of RA, and as she did, tears began to stream down her face gradually intensifying into a cascade of emotion. It was a reaction I hadn't anticipated.

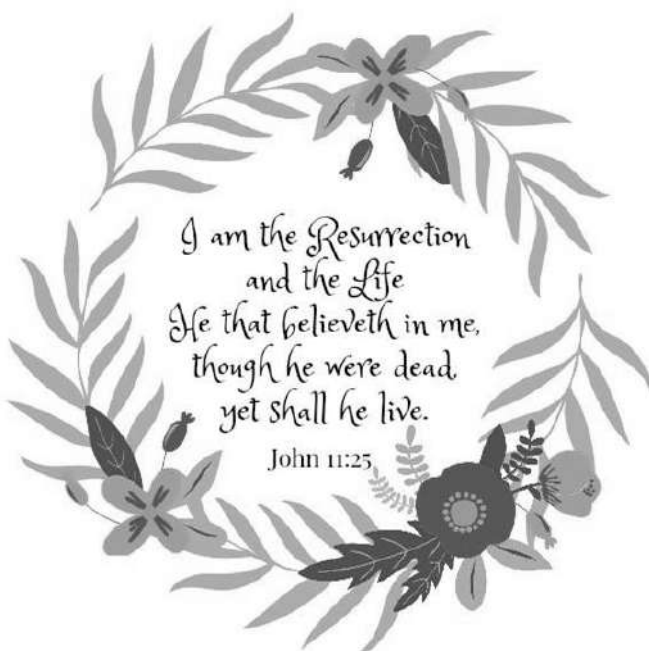
As she expressed her struggle to accept her condition, despite living with it for four years, I found myself deeply empathizing with her. I remembered my own journey through similar emotions—a period marked by resistance, frustration, and questioning why this had happened to me. Like her, I sought answers and relief, only to be met with increasing physical pain and emotional turmoil. Fresh out of medical college, armed with theoretical knowledge but facing the harsh realities of a chronic debilitating illness, I was fearful of the future—worried about the potential deformities and the side effects of lifelong medication.

My perspective shifted dramatically after consulting with a rheumatologist in Nagpur. He provided a comprehensive explanation of RA, its progression, and the importance of medication despite potential side effects. He used the analogy of men shaving their faces despite the risk of cuts to illustrate the necessity of treatment—highlighting the greater risk of severe disability without it. He encouraged me to live one day at a time, leaving tomorrow's worries for tomorrow. His counsel was a turning point for me, igniting a journey of profound growth in understanding and managing RA. I explored various treatments, eventually finding relief with monoclonal antibodies, thankfully without experiencing adverse side effects.

My journey with RA has not only deepened my medical knowledge but has also instilled a sense of gratitude and positivity in me, despite the challenges. Two years ago, a severe infection required me to halt all RA medications temporarily, leading to deformities in my fingers. Initially, these changes were a source of discomfort, but today, I see them differently. They have become a bridge of understanding and empathy between me and others struggling with RA, like the intern, I met in the OPD. My physical scars allowed her to see her own fears and challenges reflected in me, facilitating a connection that might have otherwise been missed.

This experience reinforced my belief that every aspect of life, including our trials and tribulations, serves a greater purpose. I am thankful for both the joys and the sorrows, the highs and the lows, the agonies and ecstasies for

they have all contributed to who I am today. My journey with RA has taught me resilience, compassion, and the importance of embracing every moment with passion and gratitude.





Good to know ...

Menopause and Its Management

- Sr Lifey SJB



Menopause is when a woman stops having periods. Menopause means the last menstrual period. Menopause can impact women differently depending on their race, religion and other health inequalities. Menopause is a normal part of the ageing process and is a natural transition affecting all women. It affects most women between the ages of 45 and 55 years. Average age of onset is 51 years. 75% of women will experience mild to moderate symptoms. 25% more severe

Main Characteristics of Menopause

Vasomotor

- Menstrual changes including abnormal bleeding or spotting
- Hot Flushes, Night Sweats
- Weight Fluctuation, Dizziness

Emotional

- Loss of confidence, Depression, Irritability, Fatigue, Insomnia, Anxiety, Problem with Memory

Urogenital

- Vaginal Atrophy (Dryness, Itching, Discomfort)
- Urinary Tract Infection

Hot Flashes

Deserve a special mention as they are so common amongst women going through the peri / menopause and post menopause.

They are a common feature are

- Rapid onset lasting from 1 to 5 minutes
- Range from a few over the course of a week up to 10 or more in the daytime / night
- They range in severity from a fleeting sense of warmth to a feeling of being consumed by a raging fire from the inside out
- A major hot flush can induce facial and upper body flushing, sweating and sometimes confusion
- Followed by a sudden chill
- Night-time hot flushes often result in disturbed sleep and needing to change bedding and nightwear and shower ... Imagine having disturbed sleep every night!
- They can be debilitating and can last for years!

Hot flashes can cause anxiety, leading to a release of a hormone called epinephrine. Epinephrine can further increase body temperature and sweating. Deep, slow breaths may help a person stay calm during a hot flash. The intensity of hot flashes can cause a sense of panic,

intensifying symptoms. Relaxing activities may help reduce the severity and frequency of hot flashes.

Natural ways to reduce the symptoms of menopause

Here's a list of 11 natural ways to reduce the symptoms of menopause.

1. Eat foods rich in calcium and vitamin D

Hormonal changes during menopause can cause bones to weaken, increasing the risk of osteoporosis. Calcium and vitamin D are linked to good bone health, so it's important to get enough of these nutrients in your diet. Many foods are calcium-rich, including dairy products like yogurt, milk, and cheese. Green, leafy vegetables such as spinach has lots of calcium too. It's also plentiful in sardines. Additionally, calcium-fortified foods are also good sources, including certain cereals, fruit juice, or milk alternatives.

Sunlight is your main source of vitamin D, since your skin produces it when exposed to the sun. However, as you get older, your skin gets less efficient at making it. If you're not out in the sun much or if you cover up your skin, either taking a supplement or increasing food sources of vitamin D may be important. Rich dietary sources include oily fish, eggs, cod liver oil, and foods fortified with vitamin D.

2. Maintain a moderate weight

It's common to gain weight during menopause. This can be due to a combination of changing hormones, aging,

lifestyle, and genetics. Gaining excess body fat, especially around the waist, increases the risk of developing diseases such as heart disease and diabetes. In addition, body weight may affect menopause symptoms.

3. Eat lots of fruit and vegetables

A diet rich in fruits and vegetables can help prevent a number of menopause symptoms. Fruits and veggies are low in calories and can help you feel full, so they're great for weight loss and weight maintenance. They may also help prevent a number of diseases, including heart disease.

4. Avoid trigger foods

Certain foods may trigger hot flashes, night sweats, and mood changes. They may be even more likely to be triggers when eaten at night. Common triggers include caffeine and foods that are sugary or spicy. Keep a symptom diary. If you feel that particular foods trigger your menopause symptoms, try to reduce your consumption or avoid them completely.

5. Exercise regularly

Most people become less active as they age. However, exercise may be more important than ever during and after menopause. It can improve mood, promote a healthy weight, and protect your muscles and bones.

6. Eat more foods that are high in phytoestrogens

Phytoestrogens are naturally occurring plant compounds that can mimic the effects of estrogen in the body. Therefore, they may help balance hormones. Foods rich in phytoestrogens include: -soyabeans and soy products, flaxseeds, sesame seeds, beans etc.

7. Drink enough water

During menopause, dryness is often an issue. This is likely caused by the decrease in estrogen levels. Drinking 8 to 12 glasses of water a day can help with these symptoms. Drinking water can also reduce the bloating that can occur with hormonal changes. In addition, water can help prevent weight gain and aid in weight loss by helping you feel full and increasing metabolism slightly.

8. Reduce refined sugar and processed foods

A diet high in refined carbs and sugar can cause sharp rises and dips in blood sugar, making you feel tired and irritable. This may worsen the physical and mental symptoms of menopause.

9. Don't skip meals

Eating regular meals may be important when you're going through menopause. Irregular eating may make certain symptoms of menopause worse and make weight management more difficult.

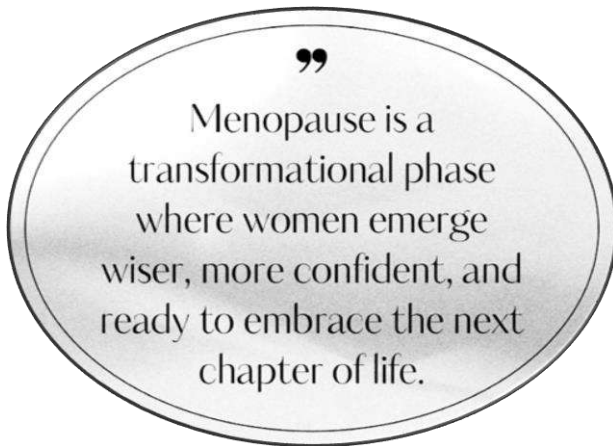
10. Eat protein-rich foods

Regularly eating protein throughout the day can help prevent the loss of lean muscle mass that occurs with age. Foods rich in protein include meat, fish, eggs, legumes, nuts, and dairy.

11. Get restful, quality sleep

Many women in menopause have trouble sleeping due to hot flashes, night sweats, stress, and other physical effects of estrogen deficiency. However, getting enough high-quality sleep is important for achieving and maintaining a moderate weight.

These tips will help you live a healthy life after menopause. Always remember that the key to staying youthful and active after menopause is good nutrition and regular physical exercise along with our spiritual wellbeing.



Aragami Bible Quiz

(Wisdom of Solomon & Sirach 1-20)

1. To whom does the Lord bring upon unheard of calamities and destroys them completely?
2. Today he lends and tomorrow he asks it back. Who?
3. What are the two things found in a gracious person?
4. What brings lasting success?
5. What did enter the world through devil's envy?
6. What did God lavish upon those who love Him?
7. What did Solomon love more than health and beauty?
8. What does a lying mouth destroy?
9. What has taken root in the proud?
10. What heals all people?
11. What is complete righteousness?
12. What is dispersed like smoke before the wind?
13. What is equal to God's majesty?
14. What is evil in the opinion of the ungodly?
15. What is hateful to the Lord and to the mortals?
16. What is immortal?
17. What is like a drop of morning dew that falls on the ground?
18. What is more powerful than anything else?
19. What is radiant and unfading?
20. What is the beginning and cause and end of every evil?

21. What is the beginning of human pride?
22. What is the punishment of the ungodly?
23. What is the root of immortality?
24. What is unseemly on the lips of a sinner?
25. What separates people from God?
26. What should all your discussion be about?
27. What should not be revealed unless it would be a sin?
28. What sustains those who trust in God?
29. What will be remembered in your favor in the day of your distress?
30. What will happen to the one who despises small things?
31. What will not dwell in a body enslaved to sin?
32. What will overturn the thrones of rulers?
33. What will the person hold to the law obtain?
34. Where did the hope of the world take refuge when the arrogant giants were perishing?
35. Where will wisdom not enter?
36. Who cannot keep a secret?
37. Who experience death?
38. Who is detested?
39. Who is tested in the furnace of humiliation?
40. Who is ungracious and abusive?
41. Who will be ashamed at the approach of unrighteousness?
42. Who will be blessed on the day of their death?
43. Who will find faithful friends?
44. Whom will the righteous condemn?
45. Whose gift makes the eyes dim?

46. Whose hope will melt like wintry frost and flow away like waste water?
47. Whose lot is ruin?
48. Whose memory will perish?
49. Whose wives are foolish and offspring are accursed?
50. Why does the Lord overlook people's sins?





★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



★HAPPY★ BIRTHDAY!



15 th June	-	Sr. Sheetal
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



★HAPPY★ BIRTHDAY!

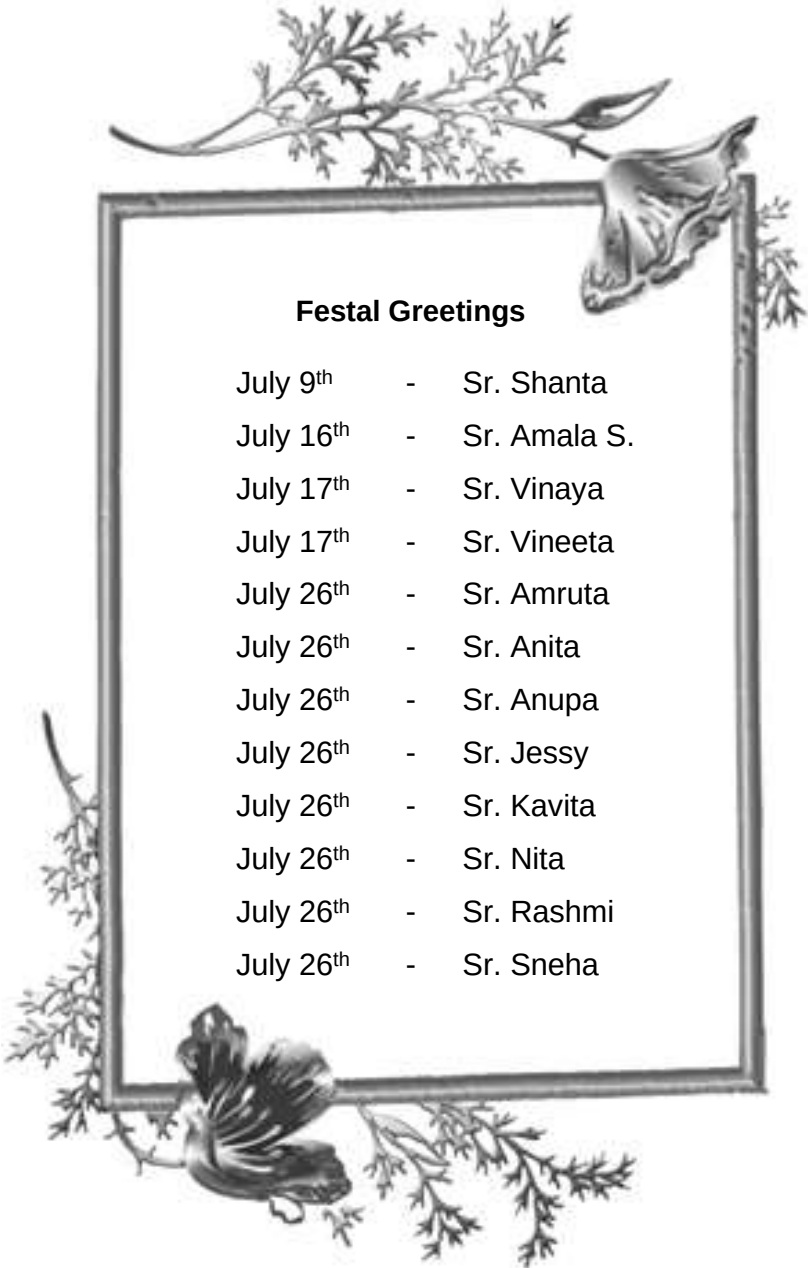


11 th July	-	Sr. Jessy
11 th July	-	Sr. Prasada
17 th July	-	Sr. Lifey
20 th July	-	Sr. Shruti
21 st July	-	Sr. Priya
23 rd July	-	Sr. Ajita
25 th July	-	Sr. Anisha
5 th Aug	-	Sr. Jaya P.
7 th Aug	-	Sr. Sudha
10 th Aug	-	Sr. Sevika
12 th Aug	-	Sr. Seema
13 th Aug	-	Sr. Soumi
15 th Aug	-	Sr. Vandana
15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



Festal Greetings

May 11 th	-	Sr. Preshita
May 19 th	-	Sr. Varsha
May 19 th	-	Sr. Anila
May 31 st	-	Sr. Geeta
May 31 st	-	Sr. Sima
May 31 st	-	Sr. SejiDainy
May 31 st	-	Sr. Sevika
June 24 th	-	Sr. Prasada
June 24 th	-	Sr. Priya
June 26 th	-	Sr. Nitya
June 29 th	-	Sr. Anima
July 6 th	-	Sr. Maria Goreti



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 26th - Sr. Smita
July 26th - Sr. Shubha
July 26th - Sr. Shilpa
July 26th - Sr. Valsa
July 28th - Sr. Amala R.
July 28th - Sr. Lavanya
July 28th - Sr. Nutan
July 28th - Sr. Philomina
July 28th - Sr. Soumi
July 28th - Sr. Banita
July 28th - Sr. Linmy
July 28th - Sr. Joshana



Festal Greetings

July 28 th	-	Sr. Secunda
July 28 th	-	Sr. Daina
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



Festal Greetings

Aug 22 nd	-	Sr. Sunita G
Aug 23 rd	-	Sr. Ashirta
Aug 23 rd	-	Sr. Bindu
Aug 23 rd	-	Sr. Deepa K.
Aug 23 rd	-	Sr. Lima
Aug 23 rd	-	Sr. Roselyn
Aug 23 rd	-	Sr. Roshita
Aug 23 rd	-	Sr. Sajita
Aug 23 rd	-	Sr. Sayujya
Aug 23 rd	-	Sr. Shruti
Aug 27 th	-	Sr. Savita
Aug 29 th	-	Sr. Riya

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 2024***

The Winner of the December 2023 Volume is

Sr Victoria- 1st Prize

"Gonna have a fish dish"

Sr Rashmi - Runner Up

"Come on guys, let us go for a good catch"

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 concise instead of too long sentences)

Dear Departed

1. 20th February 2024 - Eldest Sister of Sr Sarita
2. 24th February 2024 - Sister in law of Sr Vishala
3. 05th March 2024 - Eldest Brother of Sr Pavana
4. 06th March 2024 - Brother of Sr Pratiksha
5. 24th March 2024 - Mother of Sr Maria

PRAYER FOR THE FAITHFUL DEPARTED

*O God,
The Creator and Redeemer
Of all the Faithful,
Grant to the Souls
Of Thy Servants departed
The remission of all their sins;
That though pious supplications
They may obtain the pardon
Which they have always desired
Who livest and reignest
World without end.
Amen.*

Laying foundation stone at Kazhakkuttam



Blessing of the new rooms of Jeevan Vikas



Let Your Light SHINE!

As your light shines on others,
the love of Jesus shines on you.
So encourage those who are weak.
Strengthen the faint-hearted.

See the good.

See the possibilities.

See the opportunity
to say a kind word.

Then love the Lord.

Avoid evil.

condemn no one.

Give blessings to all.

Keep the faith
as you see and know it.

For as your light shines on others,

The Love of Jesus Shines on You!

- Ken Pilcher, Jr.

