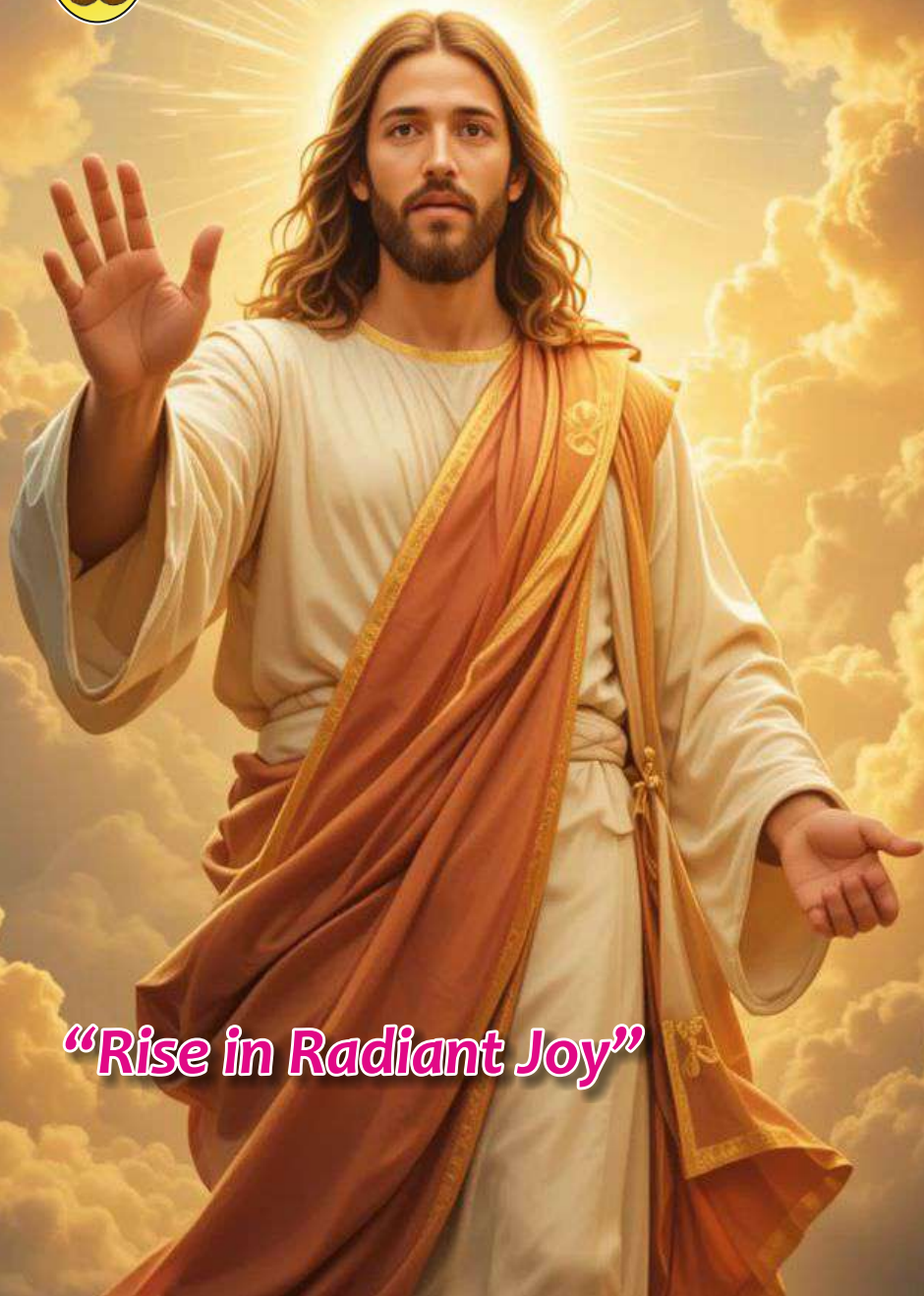


Issue : XXXXIX

April 2025



AGRAGAMI INFO



“Rise in Radiant Joy”

Golden and Silver Jubilarians



Health Ministry Departement



AGRAGAMI INFO

Vol.XXXXIX - April 2025

Managing Editor : Sr Tessy Sebastian

Aragami Provincial House.

Nalwadi P.O, Mhasala,

Wardha 442001(MS)

Phone : 7588105652

Mobile : 9960467039

e-mail : infowardha@gmail.com

Chief Editor : Sr Sally John

Associate Editors : Sr Tresa Eugene, Sr Deepa J

Supporting Staff : Yogesh Mishra

Phone : 08983631278, 08408888315

E-mail : drsallyjohn@gmail.com

: deepasjb@gmail.com

- Published by -

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

For Private Circulation Only

Content

<i>Titles</i>	<i>Page No</i>
<i>Editorial</i>	<i>4</i>
<i>Voice of Mother General.....</i>	<i>7</i>
<i>Provincial`s Inspiration.....</i>	<i>9</i>
<i>A Glance at our Centers</i>	<i>14</i>
<i>Anugraha - Abode of Blessing</i>	<i>48</i>
<i>Home Mission Experience</i>	<i>45</i>
<i>God Is Walking with us</i>	<i>53</i>
<i>Poem - Beautiful Souls</i>	<i>56</i>
<i>A Dream Nurtured in Silence</i>	<i>57</i>
<i>My Mission Experience</i>	<i>59</i>
<i>Poem - Mother</i>	<i>60</i>
<i>A Golden Gift</i>	<i>61</i>
<i>A Call To Shine</i>	<i>66</i>
<i>Poem - In His Light</i>	<i>68</i>
<i>Finding Light in The Darkness</i>	<i>69</i>
<i>Golden and Silver Jubilee Celebration</i>	<i>71</i>
<i>Poem - Believe In Yourself</i>	<i>72</i>
<i>Saint Denis</i>	<i>73</i>
<i>Radiance - A Journey with God`s</i>	<i>75</i>
<i>Poem - As I Journey</i>	<i>77</i>
<i>The Power of Broadcasting Goodness</i>	<i>78</i>
<i>The Journey of “Pilgrims of Hope”</i>	<i>80</i>
<i>Poem - To Fill The World</i>	<i>81</i>
<i>Me and My Bicycle</i>	<i>82</i>
<i>Message of The Holy Father Pope Francis</i>	<i>84</i>

<i>A Pilgrimage To Malayattor</i>	<i>88</i>
<i>From The Hospital Corner</i>	<i>90</i>
<i>Poem - In Loving Memory of Julie</i>	<i>93</i>
<i>ईशा का प्रेम</i>	<i>94</i>
<i>Good to Know</i>	<i>95</i>
<i>Bible Quiz</i>	<i>101</i>
<i>Happy Birthday& Festal Greetings</i>	<i>103</i>



Rise in Radiant Joy - An Easter Message of Hope and Triumph

One cold November evening in 2008, as Mumbai bustled with life, its heartbeat was suddenly silenced. The coordinated terrorist attacks, now etched in our national memory as 26/11, left more than 175 innocent lives including foreign nationals brutally taken. The terror that swept across Mumbai was not just an attack on a city - it was an attack on humanity, on peace, on the very soul of a nation.



Among the masterminds was Tahawwur Rana, recently extradited from the United States to face justice in India. His extradition, along with the execution of Ajmal Kasab and others involved, are a reminder of our collective commitment to ensuring that evil does not go unanswered. The Indian government has since made stringent laws on drug trafficking, begun tracking gold mafias, and taken powerful measures to curb terrorism and safeguard national integrity.

Yet, these efforts - though critical - are only a part of the answer. Across the world, we see the ravages of ideological extremism - like that of ISIS, whose distorted religious beliefs have led to the deaths and displacement of countless innocents. Survivors carry deep wounds, many reliving the nightmares of their past for years to

come. Their silent screams echo the truth: evil is real, and its shadows darken many corners of our world.

But Easter dawns with a different cry - a cry of victory, hope, and joy.

Let me share a simple story.

In a quiet hillside village stood an old church with a cherished bronze bell. For generations, it rang every Easter morning, proclaiming resurrection joy. But one year, a fierce storm shattered the bell tower, and the bell cracked beyond use.

The villagers mourned. Some wanted to replace it; others gave up hope. But an elderly blacksmith offered to try. He toiled quietly for weeks, melting, moulding, restoring. On Easter morning, as the first light broke, the bell rang once more - its sound deeper, more soulful than ever before. The damage had not destroyed its voice; it had deepened it.

So it is with our world. We carry wounds from terror, war, and hatred. The pain of 26/11, the havoc of extremist ideologies, the menace of drugs and corruption - these have cracked our collective soul.

But Easter reminds us: our wounds need not define us - they can transform us.

Jesus rose from death - scarred, yet victorious. His resurrection didn't erase His wounds; it glorified them. Through His suffering, He brought redemption. And through ours, if united with Him, we too can rise - not in spite of our pain, but because of it.

Let us, like the bell, find voice in our brokenness. Let us rise in Radiant Joy - not a fleeting emotion, but a bold and resilient hope.

As we celebrate the Risen Lord, may we renew our vow to defend peace and dignity, not just through policies and protections, but by building understanding, nurturing compassion, and standing together against hatred. Each of us has a role in shaping a world where love triumphs and truth prevails.

May the Rising Sun of Easter shine into every shadowed corner - kindling courage, compassion, and joy that is both radiant and real.

Christ is Risen! Alleluia! Let us rise with Him.

- Sr Sally



Voice of the Mother General

Easter Journey, a journey of Hope

My dear Sisters,

We are journeying through the jubilee year with the theme “Pilgrims of Hope”. Easter beckons a Hope – filled Future. Easter however, is not only the event that makes sense of what happened to Jesus on Easter Sunday. The story of Easter is the story of a world redeemed and restored. It is also our own personal story and the story of our communities, the story of our province and of the Congregation and of the church.



Our hope permits us to recognise the signs of the resurrection in our day today life. The Risen Lord is always at work among us, bringing something new to be experienced, embraced, lived and relived. Like Mary Magdalene and Jesus, we live in brutal times. In our world we see death and destruction all around. The unbelievable brutalities of War and warfare, the plight of refugees etc. leave us with a feeling of hopelessness. Even within the church, there is much that causes pain and confusion. On that first Easter morning, Mary of Magdala’s disappointment was tuned into hope and fear into courage. Everything had changed!

Like Peter and his companions, we are commissioned to proclaim the good news of what is happening around us and among us. Our encounter with the risen Lord opens

our eyes and encourages us to face the challenges of our times. Our Lord has not left us alone; he is with us at every step of life's journey. For people of faith and hope, Easter is not just some date or an event in the liturgical calendar, but the meeting with Jesus that restores our lives and rekindle hope every person needs.

At Easter we celebrate not only what the God of life has done for Jesus, but what God can do for us all. Because of Easter, we can face our own personal death with hope. Easter teaches us that journey to the tomb is not ultimately a journey to death rather a journey to a wonderful and surprising new life filled with hope.

We trust the promise in the letter to the Romans "Hope does not disappoint us" (Rom 5:5)

United with you all in Easter hope and joy!



Sr Arpita Mathew
(Superior General)

Provincial's Inspiration

Dear Sisters,

**“Let all that you do be done in love.”
(1 Corinthians 16:14)**



This verse echoes the spirit of Easter, inviting us to foster unity and live in kindness. It is through acts of love - whether a smile, a helping hand, or a word of encouragement - that we make others feel the warmth of community. In other words, we all become the part of Christ's radiant glory through that radiant joy.

"Rise in radiant joy" invokes the beautiful idea of waking up to a life filled with light, positivity, and purpose, that is the true meaning of Easter. It speaks to the act of embracing each day with renewed hope, gratitude, and energy. In this blessed season of Easter as a beautiful sunrise, where light breaks through the darkness. *Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.* Easter calls us to rejoice in the gift of salvation and to share the joy: a radiant joy of the risen Christ with the world.

Radiant joy isn't merely an emotional state; it's a way of living. To rise in radiant joy is to consciously choose optimism, even in the face of challenges. It means finding beauty in simplicity, strength in adversity, and love in every connection we make. It's about nurturing an inner glow that comes from self-compassion, kindness toward others, and appreciating the world's marvels - the

dance of sunlight filtering through leaves, the laughter of loved ones, or the quiet serenity of a moment alone.

To live in radiant joy requires cultivating practices that ignite and sustain happiness.

Meditation, acts of kindness, creative pursuits, and reflection are key ways to fuel this joy. As we move through this blessed season of radiant joy it is like sunlight bouncing from one surface to another, your positivity can touch others' lives. Rising in this joy is not just a personal journey; it's an invitation to inspire and uplift those around you. Imagine the world transformed by individual sparks of joy becoming a collective blaze of warmth and light.

As we celebrate the resurrection of Jesus, may His triumph inspire us to embrace every day with renewed strength and unwavering hope. Let the joy of Easter encourage us to share kindness, lift one another's spirits, and create a world brimming with compassion and love. May this season fill our hearts with peace, our minds with clarity, and our spirits with the strength to shine as beacons of love and service.

Walking in faith, together in grace, remember this in the midst of life's challenges: His love never wavers, and His promises remain steadfast. As a community of faith, we are called to lift each other up, share in each other's joys, and provide strength in times of need. Let us be a light to one another, reflecting the grace and hope that Christ has placed in our hearts. *"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow*

weary; they will walk and not be faint." - Isaiah 40:31
May we continue to grow in unity, spreading love, kindness, and encouragement in all that we do.

May Easter be a radiant reminder of the blessings we share, the love that binds us, and the hope that renews us. Together, we can create an environment filled with compassion and grace.

Happy Easter



Sr Tessy Sebastian
(Provincial Superior)



From The Editorial Board

Dear Sisters,

We sincerely thank everyone who contributes to and enriches each volume of Info. It's heartening to see our junior sisters and formees enhancing Info with thoughtful write-ups. We appreciate the communities that regularly send news. We are grateful to our well-wishers whose valuable suggestions and critiques support Info's steady growth. Your continued feedback will help us become more proficient and prompt in making Info even richer. Please send your thoughts, inspirations, poems, vocation stories, and life events - even in local languages - to the editor at the provided address or infowardha@gmail.com, latest by 15th July. We look forward to your continued contributions.

Kindly send the Bible quiz answers to Sr Tresa Eugene. Please note that any entry including the news, articles and answers for Bible quiz need to reach by 15th July 2025 to ease our efforts to publish Info in time. We solicit your co-operation.

Congratulations to Bible Quiz Winners

1	Sr. Manjusha	97	1 st
2	Dominika	96	2 nd
3	Elishaba	96	2 nd
4	Ruchita	96	2 nd
5	Sneha	94	3 rd
6	Jayanti	94	3 rd
7	Nisha	94	3 rd

8	Sankumari	94	3 rd
9	Sr. Suma	93	-
10	Sr. Abhilipsa	93	-
11	Sr. Archangel	93	-
12	Sr. Mariagoretti	93	-
13	Sr. Sunima	93	-
14	Sr. Sunita	93	-
15	Tina	93	-
16	Lucia	93	-
17	Priyanka	92	-
18	Sr. Sudha	91	-
19	Sr. Sancy	90	-
20	Anisha	90	-
21	Ciciliya	90	-
22	Sr. Alisabeth	89	-
23	Sr. Sandhya	88	-
24	Sr. Padmini	88	-
25	Sr. Sushanti	88	-
26	Manisha	86	-
27	Sr. Veronica	85	-
28	Alphonsa	82	-
29	Evangeline	82	-
30	Sr. Sarala	77	-
31	Sr. Ujwala	76	-

A Glance At Our Centres

❖ Jeevan Vikas

Greetings from the Jeevan Vikas Community!

- By the grace of God, the activities of our community are progressing well.
- We had a meaningful Christmas celebration at Karla G.P. School. Students from Agragami, Pipri, joined us and presented a beautiful drama depicting the Nativity of Christ. Sr. Jyoti's inspiring message rekindled the true spirit of Christmas, filling hearts with joy and strengthening our sense of community.
- We are blessed to have launched another project under CHAI, supported by the Hilton Foundation. This three-year program will enable us to reach out to thousands of people in need.
- In collaboration with CRC Nagpur, we distributed calipers to 13 children with disabilities.
- We continue to offer physiotherapy services for children with disabilities.
- Our ongoing initiatives - awareness programs, tailoring classes, and soft skill development sessions - are running consistently and benefiting many.
- Women's Day was celebrated in Pedagaon village with great enthusiasm. Around 300 women from diverse backgrounds participated. The event was honoured by the presence of several dignitaries and

made vibrant through various games and competitions.

- We also successfully completed the sale of uniforms at Agragami School, Mhasala.

❖ **Ranni**

- As the academic year progressed, we bid a bitter sweet farewell to our 12th-standard students on January 25th, filled with a mixture of happiness and sadness.
- Eight of our 10th standard students attempted for their board exams on February 15th, and six of our 12th-standard students for theirs on February 21st.
- We had the opportunity to honor our spiritual director, Fr. Joseph, with a celebration on March 19th. This occasion coincided with a farewell ceremony for Bro. Abraham, a dedicated member of our Citadel Family, who had provided invaluable service to our hostel.
- Our community embarked on a pilgrimage to Madre deus Church at Vettukad in Trivandrum and also to the sacred space of St. Daivashayampillai on April 7th and 8th. As we reflected on our journey, we were reminded that "pilgrimage is a journey of the soul, a path to inner peace and enlightenment."

❖ **Christuvan, Gomini**

- On the 29th January, our Provincial, Sr. Tessy, visited our centre. Her presence was a great source of encouragement and joy for all of us.

- We ushered in the New Year with a meaningful celebration. The Holy Eucharist was presided over by Fr. Sunil Ganghaer.
- On the 25th, our boarding children went on a picnic to Ballarsha, accompanied by Fr. Linesh, Sr. Margaret, and Sr. Lalita. The children thoroughly enjoyed the day's outing.
- Republic Day was celebrated on the 26th of January with great patriotic spirit. The flag was hoisted by Ms. Suman Adhikari.
- Our kindergarten students also had their share of fun during a picnic to Allapalli.
- Srs. Roseline and Margaret participated in the Golden and Silver Jubilee celebrations of our Sisters at Wardha and returned on the 20th of February.
- Sr. Roseline attended a one-day seminar focused on the latest updates and changes in the budget.
- On the 27th of February, we bid farewell to our 10th and 12th standard students. The day began with the Holy Eucharist, followed by cultural performances and a special dinner.
- Sr. Roseline took part in a three-day retreat at Sanjeevani Ashram, which proved to be a deeply enriching and spiritually uplifting experience.
- Sr. Jincy and Mr. Joel from Kerala stayed with us for a week as part of their MSW fieldwork. During their stay, they visited several villages and gained valuable insights into our mission.

- We celebrated International Women's Day at our centre with around 100 women participants. Sr. Shiny from Ghott conducted an awareness session, followed by cultural programs and lunch.
- Five awareness programs were conducted in different villages to address various social issues and promote community well-being.
- From the 18th of March, Srs. Jincy and Tessy (MSMI), Sr. Tina Rose (DM), and Sr. Namita (SJB) led a three-day home mission at Gomini Parish. They visited each family in the villages and offered prayers. The mission was a time of abundant blessings.
- This was followed by a three-day Jeevotsav retreat led by Fr. Binu from the Chanda Diocese, which brought spiritual renewal to many.

❖ **St. John's Convent, Kazhakuttam**

We began the New Year 2025 in a spirit of grace and thanksgiving, with Eucharistic Adoration followed by a solemn Midnight Holy Mass. It was a truly blessed start to the year.

Our community continues to be actively engaged in the pastoral activities of the parish. The Sisters played a vital role in facilitating the BCC elections across all five family units. Each Sister is in charge of one Family Unit, regularly attending meetings, participating in celebrations, visiting the sick, and guiding the youth and children with dedication.

- Sr. Lalita underwent a 15 day treatment for diabetes, during which Sr. Linmy lovingly cared for her at the hospital.
- In February, when Sr. Pavana had to travel to Wardha for official work, Sr. Linmy graciously stepped in to manage community responsibilities. She took care of all the activities, led the choir, and assisted with vocation promotion alongside Sr. Geeta. We are truly grateful to Sr. Linmy and the Kopreli community for their support.
- Our community was also blessed in February with the visits of Sr. Tessy, our Provincial, along with Sr. Shruti and Sr. Soumi. Their presence brought joy and encouragement to us all.
- Sr. Lalita attended the annual retreat at John Haw Vihar in Thrissur, a time of spiritual renewal.
- Srs. Pavana and Beronika joined the parish youth on a pilgrimage to Malayattoor and Vallarpadam, a journey of faith and fellowship.
- With your continued prayers and generous support, the construction work of our centre is progressing steadily. We thank each of you, dear Sisters, for your valuable contributions.

As we journey through this holy Lenten season, we are embracing it with devotion and reflection. We participate in the parish's daily Eucharistic Adoration and Way of the Cross, uniting ourselves with the suffering Christ. We pray that this season may be one of true reparation and spiritual restoration for all.

- Sr. Geeta will be attending a Lenten retreat, and the community will also go on a pilgrimage to 14 churches along with the parishioners -an opportunity for grace and renewal.

With hearts full of hope, we extend to each of you our warm wishes in advance for a joyful and grace-filled Easter!

❖ **St. John's Convent, Hinganghat**

- On the joyous occasion of Christmas, our community hosted a beautiful campus gathering. Sisters, candidates, hostel girls, and Mr. Dinesh's family came together near the crib for a solemn rosary. This was followed by lively outdoor games and concluded with a shared love meal. Prizes were distributed to the winners of the games, making it a joyful and memorable event for everyone.
- We were delighted to welcome Sr. Manisha, the Assistant Mother General, to our community. She joined us for tea and shared a beautiful time of fellowship, which we deeply cherished.
- Sr. Meera, along with Sr. Tresa, visited Jivathi Parish, and with Sr. Bertila, went to Ballarpur for a home mission. We sincerely congratulate them for their generous dedication and missionary spirit.
- The feast of St. Joseph was celebrated with added joy and festivity as we also honored our Parish Priest, Fr. Joseph, on his feast day. The celebration was filled with love, gratitude, and community spirit.

❖ **St. John's School, Thoothoor**

- As part of the Christmas celebrations, our students and teachers generously distributed grocery items to the poor and needy, spreading joy and compassion during the festive season.
- The New Year celebration and felicitation program were held on 2nd January 2025. Rev. Sr. Pavana, the Assistant Provincial Superior, felicitated the school toppers. Prizes for the Annual Sports Day were also distributed to all the winners, making the day both joyful and inspiring.
- Pongal was celebrated with great enthusiasm and happiness. Our dedicated teachers prepared traditional Pongal for all the students, and various competitions were organized to mark the occasion.
- St. Jude's College conducted an NSS camp in Thoothoor. The students were accommodated in our school for seven days, and it was a wonderful time of learning and service.
- A drug awareness program was conducted in our school by students and teachers from MCC, NCC Maria Giri, and Malankara Catholic College, along with Dr. Esra Sargunam and Mr. Reddy. Dr. Esra delivered a powerful talk on the harmful effects of drug use. The program included a mime and an awareness song performed by NCC students of Malankara Catholic College.
- "Arts of Life and Yoga Centre" organized a tree plantation drive on our campus and generously

donated 50 saplings. Rev. Fr. Robin, the Assistant Parish Priest, addressed the students, inspiring them with a message on the importance of environmental conservation and saving the Earth.

- English Day was celebrated with vibrant activities organized by the WICE group. Mr. Jesinth and Mr. Sibi were the special guests. Students showcased their talents through various programs conducted in English.
- Principal's Day was celebrated with heartfelt gratitude and beautiful performances by the students, expressing appreciation for the guidance and leadership of our Principal.
- A warm and emotional farewell was organized for our Std. 10 students, marking the end of a significant chapter in their academic journey.
- Graduation Day for our Kindergarten students was a delightful and proud moment. Dr. Esra Sargunam graced the occasion as the chief guest. The event was attended by teachers, parents, and students, making it a memorable celebration.
- A unique educational event, the Planet Parade, was conducted at our school. Many parents and students witnessed the wonders of daytime astronomy, enriching their understanding of the universe.

❖ **St. John's School, Hinganghat**

- Constitution Day was celebrated under the leadership of the Social Science Club. The program aimed to deepen students' understanding of

constitutional values and foster a sense of national pride.

- The Principal's Birthday was joyfully celebrated with heartfelt wishes, beautiful performances, and tokens of appreciation. It was a delightful and meaningful celebration for the entire school community.
- Charity Week was observed to instil in students the value of sharing and caring for the less fortunate. It was a week filled with generosity and compassion.
- The Christmas Celebration was vibrant and filled with festive spirit. Students from Class V and the Eco Club presented a variety of performances cantered on themes of love and compassion. The Chief Guest delivered an inspiring speech that left the students deeply motivated.
- The Annual Sports Meet was a grand success, featuring a wide range of individual and team events. The spirit of healthy competition and sportsmanship was seen in every corner of the field.
- Thanksgiving Day was marked with a special assembly featuring prayers and songs of gratitude. The school thanked the Almighty for His protection and blessings throughout the year.
- The New Year was welcomed with cheer and enthusiasm. Students of Class II presented a vibrant "rainbow of programs," bringing colour and energy to the start of the year.
- On Republic Day, the Science Club and Class VII students proudly celebrated the spirit of unity and

patriotism. The Chief Guest, Koikar Sir, hoisted the National Flag and delivered an inspiring message to the students.

- The Annual Prize Distribution Day was held to recognize and honour the winners of co-curricular activities throughout the academic year. Sr. Sneha and the sisters graced the occasion and distributed prizes and trophies to the achievers.
- A heartfelt Farewell Ceremony for Class X was organized with the theme “Launch into the World with Love, Truth, and Justice - Leave Your Footprints.” The Chief Guest, Mr. Rajendra Kondawar, encouraged the outgoing students to develop their skills and live out the values they’ve learned in school.
- A grand Welcome Ceremony was held to greet the newly elected President, Sr. Tessy, and Vice President, Sr. Pavana. They were ceremoniously escorted with a band troop and rose petals, accompanied by School Principal Sr. Preethi and Counsellor Sr. Anita. Students presented stunning performances, and Sr. Tessy delivered an inspiring story emphasizing the importance of seizing life’s opportunities. The stars of the year from every class were honoured with medals and certificates. The Overall Champions Trophy and Runners-Up Trophy were awarded to the deserving houses.
- Mast. Shivam Thakre of Class X made the school proud by securing third prize in the National TCR IT

Rural Quiz, held in Bangalore. Congratulations to him for this remarkable achievement!

❖ **Ashadeepam Convent, Vettukadu**

We, the Ashadeepam Community, were blessed by the gracious presence of our Provincial Superior on 28th February during a short yet meaningful visit. Her visit was a moment of encouragement and joy for all of us.

- With hearts full of gratitude, we are happy to share the good news that our Old Age Home received renewal for another three years - a fruit of the hard work and dedication of Sr. Shilpa.
- Our Convent Chapel witnessed two spiritually uplifting events: three adult baptisms and the blessing of a marriage. We are especially proud of Sr. Vishala, who played a vital role in guiding and preparing the faithful to receive the sacraments, helping them grow in their faith journey.
- Srs. Shilpa, Valsa, and Gloria continue to lovingly serve the elderly residents of the Old Age Home, while also engaging in family visits and offering their time and energy in pastoral activities of the Parish.
- Srs. Vishala and Amruta attended the Annual Retreat at Chiyyaram in March - a time of renewal and deep spiritual reflection. "But those who hope in the Lord will renew their strength. They will soar on wings like eagles..." (Isaiah 40:31).
- Our Kindergarten concluded successfully after the Annual Examinations, with results declared on 22nd

March. We are now welcoming new admissions for the academic year 2025–2026.

- As a community, we continue to support and uplift one another, striving daily to live out our faith with integrity, humility, and love, trusting that God's grace will guide us forward.

❖ **Vinayalaya Convent**

- The month of December was joyfully packed with activities, each one enriching our spirit and community life as we prepared our hearts for the birth of Christ. The annual school concert, carol singing, quiz competition, Christmas celebrations in the housing blocks, and communion distribution brought festive cheer and spiritual warmth. Every responsibility was carried out peacefully and with dedication.
- On 8th December, the Vinayalaya community celebrated the feast of Sr. Nirmala with a solemn Holy Mass in the morning. The celebration was graced by the presence of the parish fathers and the Premdaan community. Sr. Nirmala later travelled to Bhendala to join the feast of the Nirmala Niketan Church and community.
- Sr. Kripa and Sr. Lavanya attended the school concert of St. Antony School at Ajni Parish, witnessing the marvellous talent of the students. We were blessed to welcome our Provincial Superior, Rev. Sr. Tessy, to Vinayalaya Convent. She joined

us as the President of the Annual Concert, making the occasion even more memorable.

- As we welcomed the New Year, we shared cake and sweets with our neighbours, spreading joy and kindness. In January, Sr. Manisha and Sr. Amala R. visited our community. Their visit brought laughter, shared stories, and deepened our bonds of sisterhood.
- A moment of sorrow and support came when Sr. Nirmala accompanied Sr. Nutan to Jharkhand to attend the funeral of her beloved mother. While Sr. Nirmala returned after the rites, Sr. Nutan stayed on for the 13-day Mass and prayers.
- On 30th January, Sr. Kripa rejoiced in the silver jubilee celebration of her sister Sr. Maria Anuja AC's religious profession in Orissa - a beautiful witness to a life committed to God.
- A profound spiritual encounter was experienced on 5th February at Seminary Hills, where we participated in the Holy Mass and procession of Lourd Mata, celebrated in the local languages. It was St. Martin De Porres Parish's turn, and the parishioners led the rosary, liturgy, and intercessory prayers, creating a deep atmosphere of devotion.
- The month of March began with positive spiritual energy. We participated in area masses in Blocks A, B, and Kasturba Nagar. On 19th March, the Way of the Cross was prayerfully conducted by six congregations of the parish, uniting us in the Lenten journey. From 20th to 23rd March, we were blessed

with a Lenten Retreat preached by Rev. Fr. Yesu Dass (VC) and his dynamic team from Orissa. It was a time of deep reflection and renewal.

- We joyfully celebrated our Community Feast on 25th March, which also included the feast of Sr. Ranjita and the birthday of our supporting staff. The occasion was blessed by the presence of the parish fathers, brothers, and Srs. Jacinta and Anila. Together, we lifted our hearts in thanksgiving for the Lord's unfailing love and providential care over our community.

❖ **John Haw Vihar, Chiyaram**

"Give thanks to the Lord, for He is good; His love endures forever." (Psalm 107:1)

Warm greetings from John Haw Vihar, Chiyaram! The past months have been filled with grace, joyful encounters, and spiritual nourishment.

- On 29th January, we had the great joy of welcoming our new Provincial Superior, Sr. Tessy, with heartfelt warmth and prayerful wishes as she begins her new mission of leadership.
- During the month of January, we were blessed with visitors from Germany and Tanzania, whose presence brought a sense of global fellowship and joy to our community.
- We were honoured to receive Father General, Fr. Mathew MSJ, whose visit strengthened our bond with the MSJ congregation and reminded us of our shared mission.

- Sr. Varsha also graced us with her presence, accompanied by her beloved family members. Sr. Soumi spent two days with us, and her presence was a blessing to our community.
- Our sisters had the privilege of attending the ordination of MSJ priests, a moment of immense joy and spiritual upliftment for us all.
- As always, our sisters remain deeply involved in pastoral activities: distributing Holy Communion, visiting homes and the sick, attending family unit prayers and funerals, and offering a comforting and committed presence wherever needed in the parish.
- Sr. Sevika deserves special mention for her loving and dedicated ministry in preparing three adults for baptism and marriage - a true reflection of our mission to walk with the faithful on their journey of faith.
- From 9th to 13th March, we hosted the annual retreat for our senior sisters here at John Haw Vihar. It was a deeply spiritual time, with 13 sisters participating in prayer, reflection, and renewal.
- Our sisters also participated in the parish retreat, joining the faithful in deepening their Lenten experience.
- The palliative care unit continues its regular visits to our senior sisters, ensuring comfort and support for them in their later years, with compassionate care and presence.

❖ **St. John's Convent Parpa, Jagdalpur**

- On December 25th, we celebrated the Nativity of our Lord joyfully and meaningfully along with the members of Parpa campus. We shared a meal in fellowship and exchanged gifts with our Christmas friends, making the day truly memorable and filled with the joy of Christ's birth.
- On 11th January, we rejoiced in the celebration of the 75th birthday of our beloved Sr. Archana. A special and meaningful Holy Mass was offered by Fr. Binc CMI, and the children of our campus joined in making the occasion cheerful and blessed.
- A truly remarkable and grace-filled day was February 2nd, as our parish and community celebrated the Golden Jubilee of Sr. Archana and the Silver Jubilee of Sr. Kalpana. The Holy Mass was solemnly presided over by Rev. Bishop Joseph Kollamparampil CMI, with many sisters, priests, and family representatives present. The celebration continued with a cultural program and Agape, marking a milestone of faith and commitment in the lives of our sisters.
- On February 11th, we honoured the feast of our Superior, Sr. Lify, with a grand celebration. The Holy Eucharist was celebrated by Fr. Jins, our parish priest, followed by a festive breakfast. In the evening, the joy continued with a lively gathering at the priests' residence, attended by all the members of the campus.

- On 7th March, we had the joy of welcoming benefactors from a diocese in Kerala to our mission centre. It was both inspiring and humbling to witness their dedication as retired individuals traveling all the way from Kerala to North India. Their sharing of life and mission experiences enriched and encouraged us deeply.

❖ **Vinay Vikas Convent, Pune**

- We participated in the CRI Christmas celebration and our postulants performed a beautiful dance during the program.
- The formees gave a wonderful Christmas program to the Sisters of Sacred Heart and at Sandhya Home.
- At Christmas we had a small get together and we exchanged the Christmas gifts. We also cut the cake and wished each other with warmth of love and joy.
- On 5th January 2025, Sr. Abhilipsa, postulants and candidates joined the diocesan inauguration of the “Pilgrims of Hope”. We all walked in procession to the Bishop’s House with much interest and devotion to witness Christ.
- Postulants had their exposure program at the center of the missionaries of charity and at Sandhya Home for one week.
- On 2nd March, we celebrated women’s day program with the hostelites. Mrs. Raynah Marise was the speaker of the day. She spoke on women empowerment and encouraged everyone to think

beyond and to be courageous and out spoken. Sisters and formees also joined for the event. We had organized a lot of activities in which all participated with eagerness and joy. That day, we had our lunch with the hostelites. Together, we all shared the joy of being women.

- Women's day celebration was held at the Zonal level on 8th March. Candidates and postulants performed the welcome dance. It was a witnessing for all of them as many ladies working in various fields joined the event. All were enriched by the event.

❖ **St. John's Convent, Thoothoor**

- Month of December was a time to experience the spirituality of the mystery of Incarnation. All sisters participated in the Carol singing and visited the families. We enthusiastically gave the Christmas message by visiting families along with the group. We could extend financial help to two students as part of Christmas celebration.
- We participated in the CRI recollection and adoration.
- Sr. Sushanti attended the juniors gathering in Wardha.
- All sisters continue engaging in the parish ministry in spite of the busy schedule of school. We give tuitions for weaker students.
- Family visit, counseling and daily Eucharistic adoration are the means to be with people around us and we find time to listen to their problems.

- We celebrated the feast of our dear Sr. Pooja on 2nd February.
- We participated in the consecrated day celebration in the diocese. Sr Sushanti performed a dance
- We welcomed the great season of lent with certain personal resolutions and community decisions.

❖ **St John's School, Allipur**

- We celebrated Constitution Day with zeal and enthusiasm. Our students demonstrated their talents through various performances that reflected the core values enshrined in our constitution, reinforcing the importance of equality, justice, and democracy.
- On December 13, students participated in Taluka-level bhajan, speech, and dance competitions, winning several prizes and making us proud with their performances.
- In collaboration with the Society of Sisters of St. John, we organized three medical camps in Kangaon and Sirasgaon over December, January, and February. These camps aimed to provide essential healthcare services to villagers, and we are grateful to our students, staff, and local authorities for their support.
- The Star-Making Competition held on December 14 saw a fantastic response from our students. The Christmas celebrations on December 23 were a grand success, with students showcasing their talents through various performances, filled with festive cheer. We ended the year with a

thanksgiving prayer service to bid farewell to 2024 and warmly welcome 2025.

- From December 31 to January 1, we hosted a Cultural Fest for students from Nursery to 9th grade. The event featured various competitions, including dance, poetry recitation, storytelling, and more. Our students participated with great enthusiasm, making the fest a resounding success.
- On January 4, 2025, 560 students took part in the colouring competition, with nine students receiving prizes for their creativity.
- On January 6-7, students from classes 6 and 7 visited a police exhibition at Wardha, gaining valuable insights into law enforcement and public safety.
- The Annual Sports Meet was held on January 16-17, where our students displayed their athletic skills and teamwork, embodying the spirit of sportsmanship.
- On January 23, 2025, we hosted a seminar on study techniques for students of classes 8 and 9, with Fr. Sijo CMF as the resource person.
- On Republic Day, we celebrated our nation's democratic values with great patriotic fervor. Rev. Fr. Joseph Mathew OFM was the guest of honor, and Srs. Roshni and Meera judged the patriotic dance and singing competitions.
- The prize distribution for various cultural and sports competitions was held on several occasions. On January 18, Mr. Praful Dafle, PSI Allipur, distributed

certificates and medals for the cultural events. Fr. Sijo Sebastian CMF awarded certificates and medals to kindergarten students on January 23 for their participation in the sports meet. On January 24, prizes for high school students in the annual sports meet were distributed by Mr. Sachin Parsade and Mr. Satish Kale from Allipur Gram Panchayat. We also honored the EPTA members for their cooperation and support in the academic year 2024-25.

- On February 7, 2025, we bid a heartfelt farewell to our Class X students, with Sr. Anita as the chief guest. Her motivational words inspired them to work hard and achieve their dreams.
- On February 15, we organized an online seminar on positive classroom management, conducted by Ms. Teena Johnson, a clinical psychologist from TRED A.
- Our staff enjoyed a refreshing picnic to Waves at Seloo on February 22, fostering a spirit of unity and relaxation.
- On Women's Day, we organized a session on menstrual hygiene for girls in classes 6-9, conducted by Dr. Varsha Bhalme. The male staff honored the female staff with a floral welcome, cake cutting, and performances. We also collaborated with several organizations to conduct a session for the students, which included a speech competition.
- On March 28, we celebrated the graduation day for our UKG students. The former Kendra Pramukh of Allipur and the sarpanch were the guests of honor.

The program, conducted by the kindergarten students, was filled with joy and pride, and each student received a memento.

- We participated in a seminar on NEP 2020 attended by 35 teachers, arranged by the education ministry of the congregation at Agragami Convent School, Mhasala.
- These events reflect the holistic development of our students and the active participation of our community in nurturing their skills and values. Let us continue to inspire and encourage one another to achieve even greater heights in the coming months.

❖ **Sandhya Home Community**

- By the grace of God, all our residents are keeping well.
- On the 23rd of November, we joyfully welcomed Sr. Vinaya as the new animator of our community. Her presence has brought renewed warmth and energy to our home.
- Sr. Sarala left for her home holidays on the 16th of January. We wish her a refreshing and joyful time with her loved ones.
- We celebrated the birthdays of our dear Sr. Aishwarya and Sr. Vinaya. The day was filled with joy, love, and laughter, creating beautiful memories for everyone.
- With deep sorrow, we share the passing of two of our beloved residents, Mr. Albot and Mr. James

Joseph. We entrust their souls to God's eternal care and pray for their peaceful repose. May they rest in peace.

❖ **Vinayalaya School**

- The annual concert of Vinayalaya School was held on 21st Dec 2024, themed "Folk Fusion". The event was a vibrant celebration of Indian folk traditions infused with contemporary elements captivating the audience with its unique blend of music dance and drama. The esteemed guests Rev. Sr. Tessy Sebastian, the president of St. John's Society, Rev. Fr. Jesu Raj, the Parish priest, Rev. Fr. Paul Pereira, superior of Yuva Jyoti Centre were warmly welcomed by the school band. The program provided a valuable platform for our students to explore, appreciate and creatively reimagine our rich folk heritage. The event not only entertained but also served as an educational experience, fastening a deeper understanding and appreciation for our cultural roots.
- A scout and guide program was held on 17th and 18th January 2025. The students of 6th and 8th std were guided by Sir Raj Kamal Dongre, the advance Scout/guide master. The program focused on essential life skills, including tent pitching, first aid and discipline. Students also showcased their culinary skills by preparing delicious dishes. The program provided valuable learning experiences and encouraged personal growth among the students.

- A comprehensive class on menstruation was conducted by Mrs. Manisha for 5th to 8th std girls. This informative session aimed to educate the young girls about the physiological changes associated with puberty, menstrual cycle etc. She discussed the topics such as hygiene, menstrual hygiene management, good health during this session.
- The students of 10th std along with their class teachers and Sr. Nirmala visited Mother Dairy in Nagpur, where they were explained about milk adulteration, how to check the purity of milk and how the milk is assessed etc. The students also spent a little time in prayer seeking blessings from Mother Mary, at Grotto, Seminary hills. At Ashakiran, they had a good time with the children there. They contributed some grocery items and sweets to them.
- On 26/01/2025, Republic Day was celebrated in our school with great enthusiasm. Our Principal Rev Sr. Nirmala hoisted the Indian flag, marking the commencement of the celebration. The students showcased their patriotic fervor through a variety of performances, including melodious patriotic songs, inspiring speeches, and vibrant dance routines. The program concluded with the soulful rendition of 'Vande Matram' that left everyone with a feeling of deeply moved.
- A farewell program was organized by the 9th grade students for the 10th grade class. The program began with prayer service - to offer blessings and good wishes to the 10th class, as they embark on

their future endeavors. Representatives from the graduating 10th grade delivered speeches. Their speeches reflected on their time in school, shared memorable experience, expressed gratitude to management and staff. At the farewell prayer, our principal addressed the graduating class, offering words of wisdom and guidance as they prepared to embark on their future journey.

- A staff picnic was organised for all the teaching & non-teaching staff on 29th March. It was a great opportunity for them, offering a relaxed environment to connect outside of the workplace. They had a great time together, a day filled with fun, laughter and enjoyment.

❖ **Agragami Convent School, Mhasala**

- CBSE Parakh Rashtriya Sarvekshan was conducted on 4th December 2024 at our school, and eight teachers were appointed as observers at different schools in Wardha for the same. On 7th December 2024, a Grand Reading Festival, Mahavachan Utsav 2024, was organized where all students participated in reading, and their photos were uploaded by teachers to the CBSE portal. EPTA and PTA meetings were held between 7th December 2024 and 13th December 2024, covering classes from Nursery to 10th. The Zonal Level CSA Competitions were conducted on 7th December 2024.
- As part of our social responsibility, ration kits were made by all students and distributed to the needy at

various places in Wardha. On 18th December 2024, a Transportation Committee Meeting was held, where Mr. Dhobale, an RTO Officer, guided auto and van drivers about traffic rules and first aid. The school celebrated a beautiful Christmas Celebration on 21st December 2024, with joy and enthusiasm.

- The Annual Sports Meet was held on 3rd and 4th January 2025, with various events organized for different classes. Winners were awarded certificates and medals for their performances. Our school hosted the 52nd District Level Science Exhibition on 7th and 8th January 2025, where 100 selected replicas from the taluka level were exhibited. Mast. Chaitanya Dhomne and Mast. Kunal Shende won 1st prize at the taluka and district level science exhibition. Additionally, Mast. Chaitanya Dhomne won the 1st consolation prize at the state level exhibition held in Amravati, bringing glory to the school.
- The Model Exam for Class 10 and the Annual Exam for Class 9 were held from 13th January 2025 to 27th January 2025. On Republic Day, 26th January 2025, the 76th Republic Day was celebrated with patriotic fervor. A creative PT Expo, March Past, Dance, and Karate displays were conducted, and trophies were awarded for the PT Expo & March Past, as well as overall House-wise trophies. Rev. Sr. Tessy presided over the function, with parents also being invited.

- On 1st February 2025, a grand farewell was given to the Class 10 students by the Class 9 students, with a wonderful program on the theme "Into the Realms." The AISSE Board Exam 2025 commenced on 15th February 2025 and continued until 18th March 2025, with 175 students appearing for the exam.
- The staff celebrated the silver Jubilee of Rev. Sr. Jessy on 16th December 2025, with a beautiful program filled with love and respect. The Kids Jamboree (Annual Function of Pre-Primary) was held on 25th February 2025, where 116 students from Nursery & LKG enthusiastically participated in a variety of dances.
- The Department of Education conducted a training on the NEP (National Education Policy) for all the teachers of St. John's educational institutions on 31st March at Agragami Convent School, CBSE, Mhasala, with 180 staff members in attendance. Dr. Swarup Dutta was the resource person for this session. Additionally, an NLP (Neuro-Linguistic Programming) program was conducted for the students of classes 9 & 10, as well as for the staff of Agragami Convent School from 17th to 24th March, which turned out to be a successful experience. Mr. Shonit and his team from Shonytalks served as the resource persons for this program.
- The Annual Results were declared on 22nd March 2025, and the admission process for the new academic year is currently ongoing. We seek your

blessings and prayers for all our students and staff as we move forward with the year's events.

❖ **Christusadan Pipri**

- The 80th Birthday of Rev. Sr. Veena was a joyous and memorable occasion, marked by love, gratitude, and celebration. The event was attended by sisters and fathers from near and far.
- The celebration began with the Holy Eucharist. Sr. Deepa Joseph provided an introduction to the Holy Eucharist, reflecting on Sr. Veena's life journey and God's intervention at every step. Fr. Robinson Forane Vicar was the main celebrant. In his sermon, Rev. Fr. Robinson expressed his gratitude to Sr. Veena for her dedicated service to the church and the community.
- During the Eucharistic celebration, Sr. Veena expressed her heartfelt gratitude to everyone who gathered to honor her life and legacy.
- Following the Eucharist, a meaningful felicitation program was conducted. Sr. Tessy, the Provincial Superior, honoured Sr. Veena with a garland, and Sr. Seema, the Councillor, presented her with a sapling. She was felicitated by our sisters, highlighting her achievements and sharing fond memories, praising her service and dedication to the congregation and the church.
- The candidates from Atragami and Jail Road added vibrance to the event by performing rhythmic dances, expressing their love and gratitude. The

celebration concluded with a delicious agape, bringing the event to a warm and joyful close.

❖ **Sanjeevani Ashram**

- The three-day retreat led by Fr. Robin Devassy of Sagar Diocese was attended by a large number of people and proved to be a powerful time of healing and deliverance. A medical camp was organized in the village of Allipur under the guidance of Sr. Sally, with the participation of all SJB nurse sisters from the Diocese of Chanda. The initiative brought much-needed medical assistance to many poor and sick individuals.
- Sr. Sally attended the annual psychiatric doctors' meeting held in Hyderabad in January, which was highly effective and enriching, offering valuable insights into the latest developments in the medical field. Later in February she attended Sister Doctors Forum of India AGBM at Delhi as an invited speaker. The monthly retreat for February was led by Br. Varghese from Kerala and drew the attendance of many laypeople and religious. It served as a deeply nourishing spiritual experience.
- Sr. Divya conducted a one day retreat for the women of Jeripatka parish in the Diocese of Nagpur. It was a spiritually uplifting and anointing encounter. Additionally, Sr. Sally gave a short seminar on health to all the young priests of the Diocese of Chanda, which turned out to be a motivating and inspiring session for the participants. She also gave

an online session at the meeting of priests and religious in diocesan level for enhancing the awareness on POCSO on the theme, 'Psychosexual development of minors and vulnerable adults'.

- The three-day retreat in March was led by Brs. Shyam Ephraim and Don Bosco from Kerala. It was marked by anointing and deliverance, deeply touching the lives of many attendees. A course on Gifted Counselling was offered by Sr. Divya at Sanjeevani Ashram, which was attended by sisters from different dioceses and was appreciated for its relevance and depth.
- Lastly, Sr. Tresa, accompanied by Sr. Meera SJB, went for a Home Mission to the Jivati parish under the Diocese of Chanda. It was a fresh and meaningful experience, giving them the opportunity to meet and pray with many people.

❖ **Agragami High School, Pipri**

- The spirit of Christmas was truly alive at Agragami High School, Pipri, where the joy of the season was celebrated through sharing and caring. We extended our love and generosity by supporting the inmates of Jeevadhara with daily essentials and warm clothes. We also reached out to the Maher community by donating 150 kg of rice, 150 kg of wheat flour, and 25 kg of sugar, along with other daily necessities.
- The Christmas celebration included a vibrant cultural program. Our students, in collaboration with the Jeevan Vikas Society, performed a meaningful

Christmas skit at Pipri village, spreading the message of peace and goodwill.

- Following the Christmas vacation, the school reopened with renewed energy and enthusiasm. On the 30th and 31st of December, inter-house sports competitions were held, fostering team spirit and healthy competition among the students.
- The New Year was welcomed with a heartfelt prayer service and lively cultural performances, setting a vibrant tone for the months ahead.
- Republic Day was celebrated with great fervor, graced by the presence of Rev. Fr. Robinson, the Parish Priest of St. Antony's Church, Wardha. It was a memorable occasion marked by patriotic performances. A highlight of the day was the participation of 160 students from our school in a group dance competition at the stadium, where they proudly secured the 2nd prize.
- The lower primary students enjoyed a delightful one-day outing to Taaiche Mala in Pulgaon, where they experienced farm life and interacted with domestic animals, enriching their learning beyond the classroom.
- A heartfelt farewell ceremony was held on 6th February 2024 for the outgoing 10th standard students. Rev. Sr. Jessy graced the occasion as the Chief Guest, blessing the students as they stepped into a new chapter of life. This year, 208 students appeared for the SSC Board Examination.

- A staff picnic was organised for all the teaching & non- teaching staff on 19th March to Gorewada International Jungle Safari, Nagpur and Surabardi Shiv temple. It was a great opportunity for them, offering a relaxed environment to connect outside of the workplace. They had a great time together, a day filled with excitement, laughter and enjoyment.
- On March 24th, the school joined in the joyous dual celebration of Rev. Sr. Veena's 80th birthday and the Silver Jubilee of Rev. Sr. Rani John. The students marked the occasion with an array of cultural performances, adding colour and warmth to the special day and honouring the inspiring lives of the celebrants.

❖ **Asha Kiran Balgruh, Nagpur**

- The new year 2025 dawned with a smile on the faces of our children and staff. We had special prayers, exchanged greetings and enjoyed a delicious dinner sponsored by a benefactor.
- Under CWC supervision, 52 of our girls went on a one day picnic, enjoying site seeing, food, gifts and fun.
- Dalmia cement corporation Nagpur branch, visited us conducting games, sharing motivational stories, distributing prizes and offering groceries and fruits.
- The Tehsildar of Kamptee promised to assist us in making a ration card available for our children
- Our girls actively participated in the Mahila Bhai Utsav organised by CWC and won many prizes.

- We celebrated Republic Day with patriotic fervor. Power Grid corporation Nagpur invited 12 of the girls to a cultural event where they excelled in the performance and received attractive gifts.
- The Stump Organisation took our children on a fun filled one day trip to a lawn in Nagpur. They had a wonderful time participating in various activities.
- CWC staff conducted an inspection of Asha Kiran and were pleased with our functioning.
- Our girls took part in an inter district level competition organised by CWC returning with trophies and certificates.
- 8 of our 10th class students and 3 of our 12th class students completed their exams and are eagerly awaiting their results.
- We appreciate our volunteer Maths teacher who travels from Kamptee to lovingly explain Maths concepts to our 10th class students.
- Two of our nursing students Lamp Lighting Ceremony in Tanishque School of nursing was held.
- Srs.Seema, Lavanya and Mrs Pragya, our social worker attended a training program sponsored by the district women and child welfare committee.
- The Miracle Foundation from Pune, organised a personalized online career counselling session for our students from classes 9 to 11.
- 10 of our children performed an entrance dance for the silver and golden jubilee of our sisters in Wardha

- Asha Kiran Balgruh is overwhelmed with gratitude and joy as we received a generous donation of a dozen dance dresses from St John's School Pipri. This thoughtful gift brought immense delight to our children.
- Students and staff from Centre Point School Nagpur, visited us, donating groceries and spending qualitative time with our children.
- A generous donor provided household items including desks and benches enabling our children to sit and study with dignity.
- 40 parishioners from Pallotti Nagar visited us and offered meals, conducted games and provided groceries along with a thoughtful gift of financial aid.
- A generous person sponsored the expense of making doors for four cupboards.
- During this term many of our friends and well wishers visited us offering meals for our children on occasions such as birthdays and death anniversaries. We thank all our friends, well wishers and benefactors for their kindness generosity and support. May god reward you in abundance.
- "Defend the weak and the fatherless, uphold the cause of the poor and the oppressed" psalm. 82:3.

Anugraha - Abode of Blessing

- Sr Vidya Joseph

With great apprehension, I stepped through the gates of Anugraha in Dindigul, Tamil Nadu, on the 5th of January, 2025. However, my initial fears dissolved the moment I was greeted at the entrance by Fr. Sathyan, whose warm smile and genial demeanor put me at ease. After making a few inquiries regarding basic information, he graciously directed me to the building where I would be accommodated for the next month.

My room was situated above the dining hall, where many sisters had also found residence. As I ascended the stairs with my suitcase in hand, I was met by a smiling angel - Sr. Philo - who extended her hand to help carry my belongings. Upon reaching the first floor, I encountered more nuns from different congregations, each radiating warmth and hospitality. Thus began my transformative journey at Anugraha.

Anugraha, a psycho-spiritual center run by the Capuchin fathers, is a sanctuary of learning and self-discovery. Within its serene campus, a degree college offers courses in Social Work and Psychology. The friars reside in their own community while hostels house both men and women dedicated to academic and spiritual pursuits.

I was privileged to be part of the foundational training to become a counselor, alongside 74 fellow participants. A total of 132 students were engaged in various levels of

counseling education at the center. Our course commenced on the 6th of January, 2025, with common sessions that set the stage for deeper exploration. Each day unfolded as a unique tapestry of experiences, enriching both my personal and professional life.

The schedule was meticulously structured, keeping participants engaged for nearly 14 hours a day, interspersed with brief respites. The curriculum's design, execution, and outcomes were nothing short of remarkable. The faculty, predominantly Capuchins, exemplified dedication, community spirit, and humility. Their simplicity and grounded nature left an indelible mark on the students.

The diversity of the participants was truly inspiring - men and women, religious and secular, married and unmarried, hailing from various states of India and even Sri Lanka. Their ages ranged from 22 to 70, creating a vibrant mosaic of perspectives and experiences.

The training encompassed theoretical sessions on the fundamental steps of counseling, supplemented by an introduction to various therapeutic approaches. The professors, with their lively demeanor and infectious humor, ensured that learning remained engaging and dynamic. After a week of theoretical immersion, practical sessions commenced, comprising both one-on-one and group counseling exercises. These sessions were closely monitored by senior mentors and faculty members.

A cornerstone of Anugraha's philosophy is the belief that every counselor must first be a 'healed healer.' To this end, the campus offers free counseling services through its psychotherapy center, enabling participants to embark on their own journeys of healing and self-awareness.

Life at 'Mother Anugraha,' as it is affectionately called, was steeped in community collaboration. Weekly duties were assigned and rotated, fostering a sense of unity and shared responsibility among participants. Our rigorous academic schedule was balanced with handwritten assignments, creative presentations, cultural evenings, campfires, picnics, games, and ultimately, a viva and convocation ceremony marking the culmination of our training.

Reflecting on my time at Anugraha, I cherish the profound lessons and insights I gained:

- The astonishing capacities of the human brain and memory, exemplified by Miss Sherin, a young doctor from Coimbatore, who memorized and recalled the names of all 132 participants after a single round of introductions.
- The resilience with which individuals navigate and overcome life's adversities.
- Personal and professional growth through theoretical learning and hands-on practice.
- Self-awareness cultivated through group counseling.
- The gift of healing, received through dedicated counseling sessions.
- Lessons in intercultural and linguistic adaptability.

- The beauty of forming human connections across diverse walks of life.
- The art of finding joy in life's simplest moments.
- A renewed optimism that colors my outlook on life.
- The deepened capacity to empathize with those who suffer in silence.
- The realization that the human subconscious, when guided with intent, can be molded to embrace new cultures, climates, communities, divine connection and experiences.
- A reinforced belief in the innate goodness in every individual, waiting to be unearthed, acknowledged and nurtured.

With a heart full of gratitude, I extend my thanks to the Provincial Team for granting me this precious period of rest, renewal, and profound personal transformation.



Home Mission Experience

A Grace - Filled Journey

- Sr Joshana

First of all, we are deeply grateful to God for the beautiful opportunity given to us. We also extend our heartfelt thanks to our Provincial and her team for choosing us for the Home Mission. It was indeed an enriching and unforgettable experience.

During our theology studies, there were times when certain topics felt difficult to grasp. I often questioned myself—“What am I going to do with all this theology? Where and how will I apply it? Will it be of any real use?” These questions echoed within me more than once. But during the Home Mission, I found the answers I was looking for. Everything I had studied suddenly made sense. I was filled with joy and peace, realizing that this knowledge was not just academic—it was truly pastoral, and very much needed.

Before the mission began, we were a little anxious—wondering how things would unfold. Would we be able to do justice to the questions people might raise? Would we be able to accompany them meaningfully? But as we stepped into the mission field, our worries gave way to joy. The Home Mission truly deepened our sense of purpose in religious life. We felt privileged and blessed to be a part of it.

The first day itself gave us a deep sense of fulfilment -

everything went smoothly, and we were warmly welcomed. By the end of the second day, however, we found it difficult to sleep. The stories, struggles, and pain shared by the people lingered in our hearts. It was a moment of awakening. We found ourselves asking whether Catholics today truly honour their parents and neighbours as we are taught to. Though the teachings are clear, we realized that living them out is often a real struggle for many.

The third day was relatively light, with fewer people coming forward and fewer issues being raised. We concluded the Home Mission with the Lord's Prayer, surrendering everything into God's hands.

Looking back, this experience has affirmed our vocation and our commitment. The mission was not just a service- it was a grace that renewed our hearts and strengthened our call.

God Is Walking With us - A Testimony of Faith

- Sr Jyoti

My heart, overflows with gratitude and happiness towards our ever-loving God. With the psalmist, I proclaim, *"God is our refuge and strength, a very present help in trouble" (Psalm 46:1).*

On the 1st of March 2025, I began a one-month retreat at St. Joseph's Mount Dhyan Ashram in Bangalore. As the retreat commenced, our director, Fr. Tom Quadras,

asked us to keep our phones away. I received this instruction with a heavy heart, hoping I could explain the need to stay in touch with two particular people who were going through critical situations.

The first was Lazar, my beloved brother, who was seriously ill and could have passed away at any moment. The second was Madhuri, a young woman tormented by evil possession for 12 long years. Despite numerous deliverance attempts, she continued to suffer—perhaps partly because she came from a Hindu background. Recently, in January 2025, she had attended a 3-day retreat led by Fr. Robin from the Sagar Diocese, who had entrusted her to my spiritual guidance, assuring her that prayer and the Word of God would heal her. I had been regularly accompanying her in February, offering encouragement and simple prayers, and noticed much improvement. However, the retreat meant stepping away from her at a crucial time.

I explained these matters to our retreat director, but his decision remained unchanged. With a surrendered heart, I entrusted Lazar, Madhuri, and Josna and Arun—a struggling couple I was also journeying with—to the feet of Jesus.

As Psalm 34:18 says, *“The Lord is near to the broken-hearted and saves the crushed in spirit.”*

Each day, I poured out my petitions at the Shrine of Our Lady of Mount Serrate and before the large statue of St. Joseph in the Dhyanashram campus. I humbled myself under the mighty hand of God, recalling the words of 1

Peter 5:6: *“Humble yourselves, therefore, under the mighty hand of God so that He may exalt you in due time.”*

Little did I know that while I was in silence, Jesus, the Savior, was already working out His plan and bringing good news my way.

On March 30th, after the retreat, I travelled to Kannur to visit my brother. To my amazement and joy, I found him managing everything on his own! The last time I had seen him, he was bedridden, lying on an air bed, anticipating death.

My niece Daisy showed me a photo of my brother with his neurosurgeon Dr. Suhas from BM Hospital, Kannur. The Hindu doctor's words under the photo moved me deeply: *“Lazar, I never thought you would come back here. As your Bible says - you have resurrected! It is a great miracle.”* He even shared the photo and testimony on his WhatsApp, spreading the good news far and wide: *“Let the world know that miracles still happen.”*

Then, I called Madhuri, expecting perhaps some sad news. But her mother joyfully told me that she was completely fine - no more attacks, she was eating well, interacting normally, and not troubling anyone. Praise God!

Later, I heard from Josna, who had been longing to speak with me. She shared that her husband Arun had changed, and they were now living happily as a family. After three years of struggle, they attended a one-day retreat at Chamoshi, made a sincere confession, and

experienced peace and healing.

Indeed, Our Lady of Mount Serrate and St. Joseph, most glorious and compassionate, knew the burdens of my heart. Their intercession was powerful and effective.

Thank you, Lord, for your kindness, compassion, and unconditional love!

Thank you, Lord, for the healing touch on my brother!

Thank you, Lord, for the deliverance that Madhuri experienced!

Thank you, Lord, for listening to Josna's prayer!

Thank you, Lord, for restoring joy and unity in Josna and Arun's family life!

Beautiful Souls

- Sr Anjali



*Your soul takes flight like a bird,
Free and full of grace.
You inspire us all to soar,
And rise to our own place.*



*In the boundless sky of dreams,
You spread your wings wide
A soul unchained, a spirit unfurled,
With nothing left to hide.*

*With grace that defies gravity's hold,
And courage that transforms,
You turn the mundane into magic,
And the ordinary into storms.*

A Dream Nurtured In Silence

My Vocation Story

- Rosemary (Candidate)

Since my childhood, there was an unspoken yet deep desire in my family - that someone from our home would dedicate their life to God as a religious sister. While my parents never told me directly, I would often hear them share this dream quietly with my siblings. I was just a child then, but even at that young age, the seed of this dream was already growing within me.

We lived in Gadchiroli, where my father served as a catechist. Living close to the Church, I saw many sisters from different congregations—dressed in their habits, joyful, prayerful, full of life. I used to watch them with wide eyes and a longing heart. I wanted to be like them. In fact, whenever anyone asked me what I wanted to become when I grew up, my answer was always the same: “I want to become a sister.”

By God’s grace, I later came to Hinganghat for my studies. It was here that my life truly began to take shape. I encountered the Sisters of St. John the Baptist (SJB), and something about them deeply touched me. They were not only active in the Church but carried a joy and simplicity that was contagious. They inspired me - not only spiritually, but also personally, by helping me in my studies and gently guiding my path.

During my hostel life, Sr. Jyoti became a light for me. She taught us the value of prayer and involved us in

various spiritual activities. Through her, I began to experience Jesus more closely. I started to realize that the desire to become a sister wasn't just mine or my parents' - it was something Jesus Himself was planting deeper in my heart.

But as time passed, especially during the uncertainties of the Covid pandemic, that dream began to fade. Life felt difficult, and my 10th-grade studies were challenging. Yet, in that time of struggle, I turned to Jesus in prayer. I said, "If You really want me to be a sister, then please help me pass this exam." That prayer wasn't just a request - it was a surrender.

And Jesus answered.

Even before the results were out, I felt a strange peace and assurance within me. I knew He was with me. So much so that with full confidence, I joined the Come and See program. And during that very time, my results were announced—I had passed! For me, that wasn't just academic success. It was a confirmation of my call.

My journey has always been closely tied to the SJB Sisters. They have loved and supported me and even helped my family in many ways. What I have received from them is beyond words. And now, in gratitude to God and to them, I offer my life back—as a small gift in return for all that has been poured into me.

Thank You, Jesus, for calling me. Thank you, dear sisters, for showing me the way.

My Mission Experience

A Heart-Touching Experience at Sandhya Home and Missionaries of Charity

- Dominika Topno (Postulant)

I had a wonderful and unforgettable one-week experience at Sandhya Home and Missionaries of Charity. As soon as I entered, all the inmates welcomed me with warm smiles. I felt so happy meeting them.

During my time there, I helped them in many ways—giving them a bath, feeding them, and being with them. We shared some joyful moments together. I cracked jokes to make them laugh. We sang and danced, and their joy made me feel so peaceful.

The inmates were very kind, humble, and lived in love. Those who were able, helped others who were not. Some of them didn't have hands or legs, so others became their hands and feet. That touched my heart.

Many of them had gone through painful times in their lives. Some were asked to leave their homes by their own family members. Yet, they never showed sadness. Instead, they stayed happy and gave positive energy to others. They encouraged one another to stay strong and cheerful.

This experience was new for me and gave me many mixed feelings—both joy and sorrow. It felt good to spend time with people who were sick, lonely, and

rejected. It's sad how some people forget their old parents or loved ones and leave them in old age homes.

I realized that just a little love, care, and kindness can bring so much happiness to their lives. I felt true joy in serving and caring for them. It was like serving God Himself.

Mother

- Sankumari, Postulant

*Mother is the flame of life
Mother is the best source of life
Mother is the ocean of love
Mother is the love of love*



*Mother is the shadow of mercy
Mother is full of kindness
Mother is the memory of my heart
Mother is the storehouse of love*

*Mother is my breath and my soul
Mother is my unshakeable hope
Mother is my unwavering support
Mother is my beacon of love*

*Mother is inspiring and empowering
Mother is patient and caring
Mother is affectionate and selfless
Mother is the abode of love*

A Golden Gift : A True Dream Realized

- Sr Latika

(30-Day Ignatian Retreat at Dhyanashrama,
Mount St. Joseph, Bangalore)

Mount St. Joseph, Dhyanashram in Bangalore—nurtured by the Jesuits of the Karnataka Province—stands as a proud symbol of the Society of Jesus, truly living its motto, *Ad Majorem Dei Gloriam* (“for the greater glory of God”). Nestled within 40–45 acres of serene landscape, this campus is an exquisite blend of the timeless architectural charm of the 1950s and lush greenery, marked by effective leadership and outstanding management.

The vast campus houses several institutions: vernacular and English-medium schools, a technical institute, degree and management colleges, the Prerna Spirituality Centre, and a vibrant parish church.

The main structure includes a presbytery, a well-equipped infirmary for elderly Jesuits, a novitiate and tertianship wing for Jesuits preparing for final vows, and the Dhyanashrama Retreat Centre. Enveloped in silence and serenity, the entire campus breathes an atmosphere of deep reflection and prayer.

On March 1st at 5:00 p.m., Srs. Jyoti, Latika, and Deepa K. from the Sisters of St. John the Baptist entered Dhyanashrama to begin their sacred 30-day Ignatian retreat—a pilgrimage of hope and transformation. The retreat was directed by Fr. Tom Codrass, SJ, who

introduced the essence and structure of the retreat in the evening session.

He gently reminded us:

“You are making this retreat—plan and design each day with the Lord. Walk with Him, talk to Him, listen to Him, and allow yourself to be transformed in His presence.”

Guidelines for the Retreat

- Mobile phones were to be switched off; any urgent contact would be made through the retreat director.
- Silence, stillness, and solitude were to be strictly maintained.
- Besides the daily input sessions, Eucharistic celebration, afternoon meditation, and an evening Holy Hour, we were encouraged to spend 4–5 hours daily in personal prayer and reflection.

What is a Retreat?

A retreat is:

- An invitation to an inner journey.
- A withdrawal from the noise of daily life to reflect on one’s life path—its highs and lows.
- A time for healing—emotionally, physically, and spiritually.
- A sacred space for self-care, silence, and communion with God.

God gently asks us:

“Where are you?” (Genesis 3:9)

“Where have you come from, and where are you going?”
(Genesis 16:8)

“What am I seeking? What grace do I desire?”

Entering into retreat with openness, humility, and trust allows us to truly hear God’s voice.

Structure of the Retreat

We were 50 retreatants, grouped into four sections—three for those preparing for final vows and silver jubilarians, and one small group of five sisters, including us.

Phase 1: Experiencing the Merciful God

We encountered the compassionate heart of God, as a loving Abba and in the person of Jesus. Through Scripture, we were invited to fall in love, stay in love, and let that love direct everything in our lives.

Phase 2: Journeying with Jesus

This phase focused on the person of Christ—His life, values, and mission. We contemplated the Incarnation, Nativity, the call of the disciples, and various encounters like those with the Samaritan woman and Nathanael.

We reflected:

- How is Jesus inviting me?
- Am I ready to "come and see" and follow Him?

Mother Mary journeyed with us in these moments. We also watched the classic film Jesus of Nazareth, which enriched our contemplation.

Fr. Tom led us deeper into the evangelical counsels—poverty, chastity, obedience, and community life—by posing probing questions:

Will you touch the leper? Care for the dying? Or just send a cheque and step away?

He reminded us:

“The devil has three children: pride, falsehood, and envy.”

Phase 3: Passion and Death of Christ

We walked with Jesus in His final hours—from the triumphant entry into Jerusalem to His agony, betrayal, and crucifixion.

- Would I remain with Him in His suffering?
- What difference has He made in my life?
- Do I recognize Him in the Eucharist, the suffering, the forgotten?

We saw how Jesus redefined everything:

“This is my body”—He said, in every human person, every act of love, in all of creation.

Phase 4: Resurrection and New Life

The final phase invited us to:

- Encounter the Risen Christ

- Experience the peace, joy, and courage of the Resurrection
- Reflect on the Ascension and Pentecost
- Pray for the gifts and fruits of the Holy Spirit

We were encouraged to journey with Mary, from the moment of the Annunciation, allowing her example of faith and surrender to shape our own.

Daily Ignatian Examen – GROW with God

Step 1 : Relish - Thank God for the day's blessings

Step 2 : Request - Ask for light to see your day through God's eyes

Step 3 : Review - Reflect on key moments, thoughts, and actions

Step 4 : Repent - Seek forgiveness and healing

Step 5 : Resolve - Make a concrete resolution with God's help

Final Reflection:

"Speak Lord, your servant is listening."

"You are my body... Go to the ends of the earth."

As we concluded the retreat, our hearts echoed with these divine words and a renewed commitment to live as His hands, feet, eyes, and ears in the world—building His Kingdom, one step at a time.

A Call To Shine : Bring Hope To A Lonely World

- Sr Archangel

The world today is filled with endless opportunities, that so many people feel lost, lonely and hopeless. Addiction, depression and despair are consuming lives. People see happiness in temporary pleasures- technology, fame, material success- but their hearts remain empty. They are searching for something deeper something eternal.

As people of faith what can we do?

We are not just believers - We are called to be light bearers in this world. God has placed ask here not to live for ourselves but to serve, love and guide those are struggling.

1. Be a Witness of Joy

People are drawn to true Joy, not just temporary happiness. When we live with faith, hope and love, we inspire others. Our lives should reflect the peace and fulfillment that only God can give. When others see us smiling through trials, trusting through hardships and loving without conditions, they will ask "What is your secret?" And we can boldly answer "It is God who gives me strength".

2. Reach out with Love

Loneliness is one of the greatest sufferings today. Many people have no one to listen to them or to understand them. We are called to be a presence of love. A simple

act of kindness, listening ear or a word of encouragement can heal broken hearts. People don't need more lectures they need love. Jesus didn't just preach; he sat with the sinners, ate with the rejected and touched the untouchable. We must do the same - go where the lost are, not to judge, but to bring hope, healing and acceptance.

3. Offer the Truth that Heals

The world offers temporary fixes - drugs, alcohol, entertainment etc - but they only leave people emptier. We have something greater to offer - Jesus the source of true peace. We must share our faith boldly, not with force but with authenticity and love.

A broken soul doesn't need arguments; it needs to hear, " You are loved. You are valuable. You are not alone." Through our words, actions and prayers we can lead them back to God where they will find healing.

4. Be the Hands and Feet of Christ

Faith is not just about words- it must be lived. When we help the poor, visit the sick, support the struggling, we show people that we are called to bring them hope.

Will you be a light?

**Will you reach out to the lonely,
the addicted and the lost?**

**Will you live your faith boldly so that others may find
the way to God?**

**The mission is clear; the time is now.
Let's change the world one soul at a time.**

In His Light

- Sr Sunima

*When the road is dark and full of fear,
I whisper, "God, are You truly near?"
Then in the silence, soft and deep,
I feel His presence, strong yet sweet.
Through stormy nights and weary days,
He walks beside in unseen ways.
A guiding hand, a whispered call,
A love that lifts me when I fall.
I've seen Him in the kindest smile,
In hands that serve, in hearts so mild.
In every tear, in every prayer,
His mercy flows, beyond compare.
Though trials come and faith is tried,
I know He's always by my side.
For God and people, hand in hand,
Can build His kingdom in this land.
So I will trust, I will believe,
And with His love, I will achieve.
For in His light, so pure, so true,
Our souls find strength to start anew.*

Finding Light In The Darkness

How to Cultivate Hope and Resilience

- Sr Philomina

We all face challenges and setbacks in life. Whether it's the loss of a loved one, a serious illness, or a personal struggle, it's easy to feel overwhelmed and lost.

However, it's in these darkest moments that we have the opportunity to discover our greatest strengths. We can choose to let our struggles define us, or we can use them as a catalyst for growth and transformation.

Here are a few ways to cultivate hope and resilience in the face of adversity:

1. Practice gratitude : Take time each day to reflect on the things you're thankful for. This helps shift your focus away from negative thoughts and cultivates a more positive mindset.

2. Connect with others : Reach out to friends, family, or a support group for help and encouragement. Social connections are vital for our emotional and mental well-being.

3. Take care of yourself : Make sure to get enough rest, exercise regularly, and eat a healthy diet. Taking care of your physical health can help boost your mood and energy levels.

4. Find meaning and purpose : Reflect on your values and passions. What gives your life meaning and

purpose? Focusing on what's truly important can help you stay motivated and inspired.

5. Practice forgiveness : Letting go of grudges and negative emotions can be incredibly liberating. Practice forgiveness towards yourself and others, and work towards healing and move forward.

Remember, hope and resilience are not qualities that we either have or we don't – they can be developed and strengthened over time. By incorporating these practices into your daily life, you can cultivate the hope and resilience you need to overcome even the toughest challenges.

So, no matter what you're facing, remember that there is always hope. Keep moving forward, even when it feels like the smallest step. And know that you are not alone – there are people who care about you and want to support you on your journey.



Golden and Silver Jubilee Celebrations

- Sr Jessy

"May the golden roots and silver wings grow ever deeper and wider."

On the 19th of February, our congregation joyfully celebrated a momentous occasion - the Golden Jubilee of five of our beloved sisters: Sr. Archana, Sr. Jyoti, Sr. Vandana, Sr. Flowery, and Sr. Latika, along with the Silver Jubilee of four sisters: Sr. Kalpana, Sr. Rani, Sr. Sima, and myself, Sr. Jessy.

The celebration was a beautiful symphony of love and gratitude, graced by the presence of dear family members, sisters from various communities, priests and religious from near and far, well-wishers, and friends. The day began with the Holy Eucharistic Celebration at 10:00 a.m., preceded by a vibrant entrance dance performed by the children of Ashakiran, Nagpur. The Holy Mass was solemnly presided over by Rev. Bishop Ephrem Nariculam, Bishop of Chanda with Rev. Fr. Robinson, the Forane Vicar of St. Antony's Forane Church, Wardha, as the concelebrant, along with several other priests.

Following the Eucharist, a heartfelt felicitation program was held to honour the sisters for their years of faithful and joyful service in religious life. Their dedication over the past 50 and 25 years was celebrated with love and admiration. The program was further enriched by colourful cultural performances - music and dances -

presented by various schools and formation houses, adding joy and vibrancy to the occasion.

The event concluded with a sumptuous lunch, where warmth, laughter, and togetherness filled the air.

As one of the silver jubilarians, I extend my deepest gratitude to Rev. Sr. Arpita and the General Government, Sr. Tessy and the provincial team members and all my dear sisters of the congregation. Your thoughtful planning, care, and hospitality toward our families and guests made this celebration truly unforgettable. May the golden years continue to inspire, and the silver paths shine ever brighter in the journey ahead.

Believe In Yourself

- Sr Gloria

***B**elieve in yourself
And the power within
Become your own Master
And be your best friend.
Believe in the power
You have deep inside.
Behold the inner peace
And in wisdom confide.
Believe in your heart
Every word that you say.
Be trusting in God
And let faith lead the way.*

Saint Denis

Apostle of Paris and Cephalophore Martyr



Saint Denis, also spelled Dennis or Denys, was a 3rd-century Christian missionary and martyr, born in Italy around 200 AD. He was sent to Gaul (modern-day France) during a period of intense persecution under Emperor Decius. Alongside companions Rusticus and Eleutherius, Denis established his missionary base on an island in the River Seine and became the first bishop of Paris. His efforts in spreading Christianity in the region earned him the title “Apostle of France.”

His growing influence alarmed local pagan priests, leading to his arrest by Roman authorities. After a long imprisonment, Denis and his companions were executed by beheading on the hill of Montmartre, a place whose

name may have originated from this martyrdom (“Mons Martyrum” or “The Martyrs’ Mountain”). According to legend, after his decapitation, Denis miraculously picked up his head and walked several miles while preaching a sermon on repentance, making him the most famous cephalophore—a saint who carries their own head.

His body was initially thrown into the Seine River but was recovered by his followers and given a proper burial. A chapel was later built over his tomb by a local Christian woman, which eventually became the Basilica of Saint Denis. This basilica later became the burial site for French royalty and the center around which the city of Saint-Denis developed.

Saint Denis is venerated as the patron saint of Paris and France, as well as of those suffering from headaches, frenzy, rabies, and possession. His feast day is celebrated on October 9. Though some early sources attempt to connect him with Dionysius the Areopagite, a disciple of St. Paul, this identification is considered unlikely by modern scholars. The most reliable early account of his life, the *Passio SS. Dionysii Rustici et Eleutherii*, dates to around 600 AD and contains legendary elements.

Despite the legendary embellishments, Saint Denis’s enduring legacy as a missionary, martyr, and symbol of Christian resilience has deeply influenced both religious tradition and French national identity.

Radiance

A Journey with God's Special Children

- Sr Sandhya

You may wonder why I chose the title “Radiance” for my experience. It’s because, for me, this word captures the unwavering spirit of these children. Their light brightens the path of growth and progress. Every little victory they achieve shines like a beacon of hope. Radiance is also the light of compassion, care, and love that surrounds and empowers them to reach their fullest potential—no matter the challenges.

Let me introduce you to a very special place—Daivalayam. In our language, “Daiva” means God or Divine, and “Alayam” means place or abode. Together, Daivalayam is a home filled with divine presence—a place of care, safety, and nurture for children who need special support. Truly, the children here are the radiant light of the Divine in this centre.

Working at this centre for children with cerebral palsy has been a truly eye-opening and rewarding experience. Every day, I have the privilege of supporting these amazing children, encouraging them, and learning from their strength.

Caring for children with cerebral palsy requires deep patience, empathy, and understanding. Each child has unique needs and abilities. It’s our responsibility to meet them where they are and give them the best care possible. We help them with physical activities, ensuring

they are safe and comfortable, while also encouraging their movement, coordination, and independence.

One of the most fulfilling parts of this work is witnessing their small but meaningful progress. Whether it's a child learning to hold their head up, smile, or take their first steps with a walker—these are huge milestones. They fill our hearts with joy and pride.

But it's not just about physical care. We also work to create a positive, loving environment where every child feels supported and confident. They have so much potential. It's our mission to help them grow, not just physically, but emotionally and mentally as well.

This experience has deepened my appreciation for the strength and perseverance of these children. It has also taught me the importance of working together as a team. The staff and sisters here are so dedicated. Their shared commitment to the well-being of the children is inspiring.

Overall, my time at Daivalayam has been a life-changing journey. It has broadened my view of the world and sparked a deep desire in me to continue supporting children with cerebral palsy and other special needs.

I thank the Almighty God for this beautiful opportunity to serve such special and lovely children. We expect nothing from them—just their happy and cheerful faces are more than enough.

A big thank you to our provincial team, both past and present, for courageously taking up this frontline ministry. The experience at Daivalayam can truly change

lives. It has made me more patient and deeply thankful for the gift of good health and the ability to serve others.

As I Journey

- Sr Banita Singh

*As I journey towards the promised fountain
Passing through thorns and thistles
Trembling with fear, anxieties and worries,
Knowing not what lies ahead!*

*I journey with faith and hope,
To find that living fountain,
The fountain of life and liberty,
Flowing down to millions.*

*The fountain is the spring of Calvary,
Where my Savior's heart was pierced,
And blood and water gushed forth,
To save humankind and renew the faith and hope of all.*

*Every drop of blood that was shed,
Till eloquently the depth of His life,
Gave us tangible and personal proof of his love
And shared His perfect obedience to the will of the
Father.*

*Keep your thoughts positive,
because your thoughts become your word*

The Power of Broadcasting Goodness

- Sr Shruti

In a world often filled with negativity and challenges, broadcasting goodness is a powerful way to inspire, uplift, and create positive change. Every small act of kindness, compassion, and generosity has the potential to ripple through society, touching lives beyond our immediate reach.

Goodness is not just about grand gestures; it can be found in everyday moments, such as offering a helping hand, speaking words of encouragement, or simply listening with empathy. By sharing goodness, we set an example for others to follow, fostering a culture of gratitude and positivity.

When we focus on broadcasting goodness, we shift our attention from what is lacking to what is abundant – the kindness in people, the beauty in simple acts, and the hope that lies in every moment. By contributing to a world where love, unity, and understanding prevail over division and indifference, we create a brighter and more compassionate place.

Ultimately, the goodness we broadcast returns to us in unexpected ways. As we sow seeds of kindness, we reap a life enriched with meaningful relationships, inner peace, and a deep sense of fulfillment.

The Choice Between Goodness and Evil

There are those who spread goodness and those who spread evil. While some find joy in doing evil, others are inspired to spread goodness. Those who live in darkness fear the light and try to escape from it, whereas those who are interested in goodness spread it.

Goodness has growth and life, whereas evil has growth but no life. It is up to us to choose between goodness and evil.

The Reward of Goodness

If we do good only for the sake of reward, it becomes a selfish act. The true reward of those who do good is that God, who is good, dwells in them. Those who live a good life belong to God.

In conclusion, broadcasting goodness is a powerful way to create positive change in the world. By focusing on kindness, compassion, and generosity, we can foster a culture of gratitude and positivity, ultimately reaping a life of meaningful relationships, inner peace, and fulfillment.

Positive Attitude
creates
a chain of positive
Thoughts...

The Journey of “Pilgrims of Hope”

- Priyanka Tigga (Postulant)

A Pilgrim ‘is someone who undertakes a journey to a sacred place for religious reasons.

Hope ‘represents the positive exception and trust in God’s goodness, even in the face of hardship’.

I have never made a pilgrimage and my mind races with questions.

Will I do it right?

Am I worthy?

Will my prayer life be deep enough?

I don’t know the answer yet, but I do know that I will go.

As I started the journey of Pilgrims of Hope there was a large crowd, they placed their intentions and started their journey of pilgrims of hope with hope and trust in Jesus. As I was walking with them, I sought transformation in my relationship with the Incarnate God so that I can better testify to the light of the secret and prepare my heart to receive Christ with open arms. As I continue this journey, I place before Christ, all the intentions of our congregation, our community, our family members and our friends.

During my pilgrimage, I forgot everything, whatever pain and sorrow I have and I experienced the grace of Jesus, as He poured out his spirit on me. I walked together with others and slowly I was tired of walking. But after the

pilgrimage, I felt peace and experienced the presence of Jesus. It was a very good experience and I thanked God for all the blessings.

Pilgrims of hope encourage individuals to actively live their faith and strive to bring hope to others through their actions.

To Fill The World with Love's Embrace

- Sr Archangel

*A prayerful post, a word of light,
A message sent to end the night,
A heart consoled, a soul set free,
A bridge across eternity.*

*Use the gift, let wisdom reign,
Speak of hope and not of gain.
Let mobile's ring with heaven's call
Not chains of vice, but love for all.*

Me and My Bicycle

- Sr Abhilipsa

My Journey from Vinay Vikas Convent to Azam Campus.

Every morning, as the sun rises over Pune, I rise up and after my morning assignments, I set off on my daily journey to my college with my most trusted companion - my bicycle. From the narrow streets of Vinay Vikas Convent, I begin pedaling towards Azam Campus College, my destination for the day. While many of my classmates rely on buses, rickshaws, or bikes, I prefer my simple, sturdy bicycle - it never gets stuck in traffic, never makes me wait, and always gives me the joy of an open road.

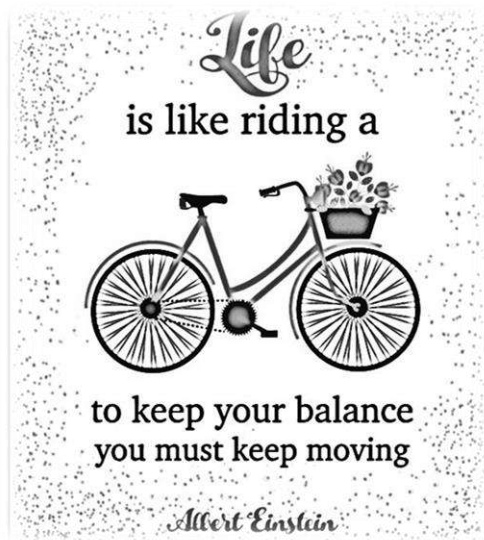
The ride is an adventure in itself. As I start, I pass by small shops opening for the day, tea stalls bustling with people sipping their morning chai, and schoolchildren waiting at bus stops. The cool morning air and the rhythmic sound of my bicycle chain make the ride refreshing. But as I approach the busier roads near General Post Office, the city begins to wake up fully—cars honking, rickshaws weaving through lanes, and buses stopping at every turn. I carefully navigate through it all, taking shortcuts through Camp to avoid the rush.

Riding through Pune comes with its challenges. In the hot summers, the sun blazes down, making the ride very tiring. But no matter the season, my bicycle is always ready for the journey. Sometimes, if the chain slips or

the tire loses air, a quick stop at a cycle repair shop near MG Road is all it takes to get moving again.

Despite the challenges, the ride has its joys. The slight downhill stretches make me feel like I'm flying, and the familiar sights of Lal mandir and the Pulgate market road remind me that I'm close to my destination. By the time I reach Azam Campus, I feel a sense of accomplishment—not just for reaching on time, but for enjoying the journey.

As I park my bicycle in the parking zone of the college, I smile, knowing that once my classes are over, it will be waiting to take me home. In a city full of traffic and noise, my bicycle is my peaceful escape, my trusted companion, and my symbol of freedom. My Bicycle has become my most trusted companion in the hustle, bustle city of Pune.



Message of The Holy Father Pope Francis for Lent 2025 (25.02.2025)

Let us journey together in hope

Dear brothers and sisters,

We begin our annual pilgrimage of Lent in faith and hope with the penitential rite of the imposition of ashes. The Church, our mother and teacher, invites us to open our hearts to God's grace, so that we can celebrate with great joy the paschal victory of Christ the Lord over sin and death, which led Saint Paul to exclaim: "Death has been swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?" (1 Cor15:54-55). Indeed, Jesus Christ, crucified and risen, is the heart of our faith and the pledge of our hope in the Father's great promise, already fulfilled in his beloved Son: life eternal (cf.Jn10:28; 17:3).

This Lent, as we share in the grace of the Jubilee Year, I would like to propose a few reflections on what it means to journey together in hope, and on the summons to conversion that God in his mercy addresses to all of us, as individuals and as a community.

First of all, to journey. The Jubilee motto, "Pilgrims of Hope", evokes the lengthy journey of the people of Israel to the Promised Land, as recounted in the Book of Exodus. This arduous path from slavery to freedom was willed and guided by the Lord, who loves his people and remains ever faithful to them. It is hard to think of the biblical exodus without also thinking of those of our

brothers and sisters who in our own day are fleeing situations of misery and violence in search of a better life for themselves and their loved ones. A first call to conversion thus comes from the realization that all of us are pilgrims in this life; each of us is invited to stop and ask how our lives reflect this fact. Am I really on a journey, or am I standing still, not moving, either immobilized by fear and hopelessness or reluctant to move out of my comfort zone? Am I seeking ways to leave behind the occasions of sin and situations that degrade my dignity? It would be a good Lenten exercise for us to compare our daily life with that of some migrant or foreigner, to learn how to sympathize with their experiences and in this way discover what God is asking of us so that we can better advance on our journey to the house of the Father. This would be a good “examination of conscience” for all of us wayfarers.

Second, to journey together. The Church is called to walk together, to be synodal. Christians are called to walk at the side of others, and never as lone travellers. The Holy Spirit impels us not to remain self-absorbed, but to leave ourselves behind and keep walking towards God and our brothers and sisters. Journeying together means consolidating the unity grounded in our common dignity as children of God (cf. Gal3:26-28). It means walking side-by-side, without shoving or stepping on others, without envy or hypocrisy, without letting anyone be left behind or excluded. Let us all walk in the same direction, tending towards the same goal, attentive to one another in love and patience.

This Lent, God is asking us to examine whether in our lives, in our families, in the places where we work and spend our time, we are capable of walking together with others, listening to them, resisting the temptation to become self-absorbed and to think only of our own needs. Let us ask ourselves in the presence of the Lord whether, as bishops, priests, consecrated persons and laity in the service of the Kingdom of God, we cooperate with others. Whether we show ourselves welcoming, with concrete gestures, to those both near and far. Whether we make others feel a part of the community or keep them at a distance. This, then, is a second call to conversion: a summons to synodality.

Third, let us journey together in hope, for we have been given a promise. May the hope that does not disappoint (cf. Rom 5:5), the central message of the Jubilee, be the focus of our Lenten journey towards the victory of Easter. As Pope Benedict XVI taught us in the Encyclicals *Salvi*, “the human being needs unconditional love. He needs the certainty which makes him say: ‘neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord’ (Rom 8:38-39)”. Christ, my hope, has risen! He lives and reigns in glory. Death has been transformed into triumph, and the faith and great hope of Christians rests in this: the resurrection of Christ!

This, then, is the third call to conversion: a call to hope, to trust in God and his great promise of eternal life. Let

us ask ourselves: Am I convinced that the Lord forgives my sins? Or do I act as if I can save myself? Do I long for salvation and call upon God's help to attain it? Do I concretely experience the hope that enables me to interpret the events of history and inspires in me a commitment to justice and fraternity, to care for our common home and in such a way that no one feels excluded?

Sisters and brothers, thanks to God's love in Jesus Christ, we are sustained in the hope that does not disappoint (cf. Rom 5:5). Hope is the "sure and steadfast anchor of the soul". It moves the Church to pray for "everyone to be saved" (1 Tim 2:4) and to look forward to her being united with Christ, her bridegroom, in the glory of heaven. This was the prayer of Saint Teresa of Avila: "Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one" (The Exclamations of the Soul to God, 15:3).

May the Virgin Mary, Mother of Hope, intercede for us and accompany us on our Lenten journey.

A Pilgrimage To Malayattor

A Journey of Faith and Healing

- Sr Veronica Dang

My pilgrimage to the famous Malayattoor Church was filled with excitement and joy. I was truly amazed to see the church standing tall on top of the hill. I went for this spiritual journey with the parish youth of St. Joseph's Church, Kazhakuttam, along with Sr. Pavana and Fr. Deepak, our parish priest. We began our climb at around 3 p.m., filled with prayerful spirit and energy.

As I walked up the hill, I could feel the touch of the cool, fresh breeze all around me. The chirping of birds and the soft rustling of leaves added to the peaceful atmosphere. I could also hear the deep breaths of pilgrims climbing the steep path—children, youth, and elderly—all offering prayers with great devotion. While the others prayed in Malayalam, I silently prayed in Hindi, and I was happy and grateful to be given the chance to lead the 11th Station of the Cross in Hindi.

Though I felt pain and my legs trembled a bit during the climb, I kept praying the Our Father and thinking about Jesus' suffering. This gave me strength, and I reached the top with a peaceful heart.

The first thing I saw was the huge statue of St. Thomas. We spent some time there in prayer. Then we visited the church, which had once been attacked by an elephant. I was surprised to see the tusk marks on the wall, yet the church stood unharmed. I went inside and spent some

quiet time thanking God and praying for my loved ones and friends.

I could really feel God's presence—surrounding, comforting, and reassuring me. After some time, we attended the Holy Mass in the beautiful hilltop church. Later, we went to the miraculous well and drank its water, trusting that it would bring healing. I was especially drawn to the huge golden cross, and as I touched it and prayed, I felt a deep sense of stillness and calm within me.

As we began to descend the hill, I didn't really want to leave. I wanted to stay longer in that peaceful and divine atmosphere.

Later, we visited the Vallarpadam Church. I was feeling very tired and in a lot of pain, so I sat down in the church and cried, pleading with God for healing. I prayed with full trust and faith. And then something beautiful happened—my pain disappeared. I was filled with gratitude and joy. Tears rolled down my cheeks as I thanked and praised God with all my heart. My soul felt light, and my heart was filled with love and devotion.

This pilgrimage to Malayattoor Kurisumudi was a powerful reminder for me that God is always present, always faithful. It renewed my spirit and strengthened my commitment to my faith journey. I understood more deeply that He is always calling me - inviting me to grow in love, service, and trust in His divine plan.

From The Hospital Corner:

A Mother's Vigil

- Sr Sally



This time, what I want to share is not from a ward or a patient's bedside, but from a quiet, weathered corner just outside my cabin window - a story of a mother bird and her fragile, fleeting world.

She belonged to a wilder species of dove, unbothered by human presence, perhaps unfamiliar with the ways of city life. One morning, I noticed her - perched carefully in a scanty nest she had woven with wisps and threads of dry twigs. It was tucked into a precarious corner of the outer window ledge, just beyond the glass pane of my hospital cabin. Two tiny, pearly eggs nestled inside it.

My first thought was almost a rebuke: How imprudent this bird is! Why build such a flimsy nest in such a vulnerable place? Yet, day after day, she sat over those eggs with unwavering patience. She didn't flinch at my movements inside the room, nor at the occasional bustle from the hospital corridors. In return, I made it a point not to disturb her - refraining from even opening or closing the window, though the heat inside was stifling.

Then came the storms.

For three nights, thunder shook the skies, rain lashed the window, and lightning split the clouds. Every morning, I approached the window with dread, fearing I'd

find the nest gone, the eggs shattered, or the bird defeated.

But no.

There she sat - soaked, ruffled, but steadfast. And then, one radiant morning, I saw them - two tiny chicks, barely formed, blindly reaching out for warmth and food. She fed them gently, tirelessly, as they slowly grew, their feathers soft and downy, their movements awkward and endearing. Life was unfolding before my eyes.

But life, as we know, doesn't always unfold gently.

One afternoon, as I was immersed in some hospital paperwork, a loud, sickening thud jolted me. I rushed to the window. A large Great Coucal - a notorious predator known for snatching eggs and nestlings - was attacking. The mother bird was in flight, frightened and flailing, her tiny feathers floating in the air. She landed on a nearby tree, watching helplessly.

My heart broke.

I ran outside, shooed the Coucal away, and alerted the security guard stationed nearby to keep an eye out for the predator. I even rigged a small protective tent over the nest using cloth and a few makeshift sticks, hoping to shield the chicks.

But the mother stayed away. The tent had frightened her too. Realizing this, I carefully removed it, praying she'd return. And in the quiet hush of the evening, she did - returning to her babies, cautious but committed.

The next morning, I walked into my room, hopeful. But the nest was empty.

Gone.

The mother was perched on a branch nearby, staring at the bare space where her world once was. And then... she looked at me.

In that silent gaze, I felt an ache. It wasn't just the loss of her chicks. It was a shared grief. We had built an unseen bond - her outside the glass, me inside. For days, we had kept vigil together, breathing in rhythm with hope.

I stood there, helpless, wanting to fix what could no longer be fixed. And then, I surrendered - her sorrow, my ache - to the One who holds the balance of all creation.

Nature, I realized, has its own ways - to protect at times, to take away at others. The strong survive, while the weak often suffer. But that doesn't mean we stand by.

That morning, as I watched her still form silhouetted against the branches, I made a quiet resolve - In my own small way, I will stand for the vulnerable. I will be their shelter, their defender, their voice. For that is what compassion calls for - not just in grand gestures, but in small, fierce commitments.

To the mother bird who taught me this lesson without a word - thank you.

And to the Power that sustains all things - even the tiniest life on a window ledge - I bow in humble awe.

In Loving Memory of Julie

- Sr Tresa

*You were with us only for a short while,
Yet, you were so close to our hearts.
We all loved you—so deeply, so dearly.*

*So active, so full of life,
So playful with almost everyone you met.
Your little mischiefs, your wagging tail—
They brought joy to our days.*

*Your childish naughtiness,
It quietly stole the hearts of many.
You didn't need to try hard to win us over—
You had already done that just by being you.*

*You weren't just a pet;
You were one of us.
A close friend.
A cherished soul.*

*And then, you left us...
So suddenly.
Leaving behind a space
That no one else can ever fill.*

*We tried our best to save you.
But perhaps God had other plans.*

*We miss you, dear Julie.
Your sparkling little eyes...
Your playful energy...
Your endless affection...*

*Every time I look at that empty kennel,
I feel the silence you left behind.
And I realize -
Just how deeply you were a part of us.*

ईशा का प्रेम

- Sr Banita

इश्वर प्रेम हे और प्रेम ईश्वर क्योंकि प्रेम इश्वर से उत्पन्न होता है जो इश्वर को प्यार करता है वह इश्वर की संतान है । इश्वर का पराम् कितना महान है आउट कितना गहरा है । इश्वर के प्रेम को कोई तौल नहीं कर सकता और उसका तुलना भी नहीं कर सकता । क्योंकि इश्वर का प्रेम अनिभिन्नित है । इश्वर दिव्य प्रेम का मूरना है । जो उसके प्रेम को अनुभव करले ,वह व्यक्ति सदा जीवित रहेगा इस लोक में और परलोक में भी

इश्वर अपनी पहचान अपनी कुर्बानी देकर प्रकट किया । इश्वर हमसे पिता की तरह प्रेम करता है । हमारे दुख सुख के समय वह अपनी हथेली मे उढ़ा लेता है । वही है हमारी स्नेही पिता रॉप प्रेमी पिता । जब हमारे जिंदगी मे परेशानी दुख और अंधकार छाया रहता है । इश्वर हमारे जीवन में एक नई रौशनी जलाते है । वः हे प्रेम क्योंकि प्रेम सहनशील और दयालु हे वः कभी ईष्या नहीं करता जो इश्वर के प्रेम में ढूँढ रहना है । वः इश्वर में निवास करता है । सही है इश्वर का प्रेम की पहचान ।



Good to know ...

Borderline Personality Disorder

- Sr. Sally

Understanding Sr. Sia's Struggles A Community's Concern

(Scene: Late afternoon in the convent garden. Sr. Nalini, the superior, is seated and looks troubled. Sr. Manasi approaches, noticing her concern.)

Sr. Manasi (softly): Sr. Nalini, you seem worried. Is everything alright?

Sr. Nalini (sighs): It's about Sr. Sia. She's going through a lot, and it's affecting the entire community.

Sr. Manasi: Has something new come up lately with Sr. Sia?

Sr. Nalini: Yes. She's having trouble adjusting. One day she's bright and warm, the next she's distant or upset over small things. Yesterday, the parish priest told me he's concerned about her close attachment to a young man in the youth group. She spends so much time with him that she's ignoring her other duties. I get complaints from the school also. She gets easily irritated with staff and teachers, struggles with corrections, and often has anger outbursts. According to the principal, she even shows clear favoritism with certain children.

Sr. Manasi (nodding): I've seen similar signs in the community. It seems like deep emotional instability. Did this start recently?

Sr. Nalini: No, it was there before also. In her previous community, she formed an intense bond with a certain sister. When that relationship turned sour, she had an emotional breakdown and was transferred here. She swings from leaning heavily on people to pushing them away. Sometimes she lashes out or isolates herself for days. Everyone is worn out. Sr. Sia also had made suicidal threats on several occasions, and there was even one impulsive attempt—though not serious, it was deeply alarming. Sadly, similar patterns are beginning to emerge here as well.

Sr. Manasi: It sounds like something more serious than ordinary social struggles.

Sr. Nalini: Do you think it's a mental health issue?

Sr. Manasi: Yes. I've studied psychology, and I suspect Borderline Personality Disorder (BPD).

Sr. Nalini (surprised): Borderline Personality Disorder? What does that mean?

Sr. Manasi: Borderline Personality Disorder is a complex condition marked by an unstable sense of self, intense emotional fluctuations, and turbulent relationships. Individuals with BPD often form deep attachments very quickly but may just as swiftly feel rejected or betrayed. Their emotional distress can become so strong that they act impulsively or destructively. A particularly troubling aspect is their tendency to seek emotional security

through inappropriate or short-lived attachments, sometimes with sexual overtones. These patterns are rooted in a profound fear of abandonment and an ongoing struggle to regulate overwhelming emotions—both core features of the disorder.

Sr. Nalini: That seems to describe her. But what causes it?

Sr. Manasi: Often, individuals with BPD have a history marked by unstable environments, neglect, rejection, or trauma—such as childhood sexual or physical abuse by someone they depended on for care. This betrayal deeply affects their ability to trust, even in close and safe relationships. Because their emotional needs were not consistently met during formative years, they grow up with a constant fear of abandonment. They long for emotional security, yet rarely feel truly safe or settled in any relationship, leading to intense instability in their connections with others.

Sr. Nalini: I see that in her. She seems insecure, moving from one attachment to the next. How can we help?

Sr. Manasi: We must be patient and consistent. Individuals with BPD don't have a stable sense of self, so they look to others for validation. As soon as they feel slightly rejected, they have strong reactions. We should assure her she's valued, yet also set healthy boundaries.

Sr. Nalini: Boundaries are tough. She becomes so emotional if people try to give her space. She instantly

feels unloved and unwanted even with the slightest sign of distancing.

Sr. Manasi: Yes, she might see boundaries as rejection. But without them, she grows too dependent on one person. Encouraging a balanced routine, spiritual support, and gentle counseling can help.

Sr. Nalini: Should we look for professional help?

Sr. Manasi: Yes, but carefully. She may resist if she feels “labeled” or “treated like a problem.” Instead, start with practical techniques:

- **Journaling & Reflection:** Writing her emotions can build self-awareness.
- **Spiritual Guidance:** A deeper bond with God can give her a sense of security.
- **Mindfulness & Relaxation:** We need to teach her stress management through deep breathing or prayer.
- **Broad Support System:** She needs more than one or two people to rely on.

Sr. Nalini: Good ideas. But what if she refuses?

Sr. Manasi: We stay gentle but firm. She will test our patience, but we must respond consistently, avoiding extremes—too much sympathy or harshness.

Sr. Nalini: And if she keeps struggling?

Sr. Manasi: Then we explore structured therapy. I know Sr. Siddhi, who has counseling experience and does therapies. She is part of the “Treasure” group. I know her well as she is my mentor. She could help.

Sr. Nalini: Yes, you mentioned Treasure—a group supporting sisters with mental health concerns.

(They go to see Sr. Siddhi)

At Sr. Siddhi's Office

(Sr. Siddhi listens closely to their concerns)

Sr. Siddhi: From what you've said, it does sound like BPD. Patterns of intense attachment, sudden anger, and impulsive behavior are key signs.

Sr. Nalini: How can we help her without driving her away or making her feel labelled?

Sr. Siddhi: She needs someone who understands her challenges and can guide her. Since Sr. Manasi stays with her and knows her, she could help—but with clear boundaries.

Sr. Manasi: Yes, I'm concerned about boundaries. I don't want her to depend entirely on me.

Sr. Siddhi: That's wise. You need compassion but also protect yourself from being overwhelmed. Teach her self-regulation skills rather than offering constant comfort. If she clings too much, nudge her to seek broader support instead of relying on just one person.

Sr. Nalini: Are there specific therapies for long-term help?

Sr. Siddhi: Dialectical Behavior Therapy (DBT) works best for BPD. It teaches:

- **Mindfulness:** Staying in the present instead of getting carried away by emotions.
- **Distress Tolerance:** Coping with emotional pain without impulsive outbursts.
- **Emotional Regulation:** Managing mood swings in a healthier manner.
- **Interpersonal Effectiveness:** Learning better relationship skills and boundaries.

Sr. Nalini: This sounds perfect. But how do we get her to try it?

Sr. Siddhi: Introduce it gently. Use daily conversations and small steps. Instead of saying, “You need therapy,” suggest, “Here’s a helpful way to manage stress. Many found it helpful, including me” etc.

Sr. Manasi: That’s a good approach. I’ll support her, but within healthy limits. We’ll invite her into the Treasure group, too.

Sr. Siddhi: Exactly. With patience and proper guidance, she can find healing. We’ll proceed one step at a time.

Sr. Nalini: I feel much relieved and more hopeful now. Thank you both. Let’s work together so she can find stability and peace.

(They end with a prayer for wisdom, strength, and healing for Sr. Sia.)

Aragami Bible Quiz

(Isaiah 34-66)

1. With whom is the hand of the Lord?
2. Whose builders will be made like Eden?
3. What is goaded with fat?
4. Where shall the herds lie down?
5. Who wept bitterly?
6. Whose God was Nisroch?
7. Who swears by the name of the Lord?
8. Who is like an antelope in a net?
9. When will the burning sand become a pool?
10. What springs up like a green tamarisk?
11. Who says I am just a dry tree?
12. Who delivered her children as soon as she was in labour?
13. Where shall one seek and read from?
14. Who was in charge of the palace?
15. What shall be turned into lamentation?
16. To whom shall the lord give an everlasting name?
17. What came out of dry ground?
18. Who will be called oaks of righteousness?
19. Who stood by the conduit of the upper pool?
20. Who moans like a dove?
21. Who says to one another take courage?
22. What shall happen to the place where Lord's feet rest?
23. Who was taken away by a perversion of justice?
24. Why did God fight against them?

25. What shall come up instead of brier?
26. Who was the recorder?
27. What will be given to god's servants?
28. Who shall be the foster fathers of Zion?
29. Where did Israel set up the symbol?
30. What happened to the pleasant places?
31. Whose mouth was like a sharp sword?
32. Whom shall the lord appoint as over seer?
33. Who will sing for gladness of heart?
34. Who will bring gold and frankincense?
35. Who felt secure in their wickedness?
36. Who will find satisfaction through his knowledge?
37. Who is an abomination?
38. What was poured out on the earth?
39. For whom does God work?
40. What pure is the hand of anyone who leans on it?
41. Who came from Bozrah in garments-stained crimson?
42. Who has no understanding?
43. Who transgressed against God?
44. Why do peoples sanctify and purify themselves?
45. What was applied to the boils?
46. What is like the wind that takes us away?
47. Where will the rivers be opened?
48. Who was the mistress of kingdoms?
49. How will be the days of God's people?
50. Who was the king of Ethiopia?



★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!

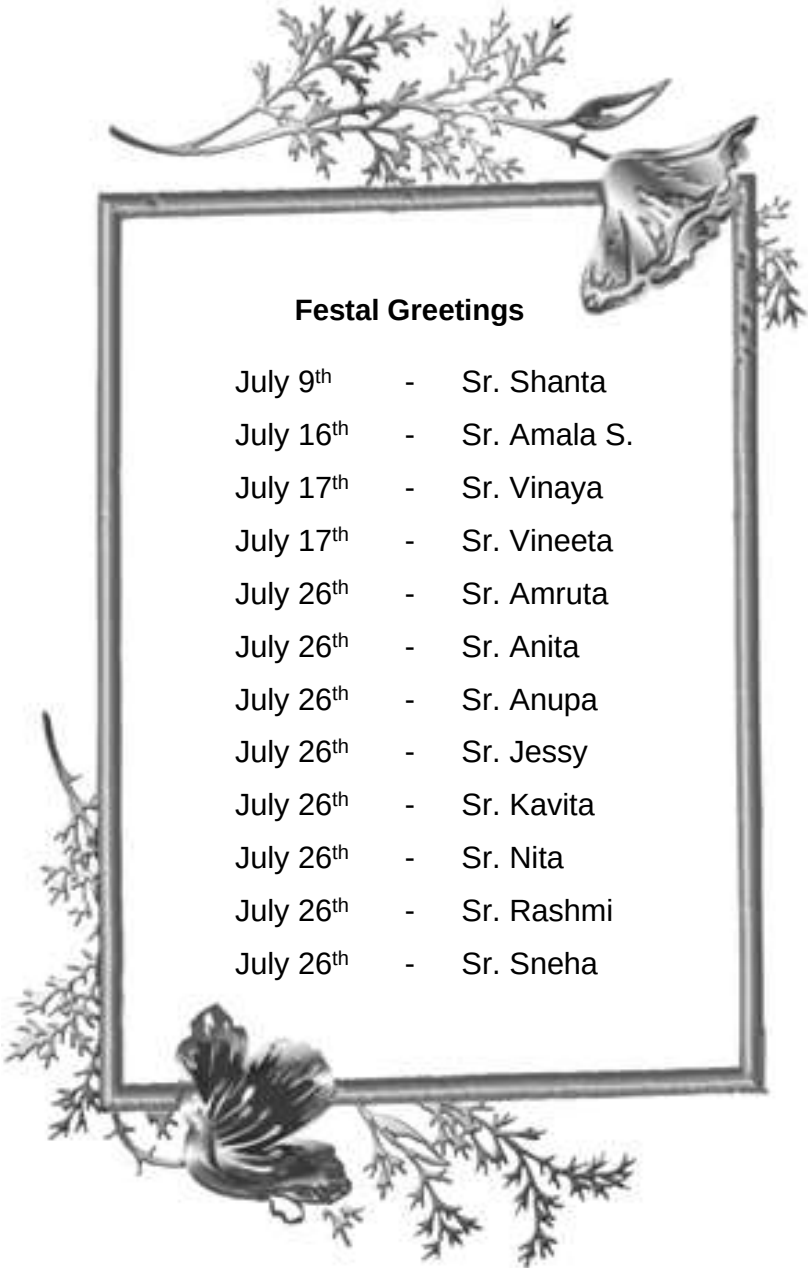


11 th July	-	Sr. Jessy
11 th July	-	Sr. Prasada
17 th July	-	Sr. Lifey
20 th July	-	Sr. Shruti
21 st July	-	Sr. Priya
23 rd July	-	Sr. Ajita
25 th July	-	Sr. Anisha
5 th Aug	-	Sr. Jaya P.
7 th Aug	-	Sr. Sudha
10 th Aug	-	Sr. Sevika
12 th Aug	-	Sr. Seema
13 th Aug	-	Sr. Soumi
15 th Aug	-	Sr. Vandana
15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



Festal Greetings

May 11 th	-	Sr. Preshita
May 31 st	-	Sr. Geeta
May 31 st	-	Sr. Sima
May 31 st	-	Sr. SejiDainy
May 31 st	-	Sr. Sevika
June 8 th	-	Sr. Anila
June 8 th	-	Sr. Varsha
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 26 th | - | Sr. Smita |
| July 26 th | - | Sr. Shubha |
| July 26 th | - | Sr. Shilpa |
| July 26 th | - | Sr. Valsa |
| July 28 th | - | Sr. Amala R. |
| July 28 th | - | Sr. Lavanya |
| July 28 th | - | Sr. Nutan |
| July 28 th | - | Sr. Philomina |
| July 28 th | - | Sr. Soumi |
| July 28 th | - | Sr. Banita |
| July 28 th | - | Sr. Linmy |
| July 28 th | - | 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 2025***

The Winner of the December 2024 Volume is

Sr Joshana - 1st Prize

"Friends till the end"

Sr Maria Goretti - Runner Up

"Come let's walk together with cheerfulness"

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. 09th January 2025 - Father of candidate Albina
2. 21st January 2025 - Mother of Sr Nutan K.
3. 07th February 2025 - Father of Sr. Soumi
4. 09th February 2025 - Mother of Sr. Sunanda and Sr. Sunita
5. 16th March 2025 - Brother of Sr. Shanta
6. 21st March 2025 - Father of Sr. Mandakini
7. 28rd March 2025 - Brother of Sr. Shubha
8. 29th March 2025 - Brother in Law of Sr. Kavita
9. 14th April 2025 - Father of Sr. Sandhya



Training on centralised account system



Participants of NEP training by Education Department



Rise In Radiant Joy

The stone is rolled, the tomb is bare,
No shadows now, just morning air.
The dawn breaks wide with Heaven's voice -
"Rejoice, O world, arise, rejoice!"

From death to life, from grief to grace,
He rose with love upon His face.
The cross once crowned with thorn and pain,
Now blooms with life that breaks all chains.

The angels sing, the skies proclaim,
The glory of the Risen Name.
No more despair, no need to fear,
The Light of Easter shines so clear.

So let our hearts, like lilies bloom,
And chase away the silent gloom.
With every breath, with lifted eyes,
Let hope and love and praise arise.

Let tears be turned to songs of cheer,
For Christ our Lord is ever near.
With Him we rise, our spirits high,
Like morning sun in golden sky.

Oh rise, dear soul, in radiant joy!
Let nothing dark your song destroy.
For He is Risen! Bright and true -
And life begins again with you.

- Sr Sally