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AGRAGAMI INFO



**“Celebrating
The Spirit of Freedom”**



Camillian Task Force at Manipur along with Sr Suma



Junior Sisters at Vettukad



AGRAGAMI INFO

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Indian Province**

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Editorial

On 15th August, India religiously celebrates Independence Day all across the country. This day holds tremendous significance in the nation's history since it marks the end of the long and exhausting struggle for freedom, the sacrifices of countless freedom fighters, the establishment of a self-reliant and independent nation, and the ultimate beginning of an era of salvation from the grips of British colonialism of nearly 200 years. India's independence crusade was indeed a tryst with destiny as addressed by Jawaharlal Nehru, the then Prime minister, in his famous midnight speech. "Long years ago we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to new, when an age ends, and when the soul of a nation, long suppressed, finds utterance".



As we celebrate the 77th Independence Day of our country, it's fitting to look at the present day and see how far we truly experience the spirit of freedom envisaged by Bapuji, Gandhiji and all freedom fighters of our nation. "Peace has been said to be indivisible; so is freedom; so is prosperity now; and so also is disaster in this one world that can no longer be split into isolated fragments"

Nehru said in the midnight when India was free. It need not take a political analyst's expertise to say that it is divisive ideologies and religious fanaticism that rule and control all walks of life and not the true spirit of freedom. We have stories of innocent people imprisoned for years imposing fabricated cases without proper enquiry or examination. Remember the last days of Fr. Stanswamy detained illegally alleging terrorist connection and dying in custody. There are others like Sudha Bharawaj, Vavara Rao, and Vernon Gonsalves put in jail and denied bail for long despite lack of evidence for inciting violence. Article 25 to 28 of Indian constitution guarantees religious freedom in India; "the freedom of conscience, the freedom to profess, practice, and propagate religion to all citizens". We see religious freedom completely cut down or curtailed and minorities targeted and hunted mercilessly. Remember the example of raid and eviction of Mother Theresa sisters' mercy homes on the basis of fictional cases. One should feel ashamed at instances like barbaric lynching of our Muslim brethren in the pretext of alleged beef eating that takes place in the largest democratic country in the world!

We hear news of a burning Manipur which was once called the Jewel of India. Day in and out we hear stories of women chased, raped and killed and men chopped to pieces after pulling down houses and looting their properties. We see pictures of churches destroyed, religious in exile and men and women fleeing for their

life. We feel distressed when we see thousands of children losing their safety and security, opportunities for study and progress, denial of a memorable childhood living in hide outs in the wilderness and refugee camps without proper food and care of their parents. One may say, it's all not because of political strife or religious bigotry. Whatever has amounted causing the current situation, the simple fact is that our brethren are in affliction. As a prominent Congress leader in his recent parliamentary speech said, we should feel the pain when part of our mother land is stripped, raped, torn apart, and burnt alive be it in Manipur, Haryana, Chhattisgarh or in Jammu and Kashmir. If we don't feel solidarity with them, the pledge we take, 'India is my country, and all Indians are my brothers and sister' becomes meaningless.

Freedom of speech is enshrined in Article 19(1)(a) which states that, all citizens shall have the right to freedom of speech and expression. The philosophy behind this Article lies in the Preamble of the Constitution, where a solemn resolve is made to secure all its citizen, liberty of thought and expression. How many cases we have before us where statesmen, lawmakers, activists and media persons are targeted and arrested for criticizing someone or some actions they deem unlawful and unjust. We had Jignesh Mevani, a prominent campaigner for India's marginalized low-caste Dalit community in Gujrat, arrested for accusing the Hindu nationalist leader of idolizing Nathuram Godse, the

assassin of India's independence icon Mahatma Gandhi. His tweet said the prime minister "worships and considers Godse as God", and accused him of fomenting religious division. He went on asking the PM to take the responsibility and apologize for the communal riots in the state. He was arrested alleging inciting unrest among the people. Few years ago we heard about the murder of Gauri Lankesh a well known Indian activist and journalist. The conspiracy to kill her was later found to be part of the larger act of trying to eliminate anyone who is against the 'Hindu Dharma.' The same was true in the case of Narendra Dabholkar, Govind Pansare, and MM Kalburgi who were also victims of false ideologies and maddening fanaticism.

It was Gandhiji who said, "India will be free when our women feel safe to walk in the streets of India even in the midnight". What is the state of this freedom envisioned by the Father of our nation? Article 15 of Indian Constitution talks about protection and welfare of women and children! Our TV channels, news papers and social media are flooded with stories of children abducted from homes, playgrounds and even schools, raped and killed, women paraded naked in the public, molested and killed by the very protectors of her rights and freedom. Her feeble voice is muffled and fight for equality and right to live without fear is suppressed. There was this story recently of a 5 year old in God's own land, enticed by her neighbor with juice and chocolate, undergoing terrible sexual abuse before being

killed mercilessly. Can our heads be held high as Tagore sings or should they be hanging down in shame? As the proverb goes “who will watch the watchmen”!

On the flipside there are numerous evidences to the fact that not all is grim and dark and there is still goodness left in the world. There are wonderful, exemplary human beings among us who fights one man army battles against corruption and mediocrity and wins lasting place in human hearts. They are heroes personifying the words of Nehru in his midnight speech. “The ambition of the greatest man of our generation has been to wipe every tear from every eye. That may be beyond us, but so long as there are tears and suffering, our work will not be over. And so we have to labor and to work, and work hard, to give reality to our dreams. Those dreams are for India, but they are also for the world.” Thousands of people flocked by the roadsides to witness the final journey of one such man named Oommen Chandy, the former chief minister of Kerala. For weeks following his demise, social media celebrated stories narrated by people from all walks of life, touched by the goodwill and generosity of this man. He was the best philanthropist Kerala has ever seen, a pure and uncorrupt politician and a true follower of Christ in thought, word and deed. When people chanted at his final farewell trip, ‘OC has not died, he is ever alive’, it reflected the influence his simple life and philosophy of love had on millions of people; a shining example for everyone to follow. No doubt he lives not just in the pages of history of Kerala

but in the minds of millions who experienced embodiment of God's mercy in him.

There are also good-willed men and women who respond proactively to the pains and sufferings of fellow human beings. Large number of people reach out individually and in groups visiting and extending aid to the riot torn and displaced Manipur people. Often they risk their own lives for love of the Lord and his mission. Camillus task force is one such example where Sr. Suma also got a chance to extend her medical service to the suffering brethren. A detailed report of her mission is included in this volume of Info.

Faith in God and human goodness thrives still in the world as evidenced by millions of youth gathered in Lisbon, Portugal among whom more than a thousand were Indians. In one of the video clips from the program site, Bp. Tharayil was seen talking to a TV channel, "who told faith in the Lord is lost in Europe or is decreasing in our time? Come to Lisbon and witness the celebration of faith among the Catholic youth". The motto of the WYD 2023 was "Mary arose and went with haste" (Lk 1:39). As thousands of young people repeated the lines of the theme song, 'there is a rush in the air', the urge to go out as shining witness to Jesus just as Mary went in haste to serve her cousin was so palpable everywhere. That's the message Mary gives at the feast of Assumption. Seated beside her son, crowned as queen of heaven she is not resting and relaxing enjoying her position. She is hastily and urgently interceding for her children. Son cannot but

hear the prayers when it's recommended and guaranteed by his mother. She is a sure support and firm anchor on which we can rely on at all circumstances. Let us entrust our nation with all the political, religious and communal unrest and upheavals of today into Mother's special commendation. Let us then be rest assured that we are safe and truly secure in the hands of the actual maker and protector of all laws and constitutions. He amends and overrules all other laws with the law of love. He gifts us true spirit of freedom. Wish you all a Happy Reading of Info and Happy Feast!

(Quoted portions are excerpts from Jawaharlal Nehru's Speech, August 15, 1947)

- Sr Sally



Voice of the Mother General

Celebrating the spirit of freedom in Christ!

In the month of August, we commemorate two important events; the Assumption of Mother Mary into heaven and birth of our nation. Both the events are connected to the celebration of freedom. The feast of Assumption commemorates liberating Mary from earthly life when God assumed her body and soul into heaven. It's a reminder that God exalts those who humble themselves.



I would like to reflect on the meaning of true freedom based on the Holy Scriptures; how it extends beyond earthly liberties and how a true Christian is called to celebrate the spirit of true freedom in Christ.

- a. Freedom in Christ: "So If the Son makes you free, you will be free indeed". (John 8:36) True freedom is the gift of Salvation: Through Christ's sacrifice, we have been set free from the bondage of sin and death. Our salvation grants us eternal freedom and abundant life in Christ. True freedom liberates us from guilt and shame: In Christ, we find forgiveness, releasing us from the weight of guilt and shame. We no longer have to carry the burdens of our past but can walk in the freedom of His grace.

True freedom embraces our Identity in Christ: Our freedom in Christ allows us to embrace our true identity as children of God. We are no longer defined by our past or the world's standards but by His love and grace.

- b. Walking in Freedom:” For freedom Christ has set us free; stand fast therefore, and do not submit again to a yoke of slavery.(Galatians 5:1)

Living in the Spirit: Our freedom in Christ empowers us to live in the Spirit and walk according to His will. We are no longer slaves to our fleshly desires but have the Holy Spirit guiding and transforming us.

Choosing Righteousness: True freedom enables us to make choices that honor God and align with His Word

Surrendering to God’s Will: Our freedom in Christ involves surrendering our lives to God’s will. We find true liberty when we yield to His plan, trusting that His ways are higher and His purposes are perfect.

- c. Proclaiming Freedom to the World:” Where the spirit of the Lord is, there is freedom” (2 Corinthians 3:17).

Extending Love and Grace: Our freedom in Christ compels us to love and extend grace to others. We are called to break chains of bondage, restore lives, and show the world the transformative power of Christ’s freedom.

Pursuing Justice and Equality: In our celebration of freedom, we also recognize the importance of pursuing justice and equality for all. As followers of Christ, we stand against oppression and work towards a society that upholds the dignity and rights of every individual.

Let us remember that our ultimate freedom is found in Christ. It is through His sacrifice that we are set

free from sin, guilt, and shame. As we walk in this freedom, let us proclaim it to the world and extend love, grace, and justice to all. May our lives reflect the true meaning of freedom and lead others to find liberation in Christ.

Festal greetings and prayers!

Sr. Arpita Mathew
(Superior General)



Provincial's Inspiration

Every human has an insatiable quest for happiness, success, joy and peace. Human beings try to fulfill this desire in life either through the gathering of immense wealth, pursuing a career, developing science and technology or holding positions of honor. Yet human beings continue to be a bundle of desires. This desire is never fulfilled through material things. Therefore they desire more and more for these in vain because they are never satisfied. There is only one way to get liberation from such slavery to desires; that is through the inner freedom which arises from the love of God. Love of God is developed through contemplation. This contemplation develops tremendous inner liberation. It is a liberation from all forms of slavery that binds one's freedom: anxiety, tension, worries, anger, ill will, mood swings, jealousy, sloth, hatred, greed, lust of the eye, craving for name, fame, praise, honour, esteem, appreciation, power and position, craving for degrees in secular and ecclesiastical fields and a liberation from all sorts of fears- fear of domination, rejection, persecution, being forgotten, abandoned and the like.



As one's liberation continues, there is nothing on earth that can bind one's freedom; no social, political, economic or religious structure. The liberating words of Jesus Christ now come to fulfillment in the liberated person, 'I have come to set the prisoners free' Lk.4:18,

one can also claim the words of St. Paul to be his own: “Who can separate me from the love of Christ?” Yes, nothing, nothing can bind one’s inner freedom. A person is a free person in Jesus Christ.

Recently, the online platform was flooded with videos on former Chief Minister of Kerala, Mr Oommen Chandy. What made him the darling of the masses? What connected him to the people? There is only one answer to it: He was a liberated man. He experienced and exhibited a freedom from within. Therefore, he lived as one among them, listened to their woes and sorrows, took steps to give them solace and relief, took immediate action to resolve their problems, merged with them as if he was one of them. He stands out as a shining example for each of us confirming the fact that ordinary human beings can be extra ordinary by experiencing true liberation from within.

Our Heavenly Mother remains prominent, as the best example to how one can be liberated from the slavery of this world and enjoy true freedom. Her freedom is celebrated by the Church on 15th August as the Assumption of our Lady. Our mother land is going through tough times of inhumanness, atrocities against weaker sections, natural disasters and human made calamities and disasters. True freedom has become a distant dream for many of our brethren, leave alone celebrating the same.

On this Independence Day we seek the intervention of the Almighty God to touch and set free the leaders of our nation, religious leaders and whoever holds responsibility for ensuring the well-being and freedom of our people. May each of them and each of us enjoy the inner freedom that unites the world and its people as one family bonded in love and communion.

Have a Happy Feast of Assumption and days of real freedom ahead.

Sr. Vidya Joseph
(Provincial Superior)



From the Editorial board

Dear Sisters,

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

Kindly send the Bible quiz answers by 20th November 2023 to SrJyotsna. Please note that any entry including the news, articles and answers for Bible quiz beyond December 5th will not be accepted as we struggle to publish Info in time. Kindly co-operate with us.

Congratulations to Bible Quiz Winners

1	Sr. Manjusha	100	1 st
2	Sr. Archangel	98	2 nd
3	Sr. Christina	98	2 nd
4	Sr. Rashmi	98	2 nd
5	Sr. Sancy	98	2 nd
6	Sr. Roshni	98	2 nd

7	Sr. Sudha	98	2 nd
8	Sr. Riya	98	2 nd
9	Janifer	98	2 nd
10	Sr. Archana	96	3 rd
11	Sr. Joshana	96	3 rd
12	Sr. Subhangi	96	3 rd
13	Sr. Nikita	96	3 rd
14	Kareena	96	3 rd
15	Sr. Sunima	96	3 rd
16	Sr. Suma	94	-
17	Sr. Vineeta	92	-
18	Sr. Ranjita L	92	-
19	Beronika	92	-
20	Sr. Dhannya	90	-
21	Sr. Jaya	90	-
22	Sr. Asha	90	-
23	Ruchita	90	-
24	Sr. Bertila	88	-
25	Akancha	88	-
26	Sr. Mariagorethi	86	-
27	Sr. Ujwala	86	-
28	Sr. Elizabeth	84	-
29	Sr. Kamshila	82	-
30	Alisabeth	78	-
31	Sr. Padmini	78	-
32	Sumita	76	-
33	Sr. Anjali	74	-
34	Sr. Secunda	74	-
35	Sr. Abhilipsa	74	-
36	Sr. Sarala	74	-
37	Sr. Sushanti	70	-
38	Gloria	62	-



A Glance At Our Centres

❖ Aragami Provincial House

- Community at Aragami Provincial House thanks everyone for the support and togetherness expressed. The Community missed the Provincial in her long absence from here for the treatment. We earnestly thank everyone for the prayers upheld and support extended.
- The outgoing priests from Claretian Ashram and Darsana Philosophical Institute were given a farewell on 14th May. 23 candidates were at Aragami Provincial House from 15th May for one and a half months.
- On 24th June, the Birthday of our Patron, Provincial House celebrated the feast along with all the communities around. The day marked the beginning of the Silver Jubilee of 1999 batch -- Srs. Prasanna, Shruti, Deepa and Jyotsna.

❖ Aragami School, Mhasala

We are immensely pleased to inform you about the various activities conducted in Aragami Convent School, Mhasala, during April to June-2023

- New session for the academic year began on 3rd April welcoming the new students.
- School was the centre for MPSC Exam 2023.
- Maharashtra Day was celebrated on 1st May by hoisting National Flag at the hands of Rev. Sr. Jessy

Joseph, the Principal of Agragami Convent School, Mhasala. On the same day the new band troupe of our school was inaugurated and Class toppers of the year 2022-23 were felicitated.

- The school was selected as a centre for 432 candidates for NEET (UG) exam.
- Agragami Convent School, Mhasala thank everyone for the support and prayers for 10th std students. 133 students appeared for the exam and 40 students scored 90% and above.
- Both the buildings of the school were blessed by Rev. Fr. Vincent Pangola and Rev. Fr. Tiji on 17th June. On the same day new hall for the indoor game of the Mother building was inaugurated and blessed by Rev. Fr. Vincent.
- International Yoga Day was celebrated in our school on 21st June and all the students of different classes participated in it.
- Agragami Day was celebrated with lots of enthusiasm on 23rd June. On this occasion various cultural programmes were presented by students on the life of St. John the Baptist. 40 meritorious students of Class X (2022-23) were felicitated. Rev. Fr. Vincent Pangola, Rev. Sr. Sunanda and Rev. Sr. Dhanya were present. Rev. Fr. Vincent and Rev. Sr. Sunanda enlightened the students with their words. The topper of the school scored 96%.

❖ **Ashakiran, Nagpur**

“The thing that God wants us more than anything else is our dependency on Him.” Jack Hyles

- Lots of love and greetings from Ashakiran community! We thank every one of you for your help and concern for us through your prayers. We began our academic year on 30th June. At present we are blessed with 49 children at Ashakiran. Out of 49 children 46 children are students in Rajkumarkevel Ramani High School, Jeripatka. This year, 5 of our students completed their SSC and HSC with 1st and 2nd divisions. Some have already taken admissions for further studies. We also have some children who will be saying good bye to us. They will complete 18 years in few days and as per the rule, they cannot stay here. In summer holidays, our children were lucky to get many training programs like embroidery, beautician courses, English coaching classes, cooking classes etc.
- Many of our children are very talented and they were given opportunities to develop their skills through sessions on different topics like personality development, career guidance, good touch and bad touch and different developmental stages of life. Sessions were given freely by Stump organization and other groups. We also conducted workshops as per the instructions from the police station on menstrual hygiene, protection from human trafficking, personal hygiene and sex education.

After two years of service we bid farewell to Sr.Lalita and welcomed Sr.Linmy on 30th June.

❖ **St. John's Convent, Jagdalpur (C.G)**

- It was a time of joy and jubilation from 16th April to 14th May as we had a group of young, vibrant and enthusiastic 'come and see' group under the guidance of Sr. Roshni and Sr. Meera. The presence of Rev. Sr. Veena taking classes for the group was enriching for the community too.
- On 19th June we bid farewell to Sr. Roja Rani and welcomed Sr. Kalpana the new member of the community. We were blessed with the presence of Rev. Bishop Joseph CMI on the day to pray for them.
- On 24th June we celebrated the birthday of St. John the Baptist. We had a meaningful Eucharistic meal celebrated by Rev. Fr Thomas Vadakkumkara CMI. The dinner shared with the entire staff of the campus added joy to the day.
- On 26th July we celebrated the feast of Sr. Amruta under the Patronage of St. Anna. Fr. Jins the Parish Priest was the main celebrant of the day.

❖ **Vinayalaya Community, Jaripatka**

- Scorching heat in the month of May was relieved with the happiness of going home for holidays.
- There was a summer camp arranged by the youth of Martin Nagar from June 1st to 10th. Sr. Nutan Kerketta was a great help for the students who

accompanied them in several activities. It was a joyful experience for all the students. Classes 1st to 10th benefitted from this camp.

- Sr. RojaRani, the new member of our community joined us on 21st June 2023. Vinayalaya community cordially welcomed her.
- We had a solemn celebration on the occasion of the feast of St. Antony on 13th June. The celebration was a real spiritual empowerment for the people of Martin Nagar.
- On 24th June, Vinayalaya community celebrated our Patron's Day. Parish fathers and PSA sisters joined us for the celebration.
- We are proud of Sr. Jyothi, who takes every effort to give God to all through her active participation in all prayer groups especially her active participation in retreats at Sanjeevani Ashram.
- Five of our sisters attended a catechism leadership seminar at Pastoral Centre on 9th July.

❖ **Vinayalaya School**

- Orientation programme for the teachers was held on 16th June. Teachers of Hindi Medium and English medium attended the seminar. Rev. Fr. Sajan OP was the resource person. He focused on "Teacher ship" and also emphasized on how "Teachers transform lives."
- On 29th June, school was blessed by our parish priest Rev. Fr. Jesu Raj, along with Fr. Jomise.

- The academic year 2023- 24 was reopened on 30th June, after a long interval. We began with a prayer service asking God's blessings upon us and the institutions. Nirmala the Principal welcomed Sr. Roja, the vice principal.
- On 19th June, we had the Oath taking ceremony of the newly elected school cabinet.

❖ **Sandhya Home, Pune**

- On 20th March Sr. Abhilipsa came for her CET Entrance test. During the Holy Week and the Easter, five of our juniors Srs. Tresa, Sarala, Padmini, Elizabeth and Abhilipsa were here to celebrate Easter with us which doubled our joy. They helped us in the parish decorations and other activities. Our parishioners were happy to see many young sisters of St. John the Baptist.
- In the month of April and May Sr. Tessy and Sr. Aishwarya had gone for their home holidays. Sr. Anjali had gone for her one month junior's programme in Kerala. During that period, novices and candidates came to help us.
- On 2nd June Sr. Sarala and Sr. Abhilipsa joined Sandhya home community.
- Brothers from SJ and PIME come on Saturdays to help us as part of their ministry.
- On 24th June, we celebrated the feast of our patron St. John the Baptist with a solemn Eucharistic celebration offered by Fr. Matthew Joseph.

Thereafter all other priests from our parish joined for the meals.

- All sisters joined in a Peace March Rally, organized by the Pune diocese for Manipur.
- On 27th June Sr. Sarala went for her home holidays.
- One of our inmates Mrs Georgina passed away on 14th July due to heart attack.

❖ **Vinay Vikas, Pune**

- God Knows exactly what you need who you need how much you need and when you need it. Trust Him. Vinay Vikas community welcomed five second year candidates on April 26th.
- Sr. Vidya our Provincial visited our community on April 27th. She spoke with our novices and gave them life giving messages that nothing in this world is better than knowing that God loves them, and that He is always there for them and will always take care of them.
- On May1st our novices Sushanti and Sunima went for their exposure programme in Sandhya home.
- Birth is the start of life, beauty is the art of life, love is the part of life and life is beautiful, so we need to celebrate it. We celebrated 60th birthday of Sr. Surabhi on 5th May. Fr. Sunil celebrated the Holy Eucharist and gave life touching reflection on life.
- On 14th May seven of our candidates went to Wardha for their further studies.

- Sushanti and Sunima came back after their 15 days of experience in Sandya home.
- Our candidates Deepanjali and Roshita went to Sandya home for their experience from 15th to 31st May.
- On 26th May we celebrated the birthday of our Father founder. We had special prayers and adoration.
- Six of our new candidates joined Vinay Vikas Community on 27th May.
- 31st May was an outstanding and blessed day for us as two of our Novices Sushanti and Sunima made their first commitment of their religious life. The Theme of the day was, "Called to be the vessel of love". The Solemn Eucharist and the profession rites were presided over by Rev. Fr. Agnelo SJ. Provincial of Pune Province. He gave an inspiring message on the call and mission of a committed person to be the vessel of love.
- The inter-novitiate programme for the novices began on 7th of June with an orientation session for three days.
- We had celebration of Tridum in preparation for the celebration of the Birth Day of St. John the Baptist. On 24th we had the solemn Eucharistic celebration presided over by Rev. Fr. John S J. Sr. Shruti offered a lighted candle as the symbol of her 25 years of consecrated life. We thanked God for the blessings we have received through the intercession of our Heavenly Patron. The fathers and sisters from

neighbouring religious communities, Emeritus Bishop Rev. Thomas Dabre and our new parish priest Fr. Marianus graced the occasion.

- On 26th June, Emeritus Bishop Rev. Thomas Dabre celebrated the Holy Eucharist and prayed for us.
- In honour of Rosa Mystica we had special prayers from 1st to 12th July. On 13th we had a solemn celebration of the feast with Eucharistic adoration followed by the Rosary procession with the statue of Rosa Mystica.
- On 22nd July our second year novices Alisabeth, Gloria, and Beronika went for their exposure programme for fifteen days in Wagholi, 'Snehalaya Education Society' the centre for **"Empowering the Differently Abled"**.

❖ **St John's Convent, Allipur**

- We warmly welcomed our new members Sr Nitya and Sr Nutan in the community.
- The house was blessed by Fr Tomy Cherupurath on 29th June.
- After a refreshing summer break St John's Kindergarten reopened on 4th July. Principal and teachers welcomed the little Nursery children with flowers. Srs Nitya, Anupa and Atulya were present for the programme. Sr Anupa motivated the children and teachers for a happy, prosperous and successful year ahead.

- We celebrated the feast of Sr. Anupa the animator of the community and Sr Kavita on 26th July. Fr Joseph OFM our parish priest and Fr Prince CMI from Jam were the main celebrants of the solemn Holy Eucharist. Fr Joseph gave a meaningful message marking the occasion of the feast of Sts. Joachim and Ann.
- His Excellency Rev Bp Ephrem Nariculam visited our convent on 29th July. We had a solemn Eucharistic celebration with a wonderful message by him and followed by Agape.

❖ **St John's School, Allipur**

- We received 100% of result for SSC board examination for the academic year 2022-23. Miss Anjali Vaidya with 93% became the topper of the school. 9 students got above 90% and Mast. Mast. Devanshu Dhage got 100 out of 100 marks for Mathematics.
- An orientation programme for the teachers was held on 23th June. Sr Nitya sjb was the resource person.
- School reopened on 30th June. New comers were welcomed with traditional Aarthi and flowers.
- Felicitation for the SSC students and tree plantation were held on 09th July. Sr Sunanda, Vice Provincial was the chief guest of the day. Students along with their parents came to attend the programme. Sr Sunanda, teachers and students planted various plants in the campus.

- PTA meetings and road transportation committee meetings were held in the month of July.
- Mr Sunil Gade, police inspector from Allipur conducted a seminar for students on POCSO and road safety measures.
- 7 students participated in All Maharashtra State Children, Cadet and Junior selection Kickboxing championship 2023, held in Pune. One received silver medal and two got bronze medals. Mast Shreekant Kayarkar is selected for the National Kickboxing championship which will be held in Jharkhand.

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

- The Curriculum year 2023-2024 began imploring God's blessings through prayer service. The school welcomed students of 1st standard with flowers and band troop and introduced the prayer for Jubilee year.
- Orientation programme was organized for teachers. The resource person Fr. Suresh CMF motivated teachers to be innovative and creative in their teaching profession.
- St. John's day, St. Thomas Day, World Environment Day, International Yoga day and Doctors' Day were celebrated in the school with the aim to create awareness and inculcate values in students.
- The school organized felicitation programme for students and their parents who brought laurels to St. John's. The Chief Guest for the day was our alumni

Mr. Dinesh Patil. He congratulated students and appreciated the management and the parents for the contribution in the students' success.

- The investiture ceremony was held in the school, to hand over the responsibility to our young and energetic leaders of year 2023-2024. The chief guest for the event was our alumni Advocate Tapish Vyas. He appreciated for keeping up the standard of the school even at the completion of 50 Golden years and promised to extend support to the school in every possible way.
- One day workshop on "The Protection of Children from Sexual Offences (POCSO) Act, 2012" was conducted by Smt.V.B Pargawkar, the additional, District Judge, Shri.V.H. Deshmukh, Civil Judges Jr. Hinganghat Division and Adv. Jerusha Peters, the alumni of the school. The thrust of the *seminar* was to raise awareness among the *students* about the POCSO Act.

❖ **St. John's Convent, Hinganghat**

- The community welcomed Sr. Martha and Sr. Riya our new members and thanked Sr. Dainy and Sr. Ujwala for their service and wished them all the best for their new mission.
- We celebrated the feast of St. Anne the patroness saint of Sr. Shubha. The main celebrant was Fr. Mathew CMF. It was a day of joy for the community.
- "The pastoral visit is an apostolic endeavour, an event of grace". On 29th July our shepherd, Bishop

Rt. Rev. Dr. Ephraim Nariculam gave pastoral visit to our community. It was a day of joy and feeling of belongingness to Chanda family.

❖ **Aragami Convent, Jail Road**

- Greetings from Aragami Convent Jail Road! We are happy to share with you some of the activities that took place during the months of May, June and July.
- Sr. Preshita got transferred to Vettukad after serving Jail Road community for so many years. We are grateful to her for her tireless and fabulous work she rendered. May the good Lord bless her with good health and accompany her always, all throughout her life.
- On 31st May Sr. Rashmi joined the community. We welcomed her with a beautiful flower bouquet.
- Sr. Smita was in jail Road community for 4 years and got transferred to the Provincialate community. We owe Sr. Smita for her selfless and sincere service to this community. On 17th June Sr. Smita was given farewell.
- Sr. Nitya had been in our community for a few months as the part of her treatment. She joined Allipur community on 18th June. Big thanks to Sr. Nitya for her support and presence here.
- Our Kindergarten and Convent was blessed by Parish Priest Rev. Fr. Vincent on 19th June.

- The Birth Day of St. John the Baptist was celebrated on 24th June. We thanked God for the blessings we received through his intercessions.
- Parents' meeting was conducted on 27th June. A good number of parents actively participated in the meeting. On 2nd July 2023, there was an orientation session for teachers. Sr. Rashmi SJB was the resource person. She spoke on the Theme "Attitude towards young ones" and the emphasis was on "coping mechanism in life situations" (how to adjust with daily activities). It was an enriching input session. It boosted the energy and gave inspiration to become very creative and dynamic in their thoughts, dealings and in imparting knowledge to the little ones.
- As preparatory session for the reopening of the kindergarten, our Staff conducted a meaningful prayer service on 3rd of July. With great enthusiasm Agragami Kindergarten was re-opened on 4th July. It was a very colorful and joyful day for our school. A grand opening ceremony was organized to welcome new comers. Principal Sr. Flowery and school staff welcomed Nursery, L.K.G. and U.K.G. children and distributed sweets.
- We had a beautiful liturgy and celebrated the feast of Fr. Oswald CMI.
- On 6th July sr. Joshana and seven candidates joined our community. Sr. Joshana after completing her B.TH at Mater Dei Goa has taken charge of the candidates. At present we have three candidates

going for Atmadarshan Program and four going to J.B. Science College for higher secondary studies. They are trying their best to participate in the community activities and studies. Special prayers are requested for the candidates as they have come to follow Jesus. May they find Him and be sincere in experiencing Him.

- Sr. Joshana SJB joined the Kindergarten on 7th of July as part of teaching staff.

❖ **Aragami High School, Pipri**

- In the month of March 2023 students of 10th STD appeared for the board exam. The result of SSC Exam was out on 2nd June 2023.
- Total students appeared were 198
- Result: 100%, Passed: 198, 90 above: 41, Distinction: 104, First Class: 46, Second Class: 07
- Miss Prasoon Padole stood first with 96.60%. Miss MukteshwariNanhore stood second with 96.40%. Miss Maithili Jamane secured third position with 96.20%
- On April 25th the school bid adieu to Mr. Ravindra Patil and Mrs. Manda after 26 and 27 years of service in our school respectively. The institution is very much indebted to their selfless service.
- May 2nd was the result day for students of STD 1st to 9th.

- The first staff meeting was held on 19th June. Sr. Philomina and Mrs. Pranjali were welcomed to the school.
- On 30th June the School was reopened for the academic session 2023-24
- The school felicitated the meritorious students on 8th July. Rev. Fr. Vincent Pangola the Parish Priest and Rev. Sr. Dhannya were the guests.
- The investiture ceremony of the School prefects was held on 15th July.

❖ **Ashadeepam, Vettukad**

- By the grace of God we got the legal permission to run the home for senior citizens in Ashadeepam Vettukad which needs to be renewed every three years. Thanks dear sisters for your continued prayers and support. We have at present four inmates. All of them are happy at each other's company and with the care of sisters. Continue to pray for our centre.

❖ **Jeevan Vikas, Sewagram**

- Lots of love and greetings from Jeevan Vikas community! On 30th June we welcomed Sr. Lalita Baa to our community and bid farewell to Sr. Sancy and Sr. Linmy on 27th May and 30th June. We thank them for all their selfless service and wish good time in the new community.
- On 24th June we celebrated the feast of our beloved Patron St. John the Baptist with a solemn

Eucharistic celebration. We thanked God for the blessing and graces we received through His intercession.

- On 4th July, we had a solemn celebration of our community feast of St. Thomas.' We had morning Mass celebrated by Fr. Sijo CMF and sisters from Sewagram zone joined in the celebration.
- We are continuing the Physiotherapy in different villages. We successfully completed the uniform sale in Agragami School, Mhasala, Agragami Kindergarten, Jail Road, Pipri School, and St. John's School Allipur.
- Two of our clients Aryan Wardkhede and Yug Mandvakar had corrective surgery.
- Jeevan Vikas Society supported by CRC Nagpur provided Aids and Appliances to differently-abled people of Wardha district. Sr. Vineeta, Sr. Sunada and Sr. Dhanya were present on the occasion. We received all equipments from the Ministry of Social Justice and Empowerment of persons with disabilities. The construction of the convent is in progress.

❖ **Anugraha, Kannur**

- We bid farewell to Sr. Sarita and Sr. Ursula on 30th April and wished the best for their new mission. On 24th June we celebrated the feast of our Patron St. John the Baptist very solemnly. That day was the feast of our dear Sr. Prasada. Very Rev. Bishop Alex Vadakumthala Bishop of Kannur, fathers, sisters,

brothers and St. Peters family unit and Hostelites were there for celebration.

- On 29th June there was St. Peters family unit anniversary gathering in our convent. There was the Sacrament of Reconciliation followed Holy Mass and 'Preetibhoj'. Sr Sunima was given a hearty welcome by the community as well as by the Family Unit. On 15th July we celebrated 80th Birthday of Sr Prasada. We thanked God for all the blessings and graces showered upon her. Representatives from all St. John's communities in Kerala joined in thanking God. Rev. Fr. Joy Painadath was the main celebrant of the Holy Mass and Rev Fr. Jose Ofm joined in as the concelebrant. The hostelites and the people extended her good wishes. It was a memorable day for everyone.

❖ **Worms, Germany**

- We rejoice with Sr Lincy, who made her Perpetual Profession of vows on May 28th, on the Pentecost day, in our Generalate in Irlich, Germany. Fr. Majobi Amickattu MSJ, General Superior presided over the liturgy. Sr Arpita Mathew, our Mother General received her vows.
- It was a day of grace and joy. Our Sisters from each Community in Germany came to this celebration. We gratefully remember our Generalate for providing all facilities and arrangements making the occasion enriching and memorable for Sr. Lincy.

- We celebrated meaningfully the birthday of our Patron St. John the Baptist on 24th June. Our Parish Priest Fr. Thobias Schäfer celebrated the Holy Mass. Sisters from Neighboring Communities Joined Us for the Celebration.

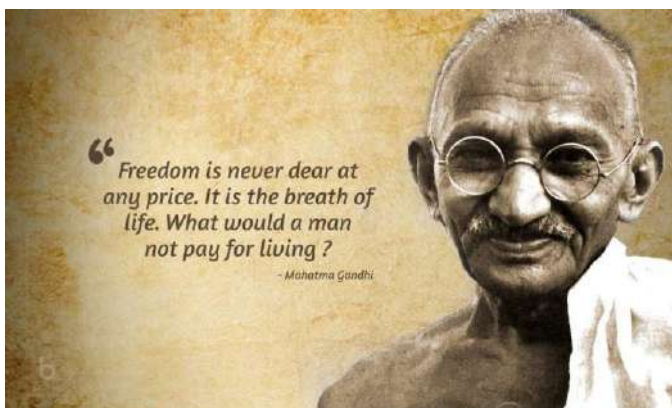
❖ **Trier, Germany**

- We thank the lord for the gift of each of us to the Congregation. It was a great day for Sr. Prasanna lighting the Jubilee Lamp on 24th June 2023 in our community, looking back and thank the lord for the many blessings showered upon her. The main celebrant for the Holy Mass was Fr. Cherian Marrottickkathadam MSFS
- This year all sisters working in Germany had a beautiful and meaningful retreat from 2nd to 9th July 2023 in Austria. We were altogether ten sisters. We got enough time to reflect and meditate on Carmelite spirituality. Our retreat preacher was Fr. Saji Paul OCD. After the retreat we had one day sightseeing in Austria. We could enjoy the fascinating natural beauty along with Sr. Arpita and all our sisters. Both the retreat and the tour were truly enriching and energizing. Thanks to God.

❖ **Sanjeevani Ashram, Sewagram**

- All activities of Sanjeevani Ashram go well by the grace of God. We have 3 days residential retreat in the second weekend of every month and there is one day prayer every 4th Saturday. People come as individuals and family for prayer and counseling.

Sr.Divya's brother and Sr. Sudha's sister are better now. Thanks for your prayers. Sr. Secunda attended Juniorate course in Vettukadu. She was happy to be in Kerala and experience the love and care of sisters and her batchmates there. She has taken admission for 5th semester BA. At present she has gone home for holidays. We have 9 inmates in Jeevadhara. One of them is working in Mhasala School as nursery teacher and another one is learning tailoring in our centre in Hinganghat. Thanks to Sr. Jessy and Sr. Namita for taking care of them. Sr. Sally had a laparoscopic hysterectomy in Nagpur. Thanks to Sr. Suma who accompanied and took care of her during the entire stay in the hospital. Following the surgery she was diagnosed to have Kidney stone. Thanks to the medicines given by doctors in the hospital, Sr. Sarala and Sr. Sunanada; her stone has disappeared and she is improving now. Thanks to everyone who reached out and helped. God bless you all.



A Heart Touching Story

- Collected by Sr Anjali

A little girl was critically ill. She needed a special kind of blood for a transfusion to save her life. Her brother had the same type of blood. The doctors asked him if he would be willing to give his blood so his sister might live. Without hesitating, the young boy answered, "Sure!"

After the blood transfusion was completed, the brother turned to the doctor and asked softly, "Now, sir, when will I die?" It took only a moment for the doctor to realize the young boy had thought that giving blood to his sister would kill him. But he was willing to die for her.

When was the last time that I helped someone? When was the last time that I was truly selfless? When was the last time that I really lived your life? When was the last time that I risked my life? Let us be selfless, brave, loving and kind.

तुम्हारा जीवन तुम्हारा चयन

- Amita Dungdung (Candidate)

एक पोधा एक बीज से उत्तपन होता है. उसकी वृद्धि होने के उसे पानी, मिट्टी खाद की आवश्यकता होती है. साथ ही समयसमय पर उसकी देखरेख भी करनी पड़ती है. अगर हम सावधानी से उसकी सेवा नमिलने पर वह मर जाता. उसी प्रकार हमारा जीवन एक छोटा पैधा की तरह है . हमें बचपन से बड़े होने

तक जो शिक्षा मिलती है उसे हम बनाये रखे और जोश और उत्साह के साथ ईमानदारी से करते हैं तो उन्हें अपने जीवन को चयन करने में कोई कठिनाई नहीं होती है . और जो समझते मुझे करना इसलिए कर रहा हूँ तो उन्हें अपने जीवन का महत्त्व नहीं और उसके जीवन की चयन नहीं कर पाता है .

Juniorate Meet

- Sr Linmy

23 juniors along with our junior mistress Sr. Amala arrived St. John's Academy Vettukd on 30th May. We were given a warm welcome by Sr. Ajita the Superior along with other community members. For most of us it was the first time ever to be in Kerala. With lots of joy and excitement we began our Juniorate course from 1st June.

We thank Rev. Sr. Vidya our Provincial Superior and her team for providing us the opportunity to renew and revive our lives through various enriching input sessions. I would like to share some insights we got from the sessions.

Biblical Discipleship was the first session taken by Rev. Fr. Michal Raj. He began the session focusing on our vision and mission statement. The focal point of the session was the Enthusiastic women of God. The fundamental demand of a disciple is to have the qualities of: Being, Listening and Learning from the Master. These sessions helped us to look at our vocation

gratefully and gave the impetus to go forward attaching ourselves with Jesus and detaching from the world.

The second session was on the encyclical “Deus Caritas Est” which means God is Love. It deals with the love of God and Love of Neighbor. Since God has loved us first it is not a mere commandment but the gift of love with which God draws Himself to us. “Caritas in Veritate” means Charity in Truth. Jesus Himself bore witness to this by his earthly life especially by His death and resurrection. Charity in Truth is a great challenge for the Church. God calls us to move beyond the limited and ephemeral to continue seeking and working for the benefit of the entire humanity.

We had a refreshing and renewing time when Sr. Pavana explained our Constitutions and Directory for a week. She made the classes very interesting by adding many group activities and individual work. It was a time to look back into past and the realities of our present lives.

Bobby Fisher said,” Nothing is as healing as the Human touch”. It was a golden opportunity for each one of us as we got a chance to learn Reflexology. We thank Rev. Fr. Jones CMF who came all the way from Tanzania to give us some insight and hands on knowledge on alternative therapy. We also appreciate and thank our dear Dr. Sr. Sally who in spite of her ill health spent a day with us enlightening on the topic “Challenges and Opportunities of Mental Health in religious life. The sessions helped us to become conscious of our behaviors and way of thinking that governs the rest of our lives. Also

consequences of neglecting the awareness on much of our behavior patterns and how can we can deal with it. It was also wonderful to spent time with Rev. Fr. Dr. Francis Allapat who inspired us through his life experiences and enabled us to consider living with the degree of **IHS (In His Service)** when people out in the world are running behind IPS ,IAS etc.

We enjoyed the company of our sisters in Chiyaram and Ashadeepam where we shared the love and care for each other. This Juniourate was really a memorable one for many of us as we had accommodation in a dormitory where all were very comfortable and felt like members of one family. We extend a word of special appreciation to our former Mistress Sr. Rupa who worked hard with all arrangements to make our stay comfortable during our course. Sincere thanks to Sr. Ajita for seeing that we are well fed and well taken care of! We also thank Sr. Amala for accompanying us always and being with us everywhere.

Once again we thank Sr. Vidya Joseph for arranging this wonderful program in Vettukad. We got a chance to get the flash back of our lives at home when we were climbing trees and plucking mangoes and eating plenty of jackfruits. Praying the rosaries at the Grotto was a unique experience. When we had a chance to go to the beach some of us were exuberant as it was their first time to the sea. We played a lot running and jumping all around. Above all we got a chance to be with each other and share our lives and life stories. Thank you dear sisters for your prayerful support and guidance!

बारिश की बुँदे

- Jayanti Kerketta (Candidate)



बारिश की बुँदे आती हैं
नवजीवन, नवरंग जाती है
हरे-भरे उपवन संग नाचे
शीतल मंदपवन मनको बहलाये
देखो मेघ लिये जल अपना
तृण- तृण को देता हैं जीवन
देख खुशी औरों के मुखपर
खुश होता हैं उसका भी मन
झूम घटाएं रिमझिम रिमझिम
आओ साथ मेंचले



*Rain is not just a season,
it is the oxygen to world,
without it humanity will be
erased from the world
and earth will lose it's existence.*

My Vocation Story

- Sr Nikita

“The future belongs to those who believe in the beauty of their dreams.” -Eleanor Roosevelt

I was born on 7th November 1998 as the first of the two children born to Mr Prabhusai and Mrs Flora in Rangali, Lakhimpur, Assam. I was baptized in St. Mary's Church, Lakhimpur and was named Divya. I received my Christian faith from my parents, relatives and the religious sisters who were coming to my village. Their ministries and way of living motivated me to become a sister and to serve the people of God. As I grew up, my desire to become a sister grew stronger day by day.

In May 2015 I passed SSLC exam. In the same year two of our sisters, Sr. Sneha and Sr. Ashrita along with Fr. Joseph came to visit me. They asked me whether I would like to join the congregation. I expressed my desire that I would like to join. Thus I joined the congregation of Sisters of St. John the Baptist on 15th June 2015. During my six years of formation I was guided by many formators and spiritual directors. Their spiritual guidance and regular classes on various topics helped me to discern my vocation to religious life. On 31st May 2022 I made my first profession and became a member of St John's family. On that great day my desire of becoming a religious sister came true.

येसु की प्यारी संत पुष्पा

- Punam Kujur (Candidate)



येसु की प्यारी संत पुष्पा
प्यार किया तूने सदा
सदा गुण करती रही
गुलाब की कली की तरह

नहीं किसी को दिया दुःख
प्यार से तूने अपनाया है
आँचल मै तेरे प्यार का सागर
झोली मै डाल हमारी प्यार का सागर

गुलाब की तरह जग में
खिली तु प्यारी पुष्पा
सूर्यफुल की तरह खिली तू सदा
प्यार की आशिष बरसाई तू

You Had Touched and I Have Grown

- Sr Joshana

As I look back at the four years of my Philosophy and theology studies, I feel very strongly within me that You Had Touched and I have Grown. I take this opportunity to thank Rev. Sr. Vidya our Provincial for the trust and encouragement that she showed towards me during these four years. I also thank you dear sister for sending me to study in Mater Dei, Goa. It was really a unique experience being with sisters from other congregations and getting adjusted with different personalities. It was also a great chance to come to know their rich cultures, Charism and it was also a time to gain and loose.

During my stay in the hostel, one thing I used to long for; was to come back to my own congregation. I used to often miss our way of prayers, adorations and to be with our sisters. Whenever I came to the community I used to feel that I got back what I lost. Coming to the community was really a solace for me. Lot of energy and enthusiasm were the gift I used to get with the encouraging words of sisters. Sisterly love, care and prayerful support were my strength and great pillars to move on in the ups and downs in life.

Dear sisters, as I acknowledge my gratefulness towards you all I would like to say, “YOU HAD TOUCHED AND I HAVE GROWN”.

Streetlight: Mother's Words to A Stretlight

Reflection from our Annual Retreat

- Compiled by Sr Ranjita Alex

Your journey is to give light to others; they will keep you on a suitable place

After having been placed there, that will be always your world, your duty is to give only light, that is your mission

You would be sometimes all alone. Still your mission does not change

May be in a lonely place, maybe on a rush street, be yourself!

You will be a silent witness to many happenings. Good deeds will be there, bad deeds will be there

Many would take rest in your shadow; very poor people, who do not have anything to eat, or very rich people. Whoever they are, you must be the one, who gives light.

Don't adjust your light according to the persons who go through the street

It is not your mission, to remove darkness in other places. Shed light in the place, where you are standing, that is your mission. You are the one, who stands straight

Under you there will be someone, who secretly pass through the night, to do something wrong, although they would be good during the day.

There would be thieves, who pass through. You don't have to tell anything, give light to all

Winter and summer might disturb you. Wind and Rain might make you anxious. Don't be frightened.

Take rest when you are not needed. Because, you don't have to shed light when there is sun. If you do so, they would call you unreasonable and they would laugh at you. Shed light in the darkness

You are a streetlight, which stands like a tree, which does not shake

There would be other pillars or trees around you, which would swing in the wind. But you must stand straight

Do not look whether somebody receives your light or not. Keep giving light.

As a last point my daughter, if you want to do all these things, you must have to be always connected with the power source, where the current comes from

When you lose this connection, you will be only a pillar, that stands straight, which will only be a hindrance to others. Dear daughter, go and shed light

How can I give light to others? How am I a light for others, through my presence, my loving looks, my words and my actions? Or do I spread darkness to others?

Laugh A While

1. On their way to get married, a young Catholic couple was involved in a fatal car accident. The couple were sitting outside the Pearly Gates waiting for St. Peter to process them into Heaven. While waiting, they began to wonder: Could they possibly get married in Heaven? When St. Peter showed up, they asked him. He said, "I don't know. This is the first time anyone has asked. Let me go find out," and he left. The couple sat and waited, and waited. Two months passed and the couple was still waiting. While waiting, they began to wonder what would happen if it didn't work out; could you get a divorce in heaven. After yet another month, St. Peter finally returned, looking somewhat bedraggled. "Yes," he informed the couple, "You can get married in Heaven." "Great!" said the couple, "But we were just wondering, what if things don't work out? Could we also get a divorce in Heaven?" St. Peter, red-faced with anger, slammed his clip board on the ground. "What's wrong?" asked the frightened couple. "OH, COME ON!" St. Peter shouted, "It took me three months to find a priest up here! Do you have any idea how long it'll take me to find a lawyer?"
2. A 13 year old boy had difficulty with mathematics, failing in public school. His parents were not religious but after a friend's suggestion they felt a private Catholic school may be more effective. His grades began to rise dramatically after this switch. Asked what has helped him so much, he answered, "When I

saw the guy nailed to the plus sign I knew they meant business!"

3. Joke compiled by Berena Horo (Candidate)

अब वो दिन दूर नहीं जब पति-पत्नी के बीच डिजिटल लड़ाई कुछ इस तरह होगी

बीवी -ना जाने कौन-सी घड़ी में मैंने तुम्हारी Friend request accept की थी।

पति -पत्थर पड़ गये थे मेरी अक्ल पे जो तुम्हारी DP को Nice Pic कहा था।

बीवी -मेरी अक्ल पे भी परदा पड़ा था जो तुम्हारी Pic पे Handsome Look काcomment किया था।

पति -अच्छा होता तुम्हें उसी वक्त unfriend कर देता...

बीवी -मैं ने भी उसी वक्त तुम्हें Block किया होता तो आज ये दिन ना देखना पड़ता।



मेरा आजीवन काल तेरा प्रभु

- Ritu Barva (Candidate)

रखती हु मेरा ये जीवन प्रियप्रभु तेरे शरण तले
गूंजता हैं मेरे दिल में तेरा नाम
येसु येसु हर दम मेरे नाथ
अर्पित तुझको ये जीवन सारा
मेरे येसु तेरे हो हथेली पे
मै तो सदा बंधी रहना चाहु तुझ से
क्यों की तुही तो है मेरा पालनहार
रखती

तुने मुझपर की है दया
ममता की गोद से जबसे मै आया
बुराई की पड़ने ना दी
समर्पित है येशु आत्मा ये मेरी
रखती.....

हृदयसे जीवन भर तेरी उपासना करू
यह जीवन पवित्र बलि के स्वरूप
सौपते हुवे तुझमे खो जावू
तेरी संगिणी बनकर मुझको है जीना
रखती.....

हे प्रभु मुझे इतना ही योग्य बना दे
जिन पिडाओ को तूने क्रूस पर सहा
उन्ही दुख दर्दको मै
प्यार से अपना सकू रखती.....

Saint Companions

St. Lawrence



It was a very difficult time for Christians in 258 A.D. Hostility against the early followers of Jesus Christ was growing. The newborn Christian Church, faithful to the One who had given Himself for the life of the world, continued the work of His redemption. Roman authorities charged Christians with "odium humani generis" [hatred of the human race]. The Romans claimed to be citizens of a great empire, yet they practiced primitive forms of abortion as well killing of unwanted newborns.

Valerian had issued an edict to the Roman Senate that all the Christian clergy-bishops, priests and deacons-were to be arrested and executed. There were so many

holy people among the martyrs of early Rome. The day Deacon Lawrence experienced his birth from death to life was an ominous and frightful day in ancient Rome. Four days earlier, the great Pope Sixtus 11, was arrested along with his beloved deacons, and beheaded. As they took the Pope away for execution (to chop off his head), Lawrence followed him weeping; "Father, where are you going without your deacon?" The Pope answered, "I am not leaving you, my son, in three days you will follow me."

According to the Christian tradition, Deacon Lawrence, knowing that the fervor of Valerians' hatred was extending to all Christians who owned property, began to give it all away. He distributed the money and treasures of the Church to the city's poor. Valerian heard the news and wanted the treasure to satisfy his unbridled lust for money. So, he offered Deacon Lawrence a way out of sure death. If he would show him where the Church's great gold and silver were located and the emperor would issue an order of clemency, sparing his life. Valerian was delighted when the deacon asked for three days to gather all the gold and silver of the Church together in one central place! For three days, Deacon Lawrence went throughout the city and invited all the beloved poor, handicapped, and misfortunate to come together. They were being supported by a thriving early Christian community who understood the Gospel imperative to recognize Jesus in the poor.

When Valerian arrived, Deacon Lawrence presented him with the true gold and silver of the Church, the poor! The

emperor was filled with rage! Beheading was not enough for this Christian Deacon. He ordered Deacon Lawrence to be burned alive, in public, on a grill. The saint was tied on top of an iron grill over a slow fire that roasted him. The deacon cheerfully offered himself to the Lord Jesus. God gave him so much strength and joy that Lawrence joked with the judge saying "Turn me over". Before he died, he prayed that the city of Rome might be converted to Jesus. He prayed that the Catholic faith would spread all over the world. Lawrence died on August 10, 258. Emperor Constantine built a beautiful basilica in Lawrence's honor. St. Lawrence is among the saints mentioned in the First Eucharistic Prayer at Mass. He is the patron saint of school children, poor people, cooks and comedians to name a few.

The tradition records massive conversions to the Christian faith as a result of the holy life and death of one Deacon who understood the true heart of his vocation. He was poured out, like his Master, Jesus Christ the Servant, in redemptive love, on behalf of others. It is still said that all of Rome became Christian as a result of the faithful life, and the death, of this one humble deacon. He was buried in a cemetery on the Via Tiburtina. Early Christians saw in Lawrence a great example of how to live, and how to die, faithful to the Gospel.

Years later, St Augustine reflected on the heroism of this great deacon in a sermon preached on his feast day, emphasizing that his life and death were an example for all Christians to emulate. The life and death of Deacon

Lawrence speaks the timeless message of the Gospel to all who will listen. Whether we are ever called to shed our blood in what has traditionally been called red martyrdom or simply called to offer our sacrifices daily in a continuous life of poured-out love, traditionally called white martyrdom, we continue the redemptive work of the Lord through our daily Christian lives and participation in the life of the Church. Saint Lawrence, Deacon and Martyr, pray for us

My Prayer Has Been Answered

- Compiled by Sr Abhilipsa

I asked for strength

and God gave me difficulties to make me strong.

I asked for wisdom

and God gave me problems to learn to solve.

I asked for prosperity

and God gave me a brain and brawn to work.

I asked for courage

and God gave me dangers to overcome.

I asked for love

and God gave me people to help.

I asked for favors

and God gave me opportunities.

I received nothing I wanted.

I received everything I needed.

The Gift of India

- Sarojini Naidu

*Is there ought you need that my hands withhold,
Rich gifts of raiment or grain or gold?
Lo! I have flung to the East and the West
Priceless treasures torn from my breast,
And yielded the sons of my stricken womb
To the drum-beats of the duty, the sabers of doom.
Gathered like pearls in their alien graves
Silent they sleep by the Persian waves,
Scattered like shells on Egyptian sands,
They lie with pale brows and brave, broken hands,
They are strewn like blossoms mown down by chance
On the blood-brown meadows of Flanders and France.
Can ye measure the grief of the tears I weep
Or compass the woe of the watch I keep?
Or the pride that thrills thro' my heart's despair
And the hope that comforts the anguish of prayer?
And the far sad glorious vision I see
Of the torn red banners of victory?
when the terror and the tumult of hate shall cease
And life be refashioned on anvils of peace,
And your love shall offer memorial thanks
To the comrades who fought on the dauntless ranks,
Remember the blood of my martyred sons!*

‘God is Calling You by Name’

Pope at Lisbon- World Youth Day 2023

Pope Francis lead the welcoming ceremony of the 37th World Youth Day in Lisbon, Portugal, and reminded young people from across the globe that God calls each of us by name because He loves every person. A vibrant spectacle of color and sound greeted Pope Francis with hundreds of thousands of pilgrims gathering at the Welcoming Ceremony for World Youth Day 2023 from August 1st to 6th.

The Opening Ceremony

Following the arrival of Pope Francis, a group of young people read selections from letters produced by the cast, representing the thousands of letters the Pope receives each day. The letters highlighted the questions and concerns of youth from around the world, with many asking for advice and prayers for their families, countries, and local Churches. The welcoming ceremony continued with the procession of flags from all the countries represented at World Youth Day, accompanied by an original song, “Um Dia de Sol” (“A Sunny Day”), composed by Héber Marques especially for the occasion. The song highlights the desire to celebrate faith in Jesus.

Called By Name

The highlight of the Welcome Ceremony was a Liturgy of the Word, focusing on St Luke’s account of Jesus’

sending forth the seventy-two disciples. In his reflection, Pope Francis warmly welcomed the young people, reminding them that God has called them by name precisely because He loves each one of them. “At this World Youth Day, let us help one another to recognize this fundamental reality: May these days be vibrant echoes of God’s call of love.” the Pope said,

God loves us

Insisting again and again that God loves them, the Pope told young people to never grow tired of coming to God with questions. “Asking questions is good,” he said, “it is often better than giving answers, because those who ask questions remain restless, and restlessness is the best remedy” for a routineness that can “anaesthetize the soul.” Pope Francis invited young men and women to reflect on how “beautiful” it is that God loves us. “God loves us as we are,” he repeated, “not as we would like to be or as society would like us to be.” Instead, we are called and loved as we are with our defects and limitations, but also “with our desire to move forward in life.”

“This is what I wanted to tell you,” he said, in conclusion: “Don’t be afraid, have courage, go forward knowing that we are loved...” And he called on the young people to repeat with him: “God loves us.”

‘There’s a Rush in the Air’

For the finale, the performers offered a choreographed presentation of an anagram inspired by the Gospel reading and addressed to all those present: “Go... I am

sending you... the Kingdom of God has come near to you.” As the Holy Father left the stage at the conclusion of the opening ceremony, Lisbon’s Edward VII Park resounded with the strains of this year’s World Youth Day anthem, “Há Pressa no Ar” – “There’s a Rush in the Air.”

पुस्तक

- Sankumari Toppo (Candidate)

मै एक प्यारी सी पुस्तक हूँ
मुझे सभी लोग जानते
मै किसी की प्यारी हूँ
मै किसी की न्यारी हूँ



मै हूँ ज्यादा ग्रंथालय में
मेरे पास लोग आते
और मुझे दोस्त बनाते
और मै उनकी प्यारी सी
दोस्त बन जाती

जो लोग मुझे जानते
वो मुझसे ज्ञान देती
मै किसी से भी दुश्मन नहीं
मै सबकी दोस्त हु

Freedom Is Love

- Sr Shruti

Freedom is a path we choose every day and it is the power to live our life meaningfully. If we live by the values of life, we can experience freedom. When we think about independence many thoughts come to us. I feel that independence means the state of being free and not controlled by another person. It is also an experience out of love. That means, it is an extension of love towards everyone. Yes, this is what Jesus tells us through scripture. Love your neighbour and love your enemies. Mother Mary also experienced the same freedom. That is why from the beginning of her encounter with God till the end of the crucifixion of Jesus she followed His will saying, be it done to me according to the word of God. Whom shall we extend our love or freedom? Is it just only to those who love us? In this case Jesus is saying that this can be done by even the enemies. So according to Pope Francis extending love is to those who live in frontiers i.e., those who are in need of our care and protection, those who are engaged in household work, those who are mentally, emotionally, physically and clinically ill, those who are in need of our direct help, those who are homeless etc.

A little boy in the village asked his mother, how far can you see freedom of love? And she said may be one or two kilometres. If it's very clear day and I climb up on the roof of the house I can see for eight to nine kilometres up to the next village. Little boy said, that's all! So his

mother asked him, how far can you see the freedom of love? And he said if it is very clear night and I climb up on the roof of the house I can see right up to the stars. Great! His mother replied.

Yes, Freedom of love is to gaze at the star and imagine and believe that God can do far greater things than what we dream. Like the stars twinkle in the night sky we can twinkle and shine and give light and love to others. The stars look like tiny points of light, but stars are not tiny they are huge. Our life looks like tiny but our life is filled with huge mountain of love. So we can spread this love to others and serve them in different ways. St. Paul says freedom is to love and serve. We are called to live a life of love and service. We have a beautiful example of this loving service in Mother Mary, who lived her life doing, the will of God in all things. She was free to do all this because she lived not by slavery but by the power of the spirit of God. Freedom is to let go everything, and live fruitfully. It allows us to be ourselves in every way possible to love and serve. And it is a heavenly blessing. We can climb step by step to achieve our goal through freedom. Where there is love, freedom follows. We can only experience real love if we have the freedom within us. Let Mother Mary intercede for us to enjoy, experience and exercise the freedom of love which enabled her to say a perfect yes to the will of God. And may God allow us to become persons of love.

My Experience In The Pearly Land

- Sr Suma

Here I give a bird's view of the state of Manipur along with details of our mission in Manipur. I am sure these first-hand experiences will surely move your hearts for the suffering humanity of Manipur, and you will be inspired to seek God's mercy on them more earnestly. A little historical background of the State of Manipur will help us understand the present situation of Manipur and our Christian presence in this State in better terms.

Church History

The American Baptists began a successful mission in Manipur in 1908 among the hill tribes of Manipur but the missionaries had no permission from the Maharaja of Manipur to work among the Meiteis. The first Catholic missionary, Fr Angsgar Koenigsbaver, SDS, a German Salvatorian missionary, came to Manipur in the year 1912. He found 19 Catholics there. The Maharaja of Manipur allowed him to start Catholic mission in Imphal, the capital city. Due to limited resources and personnel, the opportunity to evangelize Manipur could not be realized. 36 years later, two Salesian missionaries, working in were given permission to work in the hills. They were not to work in the Valley, which had been dominated by the Hindus and some Muslims. The organized work of evangelization in Manipur began with the erection of the Diocese of Dibrugarh in 1951. The first resident Priests came to Imphal in 1956. Rev Fr

Joseph Kachiramattam, the first diocesan priest stepped into Manipur soil and joined the community of Salesian missionaries. Later more Priests and religious strengthened the promotion of the evangelization work in Manipur.

Bifurcating the Diocese of Kohima-Imphal, the Diocese of Imphal comprising the entire State of Manipur was erected by Pope John Paul II in 1980, which later became an Archdiocese with Rev Joseph Mittathany as its first Bishop. He was a man of vision and mission and followed the ideals of St Chavara in bringing up schools and boarding with every Church in the mission stations. He promoted a fast and steady growth of Catholic faith and better education facilities. The Holy Father appointed Rev Fr Dominic Lumon Coadjutor Archbishop elect of Imphal on 18 January 2002. That is how the Church in Manipur has grown to its present stage.

Over view of the land

Manipur is known as a land of pearls, a land beautiful to behold. One will simply enjoy the beauty of the land covered with green trees and paddy fields, mountains, hills and valleys. It was once a serene place, but man-made calamities, violence and hatred have turned it into a land of fire, fear and anxiety, a land of uncertainties and restlessness, a land of militants with guns, a land of inhuman death and a land of martyrs.

Mountain experiences

Turning the pages of Bible, we are familiar with various mountain experiences of God's people, at different occasions. Abraham experienced God's intervention on mount Moriah, Moses on Mount Sinai, Elijah on Mount Carmel, Jesus' on Mount Tabor and on Mount Calvary and finally Jesus was ascended from the mountain top. We had memorable mountain experiences. Manipur has 10 hill districts and 6 valley districts. On hills and valleys, we had rich experiences of God's intervention. It is difficult to inscribe them in words. Certain experiences can only be felt with our hearts just as the pain of people in Manipur.

When we encountered the realities of their current existence, we have no words to console them, except seeking God's unending mercy for a peaceful life. Living in fear and pain, facing daily struggles of life, seeing their dear ones martyred cruelly in front of their eyes, seeing the inhuman acts done to women, houses looted and villages burnt, people leaving all their belongings and fleeing. They have no more tears left to weep for their dear ones. They have become strong to stand together to defend their people and to face anything in life. They have great unity and understanding among their own clan and show readiness to remain in the frontline to defend each other, protect their land and to fight for their rights. Many lose their life, but they consider it as martyrdom.

Ethnic violence

The ethnic violence has various reasons, political and religious. The crisis did not happen overnight but gradually built with issues related to planned issues of power, grabbing the land and looting the wealth. The recent trigger is after the allotment of tribal seats to Meitei caste by the high court. Strife which was already brewing up between the Meitei Caste and Kuki Tribe was inflamed with this verdict. Some Kukki tribals were having higher posts in this capital city, living a better standard of life. So, the Kukkis were attacked to evict them from these posts. Their wealth, vehicles and property were looted and houses were put to fire. Many lost their lives and many ran away for their lives to forests. Kukkis started fighting back and both were then killing and chasing each other. In the first days of violence Meiteis burned almost all the Kukki houses in Imphal, including Churches because most of the Christians belonged to Kukki.

During the ethnic violence many children had to return to their home village or relief camps as schools are closed. High school boys of Kukki are fighting in frontline according to their turn. It is compulsory for all men and women to safe guard their border. Every night is Deepawali for them with shooting and burring taking place everywhere.

Crossing the border is always risky specially the border of Bishnupur (Meitei district) and Churachandpur (Kukki

district). There is tight security of militants. Meitei ladies will stand on the road with sticks early in the morning and stop all the vehicles passing by. These ladies are called 'Meira Paibi' which means lady carrying a torch, but today in Manipur they carry stick instead of torch. When they find out that we are going to help Kukkis they take out our things and burn. So, we had to be alert while crossing the borders. Whenever we crossed the borders, we were led by God's grace. Praying Rosaries helped us to experience God's mercy in abundance. Whenever they checked us, we never revealed our purpose, but took the name of charity homes and orphanages. Then they allowed us to go further. All over Manipur we find state forces, army men, militant groups, police etc on the road with their gun. Some areas look like dead places.

In Imphal we visited St Paul's Parish Church and Pastoral Training Centre (PTC) which is situated in Sangaiprou which were destroyed by Meiteis as it was occupied by Kukkis. A group of Meiteis came with gas cylinders and put everything into fire. It was so painful to see the Church where thousands of Holy Eucharists were celebrated, has now turned into charcoal with bombs made with human hands. We find the broken walls and some tin sheet covering in place of the church. As we got out of that Church, we found a daily reflection book of Bible thrown on the floor. We just prayed and opened it, we were surprised to see the words written there – Acts 2: 14, 22-23 and Jn 13:34-35 "I give you a



new commandment; love one another as I have loved you". It was a great revelation of God's power. Yes, His Kingdom of love and peace will be more powerfully established in this land of violence, in the days to come. Over the years we have seen how Church has grown more powerfully amidst the persecutions.

We went inside the PTC building which was totally destroyed by fire. While we were moving towards the first floor we saw a framed image of Mother Mary with Jesus, untouched by fire. We were moved with eyes full of tears. Amidst the burned, damaged building Mary remains unharmed with a smile on her face to protect us from all evil powers. In that vast building we could find only two rooms untouched by fire, where Bishop Jose Mukkala was staying. In the first room there was the

image of 'Mercy Jesus'. I firmly believe it was that image Jesus who protected those two rooms from bombing. The building was damaged to such an extent that it has to be rebuilt again. All the vehicles were burned and destroyed. Nearby there were many Kukki families who were attacked and they lost all they had. Now there are no more Kukki tribals in Imphal. We can only find Meitei, Naga or people from other states in this city.

CTFI (Camillian Task Force of India) had arranged our visit to Manipur in consultation with the Archdiocese of Imphal. After reaching the Arch-bishop's house everything for our camps and stay was arranged by the Archdiocese. We had a comfortable stay at Catholic Medical Centre (CMC) in Koirengei, diocesan hospital of Imphal Archdiocese. It is a 150 bedded hospital with all facilities, a BSc and post BSc nursing college taken care by FCC sisters of Imphal Province. Hospital is managed by diocesan fathers and Sacred Heart. We were accommodated with Sacred Heart sisters for 9 days. Food was taken care by fathers in the same campus.

In Churachandpur district we stayed in Tuibuong with FCC sisters, in their formation cum school community for five days. All of them were so hospitable, loving, caring, supporting and inspiring. We felt at home in the place. Fr James Tangshel, the administrator of CMC hospital is an extra ordinary man for hospitality and care. He arranged for our camps, visits, food, accommodation etc during our stay at CMC. The spiritual ambience at CMC with Sacred Heart sisters and at Tuibuong with FCC sisters

was remarkable, inspiring and enriching. It was a time of spiritual renewal. The melodious singing with musical instruments by formees of FCC at Tuibuong is still ringing in my ears.

Tuibuong-Peace Ground

It was shocking to hear about Tuibuong Peace Ground, specially arranged with the photos of tribal martyrs who were killed in ethnic violence. Until this day their bodies are kept in the district hospital mortuary of Chrachandpur. According to the number of martyrs, coffins are made which is covered with black cloth and a flower wreath over it. These empty coffins are kept in a line in Tuibuong Peace Ground. Very often we can see the Kukkis in black dress standing on the road or having peace rallies. Anyone who passes that way is free to pay homage and pray for these martyrs. May their souls rest in peace! On 3 August, sea of people dressed in black attires thronged Peace Ground to attend the last rites of 'Kukki-Zomi Martyrs' killed in the ethnic violence.

Powerful presence of Mother Mary

In a medical camp in Kukki relief camp some of the Protestants were asking for Rosary. In fact, we had not taken any extra Rosaries with us. When we enquired the reason, they said: "We Protestants do not accept Mother Mary or pray Rosary. But we have seen in the borders of Kukki Meitei area that those who wore Rosary were unharmed. We believe it is Mother Mary, who is protecting them."

Service Rendered - Medical camps

We began our camps in Churachandpur district. During the first phase of the CTFI relief work the team had no entry to this place. So, when new went, the team was prepared to go to interior places where there is more need for medical aid. Churachandpur (Lamka), is a Kukki district. The name Churachandpur in honor of a good and kind Meitei king Churachand. We could conduct few camps in Churachandpur district with the help of Fr Samuel, the Parish Priest of Don Bosco church and in association with District hospital We could get the best support from CMO (Chief Medical Officer) of the district.



Sangaikot relief camp: It is a valley, 40 km away from the district hospital. Mostly Kukki people of the relief camp and people from nearby villages attended the camp. The CMO provided vehicles along with one doctor and three nurses to help us and to interpret the language. We attended almost 256 patients there.

St Mary's School relief camp: It is a Higher Secondary School of FCC sisters in Tuiboung. Because of the ethnic violence this school is now used as relief camp. 40 families from different villages have found their home in it. 3 or 4 families stay together in one class room. They cook, eat, pray and live together as one family. Many of them joined us for Mass. It is so enthralling to see the tiny tots participating in the Holy Mass early in the morning. Many patients came from nearby villages. Almost 170 patients came for the camp.

Kandouvang Church Relief Camp: In this camp we saw a 31-year-old woman whose husband was brutally killed by Meiteis. Her eyes are dried up now. She has no more tears, but a sure hope that God will give eternal life to him and everyone who were killed in the ethnic violence. We met many like her and it was very painful to listen to such heart-breaking stories.

Zomi Colony: There in a private school, we conducted medical camp. 70 families were staying in the school. Most of them were from Sugnu village which was put into fire by Meiteis. They have lost all their belongings. They cannot return to their places. The whole village is

occupied by Meiteis. The first convent of FCC sisters of Imphal Province is also in Sugnu village. Sisters had to vacate the house where the Meiteis keep weapons and bombs. Almost 90 people sought medical help from the relief camp and nearby villages.

K.Salboungh Baptist Church (Evangelical Church Association): One medical camp was conducted in the relief camp in the Church premises. Doctor and nurses from district hospital also joined for the camp. Amidst the tensed situations people spend the whole day in fasting and prayer in the Church. 80 people could benefit from the camp.

Zion Veng Colony: It was an Evangelical Church of Meitei. Kukki people chased Meitei from here, including their Pastor. Now Kuki pastor of Evangelical group is staying here and taking care of the spiritual needs of the people. 105 people were beneficiaries of this camp.

D.Phailen Evangelical Church relief camp: Displaced and scattered people from different places have found their home in the Church Hall. Around 250 people attended the camp and Church authorities were very grateful for our timely support. Sr Agnes FCC joined us from St Mary's Convent for all the above medical camps in Churachandpur district. A nurse by profession she was a great support in dispensing medicines and explaining to the people in their local language. District hospital doctors were trying to reach out to many of the relief camps in Churachandpur district. They had

manpower but they were lacking medicines. All the medical supply sources were cut off. So, our help was greatly appreciated.

Maryland village camp: Medical camp was conducted in Maryland, in Tegnoupal district, under the guidance of a Catechist in the parish hall. It is an interior hilltop village consisting of 55 families of Naga and Tangklnul, having no medical facilities in and around. We gave them the much-needed help. Around 200 people attended the camp. We were touched by their simplicity and hospitality. When we were returning after the camp, poor villagers wanted to provide us with whatever they could give from the hills. With great love they served us lunch.

St Vincent's school at Pangmoul: It is a Kukki village in Kangpokpi district. When the violence started it was a relief camp. Later the Kukkis in the village showed their readiness to accommodate, care and support one or two families in each house. They work together and live happily. So, the relief camp in school was dissolved. Almost 300 patients came for medical camp here. Fr Jinse who was serving the center arranged everything for the smooth going of the medical camp.

Gangluan IV (Pinjang) village: Pinjang is a mountainous place in Noney district. We conducted a medical camp in Vianney Friendship School situated on a hill top. Fr Nicolaus the Parish Priest and 60 Naga families are staying in this village. Around 250 children

are studying in this school. There is no regular travelling facility. So, for further studies children go to valley and stay in boarding. We must salute these missionaries for their sacrificial life and commitment. While going to this village I felt as though I was travelling through Wynand or Idukki in Kerala. Half way roads were good, rest of the roads were with pits filled with water. Driver had no idea where was the pit or plain road. At any moment the vehicle could turn upside down. Despite these we enjoyed the beautiful scenery around. By 10 pm we came back after the camp. Travelling through lonely and risky mountain we experienced the protection of God and accompaniment of Mother Mary. It was an unforgettable experience of God's Providence when Meitei militants came to check our vehicle with guns. After a brief interrogation, God made them to let us go. Yes, when we set out for a mission, it is the Lord who cares for us. There is nothing we need to worry about.

It was a great experience with the inmates of Mother Teresa Home in Mantripukhri listening to their stories. Carmel Jyoti Children's Home is a boarding for boys and girls taken care by CMC sisters. We gave medical aid to most children. Almost 250 people who lost their houses are staying in the Sareikhong Baptist Church in Litan in Ukhrul district. Litan is a Kukki village. There were 3 more relief camps nearby where almost 800 people were staying. Imagine the number of families thrown into the streets! Patients from all relief camps and nearby villages came to attend the medical camp. There are

more than 2000 people living in 8 villages near Litan. Most of them are Christians. 400 patients came from near and far to attend the medical camp. Since it was the last day of our medical camp in Manipur, we had taken maximum medicines. After giving to more than 400 people, we still had medicines to conduct two more camps. Since there were many people living in the interior villages, we gave all medicines in the clinic in the Sareikhong Baptist Church.

Conclusion

Amidst these trying times in Manipur, Camillian Task Force India (CTFI) continue to reach out with unwavering commitment. I thank God Almighty for blessing me with this rare opportunity to be part of CTFI team and serve God's people who are innocently suffering in Manipur. I am indebted to Rev Sr. Vidya for her whole hearted support and encouragement, prayerful accompaniment and blessings, helping me to embrace this challenging mission with courage and confidence. I sincerely thank every member of Johnite family, fathers, sisters and well-wishers who accompanied me and our team with their fervent prayers and wishes, during our mission in Manipur. In fact, your prayers have greatly helped us to be hale and healthy, to give our best to God's people. May God bless you all in abundance!

-Sr Sally Sjb

When I look back at the past eventful 4 weeks in my life I have nothing to say but thank you Lord! It was two years back I was informed by the gynecologist here in the hospital where I work that I need to undergo a hysterectomy. But that was suspended after a normal D&C report when the treating doctor felt I may be alright without a surgery. After a period of two years as things didn't improve, surgery seemed the only way out. I felt apprehensive to undergo an open surgery as my immunity is low with medications to control my rheumatoid arthritis. This meant that any intervention can create a crisis situation in the body. There can be delayed healing if any sort of injury occurred on my body. I had experienced this multiple times in the past. So my fears for the worst possible infections even extending to a reopening and re-suturing seemed rational. We had enquired about possible hospitals where laparoscopic surgery could be done. But nothing seemed working out reasonably. Even the place my gynecologist herself referred was found to be irrationally commercial. Although Sr. Vidya had told me to choose and go to any place where I could get the best treatment, I felt undecided. The uncertainty persisted even after arranging everything in our hospital to get an open surgery done. I used to share my anxieties with sisters in the community who kept praying for the best to happen. I prepared myself mentally and physically to

face whatever was in store even if it meant being confined as a patient for a long time. It was just two days prior to the date of surgery that I had a strong intuition to search few other places. God had a different plan and the urge I felt was a sign of that. I called up my endocrinologist friend in Nagpur who is my referral source whenever I need a second opinion for me or anyone else. He gave me few laparoscopic surgeons' details and suggested Dr. Ashish Kubde and Seven star hospital as the best among all. After consulting with Sr. Vidya I contacted the doctor immediately and got an appointment for the next day. If that also didn't work out, I had decided to get admitted in Sewagram hospital for an open surgery.

Next day when we met the doctor and discussed about the surgery and further management I was so much reassured that all would be well soon. I realized that my intuition was from God. We fixed the operation and decided to get admitted the next day itself. There was no waiting period as all necessary tests and checkups happened very fast most of which I had already finished from our hospital. In the following days I found God carrying me in his hands arranging angels in human form at every turn who gave me the best care I could ever dream of. The week prior to the surgery there were two elderly ladies (Mrs Annie and Mrs Rita) from Sr. Divya's prayer group staying with us incessantly praying throughout the day interceding for all the needs of the community, congregation and each of us. They had

promised their continued prayers during and after the surgery. I felt so much enriched and reassured by their prayers.

Prior to the operation, I kept praying with Sr. Divya and felt the veil of all anxieties lifted up. I felt comfortable and secure in the hands of the Lord while going to the operation theatre with a smiling face. The operating surgeon and the whole team of doctors inside and outside the OT were very kind, polite and nice. The nursing care, treatment, food, room service and everything went so fine aiding my fast recovery. On the first day itself I could eat something and get up to go to the bathroom. Here I would like to express my profound gratitude to Sr. Suma who took leave from her duty to take care of me while I was in the hospital. I had only heard of her tender, gentle way of patient care. There in the hospital, I got an opportunity to experience firsthand the warmth of her care. Now I know why she got the award for the best nursing care. I am sure her care in the most needed time of my post operative period aided my journey to normalcy. I am sincerely thankful to Sr. Jacintha and the whole community of Premdaan who brought delicious meals as and when needed and joined hands in making me feel loved. Coming back to my community, I felt so warmly cared and supported by my sisters. I have no words to express my thanks to Sr. Divya who stood by me as a pillar of support encouraging and strengthening me witnessing all that I went through. Keeping aside all other urgencies she kept

company with me whenever I had to go to the hospital or undergo any test. Sr. Sudha took care of even the minutest needs. She still cares for me and proves the best in her consistency and keenness in giving care. Sr. Valsa was often there by my bedside to talk, listen, share and alleviate my pain and loneliness. I saw Secunda coming time and again to enquire and extend her help in my needs. Our helping staff and inmates tried their best to reach out and help and to cheer me up when I felt blue.

Despite the diagnosis of a kidney stone and some difficulties associated in the first post op week I could regain my health and normalcy soon. The discomfort to undergo another surgery was also replaced with medications from the urologist and the ever effective and instant cures of Sr. Sarala and Sr. Sunanda. Thanks to you dear sisters and my community who were ever ready to make sure that I got all that was needed to get rid of the stone.

I often felt the care of Sr. Arpita not as from someone far away or doing an official enquiry about my condition. Her frequent messages revealed her eagerness to see me back normal, pain free and healthy soon. I felt her constant prayers and wishes accompanying me through the journey of my recovery. Sr. Vidya has a unique way of taking personal care when the sisters are in need especially in our sickness. Often she doesn't wait for anyone but accompanies the sisters in their hospital visits. She accompanied me extending her unconditional

support and allowing freedom to let the best things happen. When she urged me to take a longer leave from hospital and take rest adequately I knew I am truly wanted and cared. Each time she called or visited me I felt a fresh rush of energy enabling me to be well soon.

Now, back to normal and doing my duties regularly, I am honestly grateful to all our sisters, friends and well wishers for extending their solidarity and support through constant prayers, messages, phone calls and visits. I am thankful to you for being so sensitive not to disturb in the initial days when I really needed rest. One of the best things we enjoy as Johnites is the fellowship we experience in times of sickness, loss and periods of bereavements and sorrows. Only when we experience it we understand how noble and irreplaceable this bond of oneness we have for each other. I am indebted for the time you spared to remember me and be with me, the sighs and thoughts you sent up to heaven and the things you brought to aid my healing. Thank you dear sisters!

Each time I encounter some sickness or period of ill-health I get a fresh chance to realize and reclaim the love of the Lord who write straight even through the most crooked lines. Through times of unrest and uncertainties he proves that he is the best and surest refuge and hiding place I can ever have in my life. For everything and everyone, thank you Lord!

Our Planet Our Health

- Sr Rashmi

Oh! How beautiful you were mother Earth
Adorned with greenery for beauty
Filled with leaves and fruits
Looked at with wonders and awe

Oh how clean you were
With lovely wholesome water
Sweet with its taste
Clean as crystal clear

The roads were empty with few vehicles
All people were with smiling face
Connected one with the other
Celebrated together life's events

People took care at home
Cared and reared with hope and love
Lived and died in respect
Buried with life left to be remembered

All enjoyed life and health
No one dared to hurry
Life was nourished with good habits
and all breathed fresh air,

Oh mother Earth, now
You look naked with emptiness and fear
The trees are cut and wastes are dumped
No peace, No voice and no care

All turned to their own

No unity and love

Wastes, industries, life styles

Change the face of the earth

Everywhere pollution, noise and dust

No one to care

Each with their own care

Divided individuals at home

My phone, my tablet, my net

My life is for me to live and die

Who are you to take care

I like to be mine

With my life, my style

In hostels, in parks

With my girl friend and wife

Trees are cut from the roots

Wild animals lost their home

Humans lost fresh air

The rivers are pregnant with waste

A small rain bring flood

And takes lives of many

Oh my mother Earth we polluted you

You gave us health

Oh' we are sorry, sorry we destroyed you

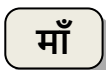
Come let us live our life once again

Come let us put our hand and heart

And rebuild our mother Earth

*Good habits, good lifestyle
Good personal hygiene and environment
Let our mother live once again
And give life for many*

*Clean earth, clean earth
Good health, healthy lives
This is our dream for tomorrow*



- Priyanka Tigga (Candidate)

माँ एक ममता है
माँ एक दुलारी है
माँ एक घर की दीया है
बच्चे को 9 महीने अपने गर्भ में रखती है
माँ बच्चे को जन्म देती है
माँ बचपन से बच्चे का देखभाल करती है
माँ बच्चे को सिखाती है एक गुरु की तरह
माँ घर की एक गुरु है
माँ घर में रोशनी फैलती है
माँ अपने बच्चे की कठिनायों में सहायता देती है
माँ अपने परिवार को संभालती है

My Conversation With God

- Compiled by Sr Abhilipsa

I asked God to take away my habit; God said, No.

It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole; God said, No.

His spirit is whole, his body is only temporary

I asked God to grant me patience; God said, No.

Patience is a byproduct of tribulations; it isn't granted, it is learned.

I asked God to give me happiness; God said, No.

I give you blessings; Happiness is up to you.

I asked God to spare me pain; God said, No.

Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow; God said, No.

You must grow on your own! But I will prune you to make you fruitful.

I asked God for all things that I might enjoy life; God said, No.

I will give you life, so that you may enjoy all things.

I ask God to help me LOVE others, as much as He loves me.

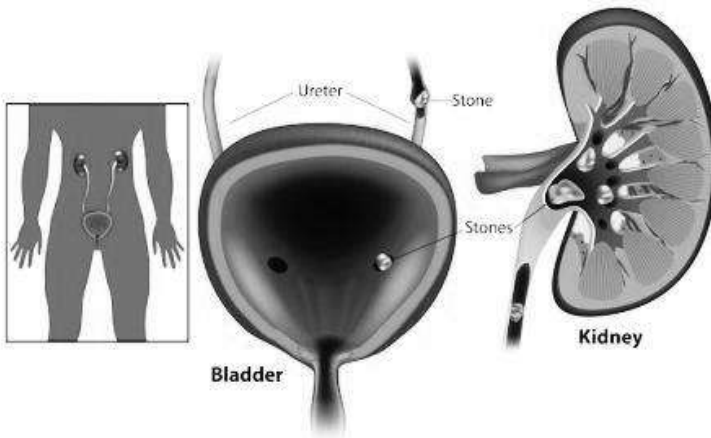
God said...Ahhhhh, finally you have the idea.



Good to know ...

Kidney Stone

Prevention and Cure



Every year, more than three million people seek treatment for symptoms related to kidney stones. Many are familiar with the pain associated with kidney stones. If we've ever had a kidney stone, we will do anything to avoid having another. Passing a stone can be extremely painful. Kidney stones are formed by crystals that can block urine flow. Most commonly, they leave the kidney by traveling down the ureters which are the tubes that carry urine from the kidneys to the bladder. Stones are more likely to form in highly concentrated urine which can make the urine, look dark yellow instead of straw

colored or clear. Though they often start out the size of a grain of sand, kidney stones can grow to fill the inside of the kidney. The bigger they are, the more difficult they are to pass. Stones can form from a variety of minerals, but the most common is calcium oxalate. The bad news is that once we've had one stone, there is a 50% chance of having another within the next 15 years. The good news is that many risk factors for recurring kidney stones are within our control, and small changes in our diet can make a big difference.

Some Causes

Although there is a connection to genetic predisposition, the causes of kidney stones are often related to diet and lifestyle. There is no one specific cause of kidney stones. Several risk factors can contribute to kidney stone formation:

- A diet that is high in protein (red meat, poultry, eggs, and seafood), sodium (salty foods), or sugar (sodas and sugary drinks)
- Dehydration
- Digestive disorders like Inflammatory Bowel Disease (IBD)
- Family history of kidney stones
- Obesity
- Other medical conditions like hyper-parathyroid condition
- Medications such as diuretics

Some Dietary Tips to Prevent Stone Formation

1. Drink more water

If we already had a kidney stone, the best way to prevent further stones is to drink more fluids. Staying hydrated dilutes the urine, so crystals can't clump together and become stones. People who produced 2 to 2.5 liters of urine daily were 50% less likely to have a kidney stone. People who have had kidney stones should drink a lot of water – at least 3 liters (12 cups) a day. When it's hot outside, we should drink even more water because the more we sweat the less urine we produce. If plain water is too bland to drink, boost by adding a squeeze of citrus juice. Lemons, limes, and grapefruits contain citrate, which binds to calcium and helps block stone formation. We could also substitute some of the water for citrus beverages such as orange juice.

2. Limit Sodium intake

A high-sodium diet increases the amount of calcium in the urine. This can trigger kidney stones in people who are already susceptible to them. Reducing sodium, or salt, also benefits the kidneys by helping to lower blood pressure. Chronic high blood pressure can narrow and weaken the blood vessels in the kidneys, reducing blood flow. Slowly, it makes the kidneys stop working properly, leading to kidney disease or kidney failure.

3. Eat Calcium-rich foods

Even though calcium sounds like it would be the cause of calcium stones, it's not. In the right amounts, calcium can block other substances in the digestive tract that may lead to stones. It may seem counterintuitive to recommend calcium when most kidney stones are made of a form of that mineral. But some stones are made from oxalate, which is found naturally in a variety of foods. Calcium from the food we eat combines with oxalate in the intestines, forcing the oxalates into feces instead of urine and reducing the risk of developing calcium oxalate stones. But this benefit is not in taking calcium supplements in the form of medications.

4. Reduce meat intake

Eating too much animal protein can increase the risk of developing kidney stones. It is not only red meat but chicken, pork, and eggs. We don't have to become a vegetarian; just limit the meat intake to 8 ounces a day. A serving should be no bigger than a pack of playing cards. It is better to limit intake of fish especially shellfish

5. Eat more fruits and Vegetables

A diet rich in fruits and vegetables can lower blood sugar and blood pressure and can help prevent the formation of kidney stones by increasing urinary citrate, a naturally occurring acid in the body that prevents calcium bits from sticking together in the urine and forming stones. So, add portions of fruit and vegetables every day to prevent the excruciating pain of another kidney stone.

6. Decrease Vitamin C Supplements

Research shows that Vitamin C supplements taken regularly can double the chances of developing kidney stone. The recommended daily amount is 75mg for women; 90 mg for men. Those findings are specific to vitamin C supplements. The same was not seen when food rich in Vit C is consumed, which is always the best source like Citrus fruits and lemon.

7. Watch Oxalate Intake

High levels of oxalate in the urine can contribute to kidney stone formation. However, oxalate is found in many healthful foods, such as fruits, vegetables, nuts, grains, legumes (like black beans or peas), chocolate, tea, spinach, beets, nuts, wheat germ, rhubarb, and soy. Rather than eliminating high-oxalate foods, eat a varied diet and drink extra water, or eat a serving of dairy products to increase calcium when we consume foods high in oxalate.

Summary

Certain foods can increase the risk of developing kidney stones. It is important to be mindful of foods that can lead to formation of kidney stones: foods high in sodium, cola beverages, fast foods, processed meats, certain supplements like Vit.C, black tea, chocolate, spinach, soy beans and milk, almonds, cashews, Including more water, lemon, whole grains, fruits vegetables, and natural calcium in the diet can reduce and prevent kidney stones from developing and progressing.

Aragami Bible Quiz

(PSALMS: 72-150)

1. How do the righteous grow?
2. 'In the old age they still produce fruit'. Who?
3. How is the God's way?
4. What did David swear?
5. What did rain like dust?
6. What did the enemy destroy?
7. What does the Lord count as dross?
8. What did the lord display among the peoples?
9. What did the Lord reveal in the sight of the nations?
10. What did the Lord swear in his anger?
11. What does the Lord love more than all the dwellings of Jacob?
12. What is holy and awesome?
13. What is like the dew of Hermon?
14. What is set in the light of God's countenance?
15. What is unsearchable?
16. What should blossom in the cities like grass in the field?
17. What will happen to the horns of the wicked?
18. What will those who make idols become?
19. Where did God come to dwell?
20. Where did Jacob live as an alien?
21. Who are destroyed in a moment and swept away utterly by terrors?
22. Who is the strong arm of the children of Lot?
23. Who brings to ruin the way of the wicked?
24. Who did not trust God's saving power?

25. Who executes justice for the oppressed and gives food to the hungry?
26. Who flourishes like palm tree?
27. Who inspires fear in the kings of the earth?
28. Who is set in slippery places?
29. Who led the people like a flock by the hand of Moses and Aaron?
30. Who rejected the tent of Joseph?
31. Who said 'Tear it down; Down to its foundation'?
32. Who set up their emblems in the holy place?
33. Who sprout like grass?
34. Who stood in the breach before God to turn away His wrath from destroying the Israelites?
35. Who turned back on the day of battle?
36. Who walk around in darkness?
37. Who was brought from tending the nursing ewes to be the shepherd of his people?
38. Who were destroyed at Endor?
39. Who will be led away with evildoers?
40. Who will perish?
41. Whom did the Lord make known His ways?
42. Whom did the word of the Lord keep testing until what he had said came to pass?
43. Whom does the Lord adorn with victory?
44. Whom does the Lord love?
45. Whom does the Lord regard?
46. Whom does the Lord watch over?
47. Whose doom would last forever?
48. Whose necklace is pride?
49. Whose prayer the Lord will not despise?
50. How can young people keep their way pure?



★HAPPY★ BIRTHDAY!



1 st Sept	-	Sr Roshini
6 th Sept	-	Sr Pavana
6 th Sept	-	Sr Sushanti
13 th Sept	-	Sr Dhannya
14 th Sept	-	Sr Ranjita
17 th Sept	-	Sr Nita
18 th Sept	-	Sr Amala Nirapel
21 st Sept	-	Sr Rupa
22 nd Sept	-	Sr Arpita
24 th Sept	-	Sr Clementina
1 st Oct	-	Sr Archangel
10 th Oct	-	Sr Ursila
14 th Oct	-	Sr Sunanda
15 th Oct	-	Sr Jyoti
16 th Oct	-	Sr Preeti K.
17 th Oct	-	Sr Roseline
23 rd Oct	-	Sr Anupa



★HAPPY★ BIRTHDAY!

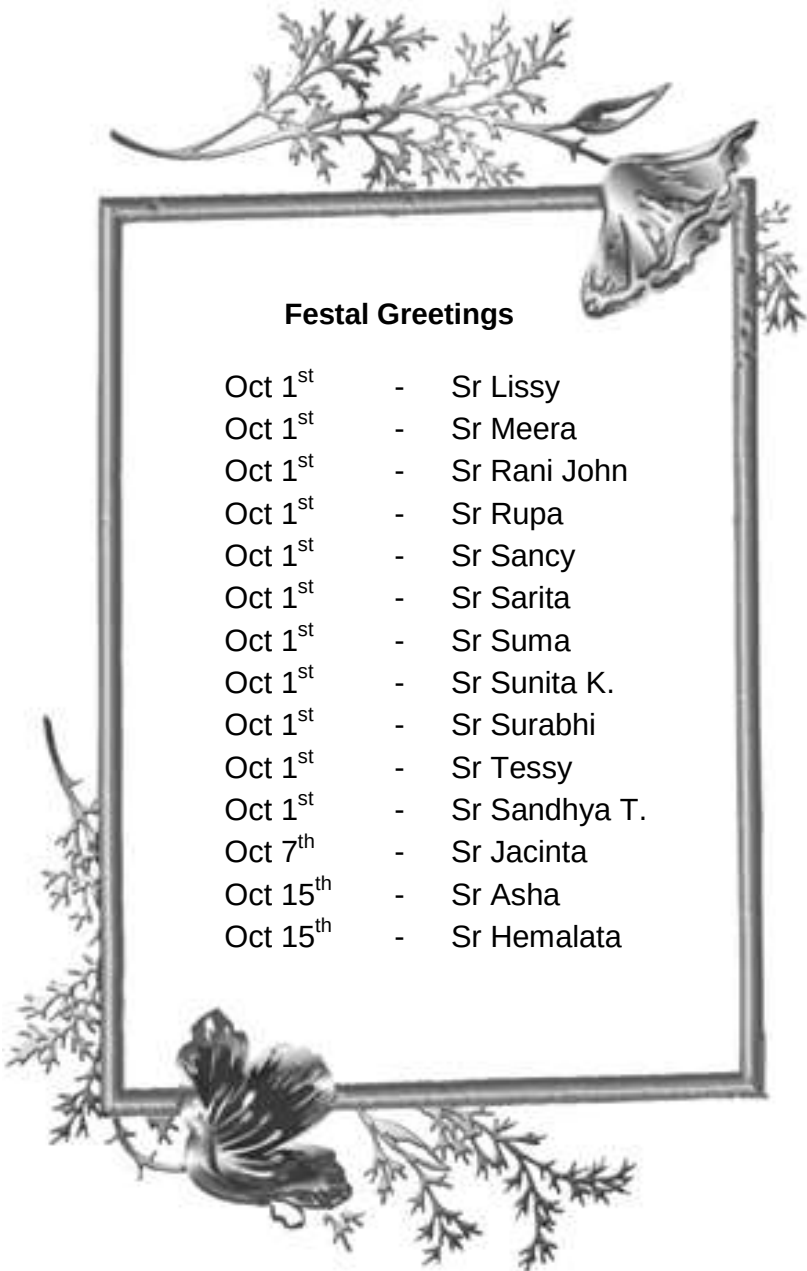


28 th Oct	-	Sr Sunita G.
3 rd Nov	-	Sr Sandhya T.
5 th Nov	-	Sr Bertila
7 th Nov	-	Sr Nikita
15 th Nov.	-	Sr Tresa
18 th Nov	-	Sr Anila
18 th Nov	-	Sr Divya
18 th Nov	-	Sr Preshita
25 th Nov	-	Sr Philomina
3 rd Dec	-	Sr Ujwala
4 th Dec	-	Sr Bindu
5 th Dec	-	Sr Anima
17 th Dec	-	Sr Preethi G
20 th Dec	-	Sr Kamshila
21 st Dec	-	Sr Vineeta
21 st Dec	-	Sr Sima



Festal Greetings

- | | | |
|-----------------------|---|-----------------|
| Sept 5 th | - | Sr Christina K. |
| Sept 5 th | - | Sr Sushanti |
| Sept 8 th | - | Sr Dhannya |
| Sept 8 th | - | Sr Krupa |
| Sept 8 th | - | Sr Sunita R. |
| Sept 8 th | - | Sr Udaya |
| Sept 8 th | - | Sr Ursila |
| Sept 8 th | - | Sr Subangi B. |
| Sept 24 th | - | Sr Abhaya |
| Oct 1 st | - | Sr Atulya |
| Oct 1 st | - | Sr Flowery |
| Oct 1 st | - | Sr Lucia |
| Oct 1 st | - | Sr Jaya |
| Oct 1 st | - | Sr Kalpana |
| Oct 1 st | - | Sr Kusum |



Festal Greetings

Oct 1 st	-	Sr Lissy
Oct 1 st	-	Sr Meera
Oct 1 st	-	Sr Rani John
Oct 1 st	-	Sr Rupa
Oct 1 st	-	Sr Sancy
Oct 1 st	-	Sr Sarita
Oct 1 st	-	Sr Suma
Oct 1 st	-	Sr Sunita K.
Oct 1 st	-	Sr Surabhi
Oct 1 st	-	Sr Tessy
Oct 1 st	-	Sr Sandhya T.
Oct 7 th	-	Sr Jacinta
Oct 15 th	-	Sr Asha
Oct 15 th	-	Sr Hemalata





Festal Greetings

Nov 22 nd	-	Sr Nivedita
Nov 22 nd	-	Sr Preeti K
Nov 28 th	-	Sr Sunima
Dec 3 rd	-	Sr Ujwala
Dec 8 th	-	Sr Suthara
Dec 8 th	-	Sr Divya
Dec 8 th	-	Sr Amala
Dec 8 th	-	Sr Nirmala
Dec 8 th	-	Sr Jyotsana
Dec 8 th	-	Sr Namita
Dec 8 th	-	Sr Bertila
Dec 8 th	-	Sr Padmini
Dec 8 th	-	Sr Kamshila
Dec 8 th	-	Sr Nikita
Dec 13 th	-	Sr Roshni



Festal Greetings

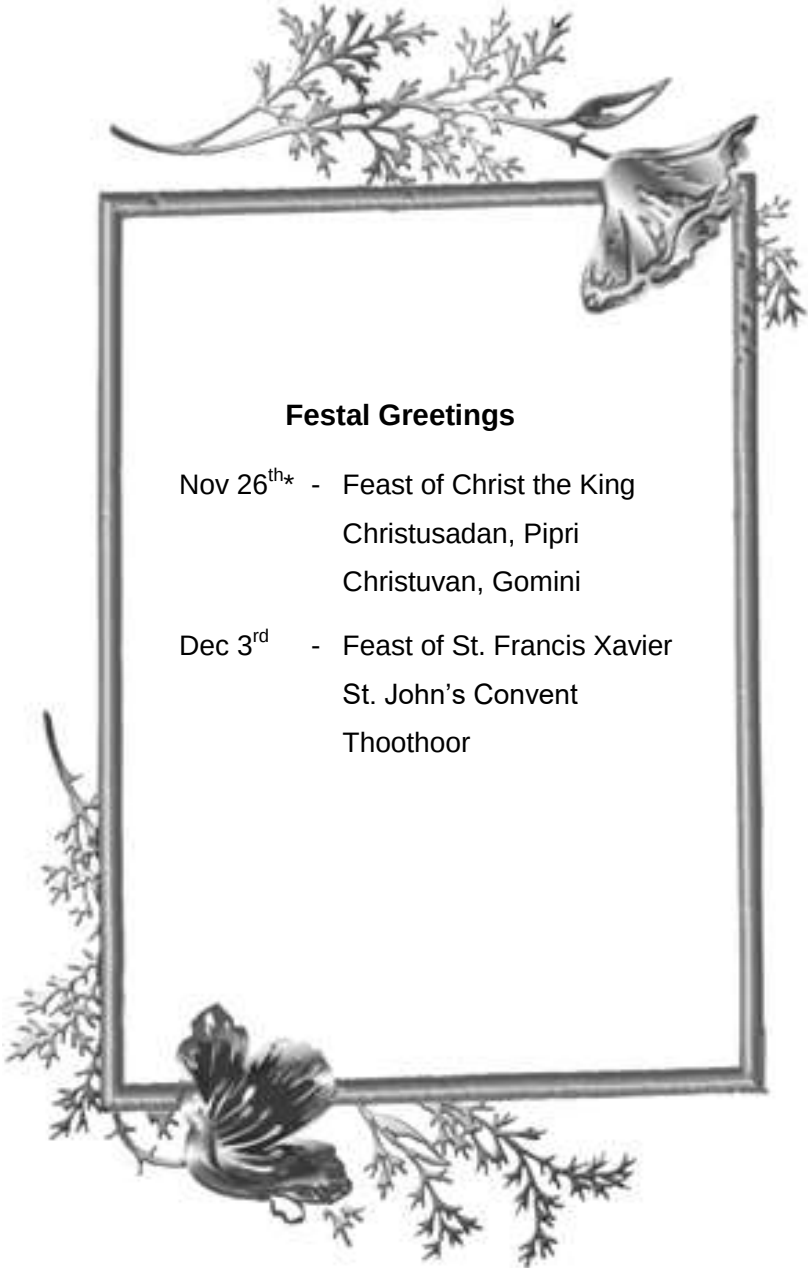
Sep 5th - Feast of St. Mother Theresa
Asha Kiran, Nagpur

Sep 8th - Birthday of Blessed
Virgin Mary
Sandhya Home, Pune

Sep 29th - Feast of Archangels
Ashadeepam, Vettukad

Oct 1st - St. Therese of Lisieux
VinayVikas, Pune

Oct 15th - St. Teresa of Avila
St. John's Convent
Hinganghat



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 November 2023***

The Winner of the April 2023 Volume is

Sr Archangel - 1st Prize

"Oh, Brain, I don't need you anymore.

64 GB pendrive is enough."

Sr Sancy- Runner Up

"Woohoo! ... I'm relaxed ...

Let it go ... everything is fed here ..."

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

Dear Departed

1. 29th July 2023 - Sr Sajita's Mother
Mrs Helen Thomas
2. 29th July 2023 - Sr Udaya's Brother
Mr Kuriakose
3. 5th August 2023 - Sr Latika's Brother
Mr Joseph

Prayer of Loss

Thank you for the lives
of all those loved ones
who, whilst no longer
walking beside us
or holding our hand
along life's journey
as once they did, live on
in the collective memory
of those they have left behind.
Enjoy their company, Loving God
until we shall meet again.

Amen

First Profession - Srs Sushanti and Sunima



Final Profession - Srs Lincy and Linmy



Spirit of Freedom

'Dream, dream,
Keep on dreaming':
His* advice.

But I say:
Don't dream your life away..
A dream will remain a dream
Until it is brought into practice.

He dreams of factories
In the Mars
Where man is yet to reach!
Here I dream for a bowl of rice
For the children
Below the povertyline:
The longest line on the earth!

Dear Kalam Sir,
If thoughts do not result in action,
It will end up in depression!

*APJ Abdul Kalam (Former President of India)

- Premji

