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**“Freedom’s Flame
Ascending”**

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∞ AGRAGAMI INFO ∞

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The Flame of Freedom Ascending

Dear Sisters,

As we approach the significant date of August 15th, we are reminded of two momentous occasions: the independence of India and the Feast of the Assumption of Mother Mary. Both events symbolize freedom and the ascent of the human spirit, a theme that resonates deeply with our collective journey and personal struggles.



This theme of ascension and resilience was beautifully exemplified in the recent Paris Olympics through the story of Celine Dion. Known for her powerful voice and the iconic ballad "My Heart Will Go On," Celine has faced tremendous personal challenges, including her battle with the debilitating Stiff Person Syndrome. Despite this, she made a triumphant return to the stage, showcasing her indomitable spirit and inspiring millions around the world. Her performance at the Eiffel Tower, filled with grace and strength, serves as a beacon of hope, reminding us that true strength lies not in avoiding challenges and pains that are inevitable in life, but in facing them head-on with courage and determination.

The journey of India's independence and the Assumption of Mother Mary both serve as profound reminders of the power of faith and the relentless pursuit of freedom. These events, though distinct in their contexts, converge

in their underlying message: the triumph of the human spirit through unwavering faith and the quest for liberation.

The Feast of the Assumption of Mother Mary symbolizes the ultimate purpose of human soul. Mary, the mother of Jesus, was assumed body and soul into heavenly glory. This event signifies the fulfilment of a life lived in complete faith and devotion to God's will. Mary's Assumption is a testament to the power of unwavering faith and the promise of eternal liberation. Mary's life, filled with challenges and sorrow, exemplifies how faith can guide us through the most difficult times. From the Annunciation to the Crucifixion, her journey was one of profound faith and obedience to God's plan. Her Assumption reminds us that through faith, we too can aspire to transcend our earthly struggles and find ultimate peace and freedom in the divine.

India's struggle for independence was marked by the resilience and determination of countless individuals who faced immense adversity under colonial rule. Freedom fighters, through their non-violent movements and unwavering spirit, rose above their struggles and won liberty for the nation. This period of history serves as a profound example of how collective courage and perseverance can lead to monumental change. The sacrifices made and the hardships endured by these brave souls continue to inspire us to fight for justice and work for freedom in our own lives.

In more recent times, the devastating landslide in Wayanad, nestled in the Western Ghats, resting in the

gentle embrace of the majestic Sahyadri mountain ranges of Kerala, left hundreds of people buried under the mud, killing many, including small children. This natural calamity shocked the entire nation. However, amidst the tragedy, the local people, different organizations, media reporters and political parties, came in unison, setting aside their differences, working hands and shoulders with the Indian armed forces to rescue as many people as possible from the disaster site. A minister of Kerala poignantly remarked that the Bailey bridge constructed by the army within a day to facilitate rescue operations and restore conveyance will forever be a bridge to the hearts of the people of Kerala. This bridge symbolizes hope, courage, grit, and the resilience of the human spirit, demonstrating that no force, regardless of its destructive power, can break the human resolve when united for a cause.

In our daily lives, moments of doubt and hardship can be seen as stepping stones toward greater strength and inner freedom. The flame of freedom, much like the Olympic flame, symbolizes not just victory over external circumstances but an inner triumph over doubt, fear, and adversity. As we celebrate two significant milestones on August 15th, let us draw inspiration from the courage and resilience of Celine Dion and the historical events that have shaped our world. This flame of freedom ignites within our hearts, encouraging us to embrace challenges as opportunities to grow stronger in faith and spirit. Together, as a community, we can ascend to new heights, supporting one another on our journey and shining brightly as beacons of hope and resilience.

Reflecting on the struggles faced by our forefathers and contemporaries, we recognize the importance of unity and collaboration. Whether fighting for freedom, surviving a natural disaster, or overcoming personal challenges, our strength lies in our ability to come together and support one another. Let the stories of struggle, resilience, and triumph remind us that no challenge is insurmountable when faced with courage, faith, and unity. May these narratives inspire us to rise above our petty concerns and contribute to a world where freedom and resilience are celebrated and cherished!

Wishing you all a happy Independence Day, Happy Feast of Assumption and a happy read f Info!

- Sr Sally



Freedom's Flame Ascending

We encounter a profound moment of freedom's flame ascending, depicted in the dramatic episode in the first book of Kings (1 Kings 18), on Mount Carmel with the prophet Elijah as the central figure. This event symbolizes the triumph of truth over evil, freedom over slavery, and the recognition of the true God over idols. It is described as Elijah's victory over the priests of Baal.



Elijah makes extensive preparations to liberate the worshippers of Baal. The sequence of events unfolds as follows:

First, Elijah challenges the people of Israel: "How long will you go limping with two different opinions? If the Lord is God, follow Him; but if Baal, then follow him" (v. 21). It was essential for the people to distinguish between the true God and the false gods. They needed to make a choice and commit to the God of Abraham, Isaac, and Jacob.

Second, Elijah invites the people to come near him (v. 30). He wanted them to witness firsthand how the flames would ascend before their very eyes. Similarly, God invites us to draw near to Him in the silence and solitude of our hearts.

Third, Elijah repairs the altar of the Lord. Due to the prolonged period of idol worship, the altars dedicated to God had fallen into neglect and disrepair. For a fair and genuine sacrifice to be offered, the altar within us must be in a proper state. There is a divine call for the repair and renovation of our inner altar.

The entire episode on Mount Carmel can be summarized as follows: it was a challenge of true faith where Elijah presented a fair contest, and it demonstrated confidence in faith as Elijah was certain that his God would act. The story concludes with Elijah bringing fire down from heaven onto his altar, winning the contest. The Israelites then declare, “The Lord, He is God” (v. 39).

Let the flames of freedom ascend from our life and mission as we get ready to commemorate once again country’s Independence Day and the Assumption of Mother Mary.

Sr Arpita Mathew
(Superior General)



Provincial's Inspiration

A little girl in the village asked her father, "How far can you see?" He said, "Maybe two or three kilometers, or if it is a very clear day, I climb up to the roof of the house and I can see up to eight or nine kilometers, up to the next village." The little girl said, "That's all?" The father asked, "How far can you see?" She replied instantly, "If it's a very clear night, and if I climb up to the roof, I can see right up to the stars."



The celebration of the Assumption of Mary invites us to gaze up to the stars. It calls us to dream, to imagine, and to hope that God can do far greater things than what we can dream, imagine, and hope for. The Assumption is a celebration of God's saving power and work in Mary. He affirms that Mary shares in the glory of Christ's resurrection. Mary praises the greatness of God in the Magnificat: "The Almighty has done great things for me."

"Love doesn't just sit there, like a stone; it has to be made, like bread; remade all the time, made new." - Anonymous

If you are a person listening for a deeper invitation and discover a yearning to choose life, the question becomes: What does new life mean, and how can you transform your life? How do you walk through this divine Paschal mystery together? Ronald Rolheiser describes the process well in his book, *The Holy Longing*: "The paschal mystery is a process of transformation within which we are given both new life and new spirit. It begins

with suffering and death, moves on to the reception of new life, spends some time grieving the old and adjusting to the new, and finally, only after the old life has been truly let go of, is a new spirit given for the life we are already living.”

As far as the workings of grace are concerned, the Divine Mystery of transformation may be beyond our comprehension, but it surely does not happen without our active participation. Sitting in a prison cell, young Martin Luther King, Jr. Wrote- “Human progress never rolls on the wheels of inevitability; it comes through the tireless efforts of men willing to be co-workers with God.” You can try to either plan your future or create the conditions for grace to intercede. To do the former, you must presume to know what the future is. To do the latter, you need to learn how to cooperate with grace and do the inner work of transformation.

This is exactly what Mother Mary did. She actively participated with the grace of God by freeing herself from earthly, human desires and focused on the promises of God. This created a flame in her that she radiated all through her life, from the moment of the Annunciation to Pentecost. As a result, she could ascend to the permanent home prepared by her Son.

Helen Keller once said, “A bend in the road is not an end in the road, unless you fail to make the turn.” The vast majority of people fail to make the turn. Some will wait until it is too late, and by the time they wake up, they will have exhausted their resources and their will to change. Others will make only incremental changes, believing they are doing what’s needed, only to discover their

safe, small changes are not enough. However, some of the most resilient humans will successfully make this bend in the road and bring forth new life. They will have a hand in birthing a bright future for themselves.

Our Motherland and Mother Church urge us today to embark on a journey of transformation, a journey towards ascension by courageously listening and responding to the inner call to stand for the principles that made the freedom fighters sacrifice their lives to liberate us from slavery. Unless and until we are liberated from prejudice, pride, jealousy, fear, selfishness, and self-centeredness, neither our brethren nor we ourselves will be able to enjoy the flame of freedom and ascension to a higher level of existence.

Have a meaningful celebration of Independence Day and the Assumption of Mother Mary.

Sr Vidya Joseph
(Provincial Superior)



From the Editorial board

Dear Sisters,

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

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

Congratulations to Bible Quiz Winners

1	Sr. Manjusha	100	1 st
2	Sr. Abhilipsa	100	1 st
3	Sr. Rashmi	100	1 st
4	Sr. Sancy	100	1 st
5	Sr. Sarala Montry	100	1 st
6	Sr. Sudha	100	1 st
7	Sr. Suma	100	1 st

8	Sr. Jaya	98	2 nd
9	Sr. Meera	98	2 nd
10	Sr. Roshni	98	2 nd
11	Jayanti Kerketta	96	3 rd
12	Sr. Archana	96	3 rd
13	Sr. Beronika	96	3 rd
14	Sr. Riya	96	3 rd
15	Sr. Nikita	94	-
16	Sr. Joshana	94	-
17	Jayanti Kujur	90	-
18	Poonam K	90	-
19	Sr. Archangel	88	-
20	Sr. Lucia	86	-
21	Sr. Sunima	86	-
22	Sr. Alisabeth	86	-
23	Sr. Padmini	86	-
24	Sr. Sunita G	86	-
25	Berena	84	-
26	Sr. Elizebeth	84	-
27	Sr. Gloria	84	-
28	Sr. Mariagoreti	84	-
29	Sr. Ujwala	84	-
30	Ritu	80	-
31	Ruchita	80	-
32	Ciciliya	78	-
33	Sankumari	78	-
34	Sr. Bertila	78	-
35	Evangeline	72	-
36	Roshmery	72	-
37	Sr. Tresa	70	-
38	Shishu	62	-
39	Poonam I	50	-

A Glance At Our Centres

❖ St. John's Matric High School, Thoothoor

- We had a wonderful Kindergarten Graduation Day with Mr. Jesinth, the District Coordinator of WICE, as our chief guest. His speech inspired everyone, celebrating our young graduates' achievements.
- Our Std 10 students and staff had a great time on a trip to Wonderla in Kochi. We all enjoyed the attractions and made some fantastic memories.
- We are excited to share that all 25 of our SSLC students passed their board exams with flying colours. Congratulations to our top scorers: Topper: Miss Tiffany with 477/500, Second Place: Miss Maglin with 464/500, Third Place: Ma. Doni with 462/500
- The new academic year started with a Holy Eucharistic celebration and a blessing of the building by Rev. Fr. Justin. This set a positive tone for the year.
- On June 22, we celebrated Patron's Day with a prayer service. Students performed dramas, dances, and gave speeches, making the event enriching and fulfilled.
- On July 15, 2024, we celebrated Kamarajar's birthday (*He was the chief minister of Tamilnadu who started the midday meal program. His birthday is celebrated as the educational development day*) with colourful cultural programs. Students

participated in various competitions like colouring, speeches, essays, solo dances, singing, and fancy dress, showcasing their creativity and enthusiasm. Thank you to everyone in our community for making these events successful and memorable!

❖ **St. Clare's Girl's High School**

“Every new academic year is a chance to reinvent, to challenge our limits, and to reach new heights of excellence”.

- We opened our new academic year on 15th June 2024. This academic year, we started a Pre-nursery section.
- Our school got 100% result in SSC board exam. Miss SaherKhatib topped with 94.40%. There were 40 distinctions and 46 first classes.
- Lila Poonawalla Foundation provides scholarship for 93 students this year.
- Morris Trust extends free Remedial Teaching service for the weaker students.
- Sr. Tessy Sebastian SJB, gave a talk on the topic “Diet and Nutrition” for parents of Pre- Primary students.
- Our High school students participated in Zilla Parishad interschool competitions and came out in flying colors.

Let us embrace the challenges as opportunities for growth, and let us celebrate our success, both big and small.

❖ **Sandhya Home Community**

- By the grace of God, our inmates are keeping good and doing well. Regular exercise and Yoga boost their health
- In the month of May Sr.Sarala and Sr. Abhilipsa had their juniorate course at VinayVikas
- Two of our candidates came to Sandhya home in the absence of juniors. It was a great help for the community and we are thankful to them.
- We gave a send-off to our novices, who were always helpful and supporting in all our needs.
- Sr. Sarala and Sr. Abhilipsa attended the tally course for one month.
- Sr. Aishwarya went home to visit her father who was sick and few days later he died. She was able to spend time with him during his last days.
- We celebrated the feast of our patron St. John the Baptist with our inmates, well-wishers and friends.
- We gave a farewell to Sr. Abhilipsa in the month of July and welcomed Sr. Ujwala on 10th of July
- We celebrated the feast of Our Lady of Mount Carmel with all inmates.

❖ **Kisan Wadi Kopreli**

- Our new kitchen was blessed and inaugurated on May 9, 2024, by Most Rev. Ephrem Narikulam, our Bishop.

- Sr. Sunita Rabbad joined the community on June 5, 2024.
- This year, we have 20 boarders, and all are doing very well. In the KG section, we have 11 students.
- We have successfully completed the one-year project: 'Promotion of Health and Community Development through Women Empowerment'. We have received a new project under Manos Unidas, which begins in September.
- We conducted 12 medical camps, 15 awareness programs, and 50 livelihood schemes, distributed goats, set up petty shops, and assisted with vegetable selling and bangle making through this project. We visited 192 villages, conducting sessions on various topics. We trained 10 mothers in alternative medicine and distributed vegetable seeds and garden tools to 50 women (5 from each of 10 villages).

❖ **JeevanVikas, Sewagram**

- Warm greetings and love from JeevanVikas community.
- On 20th May, we bid farewell to Sr. Lalita Baa. We thank her for all her selfless services and wish good time in the new community.
- In the Sewagram zone, we had a solemn celebration of the birthday of our beloved patron St. John the Baptist on 24th June and we thanked God for the blessings we received through his intercession.

- We are doing baseline survey in different villages. We have already formed new groups for handicapped children and are conducting awareness programmes to different groups in various villages and continue the physiotherapy classes in different villages.
- We successfully completed the uniform sale in Agragami School, Mhasala, Agragami Kindergarten, Jail Road and St. John's school, Allipur.
- The distribution of necessary items to beneficiaries was a successful initiative. It improved their overall wellbeing and quality of life. We look forward to continue the support from CHAI and explore new opportunities for expanding our works.
- We have distributed 38 goats, stationery items to 8 families, grocery items to 10 families and cloth material to five families. We could help in setting up tea canteen. We gave mattresses, carts, wooden bandi and 24 tailoring machines to various families.

❖ **Agragami School, Pipri**

- On the afternoon of May 27th, 2024, our institution received the good news that 217 of our students cleared their board examinations. Among them, 53 students scored above 90%. Miss. Shravani Punse and Miss. Ambekar secured the first position with 97%.
- The first staff meeting for the new academic year was held on June 20th. New teachers were welcomed, including Sr. Rani John.

- An orientation program for the teachers was held on June 27th. Rev. Fr. Wilson CMI, the principal of St. Chavara School, was the resource person.
- The school reopened for the new academic session on July 1st.
- The meritorious students of our school were felicitated by Rev. Sr. Vidya Joseph the Manager of the School, on July 6th.
- A tree plantation drive was organized at the school on July 9th.
- 'Shikshan Saptah' was observed at the school from July 22nd to July 28th.
- "Leadership is not a position or a title; it is an action and example." The investiture ceremony of the school cabinet was conducted on August 3rd.
- In preparation for Independence Day, various competitions such as speeches, patriotic songs, and fancy dress were held.

❖ **Sevasadan Community**

- We are delighted to announce the completion of our house renovation, including the painting. To mark this milestone, we had a solemn Mass and house blessing on April 1st, celebrated by Rev. Fr. Robinson, our parish priest. It was a spiritually uplifting occasion as we dedicated our newly renovated home to the Lord.
- We had the privilege of accompanying Dr. Sr. Sally and her team in conducting medical camps across

various locations arranged by our mission centres. Our efforts brought essential healthcare services to many, highlighting our commitment to community well-being.

- On May 1st, we joyfully welcomed Sr. Jyoti as the new member of our community. Her arrival adds to the strength and unity of our team.
- In May, we celebrated the birthdays of Sisters Suma and Sancy. The presence and prayers of our Sisters from Sanjeevani and Jeevan Vikas communities made the celebrations even more special and joyful.
- On May 31st, we held a grand farewell Mass and agape for Sr. Vineeta, who has served our community with dedication for the past 8 years. Fr. Joseph V. CMF celebrated the Holy Eucharist. We extend our heartfelt gratitude to Sr. Vineeta for her love, care, and invaluable contributions to our community. Sisters from Sanjeevani and Jeevan Vikas joined us to honor and mark her departure, making the evening truly memorable.

❖ **St. John's Convent, Hinganghat**

- We warmly welcomed our new animator, Sr. Sneha, along with the new members, Sr. Prasada, Sr. Anita, and Sr. Bertila. As we bid farewell to Sr. Seema and Sr. Namita, we express our heartfelt gratitude for their selfless service to this center and extend our best wishes for their new mission.

- This year, we are blessed with seven new candidates: five from Orissa, one from Chhattisgarh, and one from Maharashtra.
- In our boarding, we have 13 school-going girls who are being cared for by Sr. Anita and Sr. Meera.
- The celebration of the feast of our patron, St. John the Baptist, was filled with joy as we also celebrated the feast of Sr. Prasada and felicitated Sr. Riya.
- On July 16, on the feast day of Our Lady of Mount Carmel, the Hinganghat community offered a thanksgiving Holy Qurbana, marking 50 fruitful years in Hinganghat. The presence of Sr. Prasada, a member of the first community in 1974, added a special significance to the day's celebration.

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

- The new academic session commenced with a prayer service, seeking the blessings of God Almighty. First-standard students were warmly welcomed with colorful flowers and were escorted to their respective classes by a band troop, accompanied by the Principal and the respective teachers.
- Samarjeet Bobde from class X has been selected for the state level for his science model, earning the inspiring award.
- A Teachers' Seminar on "Life Skills" was organized at the school, with Mr. Saraf from Nagpur as the resource person.

- St. John's Day was celebrated with students showcasing the life of St. John, the school's patron. Sr. Preethi, the Principal, extended a warm welcome to Sr. Anita, the new student councillor.
- Miss Astha Baimare brought laurels to the school by scoring 98.40% in the CBSE Board Exam, making her the third topper of Wardha District.
- Environment Day and Earth Day were celebrated to raise awareness among with students performing skits, dance, dramas and songs about the individual's role in protecting our mother earth. The day also featured a rally in the locality and tree plantation on the campus.
- A felicitation ceremony for the toppers and their parents was held at the school. The parents of the toppers were awarded trophies. A special prize of ₹15,000 from alumnus Mr. Manish Vyas was given to Miss Astha Baimare for the highest marks in Maths and Science. The cash prize was presented by Mrs. Leela Devi Vyas, the chief guest of the day, with Sr. Sneha and Sr. Anita as the guests of honour.

❖ **John Haw Vihar, Trichur**

Greetings from John Haw Vihar Chiyyaram!

- Sr. Elizebeth was given a heartfelt send-off on April 1st. During April and May, we were blessed with the visit of our sisters who came for home holidays. The MSJ Fathers celebrated the Silver Jubilee of their existence in India, with some Fathers and brothers

staying in our old house. Sr. Vidya and several sisters from various communities joined in the jubilee celebrations.

- In May, we welcomed new members to our community: Sr. Preeti joined us on May 7th, Sr. Ursila on May 3rd, and Sr. Anupa as our new animator on May 31st. Sr. Karuna also stayed with us for a week, and Fr. Tomy Chirauprath came to meet Sr. Anima. The hostel remained closed in May as the students completed their course. Additionally, Sr. Sajita travelled to Australia for her niece's First Holy Communion.
- On June 10th, a new batch of students from Brilliance Academy joined the hostel. We bid a heartfelt farewell to Sr. Lalita on June 13th, with a meaningful Mass celebrated by Fr. Jerin from Christu Raj Bhavan, and all priests from Christu Raj Bhavan joined us for dinner. Sr. Lalita left for Kazakkuttam on June 15th.
- Our sisters remain actively involved in all parish activities. Sr. Sushila spent 10 days in the ICU in Jubilee mission hospital, Trichur due to heart and lung issues, and Sr. Suthara is suffering from severe pain, receiving regular visits from the palliative care unit.

Report on the Funeral Service of Sr. Anima Kanamkompil SJB

Sr. Anima who was a part of John Haw Vihar passed away on July 20th, 2023, surrounded by sisters of the community and Fr. Tom MSJ. Her nephews and

grandnephews arrived shortly after her passing away. Following medical confirmation of death, prayers were offered by priests from the MSJ community, Galilee Ashram, and local parish. The body was then transferred to the mortuary at Jubilee medical college, Trichur. On July 22nd, Sr. Anima's body was brought back to John Haw Vihar. A vigil was held with prayers and tributes paid by parishioners, sisters, and priests. Approximately fifty family members gathered, coordinated by Sr. Jessy SJB, Sr. Anima's niece.

The funeral Mass was celebrated by Bishop of Chanda, Mar. Ephrem Nariculam, with concelebrants including Fr. Tom Madathilkandathil MSJ and Fr. Francis Kurissery CMI attended the funeral services. A large congregation attended, including priests, sisters, family members, and well-wishers. The final stage of the funeral was conducted by Archbishop Mar. Andrews Thazath of Trichur Diocese. Bishop Ephrem Nariculum delivered the homily, praising Sr. Anima's cheerful, kind, and dedicated nature. Sr. Vidya, Provincial Superior of SJB, shared Sr. Anima's life story. The funeral choir was led by MSJ Fathers and brothers. A representative from each SJB community attended the funeral, adding solemnity to the ceremony. Sr. Pavana expressed gratitude to all attendees. Sr. Anima's mortal remains were laid to rest at St. Joseph's Church Vettukad. She was remembered as a role model for her patience, lack of demands, and peaceful death.

May her soul rest in peace!

❖ **St John's Convent, Allipur**

- We were blessed with the presence of Sr. Vidya, our Provincial Superior, for the canonical visitation, which took place over three days in April.
- The scorching heat of May was alleviated by the joy of going home for holidays.
- On May 13th, we bid farewell to Sr. Anupa and Sr. Rani, expressing our deep gratitude for their selfless and sincere service to this community and the school.
- We warmly welcomed Sr. Shubangi as the new member of our community.
- A Thanksgiving Mass was offered for Sr. Christina and Sr. Shubangi as they made their final commitment to the Lord.
- On June 24th, we celebrated the feast of our patron, St. John the Baptist, with a solemn Eucharistic celebration led by Fr. Prince CMI. He delivered a meaningful message, enriching the occasion of the feast.
- We also celebrated the feast of Sr. Nitya under the patronage of Our Lady of Perpetual Help on June 26th, with Fr. Robinson, the Forane Vicar, as the main celebrant.

❖ **St John's School, Allipur**

- A grand farewell was organized on May 4, 2024, to honor Srs. Anupa and Rani for their commendable service at the center for the past 6 and 7 years, respectively.
- The school mourned the loss of two young students, Mast Purvansh Thakare on May 5 and Ku Kushi Sawatkar on May 14.
- On May 27, the results for standard 10 were declared. It was a proud moment as all students passed in first class and distinction, with 5 scoring above 90%.
- The staff meeting for the academic year 2024-25 was held on June 18, 2024.
- An orientation seminar for the staff was conducted on June 29, 2024, with Rev. Fr. Wilson Vettoonickal CMI as the resource person.
- The school welcomed students for the academic year 2024-25 on July 1, 2024, with a short program and prayer service.
- Nursery children were given a traditional welcome on July 4, 2024.
- A felicitation program for the standard X students was held on July 6, 2024, with Rev. Sr. Vineeta as the Chief Guest.

❖ **St. John's Convent, Kazhakuttam**

- Our vocation is in the heart of the Church. Therefore our primary task is to join hands with the Church in

its acts of evangelization and catechizing. We sisters in Kazhakuttam are fully occupied in the activities of the parish. We continue in helping people to come closer to the Lord by our regular family and family unit visits, Catechesis, preparing for sacraments, online and offline classes, prayer groups, daily adorations, youth ministry, Elders group etc.

- This year we have taken responsibility for every ministry in the Church, and family units so that it functions well and we can bring back the people who are far away from Church.
- Sr. Geeta continues teaching the German language.
- Sr. Lalita takes care of our Construction works.
- Sr. Pavana renders her service to a School as counsellor and helps in Hindi classes of the minor seminarians.
- We are happy that we are occupied fully with the activities and services for the people of God.
- Sr. Beronika is also fully involved in these ministries. People are very happy about our presence here.

❖ **Aragami Provincial House, Wardha**

Greetings from the Provincial House Community!
We would like to share some recent updates from our community:

- Sisters Bertila and Nikita were given a heartfelt farewell as they transitioned to new assignments. In their place, we warmly welcomed Sisters Maria Gorethi and Sunima to our community.

- Rev. Fr. Thomas Chirapurath CMI bid farewell as he moved to Kalameshwar, Nagpur from Samvad. We extend our gratitude for his dedicated service and wish him all the best in his new role.
- We were honoured by a visit from Bishop Joseph Kollamparambil, who was in Wardha to visit the MSMI sisters. His presence was a source of inspiration and encouragement for our community.
- On June 23, 2024, we celebrated the birthday of our patron at the zonal level. The occasion was further marked by the joy of the final profession of Sisters Secunda, Riya, and Sandhya.
- On June 24, Sr. Jessy lit the lamp to commemorate her entry into the Silver Jubilee year. We rejoice in her 25 years of dedicated service and pray for continued blessings upon her.
- Sr. Vidya, Sr. Dhannya, Sr. Smita, and Sr. Jessy attended the funeral of Sr. Anima. We remember her with love and gratitude for her contributions to our community.

❖ **Aragami CBSE School Mhasala**

Here's a summary of the recent school activities:

- The session began on February 20, 2024, followed by the AISSE Class-X (2023-24) Board Exams starting on February 21. The new session for classes 1 to 9 was commenced on March 18, 2024.
- Class 1 students were welcomed with specially crafted strawberry badges.

- A free medical camp was held on March 30, 2024, for men and women above 60 years from Mhasala and Warud grampanchayat, organized by Dr. Sr. Sally John and her team from Kasturba Medical College, Sevagram, as part of a six-month project for Mhasala.
- On April 16, 2024, Pearson Publication conducted training, followed by a seminar on 'Management of Children in the Classroom' on April 27, 2024, led by Dr. Sr. Sally John.
- On April 27, 2024, students from classes 1 to 9 who scored 91% and above in the Annual Exams (2023-24) were awarded books by Rev. Sr. Jessy.
- Mahatrashttra Day was celebrated on May 1, 2024, with Mr. Ajay Bhoyar, Vice-President of EPTA 2023-24, as the chief guest. Top students from classes 1 to 9 received mementos and a book on Mahatma Gandhi.
- A workshop on Stress Management was conducted on May 2, 2024, by Mrs. Apurva Pandey and Mrs. Bharati Bijwe from CBSE Pune.
- NEET Exam was held on May 5, 2024, with 456 NEET aspirants participating in the school.
- AISSE Results was announced on May 13, 2024, where 24 students scored 90% and above, achieving a 100% passing percentage.
- On June 14, 2024, Mrs. Rachana Singh led a session on 'Experiential Learning.'

- International Yoga Day was celebrated on June 21, 2024.
- Agrabami Day was celebrated on June 21, 2024, featuring a tableau and dance presentation on St. John the Baptist.
- Class 10th Felicitation was held on June 29, 2024, with guests Rev. Sr. Vidya Joseph and Mr. Atul Udade. Top AISSE students received cash prizes, including Rs 10,000/- each for Mast. Shishupal Bhagat and Mast. Nishant Bhagat for their achievements in NEET and Class X Board Exam.
- Cluster of Celebrations: On July 11, 2024, Principal's Day, Cabinet Installation, Club Inauguration, and Tree Plantation were celebrated. Auto-Van Uncles were guests, along with Sr. Dhannya SJB and Mr. Parag Pote, Police Inspector.

❖ **Vinayalaya High School**

- A seminar for teachers was organised on 26th June 2024. The resource person for the seminar was Fr. Paul Pereira OP, the superior of Yuva Jyoti centre, Nagpur. The topic of the seminar was "ME to WE". Through various quotes, incidents, games and videos, Fr. Paul helped the teachers to understand how important the teamwork for the growth of the institution is.
- After a long and refreshing break, Vinayalaya Convent School re opened on 1st July 2024. Rev. Fr. Jesuraj the Parish priest of St. Martin De Porres Church and Rev. Fr. Jomise, the assistant Parish

priest blessed the school campus. The day began with a prayer service. The 1st std students were welcomed with colourful 'smiley face' emoji. The Principal Sr. Nirmala welcomed all to a new academic year 2024-2025 and wished a prosperous and successful year ahead.

- Dr. Kaustubh Chautpilliwar and team from Max hospital conducted an awareness program on cardiac arrest at Vinayalaya campus on 13th July. A demo was given to the staff on what are the necessary steps to be taken at this critical situation.
- Vinayalaya High School felicitated the meritorious students of std X for their excellent performance in the SSC Board Examination 2023 - 2024. Ku. Tejal Kardam topped the school with 92%. Ku. Jiya Jethwani was the 2nd topper with 90%. They were felicitated with mementos, cash prizes. They expressed their gratitude to the school, management, teachers and their parents.
- The investiture ceremony was held on 18th July 2024. The Headmistress Sr. Nirmala congratulated the school cabinet in her short message.
- Environment Day was celebrated on 20th July. The programme was arranged by IX std students. An inspirational skit was enacted by the students on theme "Save trees". The program was concluded after a tree plantation drive.

❖ **Vinayalaya Convent Jaripatka**

- Our sisters recently attended a two-day seminar on communication and media at the Provincial House in Mahasala.
- After much anticipation, we arranged a community picnic to the Amravati Diocese, specifically visiting the mission stations in Parathwada. The Sisters and Fathers at each station were warm and welcoming, making it a joyous experience to listen to the stories of the Pioneer missionaries.
- After three years of dedicated service in Vinayalaya, Martin De Porres Church, and Martin Nagar, Sr. Jyoti was transferred to Sevasadan.
- In May, we experienced the sorrowful loss of Sr. Kalpana's sister-in-law and Sr. Alka's mother.
- We also bid farewell to the PSA sisters who left the center for good. We thanked each other for the warmth and friendship shared over the years
- We held a heartfelt farewell for Sr. Jyoti, Sr. Roja, and Lavanya. The occasion was marked by a meaningful liturgy, attended by Fr. Jesuraj, Fr. Jomise, and the MSMHS sisters.
- We celebrated the feast of our Patron, St. John the Baptist, with our Parish Fathers and sisters from the Church campus, adding to the joy of the day.
- With the start of the new academic year, we began the BCC prayers in our respective blocks at St. Martin Nagar. Our mission to serve the poor, needy,

sick, and suffering continues, as we share the Word of God and pray with them daily.

- Sr. Kripa represented Vinayalaya Convent at the funeral service of our beloved Sister Anima. We honor and salute our beloved Sister Anima with deep respect, and love. May her soul rest in peace, and may the Lord reward her in heaven.

❖ **Nirmala Niketan Bhendala**

- On 25th of May Sr.Sudha joined our community and took the charge of dispensary
- On 1st of June Sr.Namita took the charge as the new animator of our community.
- On 8th of June along with our parishners and the former parish priest Fr.Ajay solemnly welcomed Sr.Namita, Sr.Sudha and Fr.Lagin our new priest in charge .The new members were welcomed with washing the feet and traditional Arati by the parishners and an entrance dance performed by the beneficiaries of the project supported by Manos Unidas Spain. We had fellowship meal served by the parishners.
- We celebrated the birthday of our patron St. John the Baptist on 24th June. All the faithful of our Bhendala mission actively took part in the Eucharistic celebration, officiated by Fr. Lagin and made the day a joyful and meaningful one. It was indeed a day of spiritual renewal for all of us.

- On 3rd of July we had twin celebration the feast of St. Thomas the first Apostle of India and the birthday of our priest.
- On 16th July it was a joy for us to celebrate the feast of our Lady of Mount Carmel, the patroness of Sr.Amali.

❖ **Christuvan, Gomini**

Loving greetings from Christuvan Gomini!

- On March 13th, our 10th and 12th standard students were given a heartfelt farewell that included a Holy Mass, followed by a cultural program and lunch. Later in the month, on March 26th, we bid farewell to Sr. Sushanti as she left for her holidays and the juniorate.
- On March 29th, we honored Sr. Manjusha for her seven years of dedicated service to our community and center. Her farewell included a Holy Mass and snacks with parishioners before she departed for her new mission in Secunderabad on April 29th.
- As the community changed, we welcomed Sr. Rosline and Sr. Lalita Baa, and also bid farewell to Fr. Deepak. This occasion was marked by a Holy Mass, cultural programs, and a shared lunch. On June 3rd, we joyfully welcomed Fr. Linesh Benny as the new Assistant Parish Priest, with parishioners presenting him with a bouquet.
- On June 9th, we celebrated the baptism of Mr. Emmanuel Maruti Dongre's family from our parish, and on June 24th, we observed our Patron's Day

alongside the Koperli community, where Fr. Linesh Benny delivered an inspiring message on St. John the Baptist.

- The month concluded with the opening of our Kindergarten on June 30th, where each of the 46 children was welcomed with a flower by Fr. Linesh.
- In July, we celebrated St. Thomas Day on the 3rd with our parishioners, followed by a communal lunch. On July 20th, we mourned the passing of one of our parishioners, Mrs. Sanjeela, and attended her funeral service, offering prayers for her sorrowful family.
- On July 21st, we marked World Children's Day in our parish with a Holy Mass, cultural programs, a Bible quiz, and other activities, concluding with lunch.
- Sr. Roseline attended the funeral service of Sr. Anima in Kerala.
- Our boarders have returned after their summer holidays, and we currently have 18 children in our care.

❖ **Premdaan, Nagpur**

Celebration of World Senior Citizens Day

- The World Senior Citizen's Day was commemorated at Prem Daan, Mohan Nagar, in a grand scale. The event brought together the elderly, fathers, sisters, staff, working women, and local residents in a heartfelt celebration that honoured the lives and wisdom of the elderly residents.

- The day began with a meaningful liturgy led by Rt. Rev. Bishop Elias Gonsalves, who spoke eloquently about the wisdom and experience that come with age, and the importance of respecting and valuing our senior citizens. He emphasized the critical role society must play in providing care and support to ensure the well-being and dignity of the elderly.
- Following the Bishop's encouraging words, Sr. Jacinta, the Superior of the House, delivered a poignant message highlighting the role of family and community in nurturing the elderly. She urged everyone to actively engage in the lives of the older generation, making them feel valued and cherished. Her words struck a chord with all present, inspiring a commitment to change.
- The celebration continued with vibrant cultural performances by the staff and working women of Premdaan, showcasing their talents and reminding everyone of the enduring spirit that thrives within the elderly. The day was filled with love, laughter, and deep appreciation for the invaluable contributions of the elderly to society. The residents expressed their gratitude for being part of such a compassionate community, while the local community also recognized the significant role the old-age home plays in supporting and caring for its residents.
- The event was a testament to the power of intergenerational connections, as young people interacted with the elderly, creating lasting memories and forging meaningful bonds. The day concluded

with a renewed commitment to supporting and cherishing the elderly, ensuring their well-being and happiness in the years to come.

❖ **Trier Community, Germany**

- We celebrated a Thanksgiving Mass on July 2, 2024, in honour of Sr. Prasanna's Jubilee conclusion and her fiftieth birthday. The Mass was officiated by the main celebrant, Fr. Mathew MSJ. We were graced by the presence of our Mother General, Sr. Arpita Mathew, along with all the Indian sisters. Their presence made the day colourful and memorable.

❖ **Sanjeevani Ashram, Sevagram**

- In the month of April, under the leadership of Sr. Sally, a medical camp was organized in Koperli and Gomini. Sr. Sally also conducted three medical camps at Mhasala School, assisted by our dedicated nurse sisters as part of a project from Sister Doctors Forum of India.
- We celebrated Sr. Sudha's feast with a Holy Mass, attended by members from nearby communities, making it a joyous occasion. Sr. Valsa and Sr. Sudha were transferred to their new communities, and we bid them a heartfelt farewell, thanking them for their generous service to our community.
- In June, we welcomed Sr. Tresa and Sr. Daina as new members of our community. Sr. Sally provided

an effective and helpful orientation class for the teachers at St. John's Kindergarten, Jail Road.

- Sr. Secunda made her final profession at the Provincial House in Mhasala. We congratulated her on this significant milestone before she departed for her new community in Parpa. Additionally, we commenced the construction of a house for Sr. Esther.
- Sr. Divya travelled to Kerala to attend the funeral service of Sr. Anima. At Jeevadhara, we welcomed two new inmates. One of the patients recovered well and returned home.
- Fathers and sisters from Pallotti College visited our center, enriching our community with their presence. We celebrated Sr. Diana's feast day with a Holy Eucharist in the morning, celebrated by Fr. George CMF. Members from nearby communities joined us for the celebration. In the evening, we continued the celebrations with our inmates, including a short prayer service, supper, and a cultural program by our inmates.
- We have regular retreats at the center, with a three-day retreat and a one-day retreat every month. These retreats are sometimes conducted by our sisters and other times assisted by fathers or lay brothers from outside. The online prayers and night vigils are also continuing successfully every month.

❖ **Ashadeepam Community, Vettukadu**

- In May 2024, we bid farewell to Srs. Preeti and Maria Goretti. They were given a heartfelt send-off as they moved on to their new assignments. On May 12, 2024, Sr. Amruta was warmly welcomed to Ashadeepam, followed by Sr. Valsa on May 21, 2024. Additionally, our community grew with the arrival of Sr. Gloria on June 3, 2024. We are delighted to have her join us, making our community now strong with five sisters.
- Srs. Shilpa and Valsa are invaluable, assisting in various tasks throughout the community. On Sundays, they visit family units of different prayer groups, offering their support and presence.
- Sr. Amruta began her role as a staff nurse at Jubilee Mission Hospital on June 1, 2024. Sr. Gloria, despite not knowing Malayalam, has quickly bonded with the children at St. John's Kindergarten in Vettukadu. She spends her mornings at the kindergarten and her afternoons engaged in community activities.
- Our aged home currently hosts seven inmates. Their days are filled with various activities to keep them engaged and uplifted. Occasionally, Fr. Alexander from Snehashram visits to conduct awareness classes for them. We also receive monthly visits from a Homeo doctor from the Govt. Homeo Clinic, who provides free services to our inmates.
- We are grateful for the support from different parish groups who visit our inmates, bringing necessary materials and offering their companionship.

❖ **Aragami Jail Road, Wardha**

- At the end of April, Sr. Joshana went to Pune for a one-month juniorate program and made her final commitment to the Lord. We warmly welcomed Sr. Vineeta to our community on June 1st.
- On June 2nd, candidates Roshmery and Punam Induvar joined our community and continue their studies at JB and Yashwant College in Wardha.
- On June 16th, a half-day seminar for the teaching staff of Aragami Kindergarten was conducted by Dr.Sr. Sally SJB. The staff was enriched by the class, which ignited their passion for teaching.
- On June 17th, we celebrated Sr. Joshana's final commitment, with Fr. Sijo, the rector of Claretian Ashram, as the main celebrant.
- On June 21st, Sister Nikhita joined our community and started her academic studies in Darshana Philosophy College.
- On July 1st, we had a grand reopening of the Kindergarten. The school compound was beautifully decorated, bringing joy to both children and parents as they entered the premises. Children were welcomed with flowers and given sweets.
- On July 7th, our candidates Albena and Priyanka joined our community. As they pursue their studies at Montfort, we request your valuable prayers.
- On July 17th, we celebrated the feast day of Sr. Vineeta. Unfortunately, Sister Joshana had a fall and

is currently under medication; we pray and wish her a speedy recovery.

- On July 27th, we celebrated the twin feasts of St. Anna and St. Alphonsa, as our dear Sisters Rashmi and Joshana honored their patroness day. However, as per their request and due to the recent demise of late Sr. Anima, we only had a Holy Mass and cancelled all other celebrations.
- We continue to grow and support each other in faith and communion, always grateful for your prayers and support.

❖ **Daivalayam, Secunderabad**

- We (Srs. Lucia, Padmini, and Manjusha) are pleased to share about our mission began at Daivalayam in June 2024. This Centre is dedicated to supporting differently abled male children, providing specialized care and attention to those with various physical and mental disabilities.
- Daivalayam, a unit of the Sneha Charitable Trust, is run by the Camillus Fathers (Ministers of the Infirm), following the charism and mission of their founder, St. Camillus, who advised them to work exclusively in the field of health. Adhering to this mission, the priests run their own hospitals, take care of HIV patients and special children, and serve as hospital chaplains, both in India and abroad.
- In earlier times, some of our sisters, including Sr. Amala and her team, worked with the Camillus Fathers, serving HIV patients at the CHAI Centre in

Medichal, Secunderabad. Later, the patients were shifted to our current location. Though the HIV centre is no longer functioning, many patients were rehabilitated, and some have passed away. Currently, we have just one boy who is an HIV patient.

- Here, we admit children with multiple disabilities such as cerebral palsy, impaired vision, hearing impairments, intellectual disabilities, Down syndrome, HIV, and semi-paralysis. The center has accommodated 60 boys, and currently, 30 children are with us. The Child Welfare Committee (CWC) has booked more children, who will be brought to our center soon, either directly or through the CWC. All related government departments carry out periodic inspections to ensure the well-being of these children.
- Our children are fragile and helpless, requiring round-the-clock care. In many ways, they are lucky and blessed to be at the Daivalayam Centre, where they receive maximum care under the guidance and support of Fr. Shiju, the director, and Fr. Jaison, the administrator. The total dedication and commitment of these two fathers are exemplary. They are hardworking, zealous, and full of life, working harmoniously with the sisters and the staff to attend to the needs of our children, who often cannot speak for themselves. We, the caretakers, must be sensitive to their needs and illnesses.

- Initially, I felt very sad for these children, seeing their helplessness. We even have a park named Holy Angels, which is very appropriate as these children are truly holy angels, without malice, sin, or stains.
- Serving special children for the first time, I used to think about how a family might be disturbed and shattered if such a child were born to them. This experience has made me realize how thankful we should be to God for His wonderful creation of each one of us and our dear ones. He has created us without defects or faults. Let us be content, satisfied, and free of complaints, glorifying our Creator for His blessings.
- Our commitment to this mission is driven by the center's foundational values and the exemplary work of Fr. Shiju and Fr. Jaison, whose dedication inspires us daily. We look forward to contributing to this meaningful work and supporting the children with the utmost care and compassion.

In Loving Memory of Sr Anima

- Sr Pavana SJB

(English Translation by Sr Tresa SJB)



As we read in the Book of Wisdom, chapter 3, verse 1: "The souls of the just are in the hands of God, and no torment will ever touch them." We believe these words hold true for Sr. Anima. She has returned to a place of peace where she will no longer experience pain, tears, or suffering. Before we begin the funeral service for our dear sister, let us reflect on the 87 years of her earthly journey.

Originally from Ramapuram in the diocese of Palai, her family migrated to Kallodi in the Mananthavady diocese. Lovingly known as Aleykkutty, she was the fourth child of devout parents Kanamkombil Ouseph and Mariam. Her cousin, Sr. Jessy, is also a member of our congregation. Sr. Anima completed her basic education up to the 7th grade in Kallodi School and finished high school in Mananthavady. She completed her SSLC in 1954 and then worked as a teacher at St. Joseph's School, Kallodi. During the 1957 liberation struggle in Kerala, she was an active freedom fighter, which led to her arrest and imprisonment in Kannur jail.

To aid people struggling with poor faith and poverty and to let them experience Christ's redeeming love, she responded to the call of God to be a nun. In 1964, she left her dear and near ones to serve in the newly formed diocese of Chanda. Under the guidance of Fr. Werner CMI, she boarded the ship to Germany for training. There, she joined the Congregation of St. John the Baptist along with other aspirants. Having completed her training, she made her first vows on November 21, 1967, and final vows on October 28, 1976. She was a gifted singer and had an inborn talent for humor. Both these qualities added color and beauty to her life in the years ahead.

With a deep desire to share God's love and mercy, she gained skills as a healer. From 1968 to 1971, she trained in nursing at St. Joseph's Hospital Wiesbaden in Germany. Soon after her studies, she served at St. Ludwig House in Braunshardt, taking care of the sick,

elderly, and poor. When she realized that the uneducated, poor masses in the Chanda mission of Maharashtra needed her, she left Germany. In 1986, she joined Kasturba Medical College in Sewagram as a staff nurse.

She worked in both the Ophthalmology and ENT Departments there. To all her co-workers and nursing students, she was a dear friend and loving sister. With her ever-bright smile, she could bring solutions to problems. She managed to encourage, support, and guide everyone who came into her life. Through her deeds, she proved that nothing can separate us from the love of Christ. She was an endearing figure as a mother, sister, and friend.

During the years 1995 to 2003, she rendered her service in the dispensaries of the Koperli mission station in the Chanda diocese. Later, she served as a superior in many of our convents. She desired to play the role of Mary in addition to that of Martha. So the years 2003 to 2005 were spent in contemplative convents in Germany and India. After two ardent years of prayer and sacrifice, she returned to her mission with renewed energy. For eleven continuous years, she served in the Allipur, Koperli, and Gomini mission stations of the Chanda diocese.

To each patient approaching her, she shared not just medicines but also the love and care of Jesus. She had an unbiased, loving attitude that made everyone feel loved and appreciated. From 2017 to February 2024, she served at St. John's Convent, Ranni. Sr. Anima was

a very systematic person, performing even the simplest and easiest tasks with great love and dedication. At all times, one could experience her love for God and fellow human beings. For the younger generation back at home, she was their loving, God-fearing 'Kunjamma'.

Every Johnite has countless stories to share about being touched by Sr. Anima. Her humble lifestyle and ever-pleasant and calm nature made her stand out from the rest. She resembled Mother Mary in her willingness to cross distances to serve others. Srs. Padmini, Sajitha, and Preethi, who took care of her during her illness, would agree that it was quite easy to handle her. She was very cooperative and accommodating.

By consecrating herself totally to Jesus, she loved Him with her whole heart. She received her last sacraments in a fully conscious state. On July 20th, while chanting the name of Jesus, she peacefully offered her soul back into the hands of her Creator in the presence of her sisters. We believe her soul is safe and sound in the hands of the Creator.

As soon as the news of her demise spread, all who knew her remarked that her presence and conversations were not only healing but also invoked joy. Her life shows that a religious can live with both humility and joy. We pray that she may continue to join her melodious music with the heavenly choirs. Let us wish and pray that her deeds of goodness and love may be acceptable to God and that He may reward her with eternal life.

Our New Mission of Love and Service in Secunderabad

- Sr Lucia and Sr Padmini

We, Sr. Lucia and Sr. Padmini, arrived at our new mission in Secunderabad on June 22nd. This center belongs to the Camillus Fathers, and we work with them. It was a new experience for both of us. For the first time in our lives, we saw children suffering from such severe illnesses. Seeing them for the first time made us feel like crying. We were grateful to God for creating us without any defects. Despite their physical ailments, the children are very happy whenever we give them something or do something for them. Most of them have no parents. The children here are between 5 to 18 years old. Currently, we have 30 children, and more are surely going to come. Most of them cannot speak, but some try to communicate through actions. For the youngest ones, we need to see and fulfil all their needs. About ten of them go to school.

We are happy to be here in this new mission. In the beginning, it was very difficult, especially the language. We could not understand anything from their actions. Learning their names was also a Herculean task because we felt that everybody looked similar. It took us some time to learn their names and give them the correct medicines. But now, we know each one of them personally.

Our daily routine begins at 6:00 am. We bathe and feed them. Only a few of them can feed themselves, so we need to feed the others. Sometimes they behave very oddly, and it is very difficult to control them. We can't scold or beat them; instead, we need to speak to them as if they were very small children. Only then can we settle them down. Sometimes, we get beaten by these children. At times, we feel tired and fed up, but we feel rejuvenated when we see their smiling faces. We forget all our tensions and tiredness when we see them smiling and mostly we are unaware of the passage of time when we are with them. We take care of them as our own children, and we really experience the presence of God near us as we serve them happily.

A Transformative Journey: Reflection On Our Juniorate Experience

- Sr Asha

Our juniorate experience was a journey of transformation, growth, and self-discovery. We immersed ourselves in gaining various ideas, thoughts, feelings and values. The courses deepened our understanding of faith and Christian values and helped us apply them to our lives. Each of us carried the lessons, memories, and spirit of juniorate as we finished our course in May. We are grateful to Sr. Vidya, our Provincial, her councillors and our director Sr. Amala for

arranging such a wonderful program for a whole month. We are indebted to Vinay Vikas community for providing proper accommodation, food and supporting us in all the way possible. Being in Vinay Vikas felt like a home coming and we thoroughly enjoyed our time together.

During juniorate, we had several classes various topics. The first was led by Fr. Rohan of the Pune diocese, focusing on media and youth. This class was highly informative, teaching us how to deal with youth and their problems and introducing us to modern media facilities.

Fr. Suhas OFM gave a class on Ecclesiology, which helped us understand the different stages and growth of the church. Besides the topic, we also learned some Hebrew hymns and action songs.

Ms. Rayna led a class on women empowerment, which was very effective and helpful. We gained insights into our own strengths, weaknesses, and interests. We were impressed by her knowledge of global and church affairs. This class helped us develop skills in communication, teamwork, and problem-solving, boosting our confidence for future challenges. We worked in groups to create collages on various topics like women empowerment and the status of our country, enjoying the experience of working together. We had a special workshop lead by Fr. Mathew CsSR and team the details of which is given in next article.

Our retreat towards the end of the juniorate program was led by Fr. Benjamin OFM. He introduced us to simple prayer techniques and ways to develop our relationship

with God. We were not overwhelmed with classes but had ample time to pray and prepare ourselves for future missions.

The juniorate concluded with the first profession of three of our sisters and the final profession of seven of us. It was a moment of great joy and shared love.

A Heart-Touching Workshop Experience

- Sr Joshana

We juniors had a great opportunity during our juniorate course to attend a three-day workshop at Papal Seminary in Pune. This workshop was truly a heart-touching experience. Although we initially felt nervous about how it would be, we were moved by the way the sessions were arranged. The resource persons for the sessions were Rev. Fr. Mathew CsSR, Fr. Biju Madathikunnel CsSR, and Sr. Beena UMI.

The sessions ignited our passion for the Lord, bringing out our energy, encouraging us to think differently, and providing us with far-sighted ideas. We were surprised by the vast knowledge of our resource persons, who helped us think outside the box. They covered various topics, such as the image of God, the universe, and human beings. We also had classes on emotional intelligence, social communication, self-leadership, and self-care.

Key points that struck us included the idea that one must fight their own battles before helping others, which is a great journey for self-discovery. We learned that having personal desire and drive is essential for self-discovery. Major qualities of a good leader, such as compassion, confidence, courage, and calmness, were emphasized. We learned that a good leader is someone who takes responsibility for finding potential in people and processes and has the courage to develop that potential, as Brene Brown said. In this sense, Jesus was a good leader, as he acted with responsibility, found potential in others, had courage, and taught us to build a society that loves God and neighbour.

We also realized the benefits of self-care: it brings out the best in ourselves, reduces anxiety and stress, and fosters harmonious relationships with everyone. We learned about three gifts of humanity: courage, compassion, and connection. Fr. Biju taught us about emotional intelligence, which comes from the Latin word "emovare." There are four components:

1. Self-awareness: recognizing our emotions.
2. Self-management: controlling our reactions.
3. Social awareness: feeling empathy and putting ourselves in others' shoes.
4. Relationship management: the ability to influence and monitor others.

We also had a fruitful pre-chapter discussion where we openly shared and discussed topics of concern. This was a rare and new experience for most of us, and we gained a lot of insights from it.

Every night after the classes, we played various games that helped us enjoy working in groups. Divided into teams, the games sparked a healthy competitive spirit in us. We had to collaborate as a group and compete individually to win. We were also given case studies to apply our knowledge, logic, and reasoning to find solutions. At the end of the workshop, we shared our experiences. We were all gifted with a cherishable present and had dinner out with our resource persons.

*“No one outside
ourselves can rule
us inwardly.
When we know this,
we become free.”*

—Buddha

From The Letters to The Sick
By Fr John Mary Haw

- Translated by Sr Veena

Leutesdorf/Rhein, August 1928

Dear Friends!

In the Old Testament's third book of Kings, we read about the magnificent first temple in Jerusalem built by King Solomon. No temple has been built with such splendour and wealth since Solomon's time. When the second temple was built after Solomon's was destroyed, it couldn't match the grandeur of the original. The Israelites wept because Solomon's temple used the most precious materials from the earth, sea, mountains, and Lebanon. The walls and ceilings were covered in gold, creating an overwhelming splendour that made every Israelite's heart race with joy at the thought of Jerusalem and Zion.

I know of another temple built by a second Solomon. Even before the golden building stood on Zion; this temple was in God's eyes. Its glory doesn't come from earthly treasures, and it surpasses all worldly splendour. Compared to this temple, gold and royal purple are like rags. Earth's dazzling white marble looks dark against the radiant brightness of this tabernacle, where the true Ark of the Covenant was placed.

Jesus Christ, the eternal wisdom, built this temple for himself. We read in the Book of Wisdom: "I was

appointed from eternity, before the earth existed. The depths were not yet, and I was already there. The mountains had not yet existed, before the hills, I was." The Church applies these words to Mary.

O wonderful temple of the Supreme Majesty, the sacred heart of the Virgin Mother of God, who can find the words to praise you? Who can describe your majesty and purity in a way that ignites the hearts of all people with love for you? The Holy Spirit, God's love, found his highest bliss in you, exclaiming, "You are absolutely beautiful, my friend, there is no flaw in you! You have wounded my heart, my sister, my bride!" You are the pure bridal chamber of eternal love, the temple of the triune God, the heart of the mother of our Saviour. We can only admire you in silence because earthly words can't describe your glory. Solomon's great temple is a dark dungeon compared to you, the dwelling place worthy of God, created before all eternity.

If people had even a slight inkling of your unearthly beauty, their longing would burn higher and more powerfully than the Israelites' longing for the Temple of Jerusalem. From this temple of the Holy Spirit came the only begotten Son of God, the eternal Word of the Father. From the virgin blood of this most sacred heart, the Holy Spirit formed the humanity of Jesus Christ. Under this heart, the Lord rested, longed for by peoples for thousands of years. The cloud of the Lord descended into this temple and took up residence forever. No human tongue can speak worthily of your royal beauty or the light the Deity has poured into you, sweet, sacred

heart of the Virgin! "Blessed is the man who watches at my door day after day, and waits at my doorpost! Whoever finds me finds life!"

Dear sick people, let us watch and wait at the doors of this sanctuary. These gates are wide open to us. The Virgin invites us to take up residence in her mother's heart. This spotless heart is as open to us as her Son's heart, full of love and mercy. It has been pierced seven times for our sake. Just as the lance pierced her son's heart, so did the sword of pain pierce the Mother's heart. It remains open to everyone who comes to Mary with love and trust.

Anyone who has experienced Mary's goodness and love will never let go of this holy mother. Those who consecrate themselves to her will never be deprived of her motherly love and loyalty. Especially you, dear sick people, in your suffering, take refuge in this Virgin's Heart. After Jesus Christ's heart, no human heart has suffered more than Mary's. She understands your pain and shows you the path of surrender and patience. She teaches you to say "Fiat" in difficult times, as she did from the first moment of her devotion until her last breath.

When suffering tortures your soul, look at this sacred heart, which throbbed with pain under the cross of her beloved Son. Yet, no complaint arose from this devoted heart. It was immersed in God's mighty purposes, knowing it had to be his way for the world's redemption. The Holy Mother entered into her Son's will to suffer and drank the cup of pain with him.

This month, dear sick people, offer your sufferings in union with the pierced heart of the Mother of God to her divine Son for the rescue and conversion of lost children and false believers. They are the sorrowful children of the Virgin's heart. Pray and suffer for the unity of our religion and the peace we long for. The religious schism since the Reformation has caused unspeakable suffering, and only prayer, sacrifice, tears, and blood will bring the peace we desire.

May we find ourselves as brothers and sisters in the holy heart of Mary, the temple of the Holy Spirit, the city of God's peace. I bless and greet you in the Sacred Heart of the Mother of God and in the love of her Divine Son.

Fr. John Mary Haw of Divine Hearts Director

The Imprints

- Sr Jessy

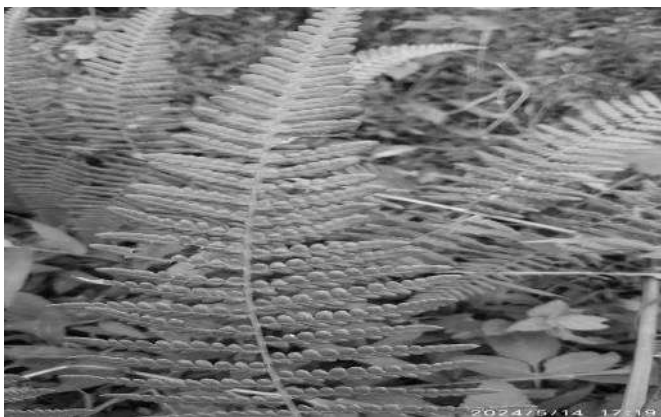
On one evening, at Yahweh-nissi, I stopped by a beautiful creek and admired the symmetrically grown bracken ferns on its banks. I was captivated by their presence and spent a few moments with them.

I remembered how, as a child, I would walk down a little hill to school with friends, plucking these leaves to make imprints on our hands. Those moments were so joyful and simple—"the more plucked, the more imprints."

Reflecting on those times, I realized something profound: "I am an imprint." Just like the ferns, as we

grow older, we leave imprints on the world. Have I only left behind love and positive vibes?

Even in our struggles, we have a community and God's love to support us. May our lives, like the bracken ferns, grow with meaningful imprints.



A Night of Controversy and Triumph of Human Spirit

- Sr Sally

We must have read the news about the controversy at the Paris Olympics and the reactions from all corners. The 2024 Paris Olympics opening ceremony, held on July 26th, sparked intense debate with its reinterpretation of Leonardo da Vinci's "The Last Supper." The performance, featuring drag artists, a transgender model, and a singer portraying Dionysus, aimed to promote inclusivity but instead drew sharp

criticism, especially from religious and conservative groups. Italy's Deputy Prime Minister Matteo Salvini condemned it as "insulting," while others labelled it "the worst ever." U.S. Catholic leaders and the French Bishops' Conference decried it as a "gross mockery" of Christianity.

Social media reactions were divided—some viewed it as a celebration of LGBTQ+ inclusivity, while others saw it as blasphemous. In response, Paris 2024 spokesperson Anne Descamps apologized, emphasizing that the intention was to foster "community tolerance," not to offend.

Amidst the controversy and diverse performances, one moment stood out as a beacon of hope and resilience: the triumphant return of Celine Dion. Known worldwide as the legendary voice behind the iconic Titanic ballad "My Heart Will Go On," Celine Dion has long been a beloved figure in the music world. However, her journey took a harrowing turn when she was diagnosed with Stiff Person Syndrome, a rare and debilitating neurological disorder.

This illness ravaged Dion's muscles, leaving her fragile and weakened. For years, she faced unimaginable struggles, enduring pain and uncertainty as she fought to regain control over her body, especially her voice. Despite these challenges, Celine's indomitable spirit and unwavering determination shone through. Her battle with Stiff Person Syndrome was documented in a heartfelt film, *I Am Celine*, offering a glimpse into her life offstage.

and the incredible strength she summoned to confront this adversity.

As the Paris Olympics opened, Celine Dion's performance became a beacon of hope and resilience. Singing in her native French, she delivered a powerful rendition of Edith Piaf's "L'Hymne à l'amour," captivating the audience with her emotional and heartfelt delivery. The lyrics, expressing an all-consuming, unconditional love that transcends all obstacles, are deeply ingrained in French culture. The iconic setting of the Eiffel Tower and the grandeur of the Olympic opening ceremony amplified the emotional impact of the song, making this moment not just a celebration of French heritage but also a testament to Celine's remarkable journey.

It was a triumphant comeback, showcasing her unrelenting grit and the power of the human spirit to overcome even the darkest challenges. For those who have followed Celine's journey, her return to the stage was deeply moving—a reminder of the transformative power of music and the resilience of the human spirit. Celine's performance was more than just a highlight of the opening ceremony; it was an inspirational message to all who face adversity and suffer endlessly. Her journey, filled with courage and hope, continues to inspire millions around the world, showing that with sheer willpower and determination, we can rise above our struggles and find strength and courage even in our weakest moments.

The Story of The Body's Part

- Collected by Sr Joshna

Once upon a time, God hosted a great party, inviting all the parts of the body. One by one, they arrived and began sharing stories about their duties and the excellent work they did. They proudly discussed the appreciation human beings received due to the cooperation and mutual understanding among the body parts.

As the discussion continued, one of the bones named Coccyx complained about the lack of freedom he had. He expressed his desire to be separated from the others, tired of always being together. Most of the organs disagreed with Coccyx's idea, but Coccyx was so stubborn that they reluctantly agreed to let him separate for a few days. God allowed Coccyx to be separated from the rest.

After the party, Coccyx began his life of separation. At first, he was happy to avoid involvement in activities where he wasn't needed. Meanwhile, the other body parts continued to enjoy and celebrate their unity, working together seamlessly.

However, after a few days, Coccyx grew tired of being alone. He approached the other body parts, complaining that he couldn't bear the loneliness any longer. He pleaded to rejoin them and asked God for help. The other body parts, feeling sympathetic, requested God to bring Coccyx back into their fold. But God remained

silent, wanting Coccyx to fully experience and understand the loneliness of separation.

Coccyx felt deeply remorseful and realized how difficult it was to be apart from the group. Once he truly understood the value of togetherness, God reunited him with the other body parts. They resumed working together as before, appreciating their unity even more.

Moral: Our true freedom is not found in isolation but in our connections with one another. It is in togetherness that we find the true joy and happiness of life. Alone we cannot achieve much, but together we can make all things possible.

Silence

- Sr Lincy

In silence God enters in our soul

In silence we stand face to face

In silence God shares His breath to us

In silence we walk hand in hand

In silence we hear God's silent steps

In silence we see His smiling face

In silence we feel His healing touch

In silence we dissolve in His love

In silence we meet our true self

In silence we find true foundation of love

In silence we see the beauty of a listening heart

In silence we hear the rhythm of silence

Embracing Challenges To Achieve Success

- Poonam (Candidate)

Every new challenge helps a person to achieve her goals. Each struggle is a step towards success, and this success ultimately leads us to perfection. To reach that perfection, one must face numerous challenges, hardships, difficulties, and sometimes even accept failures. However, giving up is not an option.

Our primary concern should be how to reach that perfection. The way we perceive challenges also matters. It is through challenges that we focus more on our goals. Challenges make us courageous, stronger, and bring out the best in us. Let us remember that without pain, there is no gain.

God Loves Me

- Sr Beronika

God's love is like an ocean

I can see it's beginning not it's end.

I rejoice in God's love that doesn't waver

I live in God's love and God lives in me

I see His love in every human being

I feel His love in the chime of coins.

I touch His love in the beautiful nature

I journey in His love till my last breath.

Reflection on Fiat Mission Experience

- Sr Sunima

The word "Fiat" itself evokes the memory of our Heavenly Mother who said, "Let it be done." I was very privileged to attend the fifth Great Gathering of Mission (GGM) along with Sr. Pavana and Sr. Sandhya. Through this experience, I came to understand and experience what the Fiat Mission is, the individuals involved in it, and their mission and service. I learned how they spread God's Kingdom of love and empowered young believers, helping people comprehend God's Kingdom and the treasures within it.

The Fiat Mission is an organization that emerged from the charismatic renewal within the Catholic Church. It is a missionary movement spread across India and parts of Africa, supporting the Catholic Church in evangelization. As a Holy Spirit-anointed facilitator, its purpose is to present Jesus continuously, inspiring everyone to lead lives rooted in Christian love, faith, and hope. It particularly emphasizes its vocation to be witnesses of Christ and the love of the Divine Heart, always and everywhere, in both words and actions.

The Fiat Mission welcomes every faithful individual to move forward in spreading the Kingdom. Let us begin to experience this movement within us. Let us spread the love of Christ and remain firm in our faith, like our Heavenly Mother, because the Lord bestows His blessings where He finds a sincere "yes."

- Sr Tresa

The other day, as I was on my way to a driving class, I noticed some students in uniform getting down from a bus. Their faces were lit with excitement as they greeted their friends. It was evident they were regular travellers, familiar with the routine. This scene took me back to my own student days, flooding my mind with memories of those good old times.

During my college years, I was a regular traveller on the state-run buses. Unlike private buses, which were often crowded and unreliable, the public transport buses offered a more convenient option for students like me. I still recall those mornings, rushing from home to the bus stand, hoping to catch the bus just in time. There were regular students heading to the boys' college, but none to my college, so my journey often felt uniquely my own. The transport bus conductors were always polite to us students, a stark contrast to the unpleasant experiences many had with private bus operators. Travelling on these state buses became something we genuinely enjoyed.

The state transport buses, however, had their quirks. They didn't follow a strict schedule; some were punctual, while others seemed to have a mind of their own, arriving and departing at odd times. It was as if the buses followed their own rules, unconcerned with the constraints of time. This unpredictability was both a blessing and a curse. On days when I was running late, I would often find a bus conveniently arriving just as I

reached the stand. But on days when I needed to be somewhere on time, I had to leave much earlier, hoping to catch at least one bus that might arrive before or after the scheduled time.

In my language, we call these buses "Aana Vandī," meaning "elephant vehicle." The name is fitting, not only because of the bus's large size but also because of its majestic, almost regal manner of travelling. Much like an elephant, the bus moved with a sense of self-assuredness, unconcerned with its surroundings. Whether packed with passengers or nearly empty, the bus would continue its journey, indifferent to the number of travellers on board. Passengers waiting at bus stops would have to signal the driver to stop, but sometimes, even then, the bus would roll past, as if to say, "If you want to come, you'll find a way; I'm not waiting for you." There were times when even the conductor's bell couldn't persuade the driver to stop, leading to murmurs of frustration from the back of the bus.

The rainy season brought its own set of challenges. These buses, not entirely watertight, would often leak, forcing passengers to open umbrellas inside the bus to stay dry. Despite these discomforts, public transport remained the preferred choice for many, especially when compared to private buses that prioritized full-paying passengers over providing a service. I used to get excited at the thought of being the sole passenger on such a massive bus, but somehow, I never got that chance.

Over the three years I spent travelling to college, I developed an unexpected emotional bond with these buses. Those journeys became a time for me to dive deep into my imagination, a space where I could dream and reflect. They were also moments of profound rest—I often slept on the bus like I never slept before. The bus rides introduced me to a wide array of people—serious, fussy, funny, angry—a veritable classroom of human experiences that I might only encounter once in a lifetime.

Though many years have passed since I completed my degree and stopped being a regular traveller on these buses, the sight of a red and yellow "Aana Vandi" still stirs emotions deep within me. Those buses were more than just a means of transportation; they were a part of my life's journey, carrying with them memories that remain close to my heart.

Inter Congregational Juniorate (ICJ): Experience

- Sr Subangi

The only permanent fact of all times is change. Times have changed and technology has replaced manual work, socialization, relationship etc.

Amidst these changing times, God continues to call young men and women in many and varied ways to form the conscience of society and minister souls. To help such young women who have responded to God's call to deepen their convictions, ascertain their goodness and

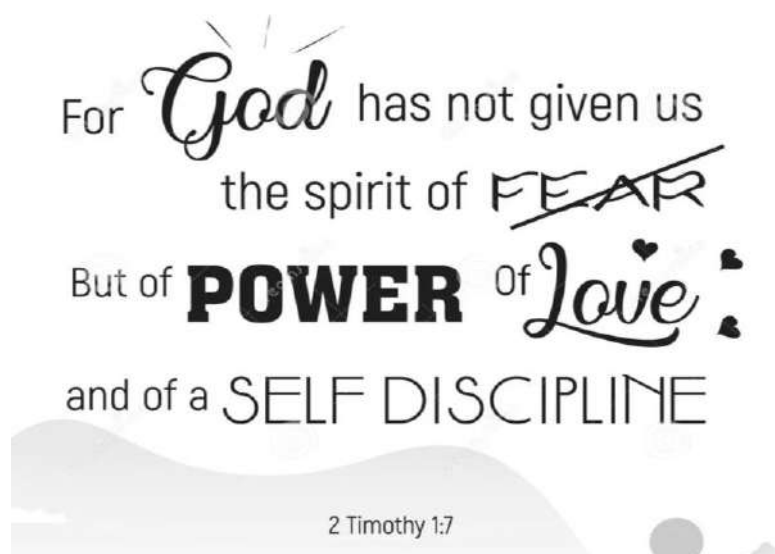
assume a transformative process for a God-oriented journey. The Inter Congregational Juniorate (ICJ) at Bhopal, enveloped in Mother Nature, radiating freshness, provides a package covering all aspects of an individual's all-round development.

As a seed matures beneath the soil and comes to fruition, similarly ICJ is a nurturing ground allowing participants to identify hidden capabilities and capacities buried within us. The syllabus provides an in-depth knowledge of sacred Scripture, strengthening one's faith and love for Christ. This training develops a morality that is relational, transparent and courageous. The overall ambience is one of prayer and each one is formed to be skilled and to grow in the art of meditation, personal prayer, experiencing God more fully and deeply.

Classes were led by well –experienced professors who were passionate about their subjects, leading to interactive sessions which were animated with assignments, questions and doubt clarifying moments. Each week was marked with periods for reflection, recollection and assimilation allowing each individual to interiorize the well-springs received during the week. Individuals shared their personal vocation stories, enriching the entire group to reflect on the wealth of their personal God experience. Various cultures were celebrated and common nation-wide celebrations were opportunities for each one to exhibit and showcase their talents. Games and daily recreations strengthened the bonds of team-spirit and collaboration in mutual give and take. Having personally entered into this institution with

many whys and hows, doubts and anxieties, we come out feeling empowered, rejuvenated and strengthened with greater courage, deep awe towards creation with a positive mind-set to ignite the world with love. The duration of the package is certainly a time of self-renewal, helping participants to focus and restore the original image implanted in us.

As an SJB sister, this experience leaves our hearts filled with gratitude towards our provincial superior Sr.Vidya and her team and well-wishers who helped us avail of this rich and bountiful programme. So we -Srs.Ursila, Christina, Secunda , Subangi and Sandhya - are very grateful to you dear Sr. Vidya and all the sisters for providing an opportunity to attend this three months course in Bhopal. Our hearts with gratitude continue to sing with Mary "My soul glorifies the Lord".



Silence and Inner Pilgrimage

- Sr Sarala Montry

Abba Tithoes once said, “Pilgrimage means that a man should control his tongue.” The expression ‘to be on pilgrimage’ means to be silent. It expresses the conviction of the desert fathers that silence is the best anticipation of the future world. The most frequent argument for silence is simply that words lead to sin.

Let us at least recognise how often we come out of a conversation, discussion, a social gathering or a meeting with a bad taste in our mouth. How seldom have long conversations proved to be good and fruitful? Would not many of the words we use be better left unspoken?

A more positive meaning of silence is that it protects the inner fire. Silence guards the inner heart of religious emotions. This inner heart is the life of the Holy Spirit within us. Thus silence is the discipline by which the inner fire of God is tended and kept alive.

Your Past Does Not Define You

- Sr Abhilipsa

The story below was a great inspiration to me so I thought to share with all hope that it would inspire you too.

Tony Robbins (Anthony Jay Robbins) as a man is a walking inspiration. He came from an extremely abusive

household in his childhood, with a mother who was chronically addicted to drugs and alcohol who would often abuse Tony and his siblings mentally, verbally and physically until one day Tony abandoned it all and sought to tell his story. He eventually became a world-renowned public speaker and life coach, having investments in over 30 companies and being known for his works on books and charitable organizations that provided millions without food with meals.

As stated previously, Tony had grown up in a house of turmoil. His mother was dangerously addicted to both drugs and alcohol. She would often turn to Tony and his siblings to relieve her hatred upon them. There are stories from Tony's childhood where he mentions a time where his mother had poured a bottle of liquid soap into his mouth and forced him to swallow it. Despite the torture that Tony had to endure mentally and physically, he always looked out for his siblings as the eldest of the lot. His abusive mother remarried four times during Tony's childhood. This further meant that he and his siblings were left to fend for themselves, with Tony assuming the role of responsibility to ensure that he could relieve his siblings of the life they too had to endure as much as he possibly could.

Eventually, the time came for Tony to leave home in fear for his own life following an incident where his own mother and her husband chased after him with a knife. This was the straw that broke the camel's back and Tony had never returned home from that day onwards. But he continued to support his siblings who remained trapped

in the hell - his mother's home- despite his low income jobs.

Tony had much to be proud of even at this stage of his life with the resolve he had shown to endure the years of abuse his mother had thrown at him, as well as the responsibility and courage to stand up for his siblings and support them in their time of need. However, greater things were on the horizon for Tony when he decided to take a chance in contacting famous motivational speaker Jim Rohn. Jim became inspired by Tony's story and lead him to a life of telling his story and helping others. Tony went on to travel around his nation, spreading the consistent message that your past does not lead to your future. His first book 'Unlimited Power' exploded him onto the scene, with it leading him to where he is now in life, having investments in over 30 companies, as well as being worth in excess of 500 million. He followed his initial morals of helping those in need that he had taken from his childhood. With his charity, he fed over 50million people across the globe. Tony's past has certainly changed his life, and in almost every way for the better.

The lessons we need to learn from this stories:

1. Our Past Will Never Define our Future

One message that anybody can take away from Tony's life story is that of a message that Tony preaches himself, that your past will never define who you can become in your future. Tony's story is a perfect example for us to overcome the most immense traumas in life to

become someone who excelled in every area he touched. He has achieved the unimaginable and is now in a position where he not only has helped himself, but continues to help millions of others around the world. He did not allow his past to define his future, and neither should we. That is the lesson.

2. Assume Responsibility for those in Need

Despite Tony undoubtedly struggling with his own demons throughout his childhood and most likely continuing into his adulthood, he always sought to help those in need, starting with his siblings. Though he had to endure bulk of the torture at home, he still always put his younger siblings at the top of his priorities. He made sure that they get out of the abusive household that they had unfortunately grown up in, continuing to do so even when he was living day to day on little money away from them. His responsibility and tack for assisting those in need continued into his current life, with his charitable work and assisting those who come from similar or not so similar backgrounds to himself showing that Tony has achieved his life goal of assuming responsibility for others in their time of need.

In conclusion, Tony's life is one that no child should have to go through. However, unfortunately millions do. He shows a light to these people that there is light at the end of the tunnel and that anything is possible so long as you manage to find a way to escape the shackles placed on you by the issues you are facing, and to face the demons in your life. His story is one of inspiration and

passion and his life is one that we could all learn from in some way or another.

Vessel of Love

- Sr Shruti SJB

Deep down in the heart of God, it is His will that none of His creations should perish, so He desires to transform us to be His vessel of love which he had prepared beforehand for His glory.

“A vessel of love” is a beautiful metaphor! Normally a vessel is a container that holds something, may be precious or not. In this case, we compare ourselves to a vessel that contain 'love of God', and very precious for us. A vessel of love is, a heart opened and receptive to God's love; A soul willing to receive and share with others; A mind that is focused on kindness, compassion, and empathy; A life that is dedicated to serving and caring for others. This vessel has to be filled and guided by Humility and willingness to the ways of God.

We can fill this vessel with the love for God and, filling our vessel of love is a continuous process too. There are many ways to become vessel of love; Prayer and Meditation, Obedience and Surrender, Gratitude and Thanksgiving are the ways to connect to God and His love. We have to cultivate a culture of love within us and a life of gratitude towards God for his continues blessings and love. Also, we can fill the 'vessel of love'

for others too so that they experience the Love of God through empathy, active listening and understanding in different perspectives of their challenges and struggles.

If we fill this vessel with love of God, it will have effect in many ways, like selfless acts of kindness, forgiveness, sparing qualitative time, sharing, encouraging words, letting others to grow with their expectations and loving others without expecting anything in return from them. It will give support to love others in their difficult moments and even when it's challenging or uncomfortable. This vessel filled with love will help us to accept others as God accepts us in cases and times of their imperfections, weaknesses and falls. So let us practice love, extend kindness and compassion to others, as God does. We can follow the ways of God and become more in deep relationship with Him, by embracing these practices such as overflowing with unconditional love for others. And, we should always remember that being a vessel of love is a journey, towards a destination and an ongoing effort to become a channel of God's love in this world.

***Jesus said, "You will
know the truth,
and the truth
will set you free."***

John 8:32

Evolving With The Universe

(Learning from our Leadership Development Course)

- Sr Sandhya

Our worldview is profoundly influenced by our culture, religion, family, and personal stories. Indeed, there is no greater power on earth than the power of a good story. Stories engage us in ways that profoundly shape our understanding of life. From ancient times, storytellers have passed on wisdom to those who follow the path of life. Stories give our lives meaning, purpose, and definition.

The Universe Story: A Sacred Story of Our Time

The universe story, which began with the Big Bang 13.7 billion years ago, connects us to profound truths. Our lives are intimately intertwined with the universe around us. Every human being is a microcosm, a miniature universe. Unfortunately, we are not always sufficiently aware of this. Everything is interconnected in the great web of life.

Togetherness is the focal point of our existence here on earth. Today, we are the universe reflecting on itself. We are an integral part of this unfolding journey. We are all connected, coming from the same source, and we are akin to each other. As prophetic leaders of the 21st century, we have much to learn from the unfolding of the evolving universe.

Ways to Raise Our Consciousness

1. Awareness:

Awareness is the first step of life experience, and the ways of the universe provide us with an inexhaustible treasure trove of wisdom. Everyone and everything has something to teach us—the tree, the sun, the moon, and more. As we strive to raise our own level of consciousness, we will discover the joy of experiencing life from a deep spiritual stance.

2. Embrace Oneness:

The principle of communion celebrates the intimacy of Earth's relationships and the intrinsic connectedness among everything. We are called to weave the web of our new awakening by relating heart to heart and centre to centre, not just with each other but with all of creation.

3. Honour Diversity:

Diversity is the nature of the universe. As we behold the garden of our wonderful and awesome universe, we are struck with amazement by the great variety in which each species unfolds. We need to celebrate and honour diversity wherever we encounter it.

4. Celebrate You:

Autopoiesis is the potential and capacity of everything to unfold to its full potential. The power of the universe courses through us at every moment. To become aware of these powers is to touch the source of life. When we believe in ourselves, trust our inner knowing, and

cooperate with the process of our unique unfolding, the gift of interiority is at work within us.

5. Awaken to Wonder:

We need to take time to make a heart-to-heart connection with something in nature. This experience can be powerful and assist us in our spiritual awakening.

6. Acknowledge the Mystic Within:

Our relationship with the universe fills us with awe and connects us to the mystic within. In creation, God is both immanent and transcendent. We experience that the divine is in all things and all things are in the divine.

7. Live Your Dreams:

“Happy are those who dream dreams and have the courage to make them come true.” The dreams that adorn our hearts do not belong to us alone. They are part of our heritage, given to us in trust.

8. Tread Gently on the Earth:

The atoms in our bodies and in everything else hail from the same source, making us part of this cosmos. This connection invites us to live mindfully and tread gently on the earth. It helps us understand the need to use our resources consciously and mindfully as we strive to care for the earth.

9. Commitment to Self-Care:

As much as we are called to care for the earth, we are also invited to care for our health and well-being. The

personal work of healing and transformation is an essential part of our journey of awakening.

10. Make Compassion a Way of Life:

We are challenged to connect heart to heart, centre to centre, in a great field of compassion. Compassion changes everything; it heals, mends the broken, and restores what has been lost.

आठवणी

- Rohini Khode

(Teacher - Agragami Jail Road)

आठवणी असतात हृदयात जपण्यासाठी
सूखा दुःखाच्या रिमझिम पावसात भिजण्यासाठी
आठवणी असतात एकांतात खुपकाही सांगण्यासाठी
सार जग सोबत असतानाही त्याच्यात हरवून जाण्यासाठी
आठवणी असतात सर्वांना सोबत घेऊन राहण्यासाठी
ओलावलेल्या पापण्यांना मायेचा स्पर्श देण्यासाठी
आठवणी असतात स्वताच स्वताममध्ये हरपून जाण्यासाठी
आठवणी असतात हरवलेल्या क्षणाची
आठवण करुण देण्यासाठी

मन की बात

- Yasmine

(Teacher - Agragami Jail Road)

मन की बात
पानी न होतो ,
नदियाँ किस कामकी,
आँसू न होतो,
आँखें किस काम की,
दिल ना हो तो,
धड़कन किस काम की ,
अगर हम वतन के ,
काम ना आये ,
तो यह जिंदगी
किस काम की ?
भारत के गणतंत्र का ,
सारे जग में है मान ,
दशकों से खेल रही,
इसकी अदभुत शान ,
सब धर्मों को दे कर मान,
रचा गया इतिहास ,
इसलिए हर भारतवासी को
इस में है विश्वास ।
हसकर जो चढ़ गये सूली

खायी जिन्होंने सीने पर गोली ,
पुरे देश का वो अभिमान है ,
उनके बलिदान को सलाम है ,

**A Loving Tribute to Sr Anima
From Kopreli Parivaar**

- Sr Joshana

प्रिय सीस्टर अनीमा,

आप, हमारे कोपरअल्ली प्यारीश के लिए भगवान का सबसे बड़े तोफा थे। हमें दुःख होता है की आप हमें छोड़ कर भगवान को प्रिय हो गए । आप का सुंदर मुस्कराहता चेहरा हम कभी भूल नहीं सकते। आप कितने अच्छे थे, कभी हमें ऐसा महसूस नहीं हुवा की आप केरल की हो, आप हमे हमारे परिवार के एक सदस्य के समान लगते थे। आपकी एक बात हमे याद आती है, आप हमेशा कहते थे हमारा जो भी दुख या दर्द हो, हम ईश्वर के हाथ में सौंप ना है। हम ईश्वर को अधिक ज्यादा प्यार करना चाहिए।

हम आपको प्राथनापूर्वक याद करते है क्योंकि आप हम लोगोंका दुःख मेहसूस करते थे। हरएक को आप बहुत सहानुभूति देते थे । जब हम चर्च में आते थे तो आप सबसे मिले बगर नहीं जाते थे। रविवार होते हुए भी आप अस्पताल में आने वालोंसे कभी ना नहीं कहते थे।

हमें छोड़ जाने पर हमे बहुत दुःख होता है । लेकिन हम आप को कभी भूल नहीं पाते। आप हमारे यादो में हमेशा के लिए जीवंत हो।

10 Ways To A Better Dialogue with God

- Compiled by Sr Sancy

For a few hardy prayer warriors, talking with God is as easy as breathing; it happens almost effortlessly. When you ask them how they do it, they shrug and reply, “I just pray.” Unfortunately, that’s about as helpful as Sachin Tendulkar saying “I just hit the ball”. It may be easy for him to “just hit the ball”, but most of us need a little more fundamental instruction to get the job done. With that in mind, here are “ten “practical guidelines that might make your time with the Lord more fruitful.

First, choose a specific place to pray, away from distractions so that you can concentrate.

Second, pray at the same time every day, if at all possible. Make it part of your routine and it will become a habit.

Third, pray out loud. When we pray loud, we have to concentrate more on what we are praying about.

Fourth, keep a notepad handy so you can jot down different things that come to mind while we are before the Lord.

Fifth, make a list to keep track of your prayer needs. Prayer needs can be listed by category like “church”, “family”, or “friends”. Or they may be listed by the days of the week. Each day you pray for a different set of needs.

Sixth, redeem time for praying out of unused corners of your schedule. Those who have to drive to work can use the time talking with the Lord instead of screaming at traffic. Busy homemakers can combine prayer with housework.

Seventh, change the pace during your prayer time. Include praise, thanksgiving, and singing as well as petition. Spend some time reflecting on the scriptures, meditating, and digesting their meaning.

Eighth, keep a prayer journal to keep track of what you prayed for and when you prayed for it. Leave space to jot down the answer when it comes. This will help you to keep alert to God's answer so you can thank him promptly.

Ninth, pray with someone else. Though some prayers can only be said in solitude, there will be times when you'll want to join hearts with another person in prayer.

Tenth, if the thought of labouring over a topic wears you out, pray short, sincere prayers instead.

An Ode To Sr Anima

- Sr Sally

A loving sister, a heart of gold,
Sr. Anima, a treasure to behold.
Your gentle touch, your soft embrace,
Welcomed all with a warm, loving space.

Your singing voice, a melodic charm,
Old Malayalam songs, a nostalgic balm.
With every note, a memory stirred
Of sweet home left behind
Of joy and love, of moments unheard.
I recall the day you took my hand,
To Lali's house, where love and laughter stand.
The family's joy, a sight to see,
When they beheld your radiant, loving spree.
Your admiration, a gift to me,
A shining star, in my memory.
Your love and kindness, a legacy,
A treasure trove, for you and me.
With every passing year, I had a fear,
That your generation's songs would soon disappear.
But in my heart, your melodies stay,
A nostalgic echo, that never fades away.
Farewell, dear Sr. Anima, dear loving sister,
Your love and songs, forever I'll treasure.
In my heart, your memory will stay,
A beacon of love, that guides me on my way.
Rest in peace, dear one, your legacy remains,
A symphony of love, that soothes all pains
Your joyous melodies, a nostalgic refrain,
A gracious reminder, of love that remains

Dreams

- Mrs Vandana

(Teacher-Aragami Jail Road)

Hold fast to dreams
For if dreams die
Life is a broken winged bird
That cannot fly.
Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.

Premdaan - A Real Gift of Love

- Litty Tomson, Journalist

My experiences at Prem Daan have been truly transformative. The serene atmosphere and the dedicated sisters of St. John, the Baptist have taught me valuable lessons about spirituality and self-discipline. I have had the opportunity to engage in meaningful conversations, participate in prayer rituals, and witness acts of kindness that have deeply inspired me.

Their love for elderly people has been particularly impactful on me. Their dedication to serving and nurturing this vulnerable population has shown me the

power of selflessness and the importance of making a difference in the lives of others. Through their example, I have learned the value of empathy and the transformative impact it can have on both individuals and communities. Sisters behave like 'mothers' to the elderly residents, providing them with care, compassion, and a sense of belonging. They listen to their stories, offer comfort in times of need, and create a warm and loving environment for them. Witnessing their nurturing care has taught me the importance of treating others with kindness and treating them like family. Their actions have shown me that being a 'nun' is not a profession, but a calling to love and serve others unconditionally.

As a working woman, my experience at the convent was truly eye-opening. The sisters not only excel in their spiritual duties but also manage to balance their professional responsibilities effortlessly. Their unwavering commitment to their faith and service has left a lasting impact on me, reminding me that it is possible to find fulfilment and purpose in all aspects of life.

How can I forget the delicious food at Prem Daan, all prepared with love and care by the sisters themselves? From hearty soups to delectable desserts, every meal was a testament to their dedication and hospitality. The shared meals also provided an opportunity for meaningful conversations and connections, fostering a sense of community that I will always cherish.

The celebration of every festival and event at Prem Daan was a vibrant and joyous affair. Whether it was

Diwali, Christmas, or a birthday, the sisters and volunteers came together to decorate the space, prepare special meals, and organize cultural performances. The atmosphere was filled with laughter, music, and a strong sense of unity as we celebrated these occasions with love and gratitude. It truly exemplifies the spirit of inclusivity and togetherness that permeates every aspect of life at Prem Daan.

Sisters from different places visit Prem Daan to participate in these festive celebrations. The exchange of cultural practices fostered a deep appreciation for diversity and strengthened the bond between sisters and volunteers. It was a heart warming sight to see people from different backgrounds coming together in harmony, creating lasting memories at Prem Daan.

Sr. Jecinta, the mother of Prem Daan, looks after all the responsibilities and duties of the organization. She ensures that everything runs smoothly and efficiently, overseeing the day-to-day operations and making strategic decisions to further the mission of Prem Daan. Additionally, she is highly respected for her dedication and commitment to serving those in need and inspiring others to join in the noble cause. She takes time to tend the plants and flowers in the garden, creating a beautiful and peaceful atmosphere for visitors. She also actively engages with the community, organizing events and programs. Her strong leadership skills and compassionate nature have not only strengthened the organization's impact but also fostered a sense of unity and collaboration among volunteers and staff members.

Sr. Shanta, our Prem Daan chef and also a retired nurse, looks into the nutritional needs of the individuals under her care. She cooks balanced and nourishing meals that cater to their specific dietary requirements, ensuring that they receive proper nutrition for their overall well-being. Additionally, Sr. Shanta's background as a nurse allows her to provide medical assistance and support when needed, making her an invaluable member of our team.

Sr. Roseline, a nurse, looks after the senior citizens and provides medicine administration and medical care. She ensures that they take their prescribed medications on time and monitors their health conditions closely. Sr. Roseline's expertise in nursing enables her to address any medical emergency that may arise, ensuring the safety and well-being of the senior citizens under her care. Her constant dialogue, 'Njaan kottayatu poguva', will be remembered forever.

Sr. Anila is busy with chapel work, decorating the chapel for prayer services, and maintaining the cleanliness and organization of the sacred space. She also assists with coordinating religious events and ceremonies, ensuring that everything runs smoothly. Sr. Anila's dedication to her chapel work enhances the spiritual experience for all those who visit, creating a serene and welcoming environment for prayer and reflection.

Sr. Abhaya looks into feeding birds and fish in PremDaan. She ensures that the birds and fish are well-fed and taken care of, providing them with a safe and nourishing environment. Her funny and humorous jokes

with me have become a highlight, bringing joy and laughter to everyone around.

Sr. Shalini has always been there for us all. Not forgetting the kitchen helpers at Prem Daan, who constantly make meals for such a huge family and ensure that everyone is well-fed. These dedicated individuals work tirelessly in the kitchen, preparing nutritious and delicious meals with love and care. Their selflessness and commitment play a crucial role in ensuring that the Prem Daan family is nourished and supported.

My sister Linta and me are very grateful to this lovely place, Prem Daan, 'A place gifted with love' It has truly become a second home for us, providing us with a sense of belonging and comfort. The warm and welcoming atmosphere created by the sisters and staff has made our experience here unforgettable.

Pope Francis Address at G7 Summit on AI:

Balancing Innovation with Ethics and Human Dignity (13-15 June 2024)

In his speech at the G7 summit in June 2024, Pope Francis addressed the profound impact of artificial intelligence (AI) on humanity, highlighting both its potential benefits and risks. Here's a summary of the key points:

AI and Human Creativity: Pope Francis began by recognizing that artificial intelligence (AI) stems from human creativity, reflecting the divine endowment of skill, understanding, and knowledge. He described science and technology, including AI, as expressions of this creativity.

Dual Aspects of AI: He acknowledged the excitement surrounding AI's potential to transform various sectors—medicine, work, culture, communication, education, and politics. AI promises advancements such as democratizing knowledge, enhancing scientific research, and automating laborious tasks. However, he also highlighted the fears associated with AI, including the risk of widening inequalities between advanced and developing nations and social classes, and the potential for fostering a “throwaway culture” rather than a “culture of encounter.”

Ethical Use and Human Control: Emphasizing that AI is a tool, Pope Francis underscored that its effects—positive or negative—depend on how it is utilized. He warned against AI replacing human decision-making, stressing that while AI can perform tasks and make algorithmic choices, it cannot replace the strategic and ethical decisions made by humans. He argued that preserving human dignity requires maintaining human control over AI, especially in critical areas.

Lethal Autonomous Weapons: A significant concern he raised was the development and potential use of lethal autonomous weapons. Pope Francis called for an urgent reassessment and ban of such devices,

advocating for strict human oversight to prevent machines from making life-and-death decisions.

Complexity and Limitations of AI: He elaborated on the complexity of AI mechanisms, noting that AI operates through intricate algorithms and data processing. While AI can analyze data and make choices based on predefined criteria, it lacks the capacity for genuine human decision-making, which involves moral and strategic considerations. He also mentioned that AI's sophistication, including potential future advancements like quantum computing, might further obscure understanding of its decision processes.

Generative AI and Education: Pope Francis expressed concern about the impact of generative AI on education. He pointed out that generative AI tools, while useful, often reinforce existing content rather than fostering new insights or critical thinking. This could undermine the educational process by promoting repetitive notions and potentially legitimizing false information.

Ethical Frameworks: The Pope supported the Rome Call for AI Ethics, which aims to establish ethical guidelines for AI development and use. He emphasized that AI systems must be designed with an ethical foundation, ensuring they serve the common good and respect human dignity.

Role of Politics: Finally, Pope Francis highlighted the critical role of politics in managing technological advancements. He argued that effective political leadership is essential for guiding the development and

application of AI in ways that align with ethical principles and the common good. He called for a political approach that addresses structural deficiencies and promotes comprehensive reform to harness AI's potential responsibly.

In summary, Pope Francis's speech at the G7 summit called for a balanced and ethical approach to AI, emphasizing the need for human oversight, the prevention of misuse, and the incorporation of ethical principles to ensure AI benefits all of humanity while preserving human dignity and values.

My Experience at Asha Kiran

- **Dominica** (Candidate)

I, Dominica, had a wonderful opportunity to spend a few months at Asha Kiran, an experience that profoundly moved my heart and made me realize the boundless love and care of our God.

Currently, Asha Kiran is home to 45 children. Recently, five children were released as they completed 18 years, eight students completed their 10th standard, and three completed their 12th standard with commendable percentages. These three are set to begin their nursing courses this month. All the children at Asha Kiran are either attending college or school, making remarkable progress in their studies.

I joined the Asha Kiran community on May 19, 2024, and had an enriching experience there. Living in harmony with the children and sisters was a valuable learning experience, and I am grateful to the sisters who helped me adjust and made my two-month stay memorable.

Learning about the children's backgrounds was surprising and humbling. These children came from various family situations, often marked by significant challenges. Unlike most children, they faced multiple problems at home and never received the parental love and care they deserved. Whenever possible, I spent time listening to them, and they shared their family issues and fears with me. This made me realize how privileged I was to have loving parents and a supportive family atmosphere.

At the same time, I felt that the children at Asha Kiran were fortunate to be in such a nurturing environment. They receive excellent care, opportunities to study, and avenues to build a promising future. They were provided with numerous chances to grow and flourish.

My time at Asha Kiran was truly beneficial. I had the opportunity to speak to, support, encourage, and help the children, sharing God's love with them. I could genuinely feel God's hand guiding and supporting me in my efforts to aid these children. I am deeply thankful to God for granting me this incredible opportunity to experience life at Asha Kiran.

Memories of Sr Anima

- Sr Archangel

In the quiet corners of my heart, memories linger like candlelight, honouring Sr. Anima, who touched lives with her unwavering faith and selfless love. Her life was one of service, compassion, and prayer, leaving an indelible mark on all who knew her.

Living alongside Sr. Anima for one year at St. John's convent in Ranni, I witnessed her steadfast commitment to faith. Her days were woven with threads of care. I still remember her gentle hands touching my shoulders when I struggled with my workload. She whispered comforting words and offered solace. In moments of need, Sr. Anima's hands were there—whether it was cutting vegetables, setting the table, or singing for prayers. She would simply lend an empathetic ear to those in need. Her love extended beyond physical needs, patiently listening to the hostelites' stories, holding trembling hands, and praying with unwavering devotion. She could recognize the face of Christ in every person she encountered.

Her gentle guidance, words of wisdom, and radiant spirit inspired all. Her selflessness knew no bounds, teaching that true service lies in small acts of kindness that rippled through our community, leaving traces of love and compassion. Sr. Anima's legacy is a witness to the transformative power of a life well-lived.

My Vocation Story

- **Sr Maria Goretti**

I am Sr. Maria Goretti, born on July 2, 1996, in the village of Bharaguri, Sonitpur district in Assam. My father, John Kerketta, and my mother, Sabina Kerketta, raised me up with four siblings. I am the youngest among them. Growing up, I received immense care and love from my family. My parents instilled the faith in me, taking me to the village church every Sunday for prayer services. My father, a catechist in the village, actively participated in church activities and often took me along, narrating Bible stories that deepened my faith.

My parents, as my role models, taught me to strengthen my faith, especially during difficulties. They worked hard to ensure a good future for me, and I am grateful to God for their presence in my life. Inspired by the sisters working in our parish, I aspired to become a sister and serve the poor from a young age, though I did not initially express this desire to my parents. After completing my 10th standard, my parents inquired if I wanted to attend college or join the convent, and I finally shared my aspiration.

Through my father's contact with Sr. Clementina's father, I learned about the SJB congregation. On June 12, I joined the convent. During my seven years of formation, I was guided by various formators and spiritual fathers. Their guidance and regular classes on different topics helped me discern my vocation and deepen my love for

Jesus. On May 31, 2022, I made my first profession and became a member of the SJB congregation.

Saint Companions - Little Nellie of Holy God



Little Nellie Organ, affectionately known as "Little Nellie of Holy God," was born on August 24, 1903, in Waterford, Ireland, where her father was stationed with the British army. Raised in a deeply devout Catholic family, Nellie's early life was infused with a profound love for Holy God, nurtured by her pious mother who taught her to honour the crucifix, the rosary beads, and the holy names of Jesus, Mary, and St. Joseph.

Tragedy struck the Organ family when Nellie's mother succumbed to tuberculosis in January 1907. At just three and a half years old, Nellie experienced the loss of her mother and the strain on her father, who struggled to care for his children while fulfilling his military duties.

Eventually, Nellie and her sister Mary were placed in the care of the Sisters of the Good Shepherd in Cork City, while her brothers were sent to other institutions.

Despite her young age, Nellie exhibited a remarkable spiritual depth. Her affection for Holy God was evident in her constant chatter about Him and her heartfelt prayers. She was known to call the convent chapel "Holy God's House" and would often express her sorrow and longing for Holy God, offering up her pains and sufferings for His sake. Her special bond with Jesus was evident when she spoke of having visions of the Infant Jesus, who danced for her and once gifted her flower.

Nellie's health was frail; she had whooping cough, a twisted spine, tuberculosis, and caries, which caused her significant pain. Despite her suffering, she exhibited a generous spirit and a sincere desire to adore Holy God. Her understanding of the Eucharist was profound for her age. She longed to receive Jesus in Holy Communion, asking the Sisters and those who received Him to come to her so she could adore Him even in their absence.

Touched by her deep faith and devotion, the Bishop of Cork, O'Callaghan, granted Nellie's request to receive Holy Communion despite her young age. On December 6, 1907, the First Friday of Advent and the Feast of St. Nicholas, Nellie received the Eucharist. Her First Communion was a radiant moment, described by Mother Frances as a time when Nellie's face shone with the light of her heart. This profound encounter with Holy God brought her immense comfort and even relieved her from the suffering caused by her illness.

Nellie continued to receive Holy Communion 32 times throughout her short life. Her final reception of Holy Communion was followed by her passing into the Heavenly Kingdom on February 2, 1908, at the tender age of four years and five months. Her enduring love for the Eucharist and spiritual insights had a lasting impact on the Church. Inspired by her example, Pope Pius X decided to lower the age for First Holy Communion from twelve to seven, recognizing in Little Nellie a sign of the profound connection between young children and the sacred mysteries of the faith.

Little Nellie's life stands as a powerful reminder to the transformative power of the Eucharist and the profound faith of a child. Her story continues to inspire many, illustrating the depth of love and understanding that even the youngest among us can hold for God.

From The Hospital Corner

The Story of Enduring Grief

- Sr Sally

During one ordinary day in the outpatient department of our psychiatry clinic, I encountered a mother of three who came in with her husband for a routine follow-up. As part of my usual practice, I inquired about her progress with the illness, the effectiveness of her medications, and any new concerns or side effects.

As I spoke to her, I noticed her eyes drifting toward the female intern sitting beside me. Suddenly, she burst into

tears. The intern had remained silent, merely observing the consultation as part of her learning experience. The mother's reaction was both surprising and deeply unsettling. I could not immediately understand the cause of her distress.

In between her sobs, the mother began to recount a heart-wrenching story that spanned 18 years. She described her beloved daughter, a child who had been her constant companion. This daughter, deeply attached to her mother, followed her around like a shadow, helping in the kitchen and mirroring her every move. At just six years old, she was a source of immense joy and pride to her parents.

On a fateful day, the mother took her daughter out for a shopping trip. She instructed her daughter to stay put in front of a shop while she went across the street to make a purchase. Despite these instructions, the child, unable to see her mother, ran across the road. Tragically, a speeding truck barrelled down the street and struck the child, killing her instantly in a moment that shattered the mother's world.

The mother was left paralyzed by grief, her mind and heart torn to pieces by the tragic loss. For months, she lay in bed, overwhelmed by sorrow, even attempting to take her own life, unable to bear living in a world devoid of her daughter's presence. Now, 18 years later, her grief was as fresh as ever. As she looked at the intern, she saw a reflection of what her daughter might have become, had she lived-beautiful and grown.

In that moment, I was profoundly moved. The depth of sorrow that people carry in their hearts, often hidden behind daily interactions, is incomprehensible. Sitting before this grieving mother, I found myself at a loss for words. Though I could never fully understand her pain - having never experienced the loss of a child - all that I could do was to empathize with her. My role was to offer comfort and support, acknowledging her enduring sorrow, a pain that transcends time and healing.

This narrative is dedicated to the people of Wayanad, who have faced a similar, unspeakable tragedy. In the aftermath of the landslide that engulfed their village and claimed hundreds of lives, many have experienced profound grief akin to the mother's. To all those who mourn - may you find solace in the empathy and support of others, and may the strength to carry on emerge from the collective compassion of those around you.

*“Though he brings
grief, he will show
compassion, so great is
his unfailing love.”*

—Lamentations 3:32

Laugh A While

1. The Sunday school teacher asks the children to draw Christmas pictures. She goes over to one student and sees he's drawn a picture of four people on an airplane.

What is this?" she asked.

"Mary and Joseph and Baby Jesus on a flight to Egypt," he says.

"Well... who's the fourth person?"

"That's Pontius, the pilot."

2. Why wasn't Boaz a nice man before he got married? He was Ruth-less.
3. Aside from Adam & Eve, who in the Bible had no parents? Joshua, son of Nun ("none").
4. A man gets on an airplane and sees a nun praying fervently beside him. "Are you afraid of flying?" he asks. She said, "Flying, no. Crashing, yes
5. Moses is wandering around and he finds the burning bush. He looks closer and sees that while the bush is clearly on fire, it is not burning up. He just can't believe his eyes, and in his amazement he says "No way!" Then, a voice comes from the bush, and says "Yah way!"



Good to know ...

Stiff Person Syndrome (SPS)

Stiff Person Syndrome (SPS) is a rare neurological disorder characterized by stiffness and muscle spasms. The condition can cause severe and debilitating muscle rigidity, affecting the trunk and limbs. Here are some key points about SPS:

Symptoms and Clinical Presentation

Muscle Rigidity: Stiffness typically starts in the trunk and can spread to the limbs. This rigidity can be continuous or intermittent and may worsen over time.

Muscle Spasms: These can be severe and are often triggered by movement, stress, or sudden stimuli. The spasms can be painful and may affect the ability to perform daily activities.

Postural Changes: As the condition progresses, patients may develop a stooped posture due to muscle rigidity. This can impact balance and mobility.

Difficulty Moving: The stiffness can make movements difficult and slow, leading to problems with walking and maintaining balance.

Types of Stiff Person Syndrome

Classic Stiff Person Syndrome: This form is characterized by significant muscle stiffness, particularly in the back and limbs. It often has a gradual onset.

Moersch-Woltman Syndrome: A specific type of SPS affecting the trunk and spine, leading to severe postural deformities and difficulties with movement.

Periocular SPS: Involves muscle stiffness around the eyes, which can affect vision and facial expressions.

Segmental SPS: Affects only certain parts of the body, such as the arms or legs, rather than the entire body.

Causes and Risk Factors

Autoimmune Disorders: Many SPS cases are associated with autoimmune conditions, where the immune system attacks normal body tissues. Commonly linked autoimmune disorders include:

Type 1 Diabetes

Thyroiditis

Systemic Lupus Erythematosus (SLE)

Paraneoplastic Syndrome: In some cases, SPS is associated with cancer, particularly with tumors that produce anti-neuronal antibodies.

Genetic Factors: Though rare, genetic predisposition might play a role in some cases.

Diagnosis

Clinical Assessment: Diagnosis is often based on a detailed medical history, clinical symptoms, and physical examination. The characteristic muscle stiffness and spasms are key diagnostic features.

Electromyography (EMG): This test measures electrical activity in the muscles and can reveal characteristic patterns of muscle activity associated with SPS.

Blood Tests: To identify autoimmune markers or underlying conditions. Specific antibodies, such as anti-GAD (glutamic acid decarboxylase) antibodies, are often found in SPS patients.

Imaging Studies: MRI or CT scans may be used to rule out other conditions affecting the central nervous system.

Treatment and Management

Medications:

Muscle Relaxants: Drugs like baclofen or tizanidine can help reduce muscle stiffness and spasms.

Anti-Seizure Medications: Medications such as gabapentin or pregabalin may be used to control muscle spasms.

Immunotherapy: For patients with an autoimmune component, treatments like corticosteroids or intravenous immunoglobulin (IVIG) can help.

Antianxiety Medications: Benzodiazepines may be prescribed to help manage stress and anxiety, which can exacerbate symptoms.

Physical Therapy: Tailored exercise programs can help maintain muscle strength and improve flexibility. Therapy may also focus on balance and coordination to prevent falls.

Occupational Therapy: To assist with daily living activities and adaptive techniques for mobility and safety.

Psychological Support: Counseling or therapy can be beneficial, as the chronic nature of the condition can impact mental health.

Prognosis

Variable Course: The progression of SPS varies. Some individuals may experience a slow worsening of symptoms, while others may have periods of stability or improvement.

Quality of Life: With appropriate treatment and management, many individuals can achieve a good quality of life despite the challenges of the condition.

Research and Future Directions

Ongoing Studies: Research is focused on understanding the underlying mechanisms of SPS, developing better diagnostic tools, and exploring new treatment options.

Awareness and Support: Increased awareness of SPS can help improve diagnosis and support for affected individuals.

**Health is not
valued until
sickness comes.**

THOMAS FULLER

Aragami Bible Quiz

(Wisdom of Solomon & Sirach 1-20)

1. Who is like the one who gathers stones for his burial mound?
2. Who's gift is a silent wife ?
3. Who's mind is like a broken jar?
4. Who is full of iniquity ?
5. What is worse than anger?
6. Who destroys the peace of many?
7. What will God prepare for a man who turns back from righteousness to sin?
8. What is the crown of the aged?
9. What will rescue us from every disaster?
10. What brings premature old age?
11. What has deceived many?
12. Who will be lead astray?
13. What does a sorrowful heart do?
14. What does the prayer of the humble do?
15. Who takes delight in doing His bidding?
16. When will you find favour with everyone?
17. What establishes one' s name?
18. What endures forever?
19. Who was believed by God and people?
20. Who's son is Simon?
21. Who was set apart from Israelites?
22. When will God give you your reward?
23. How should you flee from sin?

24. For how many days does the mourning for the dead last?
25. From where did wisdom come forth?
26. Whose house will be quickly overthrown?
27. What does a person's speech disclose?
28. What waits for the proud like a lion?
29. Who will accept God's discipline?
30. Who will not suffer loss?
31. What is the opposite of death?
32. Whom did God name as his first born?
33. What is the opposite of sinner?
34. Which is the place of God's dwelling?
35. To whose council should one heed to?
36. Who will instruct his own people?
37. What does over eating bring?
38. Who's children are abominable children?
39. What leads to nausea?
40. What will never be blotted out?
41. What will last for ever?
42. Who is a secret anxiety to her father?
43. For what is each creature preserved?
44. Whose son was Joshua?
45. Who was beloved by his Lord?
46. Who is Jephunneh 's son?
47. Who prolonged the life of the king?
48. Which king is like a blended incense?
49. Who raised Israel's fallen walls?
50. To what is Elijah 's word compared ?



★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
30 th Nov	-	Sr Gloria Tiru
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 5th - Sr Christina K.
Sept 5th - Sr Sushanti
Sept 8th - Sr Dhannya
Sept 8th - Sr Krupa
Sept 8th - Sr Sunita R.
Sept 8th - Sr Udaya
Sept 8th - Sr Ursila
Sept 8th - Sr Subangi B.
Sept 24th - Sr Abhaya
Oct 1st - Sr Atulya
Oct 1st - Sr Flowery
Oct 1st - Sr Lucia
Oct 1st - Sr Jaya
Oct 1st - Sr Kalpana
Oct 1st - 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 1 st	-	Sr Beronica
Oct 7 th	-	Sr Jacinta
Oct 15 th	-	Sr Asha
Oct 15 th	-	Sr Hemalata



Festal Greetings

- | | | |
|----------------------|---|--------------|
| Oct 15 th | - | Sr Manisha |
| Oct 15 th | - | Sr Preeti G. |
| Oct 15 th | - | Sr Shalini |
| Oct 15 th | - | Sr Sheetal |
| Oct 15 th | - | Sr Tresa |
| Oct 15 th | - | Sr Vidya |
| Oct 20 th | - | Sr Sushila |
| Nov 16 th | - | Sr Margret |
| Nov 17 th | - | Sr Ajita |
| Nov 17 th | - | Sr Sunanda |
| Nov 17 th | - | Sr Prasanna |
| Nov 17 th | - | Sr Ranjita |
| Nov 17 th | - | Sr Alisabeth |
| Nov 22 nd | - | Sr Veena |
| Nov 22 nd | - | Sr Nivedita |



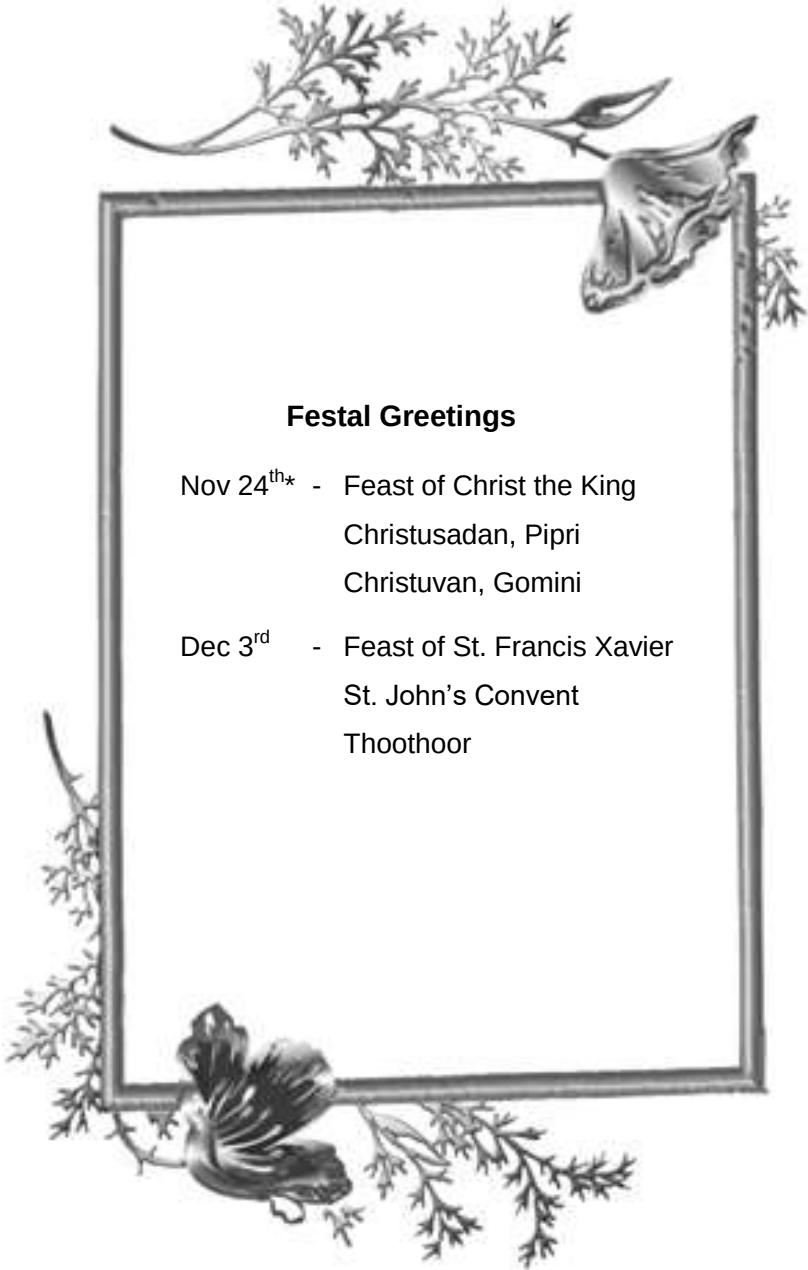
Festal Greetings

Nov 22 nd	-	Sr Preeti K
Nov 22 nd	-	Sr Gloria T
Nov 24 ^{th*}	-	Sr Latika
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 2024*

The Winner of the April 2024 Volume is

Punam Kujur - 1st Prize

"Hey come on let's enjoy together"

Sr Victoria Rani - Runner Up

"Wow! I'm absolutely on cloud nine"

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

Dear Departed

1. 10th May 2024 - Mother of Sr Alka
 2. 26th June 2024 - Father of Srs Savita & Aishwarya
-



Prayer for Those We Have Lost

Almighty and eternal God,
from whose love in Christ we cannot be
parted,

either by death or life:
hear our prayers and thanksgivings
for all whom we remember this day;
fulfil in them the purpose of your love;
and bring us all, with them, to your
eternal joy;
through Jesus Christ our Lord.

Amen.





Sr Anima Kannamkombil

Born : 05.12.1937

First Profession : 21.11.1967

Died : 20.07.2024

Final Profession : 28.10.1976

Laying foundation stone of Jubilee Building at Hinganghat



Moments of Sorrow - A Lifetime of Memories



Juniors get together at Pune



On August 15, a nation's cry
Echoes through the Indian sky
Independence Day, a dream set free
A flame of hope, for all to see

As Mother Mary's feast draws near
Assumption Day, her glory clear
A woman of faith, a heart afire
Inspiring souls, to never tire

Like flames that rise, to heights unknown
Freedom's call, echoes through the throne
Of a nation's heart, where love resides
Guiding us on, to abide

Through trials and strife, we find our way
To the light of dawn, a brighter day
Where freedom's torch, shines like a beacon bright
Guiding us forward, through the dark of night

As India celebrates, her independence won
May Mother Mary's spirit, forever be undone
In our hearts, may freedom's flame ascend
A bond of love, that will never end.