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AGRAGAMI INFO



**“Assumed to Glory,
Called to Freedom”**



Blessing of the Novitiate House



Entry to the Novitiate



70th Birthday Celebration of Sr. Latika



AGRAGAMI INFO

Vol.XXXXX - August 2025

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15TH AUGUST

**HAPPY
INDEPENDENCE DAY**

Editorial

“And Mary said: ‘My soul magnifies the Lord... He has scattered the proud in the thoughts of their hearts... He has brought down the mighty from their thrones and exalted the lowly.’” - Luke 1:46–52



On August 15th, we celebrate India’s Independence Day—a day of national pride, remembrance, and reflection. On the same day, the Church celebrates the Feast of the Assumption—the moment when Mary, the humble handmaid of God, was lifted into glory, body and soul. At first glance, these two days may seem worlds apart—one a civic milestone, the other a spiritual mystery. But they converge in a profound truth: true freedom is not the absence of chains, but the courage to live with dignity, even when the world denies it.

Mary was not assumed into heaven because she was powerful, but because she was faithful. Not because she was protected from suffering, but because she bore it with love. She was a woman of the margins, yet lifted up. A woman of silence, yet her song shook the foundations of empire. In that spirit, we reflect this month not only on the joy of religious consecration, but on the cost of it—especially in a climate where service is mistaken for subversion, and love is criminalized as conversion.

I write in solidarity with two sisters from Chhattisgarh, recently detained on false charges of human trafficking and forced conversion—women whose courage shines

even in the face of injustice. For nine days, they were held in custody- separated from their community, their mission, their dignity- all because they helped young women access education and employment through their mission hospital. The girls involved were already Catholic. There was no coercion. Only compassion. And yet, they were paraded as criminals. Their habits, symbols of a life given to God, were treated as evidence.

This is not an isolated incident. It echoes the agony of Fr. Stan Swamy, who died in judicial custody, forgotten by many, yet remembered by the poor he served. It recalls the murder of Graham Staines and his two young sons, burned alive for their work among the tribal communities. It mirrors the martyrdom of Sister Rani Maria, stabbed by those who saw her advocacy for the marginalized as a threat.

For a woman consecrated to love, public shaming cuts deep-not because of pride, but because her entire identity is built on trust, service, and quiet presence. To be accused of ulterior motives, to be seen as a foreign agent, to be stripped of dignity in the name of “national sentiment”- these wound not just the individual, but the very heart of religious mission.

And the pain doesn't end when the case is dropped or the bail is granted.

The trauma lingers. The fear spreads. Sisters begin to wonder: Should I wear my habit in public? Should I stop helping? Should I stay silent? Fear, when left unspoken, becomes a slow poison. It erodes joy, distorts vocation, and silences witness. But here is the counter-witness we

must offer- not loud protests, but louder love. Not defiance, but deeper presence.

We remember that Mary, assumed into glory, not because she was powerful, but because she said “yes” to God in a world that had no place for her. India, got freedom, not because it sought revenge, but because it believed in truth, nonviolence, and justice. And we ask: What does it mean to be free today?

To be free is not to live without opposition, but to stand with integrity when the storm comes.

To be free is to continue teaching, healing, and serving- even when the system doubts our motives. To be free is to name the pain, support one another, and reclaim the narrative- not as victims, but as women of courage. We must create spaces where we, religious can speak of our fear without shame. Where trauma is not buried, but healed. Where community becomes a fortress of solidarity, not just a place of prayer, but of protection and presence.

And to the world, we say: Look at what we do. See the schools we run. The clinics we staff. The homes we open. The children we feed. The elderly we comfort.

The poor we walk with. This is not conversion. This is compassion. This is not infiltration. This is incarnation- God with us, among us, through us. We do not fear the truth. We live it. As we celebrate the Assumption, we are reminded: Mary was not taken up because she was safe, but because she was faithful.

And as we celebrate Independence, we remember: freedom is not a date, but a daily choice-to love, to serve, to stand.

To the sisters under attack, to those in silence, to those who feel alone: You are not forgotten. You are not alone. Your quiet courage is changing the world.

And to all of us: Let us not let fear steal our joy. Let us not let hatred silence our love. For in the end, it is not power that triumphs - but the gentle, persistent light of those who serve in the name of Christ. Let that light shine. Even here. Especially here.

Happy Feast of Assumption! Happy Independence Day!

Happy Read of Info!!

- Sr. Sally John



Freedom of the Children of God

One of the significant events celebrated with great enthusiasm in the month of August in India is its Independence Day. Coinciding with this national celebration, the Catholic Church observes the Feast of the Assumption of the Blessed Virgin Mary, a day of great spiritual importance. While one celebration marks political freedom, the other invites us to reflect on a deeper, spiritual freedom.



Recently, I met a young man in his 30s who had come seeking shelter in our home for the homeless. As he shared his story, he spoke with resentment about how his mother had been urging him to take responsibility for his life—just as other young people of his age were doing. He saw her insistence not as love or guidance, but as a limitation to his freedom. His words made me reflect on a powerful truth: responsibility and freedom are two sides of the same coin.

When we stop seeing responsibility as a burden and start recognizing it as a source of empowerment, we unlock a deeper, more meaningful kind of freedom—the freedom to live life on our own terms, guided by purpose and conviction. Responsibility doesn't restrict us; it expands our possibilities, giving us the authority to shape the lives we were meant to live.

Often, when people imagine freedom, they picture a life with no constraints—a world where they can do whatever they want, whenever they want, free from obligations. This vision is seductive and often celebrated in popular culture as the ideal life. But real freedom doesn't come from escaping responsibility—it comes from embracing it. When we take responsibility for our choices, we reclaim the power over our lives. We no longer wait for others to act or for our circumstances to change—we become the agents of transformation. This is true freedom.

St. Paul reminds us: “Where the Spirit of the Lord is, there is freedom.” (2 Corinthians 3:17) This freedom is not about doing whatever we please to do. It is the freedom to do what is right, and to do it willingly and joyfully. It is not the freedom to choose between good or evil, but the freedom to choose the good—and to love it. A truly free Christian is one who, filled with the Spirit of the Lord, chooses God's will not out of compulsion, but out of love.

On this Feast of the Assumption, we turn our eyes to our heavenly Mother, who was taken body and soul into heaven. Her life was the perfect example of freedom through total surrender to God's will. May she help us understand and live out the freedom of the children of God—a freedom that does not make us slaves to our desires, but sons and daughters of a loving Father.

With festal greetings and prayers,



Sr Arpita Mathew
(Superior General)

Provincial's Inspiration

It is a sacred season of dual celebration, inviting us to reflect with joy and gratitude the two transformative events: the Assumption of the Blessed Virgin Mary into heavenly glory and the liberation of our motherland, India, into sovereign freedom. Mary was assumed into eternal light; India stepped into the dawn of independence. Both journeys speak of hope, dignity, and the triumph of grace.



The word Assumption speaks volumes—it is not merely a physical ascent, but a spiritual proclamation. In Mary's being assumed into glory, we witness the triumph of grace, the fulfilment of divine promise, and the unveiling of true freedom. Her ascent is not an escape from the world, but an entry into the fullness of life—a perfect communion with God. Mary's Assumption becomes a theological icon, a sign of hope for all who long for liberation from sin and death. Her glorification is not distant from us; it beckons us.

We are not spectators of her glory, but participants in her call to freedom. This freedom is not autonomy, but the freedom born of surrender, humility, and love—a mission to live as she did: in faith, in obedience, and in joyful trust. The Marian Model of Freedom invites us to discover that true freedom is not the absence of limits, but the presence of grace. Mary's life—rooted in grace, humility, and mission—reminds us that true freedom is not autonomy, but communion. It is the freedom to say

to love, to justice, and to God's call. Her Assumption is a promise that those who walk in faith will be lifted in hope.

India's freedom is also a grace- a gift entrusted to us through sacrifice and vision. It calls us to build a nation where dignity is upheld, peace is pursued, and every soul is free to flourish. The profound truth we are invited to contemplate is this: Mary was assumed to glory not to escape the world, but to illuminate it. India was called to freedom not to rest, but to rise.

Let us, then, live as people of the Magnificat and citizens of conscience- bearing witness to a freedom that uplifts, a glory that serves, and a mission that transforms. We are challenged to reclaim the joy of our consecration, not as duty but as a delight- a foretaste of glory.

Wishing you a blessed Feast of the Assumption and a joyful Independence Day! May Our Lady, assumed into glory, intercede for our nation and inspire us to walk in the freedom of truth, love, and grace.

May India continue to rise in justice, unity, and peace- guided by hearts that echo Mary's 'Yes'.



Sr Tessa Sebastian
(Provincial Superior)



From The Editorial Board

Dear Sisters,

We extend our heartfelt thanks to all who contribute to and enrich each volume of *Info*. It is truly heartening to see our junior sisters and formees sharing thoughtful write-ups, and we deeply appreciate the communities that regularly send in their news. We are equally grateful to our well-wishers whose valuable suggestions and constructive critiques have supported *Info*'s steady growth. Your continued feedback will help us become more proficient and prompt in making each issue even richer. We warmly invite you to send your thoughts, inspirations, poems, vocation stories, and life events — even in local languages — to the editor at the address provided, or by email to infowardha@gmail.com, no later than **15th November**.

Kindly send the Bible Quiz answers to **Sr. Tresa Eugene**. Please note that all entries — including news, articles, and Bible Quiz answers — must reach us by **15th November 2025** to help us publish *Info* on time.

We count on your cooperation and look forward to your continued contributions.

Congratulations to Bible Quiz Winners

1	Sr. Manjusha	98	1 st
2	Sr. Sudha	98	1 st
3	Sr. Suma	98	1 st
4	Anna Rose	94	2 nd

5	Elisabha	94	2 nd
6	Arnapura	92	3 rd
7	Nisha	92	3 rd
8	Cicilia	92	3 rd
9	Anisha	90	-
10	Sr. Bertila	88	-
11	Berena	86	-
12	Sr. Archangel	86	-
13	Sr. Nikita	86	-
14	Sr. Sunima	86	-
15	Sr. Sushanti	86	-
16	Poonam K	84	-
17	Priyanka	84	-
18	Sr. Alisabeth	84	-
19	Sr. Beronika	84	-
20	Sr. Elizebeth	84	-
21	Sr. Sarala Montry	84	-
22	Ritu	80	-
23	Sr. Roshni	78	-
24	Sr. Ursila	78	-
25	Alphonsa	76	-
26	Jina	76	-
27	Sneha	76	-
28	Sr. Alka	74	-
29	Manisha	66	-
30	Sr. Gloria	64	-
31	Jayanti	62	-
32	Sr. Ujwala	36	-

A Glance At Our Centres

❖ Vinay Vikas Convent, Pune

- We participated in the **CRI Christmas celebration**, where our postulants presented a beautiful and heartfelt dance performance, radiating joy and devotion. The formees also organized a wonderful Christmas program for the **Sisters of the Sacred Heart** and the residents of **Sandhya Home**, spreading the spirit of the season through song, prayer, and fellowship.
- On **Christmas Day**, we celebrated Holy Eucharist at the parish, followed by a warm and joyful gathering within our community. We exchanged gifts, cut the Christmas cake, and shared heartfelt wishes—filling the air with love, laughter, and the true spirit of the Nativity.
- On **January 5th, 2025**, **Sr. Abhilipsa**, along with the postulants and candidates, took part in the diocesan inauguration of the “**Pilgrims of Hope**”. With great devotion, we walked together to the Bishop’s House, journeying as pilgrims in search of Christ, united in faith and hope.
- The postulants later undertook a **one-week exposure program** at the **Missionaries of Charity** and **Sandhya Home for the Aged**, where they experienced firsthand the depth of compassionate service and selfless love.

- We celebrated **Women's Day** on **March 2nd** with the hostelites. **Mrs. Raynah Marise** was the guest speaker, delivering an inspiring talk on **women's empowerment**, encouraging everyone to be courageous, vocal, and visionary. Sisters and formees joined in the celebration, which was filled with joyful activities, shared meals, and a deep sense of sisterhood and solidarity.
- On **March 8th** Women's Day was celebrated at the **zonal level**, where our candidates and postulants performed a vibrant welcome dance. The event was a powerful witness to the diverse roles women play in society, as women from various professions shared their journeys. All present were deeply enriched and inspired.
- On **April 13th**, **Sr. Shruti** deepened her spiritual life by attending her **annual retreat** at **Tabor Ashram, Kaylan**, a time of silence, prayer, and renewal.
- We celebrated **Easter** on **April 20th** with profound devotion and joyful anticipation, commemorating the Resurrection of our Lord through a vibrant and grace-filled liturgy and prayer service—renewing our hope in the Risen Christ.
- The **Feast of St. Joseph the Worker** was joyfully observed on **May 1st**. On this occasion, we expressed heartfelt gratitude to our **helping staff**, honouring their quiet dedication and tireless service that so greatly sustains our community life.
- From **May 4th to 8th** **Sr. Lima** participated in a **four-day leadership seminar** in **Secunderabad**, where

she was enriched with new insights and inspired by transformative leadership principles. She returned on **May 9th** ready to share her learning with the community.

- On **May 6th Sr. Surabhi** returned from her home holiday, refreshed and eager to resume her ministry with renewed zeal.
- With great joy, we welcomed our **junior sisters** and their **Junior Mistress, Sr. Amala**, on **May 9th** marking a new phase of formation and growth. On the same day, we also warmly welcomed **Sr. Ujwala** as a new member of the **Vinay Vikas Community**.
- Throughout **May**, two of our candidates, **Sneha** and **Alphonsa**, completed a **three-week exposure program** at **Sandhya Home for the Aged**. This experience deepened their understanding of elder care, compassion, and humble service.
- On **May 11th, Sr. Pavana**, our Vice Provincial, visited the juniors, offering them gentle guidance, encouragement, and maternal care.
- On **May 16th**, we were blessed with the visit of our **Provincial Superior, Rev. Sr. Tessy**. She spent meaningful time with the junior sisters, nurturing them with spiritual wisdom, personal encouragement, and motherly affection.
- On **May 28th**, the junior sisters organized a **heartfelt farewell program and prayer service** for **Sr. Amala**, expressing deep gratitude for her loving guidance and dedicated service. On the same day, we joyfully welcomed **Sr. Surabhi** as the **Junior**

Mistress, who embraced her responsibility with humility and zeal.

- On **June 2nd** we bid a loving farewell to **Sr. Surabhi**, **Sr. Shruti**, and postulants **Sankumari**, **Priyanka**, and **Dominica**. The candidates presented a touching farewell program, beautifully expressing their affection and appreciation. A **Thanksgiving Holy Mass** was celebrated by **Fr. Biju SJ** under the theme: *“Gratitude for a Life of Loving Service.”* A deeply moving prayer service followed, led by **Sr. Lima**. The day concluded with a joyful fellowship meal.
- On **June 5**, we welcomed **Sr. Kripa** as our new **Animator and Hostel In-Charge**.
- On **June 24th**, we gathered to celebrate the **Feast of St. John the Baptist**, our patron. The day began with a meaningful **Eucharistic celebration**, concelebrated by **Fr. Patras SJ** (main celebrant) and **Fr. Ashok**. Their homilies enriched the occasion with spiritual depth and fervor. This was followed by a fraternal gathering—filled with joy, reflection, and shared gratitude.
- We also celebrated the birthday of **Sr. Abhilipsa** rejoicing in her joyful spirit, kindness, and generous presence among us.

❖ **St. John’s Convent, Parpa**

- On April 1st, Sr. Archana and Sr. Kalpana began a one-month spiritual retreat in Mangalore, a time dedicated to prayer, reflection, and inner renewal.

- On April 20th, the community enjoyed a long-awaited picnic to Visakhapatnam—a joyful day of relaxation and fellowship. We visited several scenic spots and local churches, deepening our bond as a community through shared experiences and prayer.
- On April 25th, Sr. Kalpana travelled home to celebrate her Silver Jubilee with family, relatives, and friends. It was a blessed and memorable occasion, filled with gratitude, love, and thanksgiving for 25 years of faithful service.
- From May 3rd to May 9th, Sr. Secunda attended a Leadership Course in Secunderabad, where she gained valuable insights and skills to serve more effectively in her ministry.
- On July 12th, five sisters from the DBS Congregation arrived in Parpa for a home mission outreach, and Sr. Kalpana joyfully joined them in this mission of prayer, service, and evangelization.
- On July 18th, Sr. Secunda, accompanied by youth leaders, participated in a three-day Youth Leadership Course, aimed at empowering young people in faith, service, and leadership.

❖ **Sandhya Home Community**

- From April 29th to May 7th, Sr. Lucia and Sr. Sarala participated in an exposure programme in Sandhya Home for the Aged and the Holy Spirit Social Work Centre. The experience deepened their understanding of compassionate care and enriched

their commitment to service among the elderly and marginalized.

- In May, Sr. Sarala attended the annual Juniors' Get-Together. During her absence, two of our candidates stepped in to assist Sr. Vinaya, ensuring seamless care and support at Sandhya Home.
- Sr. Aishwara and Sr. Vinaya recently returned from their home holidays, having spent meaningful and refreshing time with their families. We rejoice with them for the renewal and blessings they received during this special time.
- On June 11th, we joyfully welcomed Sr. Divya into our community. Her presence has already brought renewed warmth, energy, and enthusiasm to Sandhya Home.
- On June 24th, we celebrated our Patron's Day with deep reverence, honouring the legacy and values that guide our mission. Fr. Mathew Joseph presided over the Holy Eucharist, and we shared a joyful fellowship meal with our parish priests, Dr. Hillary Rodrigues, Ida Aunty, and our dear residents. It was a day filled with gratitude, unity, and celebration.
- On July 4th, we were deeply blessed by the gracious visit of our Provincial Superior, Sr. Tessy Sebastian. Her presence brought encouragement, inspiration, and a renewed sense of purpose to all members of the community.
- On July 16th, we celebrated the Feast of Our Lady of Mount Carmel, seeking her maternal guidance and protection. The day also marked Sr. Vinaya's

feast day, which we observed with love, appreciation, and heartfelt prayers for her continued health and well-being.

- We are pleased to announce the successful completion of the terrace renovation at Sandhya Home. This newly enhanced space will serve as a peaceful and pleasant outdoor area where residents can relax, pray, and enjoy the fresh air—adding comfort and joy to their daily lives.

❖ **Sevasadan Community**

- It was a joy-filled day as we had the integrated celebration of easter and the feast day of Sr. Jyoti on 20th April. It was a special day for us as we spent the day together praying, cooking, and having meals together. We had farewell mass for Srs. Jyoti and Suma on 4th June. We gratefully remember the beautiful days we spent in the community. We are grateful to them for the love and joy they shared here and the great support and prayers they assure. We wish them all the best and God's blessings.
- We were glad to receive our new community members Srs. Shanta, Bindu and three postulants in the month of June. We had a solemn celebration of the birth day of our patron on 24th June. On the same day we had the erection of the new novitiate house in Sevasadan. The feast day celebration was commenced with the Holy Mass. Three of our postulants made their entry to the novitiate on that day. Our sisters Esther and Bindu lit their jubilee

lamp and entered into their Silver Jubilee year on the same day. Fr. Benny Mukalel was the main celebrant. Fathers and sisters from different communities joined the celebration.

❖ **John Haw Vihar, Chiyaram**

- On May 6th, we joyfully welcomed Sr. Vishala as a new member of our community. Her presence has brought renewed energy and warmth.
- On May 31th, we warmly received Sr. Beronica as another new sister joining us, while bidding a heartfelt farewell to Sr. Ursila on the same day. We thank her for her dedicated service and pray that the Lord may continue to bless her in her new mission.
- During this period, Sr. Philomina stayed with us from May 5th to June 5th as part of her one-month course in Media and Communication at Chetana College, offering her valuable time and companionship to the community.
- Our sisters actively participated in the Diaconate Ordination Ceremony of five MSJ Brothers. The celebration was a moment of great joy and spiritual inspiration. Many family members who came for the occasion were our guests for several days, and we were happy to extend hospitality in a spirit of love and welcome.
- We were also blessed by the visit of Fr. Mathew, Superior General of the MSJ Congregation, whose presence enriched our community with encouragement and spiritual guidance.

- In addition, Sr. Geeta and Sr. Ursila attended the Diocesan Vocation Camp held at the Bishop's House in Thrissur, where they joined in prayer, reflection, and vocation promotion with other religious and youth. Our sisters continue their regular apostolic and spiritual commitments. Regular Eucharistic Adoration, led by the sisters, is warmly attended by parishioners, fostering a deep spirit of prayer and devotion. Sr. Sevika faithfully conducts catechism classes for various age groups and prepares individuals for adult baptism, nurturing faith at every stage of life. Sr. Preeti continues her counselling ministry, offering compassionate support to families, individuals, and couples as needs arise.
- We welcomed several sisters during their holidays, including Sr. Karuna and Sr. Shubha, whose joyful presence and fellowship were a blessing to all.

❖ **Kisanwadi Kopareli**

- We are filled with gratitude as we share some of the recent moments of grace and service in our community. On May 20th, we bid a heartfelt farewell to Sr. Kusum and Sr. Linmy, thanking them for their selfless dedication and loving service. We pray that the Lord may bless them abundantly in their new mission.
- We also expressed our deep gratitude to Fr. Sebastian and Fr. Alwin for their faithful and generous service. We thank God for the gift of their service among us. At the same time, we joyfully

welcomed Fr. Saju as our new Parish Priest, and we pray for fruitful and blessed ministry among us.

- On May 28th, we warmly welcomed Sr. Banita as the newest member of our community. Her presence has already brought renewed joy and energy to our mission. On June 24th, we solemnly celebrated the feast of our beloved patron, St. John the Baptist, in Gomini. It was a day of deep gratitude, prayer, and celebration, as we thanked God for the blessings received through his intercession.
- We are happy to share that this year we have 15 boarders, all of whom are doing well and thriving in a supportive and nurturing environment. Our nursery school reopened on July 7th, and the children are joyful and enthusiastic—filling our campus with laughter and hope. In our ongoing commitment to community development, we have conducted 25 awareness programs on health, education, and rights, organized 6 medical camps serving the underserved, implemented 50 livelihood initiatives, including the distribution of goats, support for petty shops, and assistance in vegetable vending, continued our tailoring and beautician training courses, empowering women with skills and dignity.
- These efforts reflect our mission of integral development-nurturing not only the spirit, but also the body and mind.

❖ **St. John's Convent, Hinganghat**

- The community joyfully welcomed Sr. Shilpa and Sr. Deepa as new members, while bidding a heartfelt farewell to Sr. Riya. We are deeply grateful for her selfless service and dedication to this center, and we pray that the Lord may bless her abundantly in her new mission.
- This year, our formation house has been blessed with five candidates—three from Orissa, one from Jharkhand, and one from Chanda. We gratefully acknowledge the tireless efforts and sacrifices of our formators, whose guidance continues to nurture the spiritual and human growth of our formees.
- Our hostel currently accommodates 15 students. Among them, 13 are enrolled in our school, and 2 are studying in a nearby Marathi-medium school. We are committed to providing a supportive and holistic environment for all.
- The feast of St. John the Baptist was celebrated with deep reverence and great joy. The day was made even more special as we also honoured Sr. Prasada on her feast day, giving thanks for her life of service and dedication. The feast of St. Ann was marked with gratitude and festivity as Sisters Sneha, Shilpa, and Shubha celebrated their patroness feast. A vibrant cultural program by the hostel children added colour and joy to the celebration. The entire community—formees and children alike—came together in a spirit of unity and love for a shared meal (agape). The Holy Mass was solemnly

celebrated by Fr. Sharon Cap, enriching the day with spiritual depth and grace.

❖ **Agragami Provincial House, Mhasala**

- On June 27th, Sr. Vidya departed for Thoothoor to join her new community and begin her new mission. We thank her for her dedicated service and pray that the Lord may guide and bless her in the new mission.
- On July 7th, we were deeply blessed by the visit of two Cardinals and fifteen Bishops from the western region of CBCI. They spent a gracious time with us in prayer, offering their blessings for our community and congregation. Their presence was a profound moment of spiritual encouragement and unity.
- We solemnly commemorated the first death anniversary of Sr. Anima and the 8th death anniversary of Sr. Prabha through a solemn Eucharistic celebration, followed by a shared breakfast. Around 40 sisters gathered to honour their cherished memories, giving thanks for their lives of faithful service and enduring legacy.

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

- The new academic session began with a prayer service, followed by a warm welcome for Class I students. They were escorted to their classrooms by a band troop, accompanied by sisters and teachers, amidst flowers and joyful celebration.

- The school observed Dr. Babasaheb Ambedkar Jayanti with reverence, honoring his enduring legacy of equality and brotherhood. Maharashtra Day was celebrated with great enthusiasm, showcasing the state's rich culture through a vibrant program by the Marathi teachers. On this occasion, Sr. Riya was honored by Principal Sr. Preethi for her two years of dedicated service to the school.
- An orientation program for teachers was conducted by Fr. Arockia Swamy. On the same day, Sr. Deepa was warmly welcomed as the new Program Coordinator, bringing fresh energy to the team. International Yoga Day was celebrated with a guided session of asanas, pranayama, and meditation, participated in by students and teachers alike.
- St. John's Day was marked with prayer, reflection, and cultural activities. The Forerunner Club, a new initiative to promote student leadership and community service, was inaugurated on this occasion.
- A Felicitation Ceremony honored the academic toppers of the year 2024–2025 and their proud parents. Students securing the first, second, and third ranks were awarded cash prizes. A special prize of ₹15,000 was given to Miss Manasvi Thakre, the topper in Mathematics and Science, sponsored by Mr. Manish Vyas, a proud alumnus. The chief guest, Sir Rathod, CEO of Hinganghat, felicitated the students and inspired them to strive for excellence.

- Environment Day and St. Thomas Day were jointly celebrated with a special program. Chief guest Mr. Mangesh Vanekar graced the event. A rally led by Class 9 students was followed by a tree plantation drive involving dignitaries, Eco Club members, and teachers.
- A motivational session for Class X students was conducted by Rev. Fr. Jose Zade, who offered valuable insights and encouragement for their academic and personal growth. A workshop on Competency-Based Education was organized for teachers, facilitated by resource person Miss Mansi Gagdhani, enhancing pedagogical skills and teaching practices.

❖ **Vinayalaya School**

- An orientation for teachers was held on June 17th, with Sr. Nitya SJB as the resource person. Her insightful session highlighted the vital role of teachers in shaping student values and emphasized key school policies.
- On June 23th, the academic year commenced with a prayer service seeking God's blessings. Principal Sr. Nirmala warmly welcomed all students. First-grade children were specially welcomed with a pencil and chocolate, marking a joyful start to their school journey. Later that day, a felicitation program was held to honour the Class 10 toppers for their outstanding academic performance. Sr. Nirmala

congratulated them and encouraged continued dedication.

- On June 25th, we celebrated the Feast of St. John the Baptist with a commemorative speech about his life and mission. The day also saw the inauguration of the Forerunner Social Activity Club. Thirty students were selected, took an oath of service, and received T-shirts featuring the club's emblem—a burning torch—symbolizing leadership and commitment.
- On June 28th, a Parivahan Samiti meeting was held for student transport drivers. PSI Sangsarwar addressed the auto drivers, emphasizing safe and responsible transportation practices.
- The Investiture Ceremony on July 12th marked the formal induction of the new student council. Ku. Swara Dhanulkar was elected Captain Girl, and Mst. Saubhagyam Mishra as Vice-Captain. The principal thanked the outgoing leaders and congratulated the new cabinet.
- On July 14th, Environment Day was celebrated with a student-led program by Class 9, including speeches and songs. This was followed by a tree plantation drive led by the principal, student council, and teachers.
- Students of Classes 7–10 participated in a child safety awareness session conducted by the Divya Jyoti Center. The program focused on safe mobile phone usage and personal safety, empowering students with essential knowledge.

- On July 16th, the school observed No Tobacco Day. Students from Classes 8 to 10 organized a rally to raise public awareness about the harmful effects of tobacco use.

❖ **Vinayalaya Community**

- 25th May 2025 – Sr. Nitya, a community member, and Sr. Anila, the new Animator, joined the Vinayalaya community, marking a joyful new chapter in its journey.
- 2nd June 2025 – The handover ceremony of superiorship was conducted by Sr. Seema, the Provincial Councillor. During the ceremony, Sr. Anila officially assumed the role of Superior, entrusting herself to God's guidance and the support of the community.
- 24th June 2025 – Feast of St. John the Baptist – The community joyfully celebrated the feast of its patron, St. John the Baptist, with deep reverence. Fathers and Sisters from the campus were invited to join the Eucharistic celebration, followed by a time of fellowship.
- 4th July 2025 – Birthday of Bishop Elise Gonsalves – Vinayalaya community warmly conveyed heartfelt birthday wishes to Bishop Elise Gonsalves, praying for God's blessings upon his life and ministry.

❖ **Aragami Convent, Jail Road**

- On June 5th, we bid a heartfelt farewell to our dear Sr. Nikita. We thank her for her dedicated service and pray that the Lord may bless her in her new mission. On June 8th, we warmly welcomed Sr. Savita as our new Animator.
- We celebrated the Golden Jubilee of Sr. Flowery along with her farewell in a spirit of gratitude and joy. Fr. Robinson, our parish priest, was the main celebrant of the Holy Eucharist. We extend our deepest thanks to Sr. Flowery for her 50 years of faithful religious life and her invaluable contributions to our community and institution.
- On June 23rd, eight of our candidates began their Atmadarshan classes at Darshana, Sawangi, marking a significant step in their spiritual and formative journey.
- The new academic session for staff commenced on June 23rd with a prayer service, followed by the first academic meeting conducted by our Principal, Sr. Savita.
- In preparation for the new session, our teachers attended an orientation program at Aragami School, Pipri. A special session was also organized for kindergarten teachers at Aragami CBSE School, Mhasala, to enhance early childhood teaching practices.

- On June 24th, we joyfully celebrated our Patron's Day, honoring the spiritual legacy and values that guide our mission.
- The new academic session for students began on July 1st. Our nursery children were warmly welcomed with colorful balloons, sweets, and music—creating a joyful and nurturing start to their school journey.
- On July 16th, we were blessed by the visit of our Provincial Superior, Rev. Sr. Tessy. She met with the staff and delivered an inspiring message, emphasizing that “each child is a universe” and should be nurtured with love, care, and dedication. She encouraged teachers to revisit the simplicity and discipline of their own childhood, reminding us that “children learn discipline by seeing the discipline of their teachers.”
- We also celebrated the patroness day of Sr. Vineeta on July 17th with great joy. Rev. Fr. Francis CMI presided over the Holy Eucharist. Many sisters from various communities joined us to honor and greet her, making it a truly fraternal celebration.

❖ **St. John's Convent, Thoothoor**

- We bid a heartfelt farewell to Sr. Bindu and Sr. Sushanti as they moved on to new missions, thanking them for their dedicated service.
- Sr. Flowery, Sr. Vidya, and Sr. Nutan Kerketta joined our community this year, enriching us with their presence and commitment.

- Our chapel hosted a youth retreat organized by the parish, fostering spiritual growth among young people.
- We were blessed with a short, grace-filled visit from Most Rev. Christudas, Auxiliary Bishop of Trivandrum.
- The community enjoyed a joyful outdoor retreat to Kanyakumari, strengthening bonds of fellowship.
- Long hours of Eucharistic Adoration continue in our chapel, lovingly coordinated by Sr. Flowery. The Blessed Sacrament is regularly visited by parishioners, school staff, and students, making the chapel a true center of prayer.
- We actively participated in the Parish Feast on July 3rd, celebrating the Feast of the Child Jesus and Our Lady of Mount Carmel with devotion and joy.
- Sisters assist in maintaining the church sanctuary and altar, and on First Fridays, they distribute Holy Communion to the sick and elderly at home.
- Sr. Pooja, equipped with legal training and extensive experience in social work—especially in supporting women and girls in distress—actively serves in multiple diocesan and parish ministries:

1. Family Ministry Commission

- Provides counselling that has helped preserve several marriages. Five families were engaged in diocesan social initiatives, including support for weddings, medical aid, and assistance to the destitute-contributing regularly to these efforts.

2. TFCYM (Thoothoor Forane Catholic Youth Movement)

- Youth organize awareness programs and charitable activities such as visiting the sick, cleaning homes of the elderly, and collecting clothes for rehabilitation homes.

3. Catechism

- As a member of the parish catechetical executive, Sr. Pooja oversees the quality and conduct of catechism classes.

4. B.C.C. (Basic Christian Communities)

- Promotes community prayer, resolves group concerns, and supports those in need. Meetings are held monthly at parish and forane levels, and quarterly at the diocesan level.

5. Pravasi Commission

- Maintains data on parishioners abroad, offers assistance to those in distress overseas, and supports diocesan housing projects for the homeless.

6. Jesus Youth & Laity

- Supports the Jericho Rosary—a two-hour prayer walk around the parish boundaries every Sunday—for spiritual renewal and protection.

7. Archdiocesan Pastoral Council

- Sr. Pooja serves as a member, attending regular meetings and contributing to pastoral planning.

8. T.S.S.S. (Trivandrum Social Service Society)

- Engages in impactful social services: distributing diapers and hearing aids, supporting grocery and vehicle distribution, house construction / repairs, and tree plantation. Sr. Pooja helps identify donors within the parish to sustain these initiatives.

❖ St John's School, Allipur

- The academic year 2025–26 commenced on June 13th, 2025, with a staff meeting for all teachers, setting the tone for a purposeful and collaborative year ahead.
- This was followed by a joint orientation seminar on June 14th with the faculty of St. John's High School (CBSE), Hinganghat, fostering unity and shared vision among educators.
- On June 20th, an in-house orientation seminar was conducted by Fr. Sijo CMF on the theme "Aura 2k25 – Expansion for Excellence." The session inspired teachers to grow professionally and spiritually, with a renewed focus on holistic education.
- The school officially reopened for students on June 23rd for the high school section, and on June 30 for kindergarten students. During the welcome assembly, new staff members and Sr. Diany, the newly appointed Vice Principal, were warmly welcomed by students, staff, and management.
- A significant green initiative, "Ek Ped Mere Naam Par", was celebrated as Tree Plantation Day, with

around 400 students actively participating by bringing and planting saplings across the campus—instilling environmental responsibility and care for creation.

- On June 28th, the school joyfully celebrated St. John's Day, honoring the legacy of our patron. The day also marked the inauguration of the Forerunner Club, a new student leadership initiative aimed at nurturing excellence, service, and character.
- In collaboration with Nehru Yuva Kendra, a speech competition on the importance of tree plantation was held on July 5th, raising awareness about environmental conservation among students.
- On July 12th, the academic excellence of Class X (2024–25) was recognized in a felicitation ceremony, with Mr. Ganesh Wagh, Kendra Pramukh, as the guest of honor. The event celebrated the hard work and achievements of the toppers.
- The Student Cabinet Installation Ceremony was held on July 19th, formally inducting the new school leaders. Top performers from the previous academic year were also honored on this occasion.
- Mr. Vijay Dhule, PSI of Allipur, served as the chief guest and, along with his team, conducted an awareness session for students on critical topics including POCSO laws, road safety, and cyber security, promoting a safe and responsible school environment.

❖ **St. John's Convent, Kazhakuttam**

Greetings from Technopark!

- We give heartfelt thanks to the Lord for placing us in this vibrant, technology-driven environment—a place pulsing with innovation and diversity. Truly, we are part of a dynamic world, and we joyfully share some of the recent blessings and milestones from our community.
- We were graced by the presence of our junior sisters—Sr. Elizabeth, Sr. Alisabeth, Sr. Gloria, Sr. Sushanthi, and Sr. Sunima—who joined us for a week-long exposure program at Benedict Menni Home for Mentally Ill Women. Their visit was not only a time of service and learning but also a source of great joy, especially as they enriched our parish celebration of the Feast of St. Joseph.
- Sr. Sunima participated in GGM25 (General Gathering of Members) alongside Srs. Bindu and Dainy, representing our community in this significant event.
- We were blessed with a visit from our Provincial Superior, Sr. Tessy, on May 4th whose presence brought encouragement, prayer, and renewed inspiration.
- We bid a grateful farewell to Sr. Lalita and Sr. Beronika as they moved on to new missions. We thank them for their dedicated service and pray for God's continued guidance in their journey.

- We joyfully welcomed the vibrant presence of Sr. Shruti, who joined our community on May 31st, and Sr. Ursila, who arrived on June 17th. We are also blessed with Alphonsa Aji, our dear candidate, who is pursuing her Higher Secondary education in the Bio-Science stream at Holy Angels School, Trivandrum. Her presence among us brings joy, energy, and hope for the future.
- Sr. Geeta continues her mission of teaching German, while Sr. Pavana serves as a Hindi teacher at the Minor Seminary of the Archdiocese—both contributing meaningfully to education and formation.
- By God’s grace, our construction work is progressing steadily. We are deeply grateful for your generous support—prayers, encouragement, and material contributions—that continue to sustain this mission. Thank you for sharing this journey with us.
- All four of us are actively engaged in various parish ministries, striving to build up the community through: teaching catechism, participating in unit prayers, offering counselling and spiritual guidance and preparing children and elders for the sacraments

❖ **Aragami School Pipri**

- On June 8th, 2025, our newly appointed Principal officially took charge.
- A special welcome program was held on June 13th, where students and staff presented cultural

- performances and heartfelt messages, formally introducing the principal to the school community.
- On June 21st, International Yoga Day was celebrated with enthusiasm. Students and staff participated in yoga sessions and awareness talks highlighting the physical and mental benefits of yoga. On June 30th, a tree plantation program was conducted on campus, promoting environmental awareness and sustainable living among students.
 - On July 3rd, the school celebrated St. Thomas Day with a special assembly. The program included prayers and reflections on the life and values of St. Thomas, emphasizing service and integrity.
 - On July 5th, the Forerunner Club—a Social Service Club—was inaugurated by the principal. The event also marked Agragami Day, with guest speakers sharing inspiring experiences in community service, encouraging compassion and volunteerism. The day coincided with the birthday of St. John the Baptist, adding to the festive spirit.
 - On July 12th, the school honoured the Class 10 toppers for their outstanding performance in the board exams. Sr. Jessy, Education Counsellor, was the chief guest. Trophies, certificates, and words of appreciation were presented in the presence of parents, staff, and dignitaries.

❖ **Christuvan Community, Pipri**

- June 5th, 2025 was a great day for the community as we welcome our new animator Sr. Jaya. We warmly welcomed her with floral bouquet and prayers.
- We are also glad to welcome Sr. Roja on 8th June and Sr. Subangi on 25th June..
- We joyfully welcomed back Sr. Rani who went for her home holidays and for spiritual nourishment for one month.
- And then our campus full of laughter and happiness with our hostel children as they are back after the summer holidays.
- Sr.Veena extended her unfailing service at Thoothoor (Balwadi schools) from 16th June to 30th June.
- We implored God's blessings for the year 2025-26 as Rev. Fr. Robinson our parish priest blessed the school on 20th June.
- Orientation program was held for the teaching and non teaching staff on 21st by Rev. Fr. Deonis Kujur CMF.
- From 23rd full-fledged school was reopened. Teachers and students were eager to begin and explore the new academic year.
- 5th July was a great day in fact a dream come true as we celebrated Agragami day and the Inauguration of Fore runner Club. 30 of our students with full enthusiasm took the pledge to stand up to

the motto: Truth and Justice just like our Patron St. John the Baptist.

- We celebrated another milestone of the school as felicitated our Meritorious students of class 10th 2024-25. Rev. Sr. Jessy, the Councillor for Education, graced the occasion. And spoken pearls of wisdom and few golden words for their bright future.
- Investiture ceremony of the year 2025 – 26 was hosted by Sir Anurag Jain, the SP of Wardha. His presence and motivational interaction speech left us speechless. The cabinet members felt privileged to be the leader of the school and took the oath to be the responsible Agrabamian.
- On 2nd August our Class 1st and 2nd standard students proved that there is hardly any soul which lives without gadgets as they displayed different types of Electronic gadgets through their Fancy dress competition.

❖ **Christuvan, Gomini**

- We celebrated Mother's Day on May 29th with a heartfelt cultural program, followed by a special snack offering in honor of the mothers in our parish.
- The community enjoyed a refreshing one-day outing to Bhameragad Parish, deepening bonds of fellowship and joy.
- We warmly welcomed our new parish priest, Fr. Vibinto, whose presence has brought renewed energy and pastoral care to Gomani.

- We bid farewell to Fr. Linesh Benny, who was transferred to Sironcha. We thank him for his dedicated service and pray for his new mission.
- Sr. Roseline travelled home on June 23 following the passing away of her brother. We keep her and her family in our prayers during this time of grief.
- Our Patron's Day was celebrated with deep solemnity and devotion. During the Eucharist, Sr. Margaret and Sr. Sunita lit candles as a spiritual preparation for their upcoming Silver Jubilee—a moving moment of gratitude and renewal.
- On July 3rd, we joyfully observed the Feast of St. Thomas the Apostle, honouring his missionary zeal and unwavering faith.
- In our ongoing commitment to community development, Manos Projects supported vulnerable families through distribution of 20 goats to 10 families, establishment of petty shops for 4 families and provision of paddy for 20 families. These initiatives continue to empower the poor and promote self-reliance.
- Srs. Roseline and Lalita attended a CHAI meeting in Secunderabad on community health, gaining valuable insights to better serve the people. We joyfully reopened our boarding house on June 30. This year, we are blessed with 22 children, all doing well and thriving in a nurturing environment.
- Our Kindergarten section welcomed 35 students, bringing laughter, energy, and hope to our campus. We celebrated the Feast of Our Lady of Mount

Carmel with prayer and devotion, seeking her maternal protection and guidance.

- On July 20th, we solemnly commemorated the first death anniversary of Sr. Anima. A special Eucharist was offered in her memory, as we continue to honour her life of quiet service and deep faith.

❖ **St. John's School, Thoothoor**

- The new academic year at St John's school, Thoothoor began with enthusiasm and renewed energy. The school, known for its holistic approach to education welcomed both students and teachers with a series of thoughtfully planned activities and celebrations.
- To begin the year on a mindful, note a yoga and meditation session was conducted for teaching staff. A trained yoga instructor guided them to manage stress, enhance focus and promote over all well-being.
- The school proudly announced the annual board result of std 10 with excellent performance. Miss. Riya Lisna school topper scored 486 out of 500.
- The new academic year commenced with a special Holy Eucharist by Rev. Fr. Nepolian CMF the assistant parish priest of Thoothoor and blessing of the building. A warm and colourful welcome was arranged for kindergarten children who stepped in to the world of formal education. We also celebrated the birthday of sr. Pooja in the school.

- The feast of St John the Baptist, the patron saint of the school was celebrated with great reverence and festivity. We had cultural program highlighting the life and virtue of St John. Students presented songs, dance, drama based on his values of Truth, courage and service. Srs. Vidya and Nutan joined the school as teachers.
- To commemorate the birth anniversary of K. Kamarajar, a great leader and educational reformer, the school organised a series of competitions including elocution, drawing, poetry, writing, singing, dancing and fancy dress. The participation was overwhelming and the students showed immense talent and creativity.

❖ **Sanjeevani Ashram**

- Sr. Archangel and Sr. Bertila joined our community for a one-week experiential program, deepening their formation through hands-on service and shared community life.
- Sr. Kusum officially joined our community as the new Superior, bringing wisdom, warmth, and dedicated leadership.
- We bid a heartfelt farewell to Fr. Joseph Koonath, CMF, our beloved spiritual father. We are deeply grateful for his faithful service, spiritual guidance, constant availability, and brotherly love over the years. May the Lord continue to bless his new mission.

- Sr. Divya was transferred to Sandhya Home to take up new responsibilities. We honored her with a warm farewell, thanking her for her years of dedicated service and compassionate presence in our community.
- Sr. Sally, along with a team of sisters from various congregations, successfully organized the first physical meeting of the Treasure Group at CHAI, Secunderabad. The event, known as the Treasure Orientation Forum, was well attended by members from across India, including participants from SDFI. The gathering was deeply enriching, with meaningful discussions and strategic planning for the future of the Treasure initiative. CHAI generously sponsored the accommodation and logistics.
- Sr. Sally presented a session on mental health care of religious sisters- Indian context at an international forum called Global Sisters Report(GSR)- Health and Wellness forum- an online forum working for the wellbeing of sisters across the globe. Prior to this she gave an interview on the same topic to GSR.
- She also conducted a session on stress management for the Doctor Sisters Regional Forum in Mumbai, equipping sisters with practical tools for emotional and psychological well-being.
- Additionally, she offered a mental health care class for ASMI sisters in Allapally, and has been conducting similar sessions online for various congregations and at leadership building forums, extending her expertise widely.

- The three-day and one-day retreats at Sanjeevani continue to be held regularly. The retreat was spiritually led by Sr. Esther, with valuable contributions from Miss Agnes and her team, who provided teaching sessions and personal counselling, greatly enriching the participants. We have sisters and other people regularly coming for counselling, prayers and treatment purposes.
- We joyfully celebrated the feast day of Sr. Diana with love and gratitude. Sisters from neighbouring communities joined the celebration. The Holy Eucharist was presided over by Fr. George Kurian, CMF.
- Sr. Kusum and Sr. Tresa met with an accident after a fall from the two-wheeler. Both sustained injuries but are now gradually recovering by the grace of God. We are deeply thankful to all who have been praying for their healing and to those who offered support during this time.

❖ **Anugraha Convent, Kannur**

- On June 10th, Anugraha Convent warmly welcomed Sr. Jyoti, the newest member of the community. We are grateful for her presence and dedicated service.
- Shortly after, Sr. Elizabeth left for Pune to pursue her Juniorate course. Upon completion, she will continue her journey at Asha Kiran, Nagpur.
- On June 24th, we joyfully celebrated the feast of our patron. The occasion was graced by Rt. Rev. Dr. Dennis Kuruppassery, Auxiliary Bishop of Kannur,

who presided over the Holy Qurbana and enriched the community with his inspiring message. It was a truly blessed and joyful celebration.

- We were also honoured by the presence of several distinguished guests in our convent. Their presence added to the spiritual and communal significance of the day.
- On May 31st, we concluded the special devotion of 'May Masa Vanakam' to our beloved Mother Mary with a meaningful celebration. Throughout the month, we honoured her with special prayers and the recitation of the Rosary. On the final day, a special Rosary prayer was held, followed by the distribution of Prasadam.
- This year, the month of May was marked by heavy rainfall, which caused significant damage in low-lying areas. In a spirit of compassion and service, we stood ready to offer shelter to a family whose home was affected by the floods, welcoming them into our convent with open hearts.
- On July 12th, the St. Peter's Family Unit celebrated its anniversary and the feast of St. Peter and St. Paul at Anugraha Convent. The event saw active participation and included various programs, along with the recognition of students who excelled in different competitive examinations.
- We also rejoice in the ongoing service of Sr. Jyoti, who extends compassionate support to the needy through phone counselling and is actively involved

with the Divyakarunyam group, reaching out to those in emotional and spiritual need.

❖ **Jeevan Vikas**

- We bid a heartfelt farewell to Sr. Banita, thanking her for her dedicated service.
- We joyfully welcomed Sr. Suma and Sr. Linmy as new members of our community.
- International Women's Day was celebrated in March with a focus on empowerment and awareness. Sr. Latika joyfully marked her 70th birthday on June 15th, inspiring all with her life of service and grace.
- Five monthly medical camps were successfully conducted in rural villages, providing essential healthcare to underserved communities.
- Under the CABA initiative for People Living with HIV (PLHIV), we conducted vocational and digital skill training for 22 beneficiaries. 2 completed nursing training (through RSETI). 1 beneficiary has secured salaried employment—a milestone in self-reliance.
- On June 30, we solemnly commemorated the death anniversary of our beloved Sr. Ludgardis. In her honor, 10 tailoring machines were distributed to women in need - facilitated by Rev. Sr. Tessy Sebastian, Provincial - promoting dignity through skill and work.
- Sr. Sima attended the 3-day Regional Directors' Meeting at CHAI-Misereor, Secunderabad.

- Sr. Linmy and two staff members participated in a week-long Community Health Training Program at CHAI, enhancing their capacity for grassroots service.
- With the kind support of Deputy Chief Minister of Maharashtra, Mr. Eknath Shinde, two children with disabilities received ₹50,000 each for their education - a vital step toward inclusive development.
- On July 28th, Mrs. Indirarani, Project Coordinator of CABA, visited Jeevan Vikas Society. She commended the team for its impactful and compassionate work.

❖ **St. John's Academy, Vettukad**

- With renewed enthusiasm and a strong sense of community, we joyfully commenced the new academic year on June 2nd, 2025.
- On June 5th, we observed World Environment Day with a heartfelt commitment to protecting our planet. Students from all classes actively participated in a tree-planting drive, symbolizing their pledge to environmental stewardship. Teachers joined in as well, setting a powerful example of responsibility and care for nature—nurturing a greener future for generations to come.
- We celebrated Reading Day on June 19th in honour of P.N. Panicker, the visionary father of the Library Movement in Kerala. The day was filled with enthusiasm and a love for reading, featuring engaging book sessions, a lively quiz competition,

and the creative initiative Akshara Maram (The Tree of Letters)—a symbolic celebration of knowledge and literacy.

- On June 23rd, we came together with pride and joy to celebrate St. John's Day, a cherished occasion that strengthens our identity as one family. The day was made even more special with the inauguration of the Forerunner Club, a new initiative dedicated to fostering social awareness and community service among students.
- We were honoured by the presence of Fr. Biju Kanjirathingal and members of the P.T.A. Executive Committee, who graced the event as esteemed guests, offering their blessings and encouragement to our students.
- On July 12th, we proudly recognized our meritorious students who excelled in the recent board examinations.

Chosen To Be A Blessing

- Sr Subhangi

To serve others wholeheartedly is a blessing—one that brings joy to both the giver and the receiver. As Christians, service is our calling, a hallmark of our faith.

In Genesis 12, God tells Abraham, *"I will bless those who bless you."* Biblical blessings bring life, joy, growth, and hope—while curses lead to death. Therefore, we

must value not wealth, but what truly matters: love, kindness, and being a blessing to others.

Our greatest test is blessing others in the midst of our own struggles. To be blessed, we must seek the Giver of all blessings. God calls us to kindness over competition and to serve with cheerful hearts.

We become true blessings when we walk with others in compassion for their past, hope for their future, and truth and kindness in the present. As we bless others, we open ourselves to be blessed by God.

The more we are blessed, the more He calls us to be channels of that blessing. For blessings are like a bank account-nothing can be withdrawn unless something has been deposited.

To love God is the highest virtue; to be loved by Him is the greatest blessing. Life is not just about receiving, but about gratitude and generosity-sharing what we've been given.

Blessings come from God and lead us back to Him. So let us choose to be a blessing-through healing words, loving actions, and lives that reflect His grace.

Let us bring meaning, hope, and joy to others-so that in blessing them, we too are blessed.

My Sweet Experience

- Dominika Topno (Novice)

I recently had the opportunity to spend a week of experiential learning at Sandhya Home and the Missionaries of Charity. From the very moment I entered, I was welcomed with warm smiles by the residents. Their joy was immediate and contagious, and I felt deeply moved just being in their presence.

During my time there, I assisted them in various ways—helping with bathing, feeding, and companionship. I shared light moments, told jokes, sang songs, and even danced with them. Their laughter filled the halls, and their gratitude touched my heart.

What struck me most was their spirit of love and mutual care. Despite their physical limitations—some without legs or hands—those who could help became the hands and feet for others. There was no sense of burden, only brotherhood and service.

Their life stories are filled with pain—many were abandoned by their own families, forced to leave homes they once loved, separated from those dear to them. Yet, in the midst of such sorrow, they radiate joy. Their faces, though marked by hardship, shine with peace and hope. They encourage one another, uplift each other, and live with remarkable humility and grace.

It broke my heart to imagine the loneliness they must have felt when turned away by their own loved ones.

How painful it must be to be cast aside when you need care the most.

This experience brought mixed emotions—deep sorrow, yes, but also profound joy. I realized how precious it is to spend time with the elderly, especially those who are sick, lonely, or abandoned. A little love, a kind word, a gentle touch—these small acts bring immense joy to their lives.

I came to understand that serving them is not just an act of charity—it is serving Christ Himself. In their eyes, I saw God. In their smiles, I felt His presence. This experience taught me that happiness is not in receiving, but in giving—in sharing, caring, and loving without condition. Let us not wait. Let us love, serve, and care—while we still have time.

Song of Joy

- Ritu Barwa (Candidate)

My heart is always for my lord

It rejoices over and over

My every trouble he took away

All my burden he changed into rest

He gave me power and made me strong

He is Lord of Lords

He is my mighty God

He makes me strong to praise

*I shall be always faithful to him
I cannot predict my future
But it is good to be myself
But I know there is the will of God for every creature
Though I cannot understand
I will rejoice in my Lord*

One Morning

- Sr. Ujjwala

I remember one quiet morning, sitting in the chapel alone. The lamp flickered softly, the breeze kissed my face, and my heart was heavy with worry. As I looked at the crucifix, I whispered, “Jesus, I feel lost.” In that stillness, I felt a warmth inside me—a silent whisper saying, “I am with you.” That moment changed everything. The dry soil of my heart began to bloom again. Jesus doesn’t just walk in the garden of our hearts—He waters it with grace.

Now, every time I smile, serve, forgive, or simply breathe in faith, I feel Jesus growing like a gentle lily, reminding me: “You are not alone.” His presence is the most fragrant flower in the garden of my soul. Let Him bloom in you too.

Echoes From Gohpur

- Sr. Archangel Sebastian

*In the quiet village of Gohpur I stay,
Where life unfolds in a gentle way.
The sun climbs high, the sweat may fall,
Yet hands keep working, giving their all.*

*The rains descend with sudden might,
But hearts stay warm, and spirits bright.
I stepped into fields of soft, wet clay,
And planted paddy the Assamese way.*

*Green tea gardens stretch in grace,
Their fragrance drifting through time and space.
And far beyond, so calm and wide,
The hills of Arunachal kiss the sky.*

*So many tribes, each proud and true,
A world of stories in every hue.
A hundred tongues, traditions deep,
Yet all in love's embrace do meet.*

*"Jai Yeshu!" - the joyful cry -
From children's lips to elders' sigh.
Each smile received, each hand held near,
Turns every moment into cheer.*

*It was my dream to walk this land,
To touch its soil, its soul to understand.
Though first time here, I feel no fear—
For love and grace have brought me near.*

Through The Roads of East Africa

- Sr. Manisha

My maiden journey to East Africa began on 9th June 2025. I was accompanying Sr. Arpita on her canonical visitation. Preparations like Visa procedures, ticket booking and intake of a list of vaccinations began months before. I was to encounter a mixture of exciting and adventurous journeys to a continent, of which I only heard and read but mentally fully prepared.

Tanzania

The flight route took Sr. Arpita and me from Frankfurt via Istanbul to Dar Es Salaam, Tanzania, the land of Wild life. Sr. Sunita, Sr. Roshita and Fr. Ranjith had been waiting for us at the airport. And it was 2.50 a. m on 10th morning. Showers of blessings in the form of rain received us as we landed and we were certain that it was going to be a pleasant weather. Sr. Varsha had been waiting for us in the house with bouquets of flowers even in the wee hours of that morning.



(At a restaurant)

Lack of sleep and long travels urged us to long for a cozy bed and how glad we were to find one. Without losing much time we travelled to a land of dreams. After resting and having breakfast I accompanied the sisters to Milmani shopping Mall where the sisters could buy things which they do not get in their region, Njombe. Fr. Ranjith made himself available to drive us. Ginger tea is a speciality of the place and we tasted it on the way. From there we moved to an Indian Restaurant and had enjoyed a delicious Indian meal and avocado juice. Tiredness had not left my eyes. On reaching back it was time for resting. At 7.30 p.m we had Holy Mass. The very first day in Tanzania.

The next day began with Holy Mass in the nearby Parish at 6.30 a.m. We with all the sisters of Njombe community set out our journey to Kimara, the formation house of Claretians.

It was a very long journey and tiresome. The journey which began at 7.45 a.m. ended at 7.10. p.m. The Kilimanjaro Mountain was near to this house. In fact one could see the the top of the mountain from the house itself, if the sky were clear. Unfortunately the next day it was very cloudy that Kilimanjaro Mountain which had always fascinated me from reading in one of the novels which I learnt in B.A. remained hidden from our eyes. A drive of some 25 Kilometers from the formation house to view the mountain was also futile. We continued our journey with more mysterious thoughts of Mount Kilimanjaro.

Our next halt was to be in Moshi – Maji ya Chai- at ,Lumen Christi'- a centre of MSFS fathers. Even though there was heavy traffic and the journey was long, the day was very enriching with a view of ,African Art Gallery'. Thanks to Fr. William MSFS for his prompt decision to drive himself to the centre through the busy roads. It was a feast for our eyes, projecting the real art of Africa. Thousands and thousands of art items, paintings, carvings One understands the whole of African culture from this centre. Entry is free but one can buy the articles or paintings. So it is also an exhibition centre. Since we reached only an hour before its closing time we had to hurry up and hasten our viewing. But this view was in a way substituted our Kilimanjaro mountain sight.

Another long journey was awaiting us on the next day to Dodoma, where our Indian Province had bought some land. Although we had some mechanical issues of the vehicle it was solved soon to continue our journey smoothly. We reached our land by 6.00 in the evening and we also could visit the upcoming private poultry farm project and the guest house of the Deputy Prime Minister of Tansania, which is very close to our land and a very fast developing area. The night stay was at the centre of MCBS fathers.

The following day began with Holy Mass at 6.00 o'clock in the parish. A basilica is being built at this centre under the able guidance of Fr. Joby MCBS. He explained to us each and every plan and idea he depicts with the important themes of OT and NT.

After Breakfast we proceeded to Njombe, our community which is far away of a day's journey. The travels were pleasant due to good company, talking, joking, explanations, narratives, music etc. The scenic beauty on each side of roads was satisfying und cooling. There was mixture of mountainous beauty, trees of various kinds like mangoes, cashews and pines, barren land, tea gardens etc. I took delight in videotaping the sceneries and posting in my WhatsApp status and was amazed to see that I had gained many followers from Africa, Europe and India travelling with us all through these roads. Thank you all for your feedback.

Convent at Njombe

We reached Njombe around 7.30 in the evening with all the items we had collected and bought on the way. Sr. Arpita and I were staying at the claretians fathers' center due to lack of space in our community. The day's journey called us to go for an early sleep.



Convent

When we woke up it was Sunday, the 15th of June 2025. The Holy Mass was supposed to be at 9.00 at the next door parish. We were hurrying up with breakfast. Sisters calmly told us not to, because it never starts on time. But we could hear the singing practice and they were in time long before. The choir meets regularly for singing practice, to which they give a significant time. Since the Mass can start at any time, we moved to the church by 9.30 and the waiting ended by 10.00. I was amazed at the people's patience who showed no sign of irritation, which is very strange to Europe or Asia. The Mass was very lively with singing, clapping and rhythmic movements. Their voice gave me a celestial experience. They worship the Lord with their whole heart, mind and body and Sunday was set only for the Lord. The resting day of the Lord on the seventh day after the creation of the universe is literally followed in Africa.

The next day we visited the school of Claretians fathers, in which our sisters are rendering their services. It takes half an hour to walk and by vehicle almost ten minutes. Since it was holiday time we could not see the children. The school was in different blocks having the administration in one block, the classrooms in another block, the kitchen yet in another. Beautiful gardens with flowers in front of each block were very attracting and provide a conducive learning environment. Thanks to the selfless service and hard work of our three sisters at this centre. Their tireless efforts and diligence had brought laurels to the school and the fathers were in applaud for our sisters. We were very proud of them. Other than their service in the school they help out in the boarding

which is started recently. Two classrooms are converted to dormitories for the girls. One of the sisters stay with them taking turns along with a lady.



School

After spending a fruitful time with the community and almost a week through the different mission centers of various congregations it was time to say bye to Tanzania. It was also an opportunity for the sisters to be out as a community visiting various centers, a recharging time from the routine school activities. Thanks to Sr. Sunita for arranging and planning our days minutely and being generous with her time and being. Thank you Sr. Varsha and Sr. Roshita for your whole hearted support to Sr. Sunita. Sr. Arpita and myself are very grateful to all three of you for your hospitality, care and being sensitive to our needs. We had a very a pleasant time in Tanzania, mine being it for the first time to be recorded and to be left as an indelible impression in my memories.

The return journey from Njombe was to be on 16th evening by a night bus- ABC upper class. It started punctually and was a very clean bus. Sr. Varsha accompanied us. We reached the next day early morning in Dar es Salaam where we stayed once again at claretian fathers 'center. It was a center as our own. The fathers are very welcoming. For dinner Fr. Britto had prepared a special item: fried grasshoppers!! Oops! Though it looked delicious, we didn't dare to taste it, but enjoyed looking at him relishing every single piece....

Our flight to Mozambique via Nairobi (Kenya) was at 5.00 a.m. on 18th June 2025. We were on time to continue our journey to explore another land – Mozambique.

The 'Air Tanzania' - the wings of Tanzania- started boarding its passengers at 4.15 a.m. on 18th June 2025. Unusually the flight on this day was on time. It was a small flight, very small for the air hostess on duty. It flew us to Nairobi, Kenya and there we had a wait of six hours. The next flight was to Nampula (Mozambique) via Lilongwe in Malawi. On a single day we passed through four countries.

Mozambique

We disembarked at the Nampula airport around four in the afternoon. The airport was smaller than a bus terminal. We spotted Sr. Assuncao, Sr. Fatima, Sr. Odelta and Christeena, a postulant at the belt waiting for us. They could come up there without any problem. The convent – our delegation house - was at a distance of

about twenty minutes drive from the airport. The sisters and candidates were ready at the gate with their drums to sing the welcome song. The cheerful faces and the grand welcome with the rhythmic singing and clapping helped us to forget our tiredness. With the evening Mass at the nearby parish the day ended.

The days that followed were waiting to reveal to me the true heart of Mozambique. The vegetation was more or less the same as in Kerala. The mud had more of a red color. The scarcity of water was felt everywhere. There were many ground tanks built in the convent which gathered rain water. And this water is used for daily necessities. So you see a range of buckets of all colors and sizes filled with water in washrooms, kitchens, washing places. A daily routine is to fill these buckets as they get emptied.

Sr. Arpita was busy meeting sisters. I spent time to see as much I could, trying to communicate with the sisters with the few words of Portuguese and with gestures. Drawing water from tank was a necessity and at the same time mundaneness. I tried to wear 'Kapulana' (Mundu in Malayalam). Here the women wear Mundu where as in Kerala the men wear it. But the Kapulana in Africa is a much useful and meaningful one. Magnificent are its manifold uses!

The great day of celebration was on 22nd June -two first professions and three perpetual vows and one silver jubilee. The sisters were engaged in many preparations for the day like food, decorations, singing etc. There were a lot of works to be accomplished. But all knew

what to do, when to do and they did them very happily, singing and cracking jokes. Samosa preparations with chicken fillings started on Friday and it was interesting to watch their way of preparation.



Sisters from other communities were coming and going, helping out, doing this work and that. On Saturday morning Sr. Fatima gets the news that the Bishop who was to celebrate the Mass on Sunday is hospitalized due to sickness. A time of tension. But this instant problem was solved within an hour. Another Bishop

who was on his way for an ordination and was to be in the nearby place agreed to officiate the day. It was an instant problem with an instant solution. All were relieved.

The D-day arrived. The Holy Mass was to begin at 9.00 a.m. We prepared ourselves mentally thinking of the length of the programme of the day. And the Mass began at 9.45 a.m. The choir group and some parishioners had a uniform Kapulana, which was provided by the sisters. Even we got one of it. As the entrance procession started we could hear the melodious singing of the choir accompanied by clapping of hands and rhythmic dancers from four corners. You

cannot but automatically be a part of this rhythmic movement in the church.



(Profession)

The celebration of Holy Mass had its own peculiarities. The two novices and junior sisters for the perpetual vows were seated somewhere at the back among the people. Before the ceremony of vows began, they came in front of the altar singing with rhythmic movements. The song had the words that they heard the Lord calling them to follow Him and their yes to God. It was a very touching moment. Before the final profession the two junior sisters prostrated before the altar, while the choir sang the litany of all saints. Some six ladies of the parish were also seated around in semicircle near the sisters, offering incense. That was their creativity; I got to know it later. The speciality of the offertory is that it is not the offertory box goes around the people. The people come in front of the altar and put their offerings in the box which is either kept in front or held by any assistant. This is seen everywhere even on weekdays.

On this day there were two or three offertory songs. After communion, there was one more offertory procession. These were the offerings and gifts for the Bishop, the main celebrant from the parishioners. A big packet was also among the offerings, that were to be a microwave, a gift for the Bishop (He is the first Bishop of a newly erected diocese). Then there was another song and yet another, all accompanied by clapping and rhythmic movements of the dancers. Even small children were among the dancers and totally into the celebration. No sign of tiredness was seen on their tiny and innocent faces.

The solemn Eucharistic celebration took almost five hours. It was followed by delicious food prepared by our sisters and felicitation, cutting cake etc. The whole day's celebration got over by five o'clock (for us) and some invitees continued the celebration singing and dancing even after that.



(The pillars of Mozambican Delegation)

The next day all the sisters had gathered together for a meeting with the Superior General and me, a time for evaluation of the mission, communities, suggestions, sharings, visions and dreams. A total of 20 professed members are there in Mozambique. Each one had time to express herself and it was a very fruitful time spent. After lunch, it was a recreation time for the sisters while the newly professed sisters and the jubilarians unpacked their gifts and envelopes.

The feast day of St. John the Baptist on 24th was almost a quiet day. We went to visit the nearby community Maria Rainha where a new school had been started. There were around 68 students distributed up to classes 6th. At 9.00 we attended the Mass at a parish where Fr. Wilson, MSJ is the Parish priest. The church is named after St. John the Baptist and we were glad to attend the Mass there on the feast day. On this feast we were more than happy to taste 'Palappam' prepared by Sr. Sara. She had learnt it from our Indian sisters as they were rendering their services in Mozambique. In the following communities they were all fondly remembered for their presence and services rendered. Thanks to all dear Sr. Sarala, Sr. Sunita, Sr. Lissy, Sr. Jacinta and Sr. Seema for your hard work and mission life in Mozambique. You are really appreciated and cherished.

The centre in Maria Rainha, the youngest of all the communities in Mozambique have some peculiarities to offer other than the education ministry. A poultry farm is successfully carried out which has currently more than 2000 chicks. An orchard is well maintained with orange

trees, Papaya, Guava trees along with other fruit varieties. Each community is offered a piece of land for vegetable cultivation and they enjoy the produce. It is a very practical and innovative idea of Sr. Fatima. As the community is far away, they employ and pay a worker to maintain the land, ensuring it is well used and not a burden for the local community. It is functioning effectively.

Our adventurous journey to the community of Gile took place on 25th June. We set out at 8:15 a.m.—a day of special significance for Mozambique, as it was Independence Day, commemorating the country's liberation from Portugal in 1975. Most shops were closed, and certain roads in Nampula city were blocked as a precaution. Apart from these minor signs, there was little of the visible fanfare we are used to seeing in India on such a day.

The first 100 kilometers offered smooth roads and breathtaking scenery on both sides—mango and cashew trees in abundance, stretches of tapioca fields, and occasional glimpses of mountains that made the drive a visual delight.

But the moment we turned onto an untarred road, I had no idea the next five to six hours would be truly unforgettable. The vehicle could barely move faster than five kilometers an hour. The roads were in an unimaginable state of disrepair—sometimes stony and rocky, at other times muddy and slippery. Not for a single second could one sit still without feeling like they were on a seesaw. The potholes were massive and

intimidating, forcing the driver to carefully maneuver each wheel into place. One wrong move, and the vehicle could easily get stuck. Driving here was nothing short of a herculean task, and during the rainy season, such travel would be impossible.

As it was my first experience, I found it all quite overwhelming. But Sr. Fatima, calm and unshaken, navigated every stretch with steady hands and a composed spirit. Hats off to her courage and skill!

On the way, we kept ourselves busy munching on sugarcane, cashews, and avocados. By 1:30 p.m., we arrived at Muiane, where the Claretian Fathers have a mission centre. They welcomed us warmly and offered us lunch. The Claretian Sisters from Brazil also have a convent there. Alongside their pastoral work, they run a dispensary where two Brazilian doctors—who visit periodically—treat patients, mainly children. These doctors usually stay for about a month each time, offering their services free of charge.

After lunch, we resumed our journey, only to find the road in an even worse condition. At times, we joked that after all the bumping and swaying, we might end up with more bones than we started with! Exhausted, we finally reached our convent at 5:30 p.m.—having taken over six hours to cover just 100 kilometers. That, in itself, speaks volumes about how challenging these degraded roads can be.

The girls from our boarding were ready to greet us with a welcome song, the beat of drums, and armfuls of

flowers. Sr. Athanasia, Sr. Ditosa, and Sr. Lea received us with heartfelt warmth. That evening, all we wanted was rest—a fresh bath felt like a necessity after the long journey. This was the only community where we enjoyed running water from taps; in all other convents, we had only seen buckets filled with water.

The next morning, the rising sun peeped over Gile Mountain, casting its golden glow and welcoming us into a new day. The air was fresh, the scenery stunning—a beauty that made the previous day's exhausting journey worth it. The convent grounds boasted a vibrant flower garden and a flourishing orchard. There were 46 girls in the boarding, from 8th to 12th grade, with around eight aspirants who might one day join the convent. They participated in community prayers and learned more about religious life.

That afternoon, I joined the sisters for a walk to a nearby mountain. It took us about half an hour to reach the cross fixed near the summit—a place where the faithful gather during Lent to pray the Way of the Cross. From there, we had a sweeping view of the village and the land beyond. With evening Mass ahead, we hurried down to prepare. Another full, tiring day came to a close.

The thought of retracing our route along those treacherous roads the next day was daunting, but there was no alternative. Setting out early, we passed a striking white-stone mountain. This time, we made no stops, and Sr. Fatima drove steadily, allowing us to arrive earlier—and with less fatigue than before. Indeed, any difficult task becomes easier with repetition.

The following day, we set off for our fourth community in Ribaue. Sr. Fatima reassured us that the roads would be better—a two-and-a-half-hour journey. Two newly professed sisters, Sr. Manuela and Sr. Quelsa, traveled with us to join their respective new communities. Along the way, we stopped at Maria Rainha community, where we had planted mango trees during a previous visit as a remembrance.

Continuing on, the roadside views were a balm to the soul—ranges of mountains, groves of mango and cashew trees. Just gazing at their beauty seemed to ease away weariness. Chewing on sugarcane revived our energy and helped keep Sr. Fatima alert. She also bought sacks of sweet potatoes to provide for the hostel girls in Ribaue. We arrived at 1:30 p.m., where the boarding girls and sisters welcomed us with joyful singing and lively rhythms, their smiles erasing the last traces of travel fatigue. At this center, the sisters run a kindergarten where Sr. Sonia teaches. Sr. Fatima and Sr. Flora teach in separate schools, while Ameliya, a novice, is here for her community experience. In each community there are usually only three or four sisters, yet they are fully engaged in a variety of pastoral, educational, and social activities. There is truly no one without work. The following Sunday, we attended Mass at the parish where a Comboni Missionary serves as parish priest. The church is still under construction, yet it radiated a strong sense of community spirit.

Our last stop on the visitation plan was Iapala, just half an hour's drive from Ribaue. Iapala was the first center

established by the Portuguese sisters. Here, the sisters run a boarding house for girls in classes 6 and 7. That afternoon brought heavy rainfall—the first since March. I noticed a well in the compound, but it had completely dried up. Interestingly, despite the widespread water shortage, every community we visited maintained beautiful flower gardens, vegetable plots, and orchards. They manage this through rainwater collection and bore wells—a commendable effort.

Next to the convent stands a government hospital, once the heart and soul of Sr. Sarala's ministry. Today, Sr. Cidalina serves there as head nurse. As she took us around, she showed us a photo of Sr. Sarala holding a child, recalling with gratitude her dedicated service. Patients come from both near and far, and on that day I saw only women and children. The hospital is spread across several small buildings, each for a different department. Families could cook or wash if needed. Almost every woman carried a child on her back—even very young girls. Men rarely carried children, and if they did, it was often because their wives were sick, had left them, or were carrying a younger one.

In the afternoon, we returned to Nampula, marking the completion of our visitation. Along the way, Sr. Fatima purchased ten bundles of firewood from a woman selling by the roadside. She had gathered them from the forest to earn her livelihood. Such scenes were common—tomatoes, potatoes, cashews, firewood, and more for sale, often tended by children. If a passing vehicle

stopped to buy something, it meant food for that family that day.

On 2nd July, we set out to visit the Island of Mozambique, about 200 kilometers from our community in Nampula. Sr. Fatima, Sr. Manuela, Sr. Quelsa, and I enjoyed a day that blended historical learning with moments of lighthearted fun. We visited the chapel where St. Francis Xavier celebrated his first Mass, surrounded by the Indian Ocean. A towering statue of Vasco da Gama stood nearby, marking the place where he landed before sailing to India.

With the help of a guide, we explored Sebastian's Fort, once under Portuguese control, its large cannons still pointing outward in defense against enemies. The fort's rainwater harvesting system was impressively well planned. We visited the Chapel of Our Lady, though it was under renovation and closed. One of the most sobering sights was the deep dungeon where rebellious native slaves were thrown to starve to death. If, after four or five days, they were still alive, they were taken to the chapel for one last prayer before being executed.

From the fort's vantage point, we spotted another small island named "Goa," now uninhabited. By then, hunger had caught up with us. We eagerly opened our lunch packets only to realize that the main item—rice—was missing! We laughed and made do with fried chicken and cake, discovering that this unusual combination worked just fine.

Though the Island of Mozambique is a UNESCO World Heritage Site, it is not well maintained. Many buildings are old and damaged, perhaps due to the salty sea air and recurring cyclones. On 3rd July, I visited the MSJ Fathers' center, home to Fr. Tobias, Fr. Adelino, and ten brothers. Later, I stopped at the Claretian Fathers' center where Fr. Roy CMF serves, but unfortunately, he had flown to India due to illness.

And then, it was time to bid farewell to Mozambique—a country that had given me so many experiences, insights, and observations. For me, these days were like a “come and see” program: I witnessed the land, the people's struggles for survival, and the mission of the Church here. Church celebrations, especially the Holy Mass, are lively and lengthy. Weekday sermons are often longer than our usual Sunday homilies, perhaps because priests use this time for catechetical teaching.

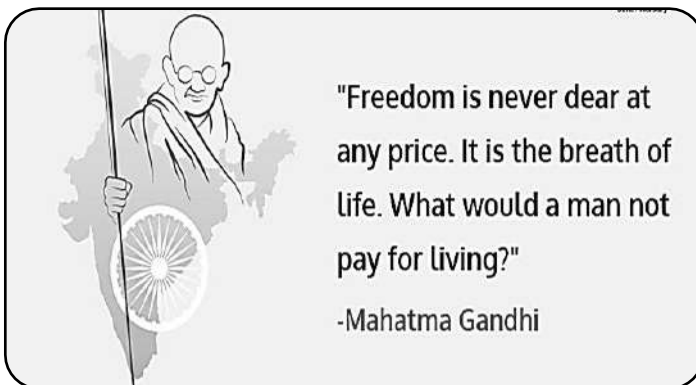
The water shortage is a daily challenge, a reminder to be mindful in its use—whether in abundance or scarcity. Mozambique lags behind in many areas of development. Degraded roads and widespread poverty are visible everywhere, legacies of colonialism, years of war, and ongoing corruption.

Superstitions still hold sway, even among the educated. One newly professed sister's family refused to attend her profession because they believed it would cause her mother's death—something they claimed had happened in another family. Her father, a secondary school teacher, held firm to this belief. Yet our sister stood courageously by her decision, supported by her

community. She will need our continued prayers in her religious journey. Girls here are often confined to the home, with little opportunity beyond caring for their children and family. Meanwhile, Africa's natural resources are abundant—gold, for example—but the natives are not permitted to mine it. One is left to wonder why.

I return home enriched by this journey and the many moments, views, and lessons it offered. Posting photos and videos with explanations each day on my WhatsApp status allowed many to see Mozambique through my eyes.

Indeed, this journey has broadened my horizon.



**In Memory of Lives Lost,
In Hope for Lives Shared**

- Shanti

*A plane that soared, then fell from sky,
Reminds us life is but a sigh.
Not ours to hold, nor tightly keep,
But borrowed time-a breath, a leap.*

*Above Ahmedabad, the heavens wept,
As dreams were crushed and silence crept.
No warning came, no gentle sign-
Just stillness where a heartbeat shined.*

*O sisters dear, this life is brief,
Each breath a gift, a sacred leaf.
Let not our moments fade or flee
In petty hurts or vanity.*

*Let us live with hearts sincere,
In love and truth, in grace, not fear.
May joy arise in helping hands,
And God be seen in all our plans.*

*Before the sky calls one more name,
Let's live with purpose, love, and flame.
While we still have time-oh, let us shine,
With love divine.*

The Journey of Pilgrims of Hope

- Priyanka Tigga (Novice)

A pilgrim is one who journeys to a sacred place for religious reasons. Hope is the quiet trust in God's goodness, even in the midst of hardship.

I had never been on a pilgrimage before. As I prepared to begin, my heart was filled with questions: Will I do this right? Am I worthy? Will my prayer be deep enough?

I didn't have the answers - but I knew one thing for certain: I would go. When I joined the Pilgrims of Hope, I was greeted by a sea of people, each carrying their own intentions, their own longings. Together, we stepped forward - united in hope, rooted in trust in Jesus. As I walked, I prayed for transformation - that my relationship with the Incarnate God would deepen, that my heart would become a truer witness to His light, and that I would be ready to receive Christ with open arms.

Along the way, I placed before the Lord the intentions of our congregation, our community, our families, and our friends. Every step became a prayer. During the pilgrimage, I forgot my worries, my pain, my sorrows. I experienced the grace of Jesus - His Spirit poured out upon me, filling me with peace. Though my body grew tired from walking, my soul felt lighter than ever.

At the end, I was overwhelmed with a deep sense of God's presence. It was a powerful, grace-filled experience - and I thanked God from the bottom of my heart for His blessings. The Pilgrims of Hope is more

than a journey of feet; it is a journey of the heart. It calls each of us to live our faith actively - to become bearers of hope, to shine Christ's light through our words, our love, and our service. We are not just walking to a holy place - we are being transformed into holy people.

Mother

- Sankumari (Novice)

***M**other is the flame of life*

Mother is the best source of life

Mother is the ocean of love

Mother is the love of love

Mother is the shadow of mercy

Mother is full of kindness

Mother is the memories of my heart

Mother is the storehouse of love

Mother is my breath and my soul

Mother is my unshakeable hope

Mother is my unwavering support

Mother is my beacon of love

Mother is inspiring and empowering

Mother is patient and caring

Mother is affectionate and selfless

Mother is the abode of love

“My whole world is because of my MOTHER”



Grateful Hearts

Our 20 Days at Devalayam

- Rosemary and Punam
(Candidates)

We are filled with deep gratitude and joy as we reflect on our 20-day experience at Devalayam, Secunderabad. Praise and glory to God, who in His infinite mercy granted us this precious opportunity to encounter His love in the most vulnerable and tender of ways.

We are thankful to Sr. Tessy, our Provincial and Sr. Joshana, our Mistress, for sending us on this journey of compassion and formation. Their trust and encouragement have been a constant source of strength.

Our journey began with great excitement as we travelled on the Vande Bharat Express-a thrilling and memorable experience in itself. Upon arrival, we were warmly welcomed by Sr. Manjusha, whose kindness and hospitality immediately made us feel at home. The weather in Secunderabad was pleasant and welcoming, mirroring the warmth of the community.

On the first day, however, our hearts were overwhelmed. We were face to face with children in fragile health and difficult circumstances. Fear and uncertainty gripped us- What should we do? How should we care for them? We felt helpless, unsure of our role.

It was Fr. Shiju, the in-charge, who gently guided us. With deep compassion, he reminded us that every child is a sacred gift from God. He inspired us with the example of St. Camillus de Lellis, who served the sick with unwavering love and reverence. “Care for them,” he said, “not just with your hands, but with your heart.”

Sr. Manjusha also walked with us every step of the way-teaching us, supporting us, and caring for us as a true mother in community. Her quiet strength and dedication left a lasting impression.

At first, we were hesitant-afraid to hold the tiny, fragile bodies. But as the days passed, fear gave way to love. We began to play with the children, sing to them, and simply be present. In their smiles, their eyes, and even their silence, we began to see God. We also had the joy of watching a movie together at the theatre.

These precious children have now carved a unique place in our hearts. Through them, we learned to thank God for everything-for life, for health, for love-for all are His gifts. We experienced His presence not in grand gestures, but in the quiet moments of holding a hand, wiping a face, or whispering a prayer. This experience has transformed us. We return not only with memories, but with a deeper faith, a softer heart, and a renewed commitment to serve.

We will cherish these days for years to come-holding them close in prayer, in gratitude, and in love.

Thank you, Lord, for Devalayam. Thank you for the gift of these little ones.

God Says

- Jina Samad (Candidate)

God says go on don't stop
For I have a plan for you
But we say lord we are weak, we can't.
Lord says I will assist you
And show the direction
I will walk with you
And take you to victory
But we say Lord we are afraid to walk alone
God says I am with you my child, go on don't stop.

Sharing Your Blessings

- Sr Lucia SJB

Why continue to stand idle on this holy ground without offering what we have been given? True blessing is not in possessing, but in sharing. In fact, the burden we carry can become a blessing-when we turn it outward, when we give it away. Our very existence begins with sharing. From the moment we are born, we receive: nourishment, breath, warmth, love. Our mother is often the first one who teaches us what sharing truly means-not just of food or material things, but of self, of care, of unconditional love. She gives without expecting anything in return. In her, we see the face of divine generosity. Now, as those who have received so much, it is our turn.

To share is not merely a kind act-it is an honour and a privilege. And we must not forget: when others allow us to share with them, they are placing trust in us. They are saying, "I accept you. I believe in your goodness." That, too, is a gift.

The more we share, the more we are blessed. Sharing connects us. We are not meant to live as isolated individuals. Deep down, we are all interwoven-dependent on one another in visible and invisible ways. Realizing this truth takes time and openness, but once we do, we begin to see that we are never truly alone. Sharing blessings can take many forms, because everything we have is ultimately a gift from God. We can share material things-money, food, clothes, books, toys, household items-with those in need. But sharing goes far beyond what we own.

We can share our time and presence. Spending time with the elderly in hospices, volunteering at orphanages, reading to patients in hospitals-these are powerful ways of sharing. So is helping with the funeral rites of unclaimed bodies, ensuring that even the forgotten are given a dignified farewell. Being with the grieving-sitting quietly, holding a hand, offering silent companionship-can bring deep comfort. Helping someone rise again after loss, slowly and gently, is one of the most sacred forms of sharing. We can even share life itself beyond death. By donating our organs-our eyes, heart, kidneys-we give the gift of life to strangers. In that act, we say: "Even when I am gone, may my life continue in someone else."

We can share kindness with all living beings. Feeding birds and animals is not just about giving food-it's about offering love. Speaking gently, stroking them, showing affection-this is sharing companionship and care. We can also share our knowledge, skills, and talents. Teaching, mentoring, guiding others-these are ways of giving back what we have received. It is our responsibility, and also our joy, to use our gifts for the good of others.

When we share anonymously, without seeking recognition, we come closest to pure giving. There is a special beauty in giving quietly, simply for the sake of love, expecting nothing in return.

In every act of sharing, we honour God. We say "thank you" not just in words, but through our actions. We make a difference in someone's life-and in doing so, we inspire them to do the same. One act of kindness creates a ripple that spreads far beyond what we can see. When we share our blessings, we don't lose anything. Instead, we awaken the presence of God within us. We discover that generosity is not sacrifice-it is fulfilment. And in that moment, we become what we were meant to be: a blessing to others.

Days of Life

- **Berena** (Candidate)

Day begins and day ends

Day is greater than gold

Day reminds us to celebrate life

Day reminds us to be aware of life

Day tells to life to be friendly

Day tells to life to take up the challenges

To run together and march for life

To achieve the goal which is set for life

Vocation Story - The Story of My First “Yes”

- **By Dominika Topno** (Novice)

I was a joyful young girl from a small village called Manjuli Pathar in Assam. Life there was simple, peaceful, and full of love. I cherished helping my parents, playing with the children in our village, and spending quiet moments in the church—where I first felt a deep closeness to Jesus.

What moved me most was seeing the sisters serving the poor and teaching catechism with such love and dedication. In their lives, I glimpsed something beautiful—a life completely given to God and others. Little did I know, that glimpse was planting a seed in my heart.

One day, during Eucharistic Adoration, I experienced a profound moment of grace. I didn't hear a voice with my ears, but deep within my soul, I sensed a gentle invitation: "Come, follow Me." That inner call stayed with me, growing stronger with time.

At the age of 17, I responded to that call by joining the Sisters of John the Baptist (SJB). I was quiet by nature, but I found great peace in daily Mass and in praying the Rosary with my sisters at the convent in Gohpur. As I grew in my vocation, I became more aware of a quiet, persistent voice within—a call to give my life completely to God.

The years I spent in prayer before the Blessed Sacrament at Vinay Vikas were especially grace-filled. They taught me the power of silence, the importance of prayer, and the gift of discernment. My formators walked with me every step of the way—offering guidance, support, and encouragement—helping me grow in confidence and trust.

On November 1, 2024, I entered the postulancy, beginning my formal journey of religious formation. Those months were transformative. Every experience—joyful and challenging—deepened my trust in Jesus. I learned that vocation is not the absence of difficulty, but the presence of grace in the midst of it.

Then came a day I will never forget: June 24, 2025. With great joy and gratitude, I entered the novitiate—a sacred two-year period of intense prayer, spiritual formation, and preparation for my first vows await me. This time is

meant for deepening my relationship with Christ, embracing religious life more fully, and allowing God to shape my heart.

In the silence and stillness of the novitiate, I am learning to listen more attentively to God's voice. Each day, I strive to walk with Christ, accompanied by His grace, growing in love, humility, and surrender.

These grace-filled years are a precious gift—a time to transform my heart, to embrace joyful community life, and to grow into an ever-deeper, intimate relationship with God.

This is my first “yes”-and I pray it will lead to a lifetime of saying “yes” to His love.

Nature

- Poonam Kujur (Candidate)

All loving God how beautiful is the nature...

How cheerful you are at the time of drizzle

How sheen you are ...

You are full of radiance ...

You make us enjoy every moment

You help us feel your presence

You teach us to face difficulties and challenges

Your wish is to make us strong

You are the God who embraces us in our loneliness

Life

- **Albena** (Candidate)

A life is a flower
A life is a joy
A life is a sorrow
A life is a heart with hurt
A life is eyes with tears
A Life is a game
A life is a guest
A life is a thought of success
A life is short
A life is never lasting
A Life is a dream
A Life is a flower that withers away
A life is a hand of the Lord

Freedom is the
foundation for all
wonderful things in life

Jeffrey Tucker

The Wise Old Owl

How to Cultivate Hope and Resilience

- Sr Padmini SJB

Once upon a time, there lived a wise old owl in a quiet forest. The Owl lives on a tall oak tree and watched everything that happened around her. She had seen the seasons change, the animals grow and the forest evolve over many years.

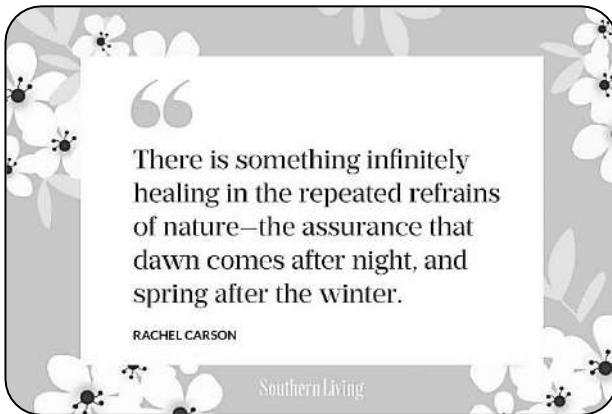
One day a little sparrow flew up to her chirping nervously. "Grandma owl ", she said," I have heard that you are the wisest in the forest. I am always afraid of snakes, storms and even shadows. How can I ever be brave like the eagle?" the sparrow looked confused. Just then a gust of wind blew and a baby squirrel lost its grip and fell from a tree. Without thinking, the little sparrow darted down and caught the baby squirrel by its tail, breaking its fall. She brought it safely to the ground.

The Owl smiled "you acted without thinking of fear. That, little one, is courage. From that day on, the sparrow no longer wished to be an eagle. She learnt that bravery isn't about size or strength, but it's about heart. The true courage is doing the right thing even when you are afraid.

Beauty of Life

- **Monisha Topno** (Candidate)

*Life is so beautiful
It is fragrant like a flower
But people do not understand
People are running in search of life
Life becomes hard for us
It is the beauty of life
If you live for others
It leads you to find peace
If you want to make a life
Trouble always follows you
It comes for your awareness
Trouble and happiness are the guests
A person who lives with them
Becomes witness for others
It is the beauty of life*



Laugh and Be Merry

- Sr. Shushanti

Laugh and be merry, remember, better the world with a song.

Better the world with a blow in the teeth of a wrong.

Laugh, for the time is brief, a thread The length of a span.

Laugh and be proud to belong to the old proud pageant of man.

Laugh and be merry: remember, in olden times.

God made heaven and earth for joy He took in a rhythm,

Made them, and filled them full with the strong red wine of His mirth

The splendid joy of the stars: the joy of the earth.

So, we must laugh and drink from the deep blue cup of the sky,

Join the jubilant song of the great stars sweeping by,

Laugh, and battle, work, and drink of the wine outpoured

In the dear green earth, the sign of the joy of the lord.

Laugh and be merry together, like brothers are akin.

Guesting awhile in the rooms of a beautiful inn,

Glad till the dancing stops, and the lilt of the music ends.

Laugh till the game is played; and be merry, my friends. Sushanti ka article

Summer Fair

- Mrs. Anju Tiwari (Teacher)

*It's a bright sunny day
Big and small on their way
Summer fair in the town
Juggling and Dancing
Sweets and Savouries
There's a lot for everyone
Queuing for the rides
Holding balloons upright
Watching all the shows
It is so much fun you know
With the sun setting in the sky
Time for hefty meal what a splendid day
Hurray! Hurray!
Prayer changes us*

"I Created You" - A Moment of Awakening

- Sr Bertila

One day, a young girl stood at a street corner, her clothes tattered, her face smudged with dirt, her body frail and weary. She held out her hand, not with demand, but with quiet desperation - begging for food, for coins, for anything that might bring a moment of relief. A well-dressed young man passed by. He didn't stop. He didn't look. He walked on, absorbed in his world of comfort and privilege.

Later that evening, he returned to his spacious home, greeted by the laughter of his children and the warmth of his family. He sat at a beautifully set table, surrounded by abundance. Yet, as he looked at the food before him, his thoughts turned to the girl on the street. A deep ache stirred in his heart.

He bowed his head and prayed: "God, how can You let this happen? Why don't You help her? Why do some suffer so much while others have more than they need?" In the stillness, a gentle voice stirred within him: "I did help her. I created you." A silence settled over him. The truth pierced through his comfort. God had already acted—not through a miracle from the sky, but through him. He was not just a bystander. He was the answer.

This story reminds us: When we pray for change, we must be ready to become it. Faithful prayer does not only lift our hearts to God - it empowers us to be the compassion we seek, to live the justice we ask for, to

become the hands and heart of God in a broken world. For God's greatest miracles are not always wonders in the sky - but ordinary people choosing to love, to see, and to act.

**“Counselling as Sacred Listening:
A Guide for Ministry Workers”**

- Sr Vidya Joseph

Introduction: “Counselling is the art of listening deeply, guiding gently and empowering individuals to find their own path to healing and growth.

“Sister, can I talk to you for a while?”

“Could you counsel my child?”

“Can you help my parents? They're on the verge of divorce?”

These are not uncommon requests. In my years of service, I've heard them often-and I suspect many of you have too. Whether you're a teacher, healthcare worker, youth leader, spiritual guide, administrator, or volunteer, people naturally turn to us in moments of crisis. They carry silent burdens-emotional pain, family struggles, spiritual confusionand they seek someone who will listen, care, and walk with them.

Though we may not be licensed therapists, we are often the first point of contact. Whether we feel ready or not, people trust us with their deepest struggles. That's why

it's essential that we understand the basic principles of professional counselling. These skills aren't reserved for experts—they are vital tools for anyone called to compassionate ministry.

In this article, we'll explore the eight foundational steps of counselling, adapted for pastoral and community settings. These stages help us respond with care, clarity, and compassion—not as fixers, but as companions on the journey.

Basic steps of counselling

Step 1: Welcome the Client

Begin with warmth, respect, and presence. A simple, traditional gesture—such as a gentle smile or a kind greeting—can go a long way. Say something like: “It’s good to see you,” or “Thank you for coming.”

Ease into the conversation: “How has your week been?” “How are you feeling today?”

In informal or home-based settings, offering a drink or a comfortable seat can help the person feel at ease. This initial warmth sets the tone. It communicates: You are safe. You are valued. You are not alone.

Step 2: Orient the Client

Before diving into the conversation, take a moment to orient the person to the process.

Explain confidentiality: “What you share here will remain between us, unless there’s a serious risk to yourself or others, or cases of abuse involving children or elders.”

Clarify the time frame: “Our session will last about 50–60 minutes, so we can make the most of our time together.” Ask gently: “Have you spoken with a counsellor before? What was helpful? What wasn’t?” “Are you currently on any medication or seeing a mental health professional?”

This information helps determine whether a referral is needed and ensures continuity of care. It also builds trust by showing professionalism and ethical awareness.

Step 3: Invite the Client to Tell Their Story

Many people don’t know how to begin. Help them open up with open-ended, non-judgmental questions: “I’d like to understand your journey—could you tell me what brought you here today?”

“What’s been on your mind lately, even if it feels small or ordinary?” “What feels most important for us to focus on in our time together?”

These prompts encourage storytelling without pressure. They create space for honesty, vulnerability, and emotional release—often more healing than any diagnosis.

Step 4: Reflect the Content

One of the most powerful tools in counselling is active listening through reflection.

After the person speaks, paraphrase what you've heard: "From what you've shared, I understand that..." "What I hear you saying is..."

This shows that you're listening and helps clarify the issue. It also gives the client a chance to correct or expand their story: "Yes, but there's more..." or "Actually, I meant..."

Reflection prevents misunderstandings and deepens mutual understanding. It also invites deeper exploration: "Tell me more about that."

Step 5: Identify, Name, and Process Emotions

Many people feel emotions without understanding them. A key role of the counsellor is to help them name what they're feeling—sadness, anger, fear, shame, guilt.

Ask gently: "What emotion comes up when you think about this?" "Where do you feel that in your body?" Giving language to feelings brings clarity and reduces inner chaos. It validates their experience and opens the door to healing.

Processing emotions may include: Talking through the experience
Journaling
Expressive arts (drawing, music)
Mindful breathing or body awareness

The goal is not to suppress emotions, but to acknowledge, understand, and release them in healthy ways.

Step 6: Process the Meta-Experience

Beyond the surface emotions lies the meta-experience—the deeper layer of meaning, belief, and self-perception.

For example: “I feel sad.” → “And I feel ashamed for being sad.” “I’m anxious.” → “I hate myself for being weak.”

These inner judgments can be more painful than the original emotion.

Help the client explore these reactions with curiosity and compassion: “How do you feel about feeling this way?” “What does this emotion say about you in your eyes?”

This reflective layer fosters self-awareness, reduces self-criticism, and nurtures a kinder relationship with oneself.

Step 7: Empower the Client

True counselling doesn’t create dependency—it empowers.

Help the person recognize their strengths, reclaim their dignity, and regain a sense of agency. This can be done through:

Assertiveness training: Learning to set boundaries and express needs

Reframing: Seeing the situation from a new, more hopeful perspective

Self-awareness: Understanding what they can change, what they must accept, and what they can prepare for.

Empowerment means helping them say: “I am not broken. I am growing. I can choose.”

Step 8: Set Goals, Evaluate, and Terminate

Effective counselling is goal-oriented. Help the client set SMART goals:

Specific
Measurable
Assignable
Realistic
Time-bound

For example: “I will speak to my spouse about our concerns once a week for the next month.”

Regularly evaluate progress: “How close do you feel to your goal?” “What’s helping? What’s getting in the way?” As healing takes root, prepare for termination—a thoughtful closing of the counselling relationship. Use this time to: reflect on growth, celebrate strengths, reinforce coping strategies, affirm readiness to move forward. A proper ending brings closure and confidence.

Conclusion: A Ministry of Presence

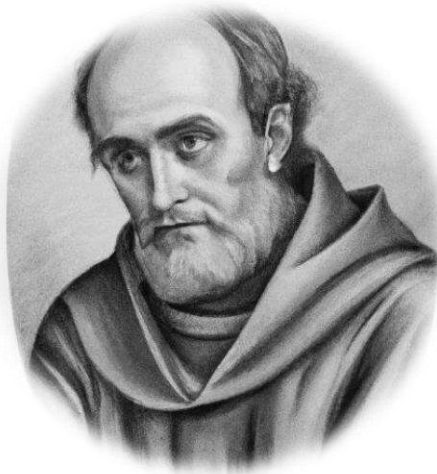
Counselling is not about having all the answers. It’s about being present—with empathy, integrity, and faith. From the first welcome to the final farewell, each step creates a sacred space where healing can begin. These skills—building trust, listening deeply, naming pain, and empowering change—are not just for professionals. They are spiritual practices for anyone called to walk

with others in their darkest hours. When we listen with love, we reflect the heart of Christ. And in that moment, we become instruments of hope, healing, and grace.

“Bear one another’s burdens, and so fulfil the law of Christ.” - Galatians 6:2

Saint Issac Jogues

A Missionary of Courage and Christ - Live Love



Among the great missionaries of the Church, the name of St. Isaac Jogues shines brightly as a beacon of unwavering faith, extraordinary courage, and a deep love for Christ and His people. Born in Orléans, France in 1607, Isaac Jogues entered the Society of Jesus (Jesuits) at the age of 17. He was a man of prayer, intellect, and a missionary zeal that would one day take

him across the ocean to the rugged, dangerous lands of North America, known then as New France.

Mission to the New World

In 1636, Fr. Jogues was sent as a missionary to the Huron and Algonquin peoples in what is now Canada. These were challenging missions—not only due to the harsh climate, language barriers, and rugged terrain—but because of the frequent tribal wars, especially with the Iroquois Confederacy who were enemies of the Hurons.

Isaac labored tirelessly, learning the local languages, living among the people, sharing their burdens, and introducing them to the Gospel. His missionary journey was not just about preaching—it was about becoming one with those he served, even when it cost him dearly.

Capture and Martyrdom

In 1642, while traveling by canoe with Native converts and fellow missionaries, Fr. Jogues was captured by Mohawk warriors of the Iroquois tribe. What followed was a year of horrific torture and imprisonment. His fingers were mutilated, and he endured hunger, humiliation, and beatings. Yet, through it all, he never wavered in his faith or lost his love for those who persecuted him.

By a miraculous turn of events, Dutch traders and a French minister in New Amsterdam (now New York City) helped secure his release. He returned to France, a living martyr, bearing the physical marks of his suffering.

Pope Urban VIII reportedly called him a "living martyr" and granted him special permission to continue celebrating Mass, even though the mutilation of his hands would have normally disqualified him.

Return to His Mission

Despite his trauma, Isaac Jogues' heart burned with love for the Iroquois. Amazingly, he returned to New France and volunteered to go back to the very people who had once tortured him. He believed in the power of Christ's love to transform hearts—even those of his enemies.

In 1646, he traveled once more to Mohawk territory, this time accompanied by a lay missionary, Jean de Lalande. But tensions were high, and both were eventually seized. On October 18, 1646, Fr. Jogues was killed with a tomahawk blow to the head. The next day, Jean de Lalande was also martyred as he tried to recover Isaac's body. Their courage and self-giving love became seeds of faith that would eventually bear fruit among the very people who had taken their lives.

Legacy of Love and Sacrifice

St. Isaac Jogues was canonized in 1930, along with his fellow North American Martyrs, a group of eight Jesuit missionaries who laid down their lives in the 17th century. His feast day is celebrated on October 19th, together with St. Jean de Lalande and others who bore witness to Christ in the early Church of the Americas.

The story of Isaac Jogues is not merely one of tragedy, but of profound hope. It is a story that reminds us of the

cost of discipleship—and of the joy and peace that come from total surrender to God's will. He teaches us to forgive the unforgivable, to love the unlovable, and to return good for evil.

In a world still torn by violence and division, the life of St. Isaac Jogues speaks loudly: "Greater love has no one than this, than to lay down one's life for one's friends" (John 15:13).

मी

- Mrs. Shital Tulshiwar (Teacher)

मी, मला, माझी
हरवून गेली स्वतातूनी
कडलेच नाही कधी बेभान
झाले मन माज्यातूनी
का हा वेडेपणा
का हे बेधूदपणा
मला माझ की मी स्वता आहे नात जगाशी
मी फक्त माझ्याशी ...
काहीही असो आवड
आणि प्रेम आहे मी मला आणि माझी...

Mary's Story: A Path To True Freedom

- Sr Shruti

The life of Mother Mary offers profound insights into the true meaning of freedom. When she was chosen to be the Mother of God, her response was not one of hesitation or self-interest, but of humble surrender. Her words, "Behold, I am the handmaid of the Lord; let it be done to me according to your word" (Luke 1:38), reveal a heart fully open to God's will.

In Mary's journey, we see three powerful virtues: humility, courage, and trust.

She set aside her own plans and desires, embracing a path filled with uncertainty. Yet, she did so with unwavering faith-trusting in God's promise, even when the future was unclear. Her courage did not come from strength of self, but from complete surrender to a higher purpose.

Mary's story teaches us that true freedom is not found in doing what we want, but in wanting what God wills. It is the freedom that comes from letting go of fear, control, and ego—freedom from doubt, anxiety, and isolation. In surrendering to God, Mary found purpose, peace, and divine strength.

Her life invites us to reflect: What does freedom mean to us? Is it independence, success, or comfort? Or is it the freedom to love without conditions, to serve without limits, and to trust without fear?

A Modern Reflection: Sofia's Journey:

Consider the story of Sofia, a gifted musician trapped in a high-pressure job. Though successful, she felt empty—her passion for music buried under endless demands. One day, she made a bold decision: to leave her job and pursue music full time.

At first, the future was uncertain. But as she began playing in nursing homes, hospitals, and community events, something beautiful happened. Her music brought comfort to the lonely, joy to the suffering, and healing to the broken. And in giving herself to others, Sofia discovered a deep inner freedom she had never known.

Like Mary, Sofia found liberation not in control, but in surrender. She let go of security and status to follow a calling. And in that surrender, she found purpose, joy, and true fulfillment.

The Call to Surrender:

Mary's example-and Sofia's journey—remind us that freedom flourishes in surrender. When we align our will with God's, we are no longer bound by fear or self-reliance. We become instruments of grace, open to transformation.

We, too, can walk this path. By trusting in God's plan, embracing purpose over comfort, and serving others with love, we can experience the freedom that Mary knew—a freedom that is deep, lasting, and truly liberating.

Let us ask: Where is God inviting me to surrender?
For in surrender, we don't lose ourselves -
we finally find who we were meant to be.

Standing Tall in Silent Service

- Sr. Sally

*She did not rise by sword or cry,
Nor by the thunder of the sky,
But by the strength of silent hands
That heal, and teach, and bless the land.*

*They said she came to steal a soul—
But all she gave was bread and bowl,
A school in shade, a clinic door,
A whispered prayer, a hand once more.*

*They dressed her love in chains of blame,
And called her freedom by a false name.
Yet in the dark, her light stood tall—
Not breaking walls, but holding them all.*

*Like Mary, who, when earth grew dim,
Was lifted—not from fear, but hymn—
So too, this sister, scorned, denied,
Is lifted by the love she tried.*

*Not by revolt, nor rage, nor noise,
But in the hush of prayer and poise,
She rises—not to flee or hide,
But to remain, with arms stretched wide.*

*For every sister wrongly named,
For every heart that burns, unclaimed,
There is a dawn no lie can dim—
The lowly lifted. The free within.*

Laugh A While

1 A man is desperately looking for a parking spot near church.

He prays, "Lord, if you give me a spot, I'll go to Mass every day and never touch alcohol again!" Right then, a spot opens up. The man says, "Never mind, Lord, I found one myself."

2 The Sunday School Answer

The teacher asks, "Who broke down the walls of Jericho?"

Little Johnny says, "I didn't, Miss. I was at my grandma's all day!" The teacher tells the principal. The principal replies, "Well, if Johnny says he didn't, I believe him."

3 Heaven's First Day

Three men arrive in heaven. St. Peter asks each, "What would you like to hear your friends and family say at your funeral?"

The first says, "He was a good father and husband."
The second says, "He was a faithful servant of God."
The third says, "Look! He's moving!"

4 Bible Study Mix-up

A boy asks his mother, "Why is the Bible so different from my phone?" She says, "Because you actually open your phone every day!"

From the Hospital Corner

Stepping into a New Seat... with a Change

- Sr. Sally

It still feels surreal-awkward, even-to sit in the chair our previous HOD occupied until just yesterday. His presence was commanding, his leadership unmistakably his own—firm, exacting, and deeply woven into the fabric of the department. He had a way of steering every detail, expecting the same precision from those around him. By all measures, I feel like I've stepped into a seat that still bears the weight of his legacy—or perhaps, his shadow. His presence still seems to linger—unseen yet tangible.

Perhaps that's why, almost instinctively, I began giving the space a little refresh the moment I walked in. A bit of decluttering here, windows thrown open there, a rearranged desk, a dash of fresh air-and yes, a sprinkling of holy water for good measure. Not to "erase" anything, but to mark the start of a new chapter, while still respecting the pages before it.

Every leader leaves behind a legacy, and with it, a certain rhythm of work. It will take time—maybe a long

time—for everyone to adjust to a different beat. For now, I see a cautious optimism in the students and staff, and that gives me hope.

The shift in responsibility is striking. Until now, my main focus was ensuring my own work was done well. Now, it's about ensuring the whole team's work flows smoothly. It's a different kind of challenge—less about personal diligence and more about collective harmony.

And yes, meetings. So many meetings. Some essential, some... let's just say "character-building," and many scheduled at curious hours. Once, I might have bowed out early or skipped altogether; now, I am the one taking notes, nodding gravely, and pretending not to calculate how many cups of coffee I've missed.

Then there are the ceremonial duties—prayer meets, condolence gatherings, awareness marches—each requiring presence, poise, and, without exception, Khadi. No cotton. No compromise. I once had evenings that were entirely my own; now, my timetable is a blend of the administrative, the social, and the spiritual.

The team itself is a mix of personalities. My colleague is wonderfully cooperative. The clerk is steady—never rushing, but always getting things done when asked. The psychologist continues to drift about with a strange sense of invincibility, protected perhaps by the shield of permanency. A welcome party was organized—more symbolic than celebratory—but it was something. The first departmental meeting was well-attended and well-received. That's something too. There is potential here.

Still, like in any workplace, there's an undercurrent of politics and quiet alliances. I'm learning to navigate it—sometimes carefully, sometimes by instinct. God's grace has held me so far, and I trust it will continue to do so. Interestingly, some staff and security personnel who had stayed in the background before are now more visible. Medical representatives approach me with a mix of curiosity and politeness, still figuring out my style.

Culturally, I remain a bit of an outsider. Like my predecessor, I am not from Maharashtra, and my Marathi is hesitant at best. This adds a small but noticeable gap in certain gatherings. Still, I try—and I find that goodwill can bridge more than language can divide.

Some days I catch myself wondering—what next? And every time, the only answer that surfaces from within, and from above, is: take one day at a time. I am here today, not by accident, but by providence. And the God who brought me this far will surely walk with me further.

So here I am—in a familiar yet unfamiliar chair, in a room that now has a little more sunlight and a little less clutter—guided more by faith than strategy—learning, adapting, and trusting that even shadows, in time, will make way for the real!



Good to know ...

The Healing Power of Sound : A Gentle Gift for Elderly Care

- Sr. Ranjita

In the quiet moments of our day, sound can become a sacred thread-connecting us to peace, memory, prayer, and even God. For those caring for the elderly, especially Religious Sisters within Indian spiritual traditions, sound therapy offers a profound yet simple way to bring comfort, healing, and joy.

What is Sound Therapy?

Sound therapy is the intentional use of sound vibrations-through music, rhythm, and sacred tones to support physical, emotional, and spiritual well-being. It is a gentle, non-invasive approach that can be adapted to the needs of elderly persons, including those with frailty or chronic conditions.

This therapy may include:

The soft tones of singing bowls, bells, or chimes

The peacefulness of nature sounds like birdsong or flowing water

The deep spiritual resonance of mantras, chants, or hymns from the Indian devotional tradition

These sounds interact with the brain and body, calming the nervous system, balancing energy, and creating a space of inner harmony.

Biblical and Spiritual Roots of Sound in Healing:

In Scripture, sound and music are often used for healing and worship: “David would take up his lyre and play. Then relief would come to Saul; he would feel better...” – 1 Samuel 16:23 The Psalms are full of praise through music and instruments as a way to glorify God and soothe the soul. St. Hildegard of Bingen, a Doctor of the Church, spoke of “divine harmony” and used music for healing and spiritual insight.

How Sound Therapy Supports the Elderly

In our ministry with elders, we often encounter anxiety, restlessness, sleeplessness, or loneliness-particularly in those experiencing memory loss or physical decline. Sound therapy can bring profound relief in the following ways: Reducing Anxiety and Stress. Gentle sound helps to lower the heart rate and relax the body. For elders who feel worried or agitated, even a few minutes of calming music can offer deep peace.

Improving Sleep Quality

Soothing soundscapes support a restful atmosphere, helping elders fall asleep more easily and sleep more deeply. This in turn improves memory, mood, and energy. Fostering Emotional Calm and Mental Clarity.

When words are forgotten, sound can still speak. Many with dementia or depression find relief and connection through familiar melodies and rhythms that gently ground them in the present moment.

Supporting Spiritual Well-being

Chants, bhajans, and spiritual hymns open the heart to God, especially when verbal prayer becomes difficult. For Religious Sisters, these sacred sounds can deepen the prayer experience, nurturing both faith and inner serenity.

Promoting Social Connection

Listening to music together-or singing in community-builds joy, shared memory, and a sense of belonging. It reminds our elders that they are still part of a spiritual and loving family.

A Sacred Ministry of Listening

Elders often face hidden struggles—sleepless nights, silent worries, fading memories-that may not be visible to others. Sound therapy offers a gentle, holistic response, aligning beautifully with our call to compassionate service. It does not replace medical care or spiritual counsel but complements both, attending to the whole person-body, mind, and soul. For Religious Sisters, familiar devotional music or recorded prayers can transform ordinary moments-during caregiving routines, quiet prayer, or rest-into sacred encounters with peace.

A Reflection for Caregivers

“Sound is a language of the soul, a gift from God that can soothe suffering and awaken peace.” As caregivers, we are instruments of God’s mercy and tenderness. Let us embrace the gift of sound—not just as therapy, but as a ministry of presence, a way to gently touch the hearts of those we serve. In silence or in song, may we carry peace to our elders, and may sound be the bridge that leads them to joy, comfort, and divine love.

Aragami Bible Quiz

(Jeremiah 1-26)

1. With what does the lord consume the people?
2. Whom does the Lord call my servant?
3. Who is going to be filled with the drunkenness?
4. What was the first fruits of the Lord's harvest?
5. Who is shaping evil against Israel and devising a plan against them?
6. Who is Jehoiakim?
7. Whose body was thrown into the burial place of the common people?
8. Who was taken into exile along with King Jeconiah?
9. Who is nested among the cedars?
10. Name the chief officer in the house of the Lord?
11. In which month was Jerusalem taken as captive?
12. Why will they be ashamed of their harvest?
13. What is evil and bitter?

14. Who has become a bronze wall against the whole land?
15. What has the people of the Tahpanhes done?
16. What shall become a desolation without inhabitants?
17. Who will feed Israel with knowledge and understanding?
18. What will be the name of the righteous branch of David?
19. Who was the prophet from Moresheth?
20. Why have the showers been withheld?
21. What is like a scarecrow in a cucumber field?
22. To whom do the people burn offerings to?
23. Where is the valley of the son of Hinnom?
24. Where shall people bury until there is no room to bury?
25. How long shall the nations serve the King of Babylon?
26. Why does the Lord's wrath go forth like a fire?
27. Who is called rejected silver?
28. Who is the iron smelter?
29. Which are the four kinds of destroyers that the Lord has appointed?
30. Who has become a laughing stock?
31. What proclaims disaster from Mount Ephraim?
32. Who is uncircumcised in heart?
33. What did Jeremiah hide in the cleft of a rock?

34. Who shall live in the parched places of the wilderness?
35. What shall happen to those who go out and surrender to the Chaldeans?
36. Why shall all the nations go out of their minds?
37. Who keeps her wickedness fresh within her?
38. Who strengthens the hands of the evil doers?
39. What shall perish from the earth and from under the heavens?
40. Why are the servants ashamed and dismayed?
41. Why shall the wise be put to shame?
42. What has become an object of scorn?
43. What shall the Lord banish from Israel?
44. Why is everyone who goes out of the city be torn to pieces?
45. What shall devour all that is around it?
46. What does the Lord say a house full of treachery is like?
47. What shall go forth like fire?
48. What shall happen if the Sabbath day is not kept holy?
49. What is heard from Dan?
50. Where did the Lord make his name dwell at first?



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



Festal Greetings

Oct 1 st	-	Sr Lissy
Oct 1 st	-	Sr Meera
Oct 1 st	-	Sr Rani John
Oct 1 st	-	Sr Rupa
Oct 1 st	-	Sr Sancy
Oct 1 st	-	Sr Sarita
Oct 1 st	-	Sr Suma
Oct 1 st	-	Sr Sunita K.
Oct 1 st	-	Sr Surabhi
Oct 1 st	-	Sr Tessy
Oct 1 st	-	Sr Sandhya T.
Oct 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 23 rd *	-	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

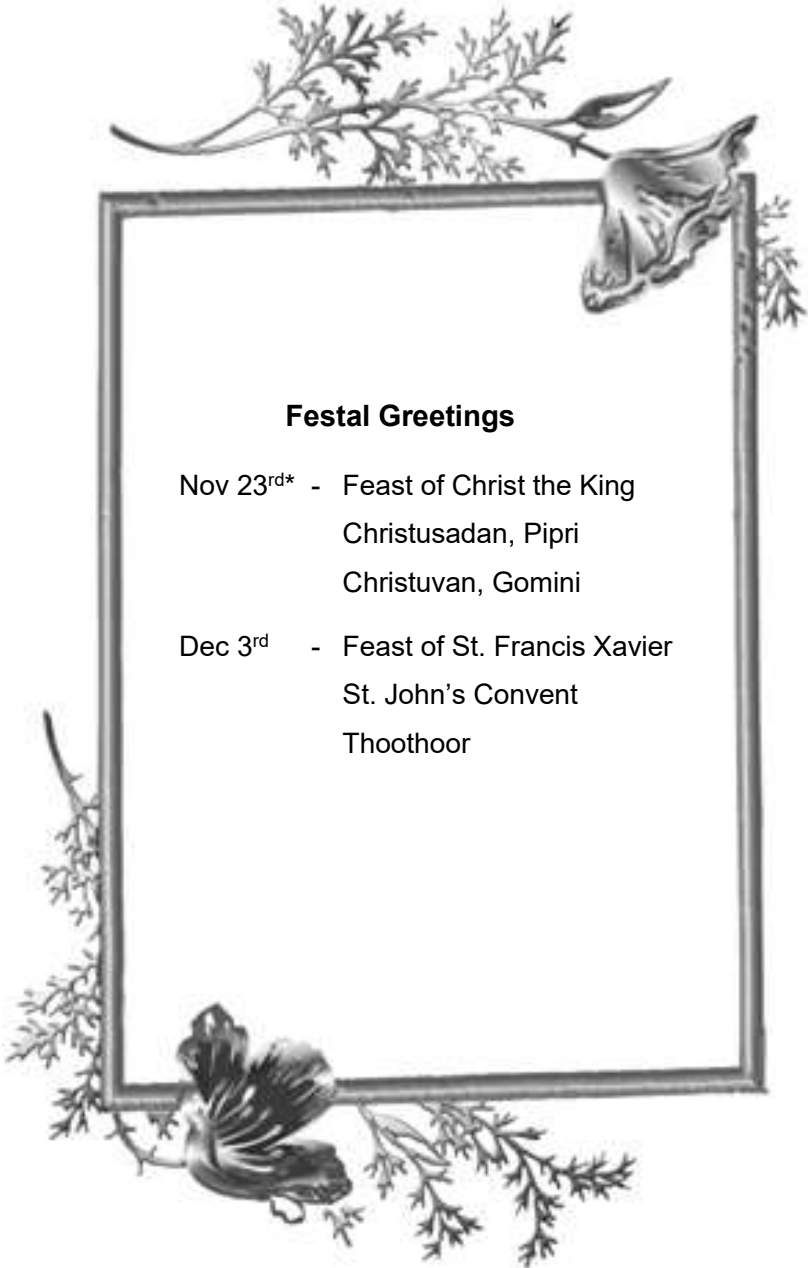
Sep 5th - Feast of St. Mother Theresa
Asha Kiran, Nagpur

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 2025*

The Winner of the April 2025 Volume is

Sr Bertila - 1st Prize

"Not Heavy - Just a big fish story waiting to happen"

Sr Poonam Kujur - Candidate

"Come - Let's celebrate"

Note: Double entries won't be accepted. In case of a double entry, the first caption will count. Feel free to get creative—short, funny, and apt captions are encouraged.

Dear Departed

1. 5th May 2025 - Mother of Sr. Pavana
2. 14th May 2025 - Sister in law of Sr. Jyoti
3. 1st June 2025 - Brother of Sr. Ajita
4. 23rd June 2025 - Brother of Sr. Roseline
5. 5th July 2025 - Father of Sr. Amala R



Eternal rest grant unto them,
O Lord; and let perpetual
light shine upon them.

May the souls of the faithful
departed, through the mercy
of God, rest in peace.
Amen.

Juniors Gathering



Western Regional Bishops' visit to Provincial House, Mhasala



Sister Teacher's Gathering



Assumed To Glory, Called To Freedom

Not by chains, nor fear's command,
We walk upon this promised land;
The Charter inked in justice' name,
Gave every soul both light and flame.

To speak, to pray, to walk our way,
To greet the dawn in our own sway;
To wear the faith our hearts have sown,
And kneel before the God we've known.

Freedom is not the shout of one,
But threads of many, finely spun;
It blooms where equal dreams take root,
Where none is silenced, none is mute.

We are the lamp on India's height,
Lit by her law, kept by her right;
Assumed to glory, not in pride,
But in the truth we hold inside.

So let our steps be firm and sure,
Our words be just, our hearts be pure;
For freedom's call is not to roam-
But build a land where all feel home

