



AGRAGAMI INFO



**“Towards faith,
Freedom and
Glory”**

Happy Feast of The Assumption



Final Profession



Silver Jubilee



AGRAGAMI INFO

Vol.XXXXXIII - August 2026

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- Published by -

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

For Private Circulation Only

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Voice of the Mother General

"Creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God."
(Romans 8:21)



Every year, **15 August** invites us to celebrate two profound realities: **India's Independence Day** and the **Solemnity of the Assumption of the Blessed Virgin Mary**. Though distinct in their historical and spiritual significance, both celebrations inspire us on a common journey towards **faith, freedom, and glory**.

India's Independence Day reminds us that freedom is a precious gift, won through sacrifice, courage, and the unwavering hope of countless women and men who envisioned a nation founded on justice, dignity, and unity. Yet true freedom is more than political independence. It is the freedom to live in truth, uphold human dignity, serve one another, and build a society rooted in compassion, justice, and peace.

The Feast of the Assumption beautifully complements this vision. In Mary, assumed into heavenly glory, we witness the fulfilment of God's promise to those who live in faithful obedience and loving service. Her life was a pilgrimage of trust, humility, and courageous discipleship. Mary's glory was not attained through power or privilege, but through her wholehearted "Yes" to God's will. She reminds us that authentic faith leads to

genuine freedom, and genuine freedom blossoms into eternal glory.

For us as religious, this twin celebration becomes a renewed invitation to deepen our vocation. Our consecrated life is a journey towards greater faith in God's providence, deeper freedom from selfishness and attachment, and a life that reflects the glory of Christ through joyful and selfless service.

Today, our country continues to face challenges that test our commitment to unity, peace, justice, and care for the most vulnerable. The Gospel calls us to respond not with fear or division, but with faith that transforms hearts and freedom that seeks the common good. Like Mary, we are called to carry Christ into the world, becoming living signs of God's loving presence and instruments of hope for all people.

As we celebrate this blessed day, may the Blessed Virgin Mary intercede for our nation and for each one of us. May she inspire us to deepen our faith, cherish and safeguard the freedom entrusted to us, and persevere on our journey towards the glory that God has prepared for all who love Him.

May India continue to grow as a nation of justice, peace, and fraternity, and may our lives as consecrated religious become living witnesses of the Gospel, leading others towards faith, freedom, and glory.

With prayerful greetings on this joyous occasion,

Sr Arpita Mathew
(Superior General)

Provincial's Inspiration

"Freedom consists not in doing what we like, but in having the right to do what we ought."

- St. John Paul II

Every year, the celebration of our nation's Independence coincides with the Solemnity of the Assumption of the Blessed Virgin Mary. This annual convergence of a national feast and a great Marian solemnity offers us a unique opportunity to contemplate the profound relationship between faith, freedom, and glory.



As our nation celebrates the gift of political freedom, the Church raises her eyes to heaven in joyful contemplation of Mary, assumed body and soul into eternal glory. Her Assumption is not merely a privilege granted to the Mother of God; it is a promise held before the entire Church - a sign of hope that the destiny of every faithful disciple is to share in the fullness of God's life. While Independence reminds us of the freedom won through sacrifice, the Assumption reminds us of the freedom won by Christ through His Cross and Resurrection: the freedom from sin, fear, and death.

Mary's life reveals the inseparable bond between faith, freedom, and glory. Her humble fiat—"Let it be done to me according to your word" (Lk 1:38)—was an act of complete trust in God. In surrendering herself to the divine will, she discovered the deepest freedom possible: the freedom to love without reserve and to

serve without fear. Her journey from Nazareth to Calvary, marked by hidden obedience and steadfast hope, culminated in heavenly glory. Mary teaches us that true greatness is born not of power or prestige but of faithful discipleship.

Faith is the foundation of every authentic human journey. It is more than the acceptance of truths; it is a living encounter with the God who calls us into communion with Himself. As St. Augustine beautifully wrote, "Faith is to believe what you do not see; the reward of faith is to see what you believe." Faith opens our hearts to God's presence, even in moments of uncertainty, suffering, and silence. It gives us the courage to walk forward, trusting that every step taken with Christ leads us closer to eternal life.

In today's rapidly changing and pluralistic world, faith also becomes a force for dialogue, compassion, and reconciliation. Genuine faith never breeds hostility; rather, it inspires respect for the dignity of every person, created in the image of God. It preserves the spiritual heritage that shapes cultures while encouraging openness, understanding, and solidarity among diverse communities. In this way, faith becomes not a barrier but a bridge, inviting all people to seek truth and work together for the common good.

Freedom, too, finds its fullest meaning in the light of the Gospel. Modern society often equates freedom with unlimited choice, yet Christian freedom is something far deeper. It is the grace to choose what is true, good, and life-giving. As Jesus Himself declared, "If the Son makes

you free, you will be free indeed" (Jn 8:36). Such freedom enables us to forgive rather than resent, to serve rather than dominate, and to love rather than seek only ourselves. It transforms liberty into responsibility and rights into opportunities for selfless service.

The glory towards which faith and freedom lead is not the fleeting applause of the world but the radiant fullness of life in God. The Assumption of Mary points beyond earthly success to the eternal destiny awaiting those who remain faithful. As St. Irenaeus proclaimed, "The glory of God is man fully alive." Humanity is most fully alive when it reflects the holiness, compassion, and love of Christ. Glory is therefore not something we achieve by our own strength; it is the fruit of God's grace received with humble and faithful hearts.

Celebration and commemoration are far more than festive occasions. They are moments of remembrance, gratitude, and renewal. They remind us where we have come from, who we are, and where we are called to go. National celebrations deepen our appreciation for the sacrifices that secured our freedom, while the liturgical celebration of the Assumption lifts our hearts beyond earthly horizons to the hope of heaven. Together, they invite us to become faithful citizens of our nation and joyful pilgrims of God's Kingdom.

The journey toward faith, freedom, and glory is the lifelong pilgrimage of every Christian. Faith roots us in God's abiding love. Freedom empowers us to live according to His truth. Glory is the fulfillment of His promise to those who persevere in holiness. This

journey is neither easy nor instant; it unfolds each day through prayer, acts of charity, fidelity in ordinary duties, and unwavering hope amid life's trials.

As we celebrate this unique season of national thanksgiving and Marian joy, may we rediscover the beauty of lives centered on Christ. May the Blessed Virgin Mary, assumed into heavenly glory, accompany us with her maternal intercession. May she teach us to listen as she listened, to trust as she trusted, and to love as she loved.

Then our celebrations will become more than ceremonies; they will become encounters with grace. Our freedom will become more than a civic privilege; it will become a path to holiness. And our lives, rooted in faith and sustained by hope, will bear witness to the glory of God.

May future generations remember us as a people who believed deeply, served generously, cherished true freedom, and walked faithfully toward the eternal glory prepared by God.

With Festal Wishes

A handwritten signature in black ink, appearing to read 'Sr. Tessa Sebastian', with a horizontal line underneath.

Sr Tessa Sebastian
(Provincial Superior)

Editorial

Every year as mid-August approaches, classrooms and streets across our nation buzz with patriotic fervor. Tri-color ribbons are pinned to crisp uniforms, march-past rehearsals echo across grounds, and freedom songs fill the air. Yet, for Indian Christians, August 15th is a date wrapped in a twofold sacredness. On this single day, the calendar brings together two monumental moments of liberation: the birth of our independent nation and the Assumption of the Blessed Virgin Mary body and soul into heavenly glory.



History is not merely a sequence of dead dates, but a living tapestry woven by divine grace and human courage. When we pause to reflect on the convergence of these two celebrations, a magnificent theme emerges - a journey towards Faith, Freedom, and Glory.

At first glance, a political anniversary and a Marian dogma might seem like two entirely separate worlds. One belongs to history textbooks, the other to theology. But look closer through the eyes of faith. Together, they tell a single, breathtaking story: humanity's journey from **bondage to freedom**, and **from freedom to ultimate glory**.

True liberty is never born out of passive waiting; it requires a radical "Yes."

When India's freedom fighters stood against oppression, they acted out of a profound faith - a conviction that dignity, justice, and self-determination were worth sacrifice. Similarly, the entire narrative of human redemption turned on a single word of faith spoken by a young woman in Nazareth: "Fiat" - "Let it be done to me" (Luke 1.38).

Mary's faith was not a fragile escape from reality. It was an active, courageous commitment that brought God into human history. Faith is not the absence of doubt or struggle; it is the courage to trust God's vision for your life when the path ahead looks daunting.

"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery." -

On August 15, 1947, India broke free from external chains. Yet, as our national leaders wisely cautioned, political independence is only the first step. True freedom must extend inward - freeing our hearts from corruption, hatred, communal division, and greed.

This is where the Assumption completes the picture. In Mary, God shows us what total, uncorrupted freedom looks like. Her Assumption is heaven's declaration that human beings were not made to be enslaved - neither by oppressive political structures nor by sin and mortality.

When Mary was assumed into heaven, she didn't leave humanity behind; she went ahead to show us our destiny.

Her bodily assumption assures us that our earthly struggles, our physical bodies, and our earthly homelands matter to God. The tricolor flag we wave today points to our temporal home; the Assumption points to our eternal country

Mary's Magnificat is perhaps the most revolutionary song of freedom ever written. It proclaims a God who lifts up the humble, fills the hungry, and breaks every yoke. When we work for justice, peace, and harmony in India today, we are bringing a foretaste of heavenly glory into our earthly home.

Let us love our country passionately, work for its upliftment tirelessly, and keep our eyes fixed on the glorious horizon that Mary has already reached.

Happy Independence Day, and a blessed Feast of the Assumption to you

- Sr. Tresa

Editor

*"Freedom is never dear at any price.
It is the breath of life.
What would a man not pay for
living?"*

Happy Independence Day



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 2026**.

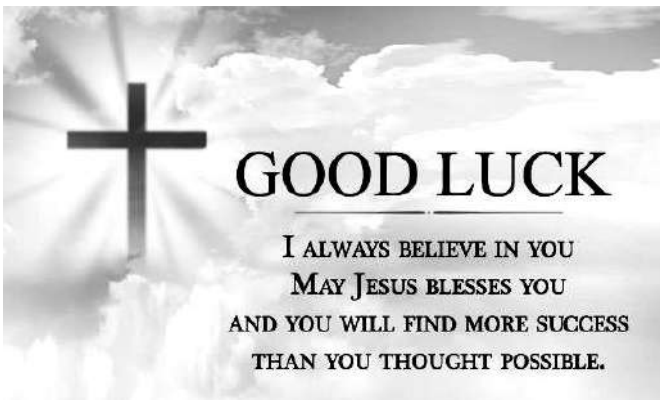
Kindly send the Bible Quiz answers to **Sr. Ranjita Lakda**. Please note that all entries - including news, articles, and Bible Quiz answers - must reach us by **15th November 2026** to help us publish *Info* on time.

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

Congratulations to Bible Quiz Winners

1	Sr. Suma	100	1 st
2	Sr. Sudha	99	2 nd
3	Sr. Manjusha	98	3 rd

4	Punam Indwar	98	3 rd
5	Roshmery	98	3 rd
6	Berena	92	-
7	Sr Rupa	90	-
8	Anna Rose	90	-
9	Monisha	88	-
10	Sankumari	84	-
11	Priyanka Soreng	84	-
12	Jina	82	-
13	Punam K	82	-
14	Sr. Sunita G	82	-
15	Maria Goretti	80	-
16	Dominika	80	-
17	Ritu	80	-
18	Jayanti	78	-
19	Priyanka Tigga	78	-
20	Sr. Gloria	78	-
21	Sr. Alisabeth	74	-
22	Sr. Sarala	74	-
23	Albena	68	-
24	Sr Elishaba	65	-



A Glance At Our Centres

❖ Sevasadan

The past few months have been a grace-filled journey of prayer, celebration, formation, and thanksgiving for our Sevasadan Community.

- Following forty days of prayer, fasting, and spiritual preparation during Lent, and the solemn observance of Holy Week, we joyfully celebrated the Resurrection of Our Lord on 20 April, rejoicing in the hope and new life brought by the Risen Christ.
- On 12 May, we celebrated International Nurses Day, expressing our heartfelt gratitude for the dedicated and compassionate service of nurses and all healthcare professionals. A special Holy Eucharist was offered, praying for God's abundant blessings upon all those who serve the sick with love and commitment.
- Our community joyfully celebrated the birthday of Sr. Sancy on 19 May. We thanked God for the precious gift of her life and prayed that He may continue to bless her with good health, joy, wisdom, and many more fruitful years in her religious vocation.
- On 26th May, we commemorated the 55th Death Anniversary of our Founder. The day began with a solemn Holy Eucharist offered in thanksgiving for his life, vision, and enduring legacy. In the evening, we warmly welcomed the postulants who joined our

community, marking the beginning of a new chapter in their formation journey.

- From 7–11 June, the novices and postulants participated in a five-day annual retreat in preparation for the next stage of their religious formation. The retreat was prayerfully guided by Rev. Fr. Bibin, CMF, who helped them deepen their relationship with God and renew their vocational commitment. On 12 June, during a solemn Eucharistic celebration, the postulants were formally received into the Novitiate.
- After nine days of prayerful preparation through the Novena, we celebrated the Feast of the Nativity of St. John the Baptist, our beloved Patron, on 24 June. The day was made even more special as we joined in the Province-level celebration of the Silver Jubilee of Sr. Bindu, thanking God for twenty-five years of her faithful and generous religious service.
- From 1–8 July, Sr. Sancy attended an eight-day Community Health Training Programme organized by CHAI at Secunderabad. The programme provided valuable learning in community health, palliative care, mental health, rehabilitation, physiotherapy, occupational therapy, digital health, and community-based healthcare, enriching her ministry and professional service.
- On 9 July, we joyfully celebrated the Feast Day of our beloved Sr. Shanta. The day began with a Thanksgiving Holy Eucharist, during which we praised and thanked God for the gift of her life. We

remain grateful for her selfless service, motherly love, gentle guidance, and the countless blessings our community continues to receive through her dedicated presence. We pray that the Lord may continue to bless her abundantly with good health, happiness, and many more years of fruitful ministry.

- As we reflect on these celebrations and moments of grace, we thank God for His constant presence in our community. May He continue to guide us in faith, strengthen us in our vocation, and unite us in joyful service to His people.

❖ **Sanjeevani Ashram**

- Our postulants, Jayanti and Jeena, spent their exposure period in our community. We truly cherished their presence, enthusiasm, and willingness to help.
- Sr. Sally went for her annual holidays and retreat during the month of May. She also organized the annual Treasure Framework Forum, bringing together sisters from different parts of the country for reflection, collaboration, and mutual enrichment. She gives classes to various congregations in their annual superiors and province meetings. She also gives a day's class for the CHAI leadership training programs.
- Sr. Esther attended a three-day retreat at Pathrethana, Nagpur, in preparation for her Jubilee celebration. Her jubilee was celebrated in our community and at province level. She also had a

celebration at her parish church with other silver jubilarians.

- Sr. Daina went to Kazhakkuttam to participate in the month-long Juniorate Course. She is transferred to Chiyaram community
- The month of May was marked by our ten-day Rosary devotion together with our inmates. It was a deeply prayerful and enriching spiritual experience for everyone.
- Sr. Tresa attended the Leadership Programme at CHAI, which proved to be a rejuvenating and refreshing experience. She started going for counselling the school children in Pipri from the month of July.
- We joyfully welcomed Sr. Sunita as the newest member of our community and received her with love and warmth.
- We actively participated in the Parish Feast of St. Antony by attending the solemn Holy Eucharist and sharing in the Agape meal that followed.
- Sr. Kusum's birthday was celebrated with love and warm wishes. The celebration included a cake-cutting ceremony followed by a festive community meal. She attended a CHAI sponsored program on resource mobilization and utilization that was very effective and informative.
- The Feast of St. John the Baptist was celebrated joyfully at the Provincial House in an atmosphere of love and sisterhood. It was especially meaningful for

Sr. Esther and her batchmates, who expressed their gratitude and joy during the celebration.

- Sr Sally attended the funeral of Sr Suthara in Kerala

❖ **Jeevan Vikas**

- The past month brought both a leadership transition and steady progress in our mission. Sr. Latika was transferred to Kannur on 15th May. We gratefully acknowledge her dedicated service and commitment to the community.
- We are happy to announce the successful completion of the 'Save a Family Project' , which has benefited many deserving families. At the same time we continue to implement our ongoing programmes supported by CHAI, Manos Unidas, CSR initiatives, to promoting health, rehabilitation and community development while reaching out to the most vulnerable with compassion, dedication and hope.
- We warmly welcomed Sr.Sunita , who joined our community on 27th May and has taken up her responsibilities with enthusiasm.
- All project activities are continuing smoothly.
- A follow up medical check up was conducted for our therapy children to monitor their health and development, ensuring they receive the necessary care and support.

❖ **St. John's Convent Thoothoor**

- We were blessed by the presence of our junior sisters, along with Sr. Surabhi and Sr. Pavana, for a

delightful evening at Thoothoor beach followed by dinner together in the month of May.

- The Feast of St. Thomas, the patron saint of the parish church, was celebrated with great devotion and reverence.
- The community bid a heartfelt farewell to Sr. Flowery and Sr. Nutan and extended a warm welcome to Sr. Kalpana.
- Sr. Vidya appeared for the IGNOU MSW II Examination at All Saints College, Thiruvananthapuram. Currently, she is attending an eight week long online course on Leadership under Learning for Humanity through CHAI.
- The Home Mission in the parish is progressing actively under the leadership of the Archdiocese of Thiruvananthapuram. Sr. Pooja has been extending valuable support in its planning and successful execution.
- Under the leadership of Sr. Pooja, the community continues to participate actively and wholeheartedly in all the ministries entrusted to it.

❖ **Vinayalaya School**

- 5 May 2026: A retirement felicitation programme was held to honour Mr. Clement, Mrs. Shashi, and Miss Pushpa Joseph for their dedicated service to the institution. They were felicitated with shawls, mementoes, cheques, gifts, and a Manpatra as tokens of appreciation.

- 15 June 2026: The school was blessed by the Parish Priest, Rev. Fr. Philip Topno, and Assistant Parish Priest, Rev. Fr. Ajay. A special prayer service invoked God's blessings on the school, staff, and students for the new academic year.
- 17 June 2026: An orientation programme for teachers was conducted by Rev. Sr. Jessy Joseph on "The Johnian Way of Education," focusing on Johnian values, teacher formation, and nurturing positive student relationships.
- 20 June 2026: Teachers attended a training session on the ESS Connect App, led by Mr. Lindo Varghese, enhancing their skills in digital attendance, lesson planning, communication, assignments, and academic record management.
- 30 June 2026: The school reopened for the academic year 2026–2027 with a prayer service. Sr. Nirmala welcomed Sr. Lima as the new Vice Principal, greeted the staff and students, felicitated meritorious students, and extended a special welcome to the Class I students.
- The Forerunner Social Activity Club continued to promote leadership, social responsibility, and community service through various outreach initiatives.
- 12 July 2026: A Health Check-up Camp was organized in collaboration with Max Hospital, Nagpur. General health screenings, including blood pressure, blood sugar, weight, and eye examinations, were conducted.

- 15 July 2026: Environment Day was celebrated with speeches, a skit, a group song, and a tree plantation drive led by the Forerunner Club, the Principal, Vice Principal, and staff, promoting environmental awareness and conservation.

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

- The academic year commenced on a prayerful note as Rev. Fr. Shimon, the newly appointed Parish Priest of Hinganghat, solemnly blessed the school, invoking God's grace upon the entire school community.
- The teaching faculty participated in an inspiring orientation programme, "Aura 2K26: Expansion for Excellence," led by Rev. Fr. Sijo, CMF, renewing their vision and commitment to quality education.
- Teachers enhanced their digital competency through training on the e-SS Connect School App, ensuring effective communication and school management.
- The faculty was enriched by an insightful session on "Pedagogy to Inculcate Essential 21st-Century Skills in Learners" by Prof. Suresh Pandey.
- Mr. Jit George, Founder of "One Step International Academy", conducted a dynamic professional development programme, inspiring educators towards excellence.
- The formation programme concluded with Sr. Preeti George, Principal, leading a reflective session on the "Johnite Way of Teaching," reaffirming the values and mission of Johnite education.

- A Felicitation Ceremony honoured the school's meritorious students in the presence of Miss. Purnima Gavit, Nagarpalika Councillor, Sindhi Railway, who presented trophies to the achievers.
- International Yoga Day and World Environment Day were observed with great enthusiasm, promoting physical well-being, environmental awareness, and a sense of responsibility towards a healthier and greener future.
- In celebration of the FIFA World Football Tournament, an exciting football match was conducted between IX and X Boys, which brought alive the spirit of sportsmanship and teamwork.
- The Student Council Election was conducted successfully through an innovative online voting system, encouraging democratic participation and transparency.
- The school paid a heartfelt tribute to Sr.Sutara SJB, former Principal, in grateful appreciation of her dedicated and selfless service.
- The Investiture Ceremony for the newly elected Student Cabinet was held, formally entrusting the student leaders with their responsibilities.

❖ **Aragami Kindergarten, Jail Road**

- Our school blessing was held on 22nd June by Rev. Fr. Robinson.
- On 29th June, Rev. Sr. Jessy conducted an orientation programme on the "Johannite Way of

Teaching" for the faculty, which greatly boosted the teachers' energy and enthusiasm.

- The new academic session (2026–27) then commenced on 30th June. The campus came alive with the vibrant energy, laughter, and smiling faces of students returning after the holidays. Teachers warmly welcomed the children at the gates, setting a positive tone for the year ahead.
- On 10th July, Rev. Sr. Tessy, the Provincial Superior and Manager of the school, held a brief meeting for the teaching staff. Her motivating words deeply inspired the teachers, filling everyone with renewed energy and enthusiasm for the days ahead.

❖ **St. John's School, Thoothoor**

- A Teachers' Outing to Go Go Land was organized to strengthen unity and fellowship among the staff. It was a joyful day of relaxation, recreation, and togetherness.
- We are proud to announce a 100% pass result in the Board Examination. All 29 students who appeared passed successfully, with 16 students scoring above 400 marks.
- The new academic year commenced with a Special Holy Mass and the blessing of the school building by Rev. Fr. Priyan CMF, invoking God's blessings on the school community.
- We warmly welcomed Sr. Kalpana, who joined our school as a teacher. We wish her a fruitful and fulfilling ministry in our institution.

- The Eco Club celebrated World Environment Day with sapling plantation and awareness activities, inspiring students to care for and protect the environment.
- The feast of our patron, St. John the Baptist, was celebrated with devotion, gratitude, and joy.
- Educational Development Day, commemorating the birth anniversary of Thiru. K. Kamarajar, was observed with competitions and cultural programmes. Various student clubs were also inaugurated to nurture leadership and talents.
- Social Media Day was observed to promote responsible, safe, and positive use of digital platforms among students.
- The School Oath Ceremony was held with dignity, during which the newly elected school and house leaders pledged to serve with commitment, discipline, and responsibility.
- Students actively participated in the Forerunners Online Meeting, strengthening their leadership skills and social commitment.

❖ **Aragami Convent, Jail Road**

- Warmest greetings from Aragami Convent, Jail Road.
- Our two candidates, Punam and Roshmery, began their Atmadarshan classes on 23rd June and are happily attending them.

- On 10th July, we were blessed by the gracious presence of our Reverend Provincial Superior, Sr. Tessy, SJB, who visited us for her canonical visit. Her presence brought immense joy and life to our community.
- Later, on 17th July, we celebrated Sr. Vineeta's feast day in a grand manner. Many members from our neighbouring communities visited and added colour to the celebration.

❖ **Aragami High School, Pipri**

- May 8th 2026 was another Milestone Day to remember in the history of Aragami, Pipri.
Class-X Total Strength 214 Students appeared for Board exams.

The 1st Topper Score 98.60%.

(Above 90%) 46 students

(Distinction) 85 Students.

(1st division) 65 Students

(2nd Division) 15 students.

Aragami Stands stills in debt for your constant support and prayerful wishes. Keep blessing us dear Johannites and well-wisher.

- School Reopening Day for Teachers on 18th June.
On 18 June, the school held the Teachers' Opening Day staff meeting. The principal welcomed all staff members, introduced the new teachers, and addressed the meeting. Teachers and coordinator responsibilities, along with class and subject

allotments, were announced. The meeting concluded with best wishes for a successful and productive academic year.

- **Felicitation Program 20th June**

The school organized a Felicitation Program on 20th June, to honour the meritorious students of Class 10. The Chief Guest, Rev.Fr. Prince CMI and Guest of Honour Dr. Sr. Sally SJB,graced the occasion and congratulated the students on their achievements. Around 90 students were felicitated for their excellent academic performance. The top three rank holders were Master Himanshu Shirsagar (1st), Master Siddheshwar Mahale (2nd), and Miss Ishita Khodke (3rd). The program concluded with the words of encouragement and appreciation for all the award recipients.

- **Aragami Day 23rd June**

On 23 June, Aragami Day was observed during the teachers' Morning Prayer. Mrs. Suchita Mam shared valuable information about the significance of Aragami Day and inspired everyone with her thoughtful message.

- **The School Opening Day 30th June**

The school reopening program was held on 30th June. The program was anchored by Sr. Shubangi and Mrs. Sunaina Mam, prayer dance performed by the students and followed by the principal's address, who welcomed the students and wished them a successful academic year. The Class 10 students warmly welcomed the Class 1 students with a tilak

and a small gift, making the occasion memorable for everyone.

- Saint Thomas Day 3rd July

On 3rd July, Saint Thomas Day was observed during the assembly. Mrs. Anjali Mam shared information about the life, teachings, and significance of Saint Thomas. The assembly was informative and inspired the students to follow the values of faith, dedication, and service.

Seminar on the Johannite Way of Education 29th June

Principal Sr. Roja conducted a seminar for the teachers on the Johannite Way of Education. The session highlighted the vision, mission, and core values of Johannite education, emphasizing holistic development, compassionate teaching, and value-based learning. Principal Sr. Roja encouraged the teachers to integrate these principles into their daily teaching practices to foster a nurturing, disciplined, and inspiring learning environment for every student.

- Safety Dialogue Program 4th June

The Police Department conducted a Safety Dialogue program in our school. The officers explained different types of safety, including personal safety, road safety, and online safety, according to the students' age group. They also created awareness about cybercrime, explaining how children can become victims of online fraud, cyberbullying, and unsafe internet use. Students learned safe online practices and actively participated in the interactive

session. The program was informative and beneficial for all.

- Seminar 11th July

A motivational seminar was conducted by Rev. Fr. Philomen, for the students of Std-X on the topic "Born to Fly." He inspired the students to believe in themselves, set goals, and work hard to achieve success.

- In the second session, Rev.Fr. Philomen addressed the teachers on the topic "Capacity building." He shared valuable insights on understanding students' emotional and social well-being and highlighted the importance of creating a positive and supportive learning environment.

- Forrunner Club online Seminar 10th July

The seminar was conducted by Rev. Fr. Thomas Terattil for the members of the Forrunner Club to create awareness about social responsibility and community service. He emphasized the importance of helping others, participating in social activities, and contributing to the welfare of society. The session inspired students to become responsible, compassionate, and active citizens.

- Investiture Ceremony 20th July

The Investiture Ceremony was held at School with great enthusiasm. Dr. Khanke, Head of Kill Bill Hospital, graced the occasion as the Chief Guest. He presented badges and sashes to the newly elected student council members, including the Head Boy, Head Girl, Assistant Head Boy, Assistant

Head Girl, House Leaders, Discipline Leaders, Sports Leaders .The ceremony marked the beginning of their leadership journey and encouraged them to carry out their responsibilities with dedication, discipline, and integrity.

- Club Inauguration and Felicitation Ceremony on 29th July

The Club Inauguration and Felicitation Ceremony was held in our school. Principal Sr.Roja and vice – Principal Sr. Rani Inaugurated, The Science Club, Maths Club, Art Club, Social Studies Club, and Literary Club were officially inaugurated. Students showcased attractive and informative models prepared by their respective clubs, highlighting their creativity and teamwork.

On the same occasion, students were felicitated for their outstanding achievements. Awards were presented by Sunil Sir, Mrs. Rekha, Mr. Shobha, Mrs.Vidya, Mrs. Sunita Janotkar Mrs. Vandana Adkine. For the students with 100% attendance, Best Students from each class, and students who scored 90% and above in the previous academic year. The Yellow House was also honoured as the Overall House Champion of the previous academic year 2025-26.

The programme concluded successfully, inspiring students to strive for excellence in both academics and co-curricular activities.

❖ **Christusadan, Pipri**

- We extend our heartfelt congratulations and sincere gratitude to our dear

Sr. Veena, who has contributed her best of best, in German Teaching language school for 5 months at Trivandrum. Sr.Veena was the greatest help for the students as a German mentor and also she was a good faith formator. She taught them Bible reading practice and reciting rosary. Sr. Veena became the great Tutor, mentor and a friend to all the Gen Zs.

- We Congratulate Sr. Roja (M. Ed) and S. Subangi(B.Ed) who have completed their education successfully. Christu sadan Wishes God's blessings.

❖ **Vinay Vikas Convent, Pune**

- We celebrated the feast of Easter with great faith love and unity, remembering that Christ's Resurrection brings new life, hope, and joy to each of us.
- Sr. Abhilipsa along with Sr. Daina attended a three-day Vocation Camp at Mohana, Odisha. During the camp they had the opportunity to meet and interact with young girls and visit some of their villages. After completing the programme, they returned safely.
- After completing the Final Examination Sr. Abhilipsa and Sr. Ujwala participated in the Juniorate Gathering and attended the retreat. They returned to the community enriched by the experience and renewed spirit.

- On 26th of May, the community bid a warm and grateful farewell to Sr. Lima. We expressed our sincere appreciation for her dedicated service and generous contribution as mistress. Her guidance, care and commitment have been deeply valued by the community and we remain grateful for the time she spent accompanying and nurturing the candidates as their mistress. We wished her God's abundant blessings.
- Sr. Life joined our community and we warmly welcomed her with joy and gratitude. Her presence brought new enthusiasm and fellowship to the community.
- On 11th June 6 candidates accompanied by Sr. Mandakini joined our community to continue their formation as second-year candidates. Their arrival was a moment of great joy and thanksgiving for the entire community. With their presence, our community was enriched by new life, youthful enthusiasm and the joy of growing together as one family.
- The Feast of our Patron St. John the Baptist, was celebrated with great joy and solemnity on 24th June. We were blessed by the presence of Most Rev. Simon Almeida, Bishop of the Diocese of Pune, who presided over the Festal Eucharistic Celebration. The Bishop was warmly welcomed by the sisters and candidates with a graceful entrance dance. The solemn celebration was attended by the sisters from Sandhya Home Community, Fr. Pinto,

our Parish priest and SJ Fathers of our campus. The day was truly a moment of grace, joy and communion.

- On 2nd July we celebrated joyfully the birthday of Sr. Kripa with gratitude and affection. We thanked God for the gift of her life and prayed for his continued blessings upon her.
- On 13th July we commemorated the Feast of our Lady of Rosa Mystica with profound faith and devotion. A solemn procession with the statue of our Lady was held throughout the house, accompanied by prayers and hymns, fostering unity and deepening our devotion to Mary the Mystical Rose.
- On 17th July we came together to celebrated Sr. Lify's birthday with joy and warmth. The occasion was marked by a spirit of gratitude and heartfelt wishes for her continued happiness and blessings
- The 11th standard student candidates commenced their classes for their new academic year on 15 July embracing the opportunity and challenges of the journey ahead.

❖ **Kazhakuttam Community**

- Warm greetings and prayerful wishes from the Kazhakuttam Community.
- We are actively involved in various parish ministries. We teach catechism, participate in unit prayer meetings, and prepare children and adults to receive the sacraments.

- Sr. Shruti and Sr. Archangel participated in GGM 26 (Great Gathering of Missionaries) held in Thrissur.
- Sr. Surabhi, along with four of our junior sisters, arrived on 1st April to prepare for their Final Commitment.
- The remaining junior sisters arrived on 30th April to attend their Juniorate Programme.
- We celebrated the Feast of St. Joseph on 1st May in our parish. The presence of our junior sisters made the celebration even more joyful and meaningful.
- We were blessed by the visit of our Provincial Superior, Sr. Tessy, who spent a few days with us.
- 30th May was a grace-filled and memorable day for our community as four of our sisters—Sr. Sunita Gandhare, Sr. Lucia Topno, Sr. Ranjita Lakada, and Sr. Bertila Kandaiboru—made their Final Commitment to religious life. The solemn Eucharistic celebration and Profession Rite were presided over by Rt. Rev. Christudas, Auxiliary Bishop of the Archdiocese of Trivandrum. It was a joyful and unforgettable occasion for everyone.
- We warmly welcomed Sr. Prasada and Sr. Divya as the new members of our community.
- We bid a heartfelt farewell to Sr. Pavana and Sr. Geeta, thanking them for their dedicated service and wishing them God's abundant blessings in their new mission.

❖ **Chiyaram Community**

- John Haw Vihar Convent, Chiyaram joyfully celebrated Holy Week and Easter with meaningful liturgical celebrations in both the parish and the convent.
- The Fiat Mission Camp was held at Jerusalem Retreat Centre, Thrissur, during April under the leadership of Sr. Shruti, with valuable support from the MSJ Brothers in setting up the stall.
- Rev. Sr. Arpita, Mother General, visited the community on 12th April while on her home visit.
- The community bid a warm farewell to Sr. Veronica on 30th April.
- Sr. Preeti was transferred to Koperli on 12th June.
- The community warmly welcomed Sr. Lissy on 17th June.
- The Congregation Feast Day was celebrated meaningfully on 24 June with the MSJ Community. Five priests, including the parish priest, concelebrated the Holy Eucharist. CMI priests from Galilee, CMC Sisters, and benefactors also joined the celebration.
- Sr. Suthara suffered a fall on 24th June and was admitted to the hospital.
- Sr. Sevika is gradually recovering and showing signs of improvement.
- The Palliative Care Unit continues to visit regularly and provide the necessary care to the sisters.

- The sisters remain actively involved in the pastoral and parish ministries

❖ **St. John's Convent, Parpa**

- The months of May to July 2026 were marked by moments of grace, joyful celebrations, and new beginnings in the life of St. John's Convent, Parpa.
- 16 May 2026: The community warmly welcomed Sr. Lavanya as the new Superior. The official handing-over ceremony was conducted by the outgoing Superior, Sr. Lify, in the presence of Sr. Jessy, Education Counsellor, marking a smooth transition of leadership.
- 17 May 2026: Nirmal School, Parpa, welcomed Sr. Lavanya as its new Principal. The handing-over ceremony was conducted by the outgoing Principal, Sr. Kalpana, in the presence of Rev. Manish (Education Secretary), Rev. Fr. Jins M. Jose (Manager), Sr. Jessy (Education Counsellor), and the school staff.
- 18–19 May 2026: The community bid farewell to Sr. Kalpana and Sr. Lify, expressing heartfelt gratitude for their dedicated service and wishing them God's abundant blessings in their new missions.
- 24 June 2026: The Feast of the Nativity of St. John the Baptist, Patron of our Congregation, was celebrated with great devotion. A solemn Eucharist at St. Vianney Church, presided over by Rev. Fr. Jins and Rev. Fr. Sunil, was followed by a joyful

fellowship with the parish community, including cake cutting, floral greetings, and refreshments.

- 18 July 2026: The community joyfully welcomed Sr. Kamshila as its newest member.
- These events reflect the vibrant spiritual and community life of St. John's Convent, Parpa, as the sisters continue their mission with prayer, committed leadership, joyful fellowship, and dedicated service.

❖ **St. John's Convent, Hinganghat**

- Hinganghat Community warmly welcomed Sr. Surabhi, Sr. Valsa, and Sr. Nikita while bidding a heartfelt farewell to Sr. Prasada, Sr. Shilpa and Sr. Bertila. We thanked them for their dedicated service and wished them God's abundant blessings in their new mission.
- We bid farewell to Fr. Vibinto, expressing sincere gratitude for his dedicated and selfless service.
- The Hinganghat Community bid a heartfelt farewell to Rev. Fr. Joseph, OFM Cap, the former Parish Priest, on the occasion of the official handover of the parish to the newly appointed Parish Priest, Rev. Fr. Shimon.
- Our formation house is blessed with 10 candidates - 8 from Orissa, 1 from Jharkhand, and 1 from Chanda. We are grateful to God for these vocations and appreciate the dedicated efforts of our Vocation formators.

- Our hostel currently accommodates 13 students, providing them with a caring and value-based environment.
- The feast of St. John the Baptist, our Patron, was celebrated in the Parish, with a three-day novena, followed by a solemn procession. The celebration concluded with nashta and tea, fostering joy and fellowship among the parish community.
- Hostel students excelled in the Diocesan Level Catechism Examination, securing First Prize in the Class VI and Class VIII.
- The community joyfully celebrated the feast day of the parish priest, Fr.Shimon, on the feast of St.Thomas the Apostle.
- Sr.Shanti, completed her Msc, with flying colours.
- Community rejoiced with Sr.Bertila, as she made her final profession, a milestone in her religious Journey.

❖ **Asha Kiran**

We gratefully acknowledge the generosity of numerous individuals, families, parishes, organizations, and institutions who supported us with groceries, medicines, clothing, educational materials, household items, and financial assistance. We are especially grateful to Mrs. Shilpi Bagadi, whose regular support has become a significant source of sustenance for our children. We entrust all our benefactors to God's abundant blessings.

- Regular health camps, medical consultations, and free medicines were provided through Shalini Tai Meghe Hospital, Aliya Dispensary, and Mayo Hospital. Voluntary HIV screening was also conducted for staff and children.
- Children visited their families wherever possible, strengthening family bonds.
- A summer yoga camp certified six girls as yoga instructors.
- Skill development programmes included spoken English, mathematics coaching, computer literacy (MS-CIT), culinary training, soap-making workshops, handwriting improvement, reading programmes, poster making, and public speaking competitions.
- Career guidance, counselling, disaster management, traffic safety, drug awareness, and life-skill sessions were organized by Miracle Foundation, NMSS, Nagpur Police, and other collaborators.
- The girls actively participated in World Environment Day celebrations, tree plantation drives, Youth Day programmes, and numerous cultural, educational, and recreational activities.
- Our children excelled in the District Women and Child Welfare competitions, winning the highest number of prizes in sports, cultural events, and indoor games.

- Board examination results were outstanding, with several students securing first rank in their respective classes.
- Two girls were welcomed into foster families, marking an important milestone in their journey towards family-based care.
- Christmas, national festivals, and community celebrations were observed with great enthusiasm and active participation.
- Numerous organizations, schools, colleges, police departments, banks, industries, seminarians, and volunteers visited Asha Kiran, conducting educational programmes, entertainment, health initiatives, and sharing gifts and encouragement with the children.
- A memorable milestone was the marriage of our beloved daughter, Miss Khushi Mohadikar, whose joyful farewell remains a cherished moment in the history of Asha Kiran.
- On 25 July 2026, the staff and children participated in the Seva Parivar Sammelan at St. Claret School, Butibori. The children showcased their talents through cultural performances and received generous gifts, educational materials, groceries, household appliances, and heartfelt appreciation.

❖ **Aragami Convent, Mhasala**

- A farewell programme was held for Sr. Smita, Sr. Alka, Sr. Nikita, and Sr. Mariagoretti.

- Sr. Archangel and Sr. Beronika were warmly welcomed to the community.
- The Feast of St. John the Baptist was joyfully celebrated on 24th June 2026 together with the Silver Jubilee OF Sr. Magret Gamit, Sr. Namita Gamit, Sr. Sunita Rabad, Sr. Esther Rani Koyadwar, Sr. Bindu Njavallikunnel, and Sr. Amruta Moovelil. The Holy Eucharist was solemnly celebrated by Fr. Benny Mulackal, Proto-Syncellus of the Chanda Diocese, along with other priests. The jubilarians were felicitated with love and gratitude, making the celebration a memorable occasion of thanksgiving and joy.
- Our Community Feast, the Feast of Our Lady of Mount Carmel, was celebrated on 16th July 2026 with great devotion, joy, and thanksgiving, bringing the community together in prayer and fellowship.
- Sr. Tessy, the Provincial, made a visit to Tanzania during the year.

❖ **St. John's Academy, Vettukad**

- 1 June 2026: St. John's Academy reopened for the new academic year with great enthusiasm. Students were warmly welcomed with a band performance, and the reopening programme was inaugurated by the Ward Member.
- The school celebrated 100% success in the CBSE Grade X Board Examination. On 10th July, Merit Day was held to honour the achievers. Miss Anviya Seljo emerged as the school topper, followed by

Miss Alna K.B. and Miss Irene Roy. The excellent results reflected the hard work of the students and the dedicated guidance of the teachers.

- World Environment Day was observed with tree plantation and various competitions, including colouring, poster-making, and poem writing, organized by the Science Club to promote environmental awareness.
- 8 June 2026: The Deepika Namude Bhashapathadi programme was inaugurated by Mr. Joseph George Velliamkulam, with the presence of Rev. Fr. Rinto Payyappilly, encouraging students to develop a love for reading and the Malayalam language.
- 6 June 2026: The School Parliament Election was conducted, providing students with a valuable experience of the democratic process and leadership.
- 10 June 2026: A FIFA World Cup Football Awareness Rally and friendly football match promoted sportsmanship, teamwork, and enthusiasm for the game.
- The Investiture Ceremony and International Yoga Day were celebrated together. The newly elected student leaders assumed office, with Aaron as Head Boy and Anline Abraham as Head Girl. The Panchayat President attended as the Chief Guest. The programme also emphasized the importance of yoga for physical and mental well-being.
- Reading Day was celebrated with the inauguration of the Literary Club, inspiring students to cultivate

reading habits. Mr. Jose, a member of the office staff, was the Chief Guest.

- 23 June 2026: St. John's Day was celebrated with vibrant cultural programmes organized by the students of Class VIII.
- 2 July 2026: Vanamahotsav was observed through a special assembly and tree plantation programme organized by Class VI, fostering environmental responsibility.
- 6 July 2026: An Anti-Drug Awareness Programme, organized in collaboration with Janodaya Vayanashala, was conducted by Mr. Latheef K., Preventive Officer, Excise Enforcement & Anti-Narcotic Special Squad, Thrissur, creating awareness about the harmful effects of substance abuse and promoting healthy living.

❖ **St. John's School, Allipur**

- The new academic year 2026–27 began with renewed enthusiasm and a series of enriching programmes for both staff and students. The staff participated in two orientation and training programmes held at St. John's High School CBSE, Hinganghat, on 15th and 19th June, aimed at enhancing professional competence and equipping teachers with innovative pedagogical skills for the new academic session.
- The school staff assembled on 22 June for the first staff meeting of the academic year to review plans and prepare for the smooth functioning of the

school. On 23 June, Sr. Atulya conducted an orientation on the Johnnite Way of Education, inspiring the staff to imbibe the charism and educational vision of the Congregation in their daily ministry. This was followed by a session on 25 June by Sr. Dainy, who guided the teachers on effective lesson planning and learner-centred teaching methodologies.

- The school reopened on 30 June with great excitement as students returned to campus to begin a new journey of learning and growth.
- The school celebrated Maharashtra Day on 1st May with patriotic fervour. The programme included the hoisting of the National Flag, patriotic songs, and speeches highlighting the rich cultural heritage and contributions of the State of Maharashtra.
- International Yoga Day was observed on 20 June, encouraging students and staff to embrace yoga as a means of promoting physical fitness, mental well-being, and a healthy lifestyle. On 25 July, the school celebrated Environment Day through awareness programmes, planting sapling and activities that motivated students to become responsible custodians of nature.
- A Felicitation Programme for the outgoing Class X students was held on 27 June to appreciate their achievements and wish them success in their future pursuits. Sr. Surabhi, the Chief Guest, inspired the students with her encouraging words and

emphasized the importance of perseverance, integrity, and faith in achieving their goals.

- On 10 July, Fr. Philomen conducted an inspiring seminar for the students of Classes IX and X, on Born to fly: To ensure capacity for establishing reintegration for children, motivating them to strive for academic excellence while nurturing values, discipline, and a positive outlook towards life.
- The school also organized several important meetings during the month, including meetings of the Parents Teachers association, Student Safety Committee, Road Transportation Committee, and other statutory committees. These meetings reflected the school's continued commitment to ensuring students' safety, strengthening collaboration with parents, and promoting the holistic development of every learner.
- As the new academic year unfolds, St. John's School, Allipur, remains steadfast in its mission of imparting quality education rooted in Gospel values, fostering academic excellence, environmental responsibility, character formation, and the all-round development of its students.

❖ **Aragami School, Mhasala**

- On 1st April 2026 a warm and heartfelt welcome was extended to the new comers of our school.
- Election of Cabinet members of our school was held on 8th April 2026.

- School has kept its history of having 100% AISSE Result this year too. 98.2% is the highest with 61 Merit Students.
- Maharashtra Day and Labours Day were celebrated on 1st May 2026 honouring the rich heritage of Maharashtra and recognising the dignity of labour.
- On 15th June 2026 the School building was solemnly blessed, invoking God's blessings for the academic year ahead.
- The International Yoga Day was celebrated on 22nd June 2026 with great enthusiasm by the teaching staff, promoting physical fitness, inner harmony, and a healthy lifestyle.
- The school witnessed a beautiful cluster of celebrations on 27th June 2026. The day marked the Felicitation of Meritorious Students, the celebration of Agrabami Day commemorating the life and mission of St. John the Baptist, and a Tree Plantation Programme, inspiring everyone towards environmental care and responsibility.
- After the summer vacation, the school reopened on 30th June, welcoming students from Nursery to Class X and bringing back the vibrant atmosphere of learning, enthusiasm, and joyful interactions.
- The Feast of St. Thomas the Apostle was celebrated on 3rd July 2026 with faith and devotion, remembering his unwavering commitment and witness to Christ.

- The General EPTA Election Meeting was held on 4th July 2026, strengthening the partnership between parents and the school.
- On 10th July 2026 an Online Seminar for “Forerunner” a social activity club was organised providing them with valuable insights, learning opportunities, and encouragement for their role and responsibilities.
- On 11th July 2026 the school celebrated Principal’s Day with joy and gratitude on the birthday of our beloved Principal Rev. Sr. Jessy the counsellor of Education.
- On 20th July 2026 the Forerunners extended their spirit of service through a social visit to a nearby village. The same day also witnessed the Inauguration of various School Clubs, encouraging students to explore their talents, creativity, and leadership skills.
- On 29th July 2026 the school celebrated Guru Purnima with gratitude and reverence, honouring the invaluable guidance and wisdom imparted by teachers and mentors.
- On 30th July 2026 an awareness programme was organised for the girls students of 8th, 9th and 10th by a representative from the SP Office, providing valuable guidance and creating awareness on important issues related to their safety and well-being.

❖ **Christuvan, Gomini**

- Greetings from Christuvan Mission, Gomini.
- Following Easter, the sisters visited the villages to bless the homes of the parishioners.
- We bid a heartfelt farewell to Fr. Simon and Sr. Anita of Allapally, and Fr. Sunil of Koperli, expressing our gratitude for their dedicated service.
- We also thanked Fr. Louis for his generous ministry at our centre as he was transferred to Ballarshah. At the same time, we warmly welcomed Fr. C. C. George, CMI, as the new Parish Priest of Christuvan, Gomini, and wished him God's abundant blessings.
- The CMI Service Society generously donated an inverter for the church and two batteries for the convent.
- With the support of the CMI priests, a borewell was drilled and a motor pump installed to irrigate the vegetable garden.
- The old church building was renovated and converted into a kindergarten, creating a better learning space for children.
- Fr. Sarit, CMI, along with nine brothers from Ballarshah, visited the mission for a meaningful mission exposure programme.
- A nine-day novena in honour of St. John the Baptist was prayerfully conducted in preparation for the feast.

- The kindergarten reopened on 1 July 2026 with 40 students enrolled for the new academic year.
- Classes for the boarding students commenced on 10 July 2026. This year, the boarding facility accommodates 20 students.
- Sr. Jyoti conducted awareness programmes in various villages on holistic healing and the importance of family life. She also led an orientation programme for animators, highlighting their role in transforming individuals, families, society, and the nation.

It is for
freedom
that Christ
has set us
free.

—◆—
*Galatians 5:1 - A Bible verse
for Independence Day.*



A Love That Became the Foundation of My Religious Life

In Loving Memory of Sr. Suthara

- Sr Sally

Standing beside Sr. Suthara's lifeless body on 27th July and accompanying her silently through her final journey - from the church where we prayed our farewell to the quiet resting place of her earthly remains - was a deeply moving experience for me. With every step of that last journey, memories came flooding back, gently turning the pages of more than thirty years of my own life as a professed Johnite. They were not merely memories of events, but memories of being deeply loved, cared for, accepted and valued.

Sr. Suthara was my very first Superior.

I lived under her guidance for only a year in our Jeripetka community in Nagpur before I left for my studies in Bangalore, where I spent my entire time as a junior and more. Yet that one year has remained one of the most vivid chapters of my religious life. Sometimes, it is not the length of time we spend with someone that leaves the deepest imprint, but the depth of love with which they touch our lives.

To me, she was never just a Superior. She was a mentor, a guide, a motherly presence, and a pillar of quiet strength. Looking back today, I realize that I began to love religious life - especially community life - because

I experienced what it meant to be genuinely cared for. I felt safe. I felt seen. I felt that I belonged.

Today, as I accompany many sisters in my ministry as a psychiatrist, I listen to stories of loneliness, misunderstandings, broken relationships, and struggles within community life. I hear sisters carrying deep emotional wounds inflicted not by the world outside but often within the very communities meant to nurture them. Every time I hear such stories, I silently thank God.

When I think of my own religious life, especially my early years, I do not recall painful memories. What fills my heart instead are memories of love, belonging, encouragement, and joy. I remember wanting to give more because I had first received so much. And I often wonder whether that beautiful foundation was laid, in no small measure, by Sr. Suthara.

I was only twenty-two then - young, timid, anxious, and unsure of myself. Like many young sisters, I carried my own fears, especially before senior sisters. Sr. Suthara somehow understood all of that without my ever having to explain it. She created an atmosphere where I slowly began to feel secure, accepted, and free to grow.

During that year I was preparing for the PMT examination (today's NEET). She carefully chose one of the best tuition centres in Nagpur for me. But she did not stop there. She arranged for her nephew, Jino, to spend every Sunday teaching me personally at our convent. He gave generously of his time and energy, teaching me with extraordinary dedication.

Ironically, Jino himself had not secured admission to medical school despite a few attempts. Watching him teach so effortlessly without even opening a textbook, I often wondered how someone so brilliant could not get through. Deep inside, I never believed I would succeed where he had not. I had little confidence in myself and even less faith that I could ever become a doctor.

God, however, had His own plans.

When the results came and I qualified, I think Sr. Suthara and Jino were happier than I was. While everyone celebrated, I was overwhelmed with fear. My thoughts were not, "I have become a medical student," but "Will I really be able to complete MBBS?" Once again, Sr. Suthara quietly became the person who believed in me before I could believe in myself.

Life in Jeripetka was never limited to studies alone. Those were the early days of the kindergarten she had started. I often had opportunities to spend time with the little children there. I loved every moment with them. Sometimes I would even think, "If I don't get through this examination, perhaps God simply wants me to spend my life with these children." Looking back now, I smile at those innocent thoughts.

She also encouraged me to involve myself actively in youth ministry and pastoral activities. With the support of Fr. Glen and the enthusiastic company of Sr Roshni (who is just one year senior to me) and other young people, those experiences became spaces where I discovered my gifts and gradually came out of my shell.

What remains etched most deeply in my heart, however, is not what she did, but who she was.

I rarely saw her angry. She carried herself with remarkable calmness and gentleness. She loved making different varieties of food and delighted in making us happy, especially on Sundays and feast days. I still remember our community gathering around the television to watch the news or a serial together, followed by conversations around the dining table. They were ordinary moments. Yet today I realize that ordinary moments lived with love become extraordinary memories.

Community life under her care felt like family.

Even after I left Jeripetka, her affection never diminished. Whenever we met over the years, it was always the same warm smile, the same loving concern, the same feeling that I mattered. During my visits to Chiyaram, she would invariably insist on giving me something—sometimes a little money tucked quietly into my hand, sometimes a small gift that she herself had received. The gift itself was never important. It was simply her way of saying, "You are still my child."

Even during her illness, whenever we spoke over the phone, I could hear the same warmth in her voice despite her own pains. Age and sickness had not diminished her capacity to love.

As I reflect today, I realize something profoundly important. Much of my own capacity to care for others

was born because I myself was cared for when it mattered most.

The unconditional love I try to offer today to my sisters, to my patients, and to all who seek help did not emerge in a vacuum. It grew upon the secure foundation laid by people who made me feel loved, valued, wanted, and safe during my formative years of religious life. Sr. Suthara was certainly one of those precious people.

Love received becomes love shared.

Perhaps that is her greatest legacy in my life.

She has now gone to her heavenly home, but she continues to live in countless quiet ways - in every sister I accompany with compassion, in every anxious young person I encourage, in every effort I make to create spaces where others feel accepted and safe.

Her life reminds me that we may never fully know the lasting impact of our everyday kindness. A word of encouragement, a meal lovingly prepared, time generously given, faith placed in someone who doubts themselves - these simple acts can shape an entire lifetime.

As we commend Sr. Suthara to God's eternal embrace, my heart overflows not with sorrow alone but with profound gratitude.

Thank you, Sr. Suthara, for making me feel loved before I had learned to love myself.

Thank you for making our community feel like home.

Thank you for believing in me before I believed in myself.

And thank you for showing me, through your quiet and gentle life, that the greatest form of leadership is simply to love people well.

May the Lord whom you served so faithfully welcome you into His eternal joy.

Your memory will forever remain a cherished blessing in my life.

When Tears Speak, Hope Answers

- Sr Ranjita Lakda

*Today, life did not go the way I had hoped.
Deep within, I knew this moment might come,
Yet it still broke my heart.*

*My heart whispers,
"Why me?"*

*Whom shall I tell
Why my heart feels so heavy?
Who will understand
The silent battles I never spoke about?*

*Tears fall without asking,
One after another.
For a moment,
I feel like giving up,
Like letting go of every dream.*

*Yet, in the quiet of my soul,
A gentle voice still whispers,
"Don't quit.
You will rise again."*

*"It is for your good,"
My heart softly reminds me.
Though my eyes are filled with tears,
Hope refuses to leave.*

*Today may have brought disappointment,
But it does not define who I am.
This is only one chapter,
Not the end of my story.
So I will wipe my tears,
Lift my head,
Trust God's perfect timing,
And take one more step forward.*

*For every tear I shed today
Is watering the strength within me.
Today is not my ending—
Tomorrow, I will rise again.*

My Vocation Story

- Priyanka Tigga

As Jesus was walking along, He saw a man called Mathew sitting at the tax booth and He said to him 'Follow me' and he got up and followed Him. In the same way, Jesus came into my life, encountered me and He said 'Follow me' and I responded to his call.

I, Priyanka Tigga, was born on 25th March 2002 as the second child among four children. I was born into the Tigga family in Ettapally Parish.

Being a hostelite, I got so many opportunities to grow in faith. My life in the hostel gave me chances to deepen and strengthen my Christian faith. I received holy communion and confirmation while I was there. The SJB sisters who were in charge of the hostel prepared me to receive these sacraments.

The daily Holy mass and the reception of the holy Eucharist along with the Sunday catechism classes aided my growth in responding to the call of God. Sr. Divya and Sr.Valsa who were working in the mission station inspired me and motivated me. Their work as well as their life were sources of inspiration that made me choose religious life in the SJB congregation.

As I completed my studies, His loving invitation 'Follow me' echoed in my heart again and again. I chose this life after my studies. Entering into the congregation was my way of rising like Matthew leaving behind whatever could keep me from following Christ with a joyful heart.

The journey surely was full of challenges and sacrifices. But I surely have experienced God's love and His guidance. Every stage of my formation has deepened my friendship and relationship with Jesus and also have strengthened my desire to do His mission for His sake.

God Speaks Through Nature

- Jina Samad

*The beautiful flower whispered to me;
God wants you.
The water of the ocean whispered to me;
God loves you.
The trees whispered to me;
God takes care of you
The birds of the sky reminded me ;
To sing of the glory of God.
The rain of the sky reminded me:
God's grace flows through me ;
The soil of the earth reminded me:
I am the child of God.*

A Journey of Learning, Service and Renewed Commitment

- Sr. Sancy Johnson

Dear friends,

I would like to share my enriching experience of attending the eight-day Community Health Training Programme organized by CHAI (Catholic Health Association of India) at Secunderabad. It was much more than a training programme—it was a journey of learning, reflection, and renewal that strengthened my commitment to compassionate, holistic healthcare.

Day 1: Community Health and Digital Skills

The programme began with an introduction to community health and the growing importance of digital technology in healthcare. We learned how Telehealth is transforming healthcare delivery by making quality services accessible to people living in remote and underserved communities.

An equally valuable session focused on digital safety and security. We were trained to create strong passwords, secure our Gmail and WhatsApp accounts, use two-step authentication, and protect confidential information. These practical skills increased my confidence in using technology responsibly and safely in healthcare ministry.

Day 2: Palliative Care and Psychosocial-Spiritual Assessment

The second day was spent at Pratyasha Palliative Care Centre, where we witnessed compassionate care in action. We learned that palliative care is not limited to relieving physical pain; it embraces the emotional, psychological, social, and spiritual needs of patients and their families.

This experience reminded me that true healing comes through presence, compassion, dignity, and holistic care, especially during life's most vulnerable moments.

Day 3: Fellowship and Recreation

Our visit to Ramoji Film City provided an opportunity for relaxation, fellowship, and community bonding. It reminded us that moments of recreation are also essential for personal well-being and team spirit.

Day 4: Resource Mapping and Mental Health

The morning session focused on community resource mapping. We learned how to approach families with sensitivity, build trusting relationships, identify available resources, and collaborate effectively with government agencies and NGOs to strengthen community health services.

In the afternoon, we attended an inspiring online session by Dr. Sr. Sally on Mental Health, with special emphasis on the psychological well-being of religious sisters. The session explored the emotional challenges that can arise

in religious life and highlighted the importance of recognizing early warning signs, nurturing healthy relationships, offering emotional support, and seeking professional help whenever necessary.

This session deeply touched me and inspired me to become more attentive, compassionate, and supportive within my own community.

Days 5-7: Physiotherapy, Occupational Therapy and Anaemia

These days were filled with practical and hands-on learning.

We gained a deeper understanding of the role of Physiotherapy in community health, palliative care, rehabilitation, paediatrics, and sports injuries. Practical demonstrations included exercises to maintain joint mobility, breathing exercises, chest physiotherapy, pain management techniques, manual muscle testing, and the use of mobility aids and assistive devices.

Our sessions on Occupational Therapy focused particularly on developmental disabilities, especially Autism Spectrum Disorder. We revised developmental milestones, fine and gross motor development, early identification of autism, and therapeutic interventions that promote independence and quality of life.

We also attended an informative session on Anaemia, covering its causes, signs and symptoms, prevention, treatment, and the important role community health

workers play in creating awareness and promoting healthy practices.

Day 8: Community-Based Rehabilitation

The final day focused on Community-Based Rehabilitation (CBR). We learned about the 21 categories of disabilities and the importance of creating inclusive communities where persons with disabilities are respected, empowered, and supported.

The session reinforced the vital role community health workers play in promoting dignity, participation, equal opportunities, and holistic care for every individual.

My Takeaway

As I look back on these eight days, I realize that this programme enriched me not only with knowledge and practical skills but also with a deeper appreciation of holistic healthcare. It broadened my understanding of caring for people physically, psychologically, socially, spiritually, and emotionally.

I return to my ministry with renewed enthusiasm, greater confidence, and a stronger desire to serve with competence, compassion, and sensitivity. I am confident that the lessons I have learned will continue to guide my daily life and ministry among God's people.

I sincerely thank Sr. Tessy and her team for giving me this wonderful opportunity to participate in this valuable training programme. Their encouragement and support have enabled me to grow both personally and

professionally. I remain deeply grateful for this enriching experience and pray that I may faithfully put these learnings into practice for the service of those entrusted to my care.

The End of A Golden Era

- Sr Amala Nayaki

A foundation of Faith (1936-1941)



In 1936, our founder father John Maria Haw, established a spiritual retreat center in Braunshardt. From the very beginning, our German sisters came to serve the community and center, later extending their service to a newly established old age home (Altenheim St.Ludwig). Though the devastating events of the second world war destroyed everything in 1941, the spirit of our mission remained unbroken.

Rebuilding and Flourishing 1941-2011

With deep faith, the community rebuild From the ashes. Under the guidance of sister Cordula, whose selfless dedication is still fondly remembered today, the community and all other activities flourished once again. In 1992, Mr.Thomas Roth took charge of Altenheim St.Ludwig,working together with 13 sisters across various fields. After 75 years of profound impact, our German sisters eventually return to Motherhouse.

The Indian Successio(2011-2026)

In 2011, a new chapter began as we, the Indian sisters of St.John the Baptist, stepped into continue this vital Ministry. We served in Braunshardt with love, carrying forward the legacy of our pioneers till June 2026. Together, our congregation's presense in Braunshardt spanned an incredible 90 years.

A Difficult Farewell and a New Dawn

Saying goodbye to a place shaped by the sacrifice of our pioneers is deeply difficult. We leave behind a community of people that has expressed immense gratitude and appreciation for our decades of selfless service.

However, a lack of local facilities made it increasingly challenging to sustain our religious life, forcing us to travel long distances by bus and train to go for daily Mass. After sharing these difficulties with our Superiors, and with their blessing, we have officially moved to Mainz. Here, surrounded by the necessary facilities, we

look forward to deepening our spiritual journey and continuing our mission with renewed strength. With the grace and guidance of God, we are gradually settling into our new home and are being warmly welcomed by the people here.

The sisters who reside with us under one roof have extended their support to us in countless ways, and we are deeply grateful for their presence and assistance.

It was a great privilege and blessing for us to have the newly ordained Auxiliary Bishop of Mainz visit and bless our living area. This was followed by the celebration of the Holy Mass, which made the day even more meaningful and memorable for all of us.

Sisters from our own congregation, as well as sisters from the Perpetual Adoration, graciously joined us in celebrating this occasion and made it a truly joyful and prayerful gathering.

We extend our heartfelt gratitude to all the dear sisters for your constant prayers, encouragement, and love. May God bless you abundantly.



As I Looked ...

- Sr Bertila

*As I looked at the sky,
I found the Lord covering me.
As I looked at flowers,
I found the Lord sharing laughter.*

*As I looked at the morning light,
I found the Lord waking my heart.
As I looked in the mirror,
I found the Lord polishing my soul.*

*As I looked at the ocean,
I found the Lord holding my depth.
As I looked through the storm,
I found the Lord keeping me still.*

*As I looked into the silence,
I found the Lord whispering my name.
As I looked at my hands,
I found the Lord guiding my work.*

*As I looked back at the road,
I found the Lord walking beside me.
As I looked within myself,
I found the Lord resting at home.*

“AI is intelligent, but wisdom comes from God”

Proverbs 2:6

- Sr Seema Alex

1. Introduction

Artificial intelligence or AI, is the ability of machines and computers to think, learn, and make decisions like humans. From voice assistants on our phones to robots in hospitals, AI is no longer science fiction. It's a part of our daily life. In India today, from a farmer in Wardha checking crop prices on his phone, to a student in Kerala using educational apps, AI touches everyone. While AI brings great promise, it also raises important questions about human values, jobs, and our future.

2. The Advantages

AI makes life faster and easier. Key benefits:

- a) **Healthcare:** In India, AI tools like Qure.ai help doctors in rural hospitals detect TB and brain strokes from X-rays within minutes. This saves lives where specialists are few.
- b) **Education:** Apps like DIKSHA use AI to recommend videos and quizzes to lakhs of Indian students in their own language.
- c) **Agriculture:** Farmers in Maharashtra use AI apps like Plantix to scan a leaf photo and get instant advice on crop disease.

- d) Safety: AI monitors Mumbai traffic, predicts cyclones for fishermen, and helps banks prevent fraud.
- e) Efficiency: It handles repetitive work, giving people time for creative tasks and service.

3. Disadvantages

AI also has serious drawbacks if not used wisely:

- a) Job loss: Machines can replace human workers in factories, call centres, and even art. A data entry job lost in a small town may not return.
- b) Privacy risk: AI collects large amounts of personal data. Who owns our face scan or voice recording?
- c) Dependence: Over-reliance on AI can weaken human thinking and memory. If AI writes all homework, will students learn to think?
- d) Bias: AI can make unfair decisions if trained on wrong data. An AI rejecting a poor person's loan application because of their address is wrong.
- e) Digital divide: Children without smartphones in villages may be left behind.

4. AI and Youth of Today

Today's youth are the first generation to grow up with AI. They use ChatGPT for homework, social media filters for fun, and AI tools to edit videos. In Indian colleges, students use AI to build startups and solve local problems. But it also brings challenges - reduced attention spans, fake news spreading on WhatsApp, and the temptation to copy instead of create. The youth must be taught "AI Ethics" in schools. They should ask: "Is this true? Is this fair? Is this human? AI must remain a

tool, not a master. Our youth can become creators of good AI, not just consumers.

5. AI and the Catholic Church

The Catholic Church sees AI as gift of the human creativity, but one that must be guided by moral values. Pope Francis, in his 2024 Message for World Peace, called AI a “revolution” that needs ethics and human oversight. Pope Leo, in his encyclical “Magnifica Humanitas, reminded us that the “magnificent nature of humanity “comes from being created in God’s image, and no machine can replace the dignity of the human person. The church teaches that technology should serve the poor, not replace them. In India, Catholics hospitals are using AI to read X-rays faster for patients who cannot afford specialists. Catholic schools can use AI to translate the Bible into tribal languages. Yet the Church warns: AI must never decide who lives or dies, and it must never replace prayer, confession, or human compassion. As the Rome Call for AI Ethics says, technology should help us love God and neighbour better. AI can count Rosary beads, but only a human heart can pray.

6. AI and Future Generations

For future generations, AI will be as common as electricity. Children in 2040 may learn from robot teachers who know their learning speed, travel in self-driving vehicles, and live in smart villages. If guided well, AI can solve hunger through smart farming, fight climate change, and give every child a tutor. If misused, it may

widen inequality - where rich children have AI tutors and poor children have none. It may harm human freedom if we let AI decide jobs or jail terms. What we teach children about AI today will shape the world they inherit. We must teach wisdom before coding.

7. AI and Daily Lives of People

AI is already in our homes. It recommends songs on YouTube, translates a Hindi notice to Marathi, navigates our roads via Google Maps, and filters spam emails. Farmers use AI to check soil health. Shopkeepers use digital apps with AI to manage stock. Even auto-drivers accept payment via AI voice alerts. AI is silent helper in our daily routine.

8. AI and Education

In education, AI is a powerful helper. It gives instant feedback, helps teachers correct 100 papers in minutes, and supports children with dyslexia through reading apps. In India, the DIKSHA platform uses AI to suggest learning material to students from Class 1 to 12 in 32 languages. Government schools in Telangana uses AI to track which child is likely to drop out, so teachers can help early. Yet AI cannot replace teacher's care, values, and personal guidance. A robot cannot wipe a crying child's tears or teach moral science through a life story. The best classroom will combine AI's speed with human heart. AI should assist the teacher not replace the Guru.

9. AI and Employment Opportunities

AI will close some jobs but open new ones. Typists and toll booth operators may reduce, but AI engineers, data analysts, drone pilots, and robot technicians will increase. In India NASSCOM says AI will create 20 lakh new jobs by 2030. The youth must learn new skills-coding, critical thinking, and emotional intelligence. Jobs that need compassion, creativity, and human touch-like nursing, counselling, teaching, and social work-will remain valuable and holy. We must train our children not just in traditional skills, but also in basic computer and AI awareness, so they are ready for tomorrow's world.

10. AI and different Religions

All religions teach human dignity and truth. Hinduism speaks of Dharma in using knowledge. Islam teaches that science must serve humanity. Christianity says humans are made in God's image-not machines. Buddhism warns against desire and attachment, even to technology. Religions remind us that humans are more than data. AI must serve people, not rule them. Interfaith dialogue in India can help create ethical rules for AI that protect every person, rich or poor, Hindu, Muslim, or Christian. No algorithm should decide a person's worth.

11. AI and Religious Vocation

Religious life is a call to prayer, service, and community. AI can support, but never replace, this vocation. How AI can help religious:

- a) **Formation & Study:** Novices can use AI to access the Bible, Church documents, and saints' writings in multiple languages instantly. AI translation helps Sisters and Brothers study theology from global sources.
- b) **Administration:** AI can manage convent accounts, hostel attendance, and schedules, giving religious more time for prayer and people.
- c) **Outreach:** AI chatbots can answer basic faith questions, share daily Gospel reflections, or help people find Mass timings.

But we must be careful:

1. Prayer is human: AI can play a Rosary audio, but it cannot pray for us. Vocation needs silence, discernment, and a human heart before God.

2. Community is real: Technology cannot replace community meals, shared laughter, and serving the poor together.

3. Vocations come from God: AI may provide information, but the Holy Spirit touches the heart. Technology is a servant in religious life, not the Master.

12. AI and Family Life:

In our families, AI brings both help and challenges. Smart apps remind parents of school bus timings and children's medicine doses. AI photo albums store precious memories. Yet we must guard our family time. If AI controls the dinner table, we lose eye contact and prayer together. Let us use AI to protect family- set

screen-time limits, block harmful content, and teach children to ask God before Google. As the Holy Family teaches us, true connection is human: a shared meal, night prayer, and listening hearts. AI should serve the family, not replace it.

13.Conclusion

AI is a powerful tool, like fire or electricity. It can warm our home or burn them down. The choice is ours. If we use AI with wisdom, compassion, and respect for human dignity, it will bless our lives, schools, church, and future. Let us not fear AI, but guide it-so that technology remains a servant, and humanity remains the master.

As I conclude, let me remember the prayer of St. Francis of Assisi: “Lord, make me as an instrument of your peace.” May we use AI as an instrument of peace, justice, and love.

Dry Leaves

- Sr Kripa Kannampilly

*Dry leaves pass through my door
Pushed gently by the wind
One day such will be my fate
Gently pushed away with time
As none remembers the leaves
None will remember I was there.
They were here green as ever*

*Green as leaves when young
With season the colour changed
So will old age cripple me.
And as they float away to dust
I will no longer be there to stay,
Trees with no home
Or Land for their own
No mother tree does for them mourn
I will be dead and gone away
And all my memories will fade away.*

Planting Seeds of Hope :

Our New Mission in the North East Tharaso Mission, Itanagar Diocese, Arunachal Pradesh

- Sr Pavana



After a long period of reflection and prayer, discussions and negotiation the Indian Province has decided to collaborate with Itanagar mission. Srs. Shilpa and Pavana left Kerala on 9th of June and took up the tedious journey to Itanagar. On the fifth day morning we reached Naharlagun railway station. Srs.Rani and Rupa

were waiting for us at the railway station. We had to show the pass at the gate in order to enter the state. Bishop Benny and Fr.Santhosh were waiting for us in the Bishop's house. After receiving the blessings from Bishop and having lunch we began the journey to Tharaso accompanied by our Sisters from Itanagar as well as from Gohpur. It was just like a marriage party reaching the brides to the bridegroom's house with all the necessary things. Fr. Danish the parish priest and the parish council members and many parishioners were waiting to welcome us. We received a warm welcome and immediately after that we were initiated to the mission. After having a cup of tea and seeing off our sisters we went for the sector prayer similar to our BCC. It became the daily routine for us.

Our day begins by 4.30am as the daybreak here is around 4. We go to church by 5.15 am and after preparing for the adoration and mass, we pray the Divine office followed by mass. We have the evening prayer from 3-4. During the morning hours, we occupy ourselves by visiting families and praying the evening praying alongwith the people. Sine this area forms the border of Assam, there is possibilities of disputes at any time. Educational and medical facilities are so poor. As we have mountains and rivers, fields and forests around us, we get fresh air, and fresh vegetables.

We share the space and life of a family who generously take care of all our needs. We eat with them and share their joys sorrows and vice versa. The population here are simple, Godfearing and faithful lot who respects and

values their customs and traditions. The two months of our stay here taught us that we need minimum basic things for our living. We can survive well on a simple meal of rice and one curry. Having a bed itself is a great luxury. Forget about having a single room or an attached bathroom. What matters the most is how we live our life in relation to God and our brethren.

We three have been entrusted with different responsibilities. Sr.Shilpa is responsible for the Church and the Amma group. Sr.Pavana is in charge of the sector leaders and sector prayers, while Sr.Sarala looks after the choir, children and the youth. Fr.Danish oversees everything. We are happy and grateful to be serving in this mission.

By now, we have visited almost all the families in the parish. Everyday, we gather with one family for prayer. With seven sectors, we visit one family in each sector every week. We humbly request your prayers for us, our mission and especially for the youth and children entrusted to our care.

We sincerely thank our sisters from both Itanagar and Gohpur for visiting us and caring for our well being. We are grateful to Sr.Tessy for her visit in July. Above all we thank God for opening this new mission for our province.

Living with Purpose in Today's World

- Sr Sunita Gandhare

The world changes everyday but a life rooted in God never loses its direction.

In today's fast moving world people often chase success, comfort and recognition: yet many still long for true peace and lasting happiness. Technology connects us instantly but genuine love, compassion and human unity or relationships need a personal presence and care.

Life finds its deepest meaning not in what we possess but in the love we share, the kindness we offer and the faith will live each day.

- Every challenge is an opportunity to grow.
- Every act of kindness is a seed of hope
- Every faithful step brings us closer to God's purpose

Let's choose to be people who spread light instead of darkness; hope instead of fear and love instead of hatred. A meaningful life is not measured by achievements alone but by the hearts we touch and the lives we inspire.

Live simply, love generously, serve the people joyfully and trust God completely.

माझे जीवन

- Sankumari

माझे जीवन एक फुलासारखे
सुंदर आणि सुगंधित आहे.
जैसे फुल दिसायला सुंदर
आणि मन मोहक असते
तसे माझे जीवनही सुंदर
आणि प्रेमळ आहे.

'हे जीवन देवाकडून'
दिलेली सुंदर भेट आहे.
सुंदर फुलासारखे हे जीवन
एक प्रेमाचा प्रसार आहे
जिथे सर्व लोक प्रेमाने जगतात.

फूल सुंदर आहे
ते सगळ्यांचे मन जिंकणारे
सुंदर आणि स्वच्छ आहे
लहानसे म्हटले तरी जीवन
सुंदर आणि गोड आहे.

सगळ्यांचे मने जिंकण्यासाठी
आणि प्रेम पसरवण्यासाठी हेच जीवन आहे.
देवाने दिलेली प्रेमळ देणगी
जगात राहणे एकट्याचे शक्य आहे
पण जगात राहून प्रेमाले जगणे
महत्त्वाचे आहे.

A Journey Written by Grace

Reflections from Our Juniorate Gathering at Kazhakkootam, Trivandrum

- Sr Archangel Sebastian

“Every journey leaves footprints on the road, but only a few leave footprints on the heart.”

There are moments in life that quietly transform us - not through grand miracles, but through ordinary days filled with extraordinary grace. Our month-long Juniorate Gathering at Kazhakkootam, Trivandrum, was one such gift. It was not merely a programme on the calendar; it was a sacred season where God gently moulded our hearts, strengthened our vocation, and reminded us that every step of our consecrated life is guided by His loving hands.

For thirty blessed days, sisters from different communities came together as one family. We arrived carrying different stories and experiences, but as the days unfolded, our hearts began to beat with one rhythm—the rhythm of faith, fraternity, and mission. In the warmth of shared meals, joyful conversations, heartfelt laughter, and moments of prayer, strangers became sisters, and memories became treasures.

“Formation is not about becoming someone else; it is about becoming the person God created us to be.”

Every session became an invitation to grow. The inspiring resource persons enlightened our minds,

challenged our perspectives, and rekindled the fire of our vocation. Through prayer, reflection, Eucharistic celebrations, and community life, we discovered that true formation begins when we allow Christ to transform us from within.

One of the most cherished moments of our gathering was our one-day outing to Kanyakumari. Standing before the confluence of the Arabian Sea, the Bay of Bengal, and the Indian Ocean, we were reminded that just as the three seas meet in harmony without losing their identity, we too are called to live in unity while celebrating our uniqueness. Our visit to the Vivekananda Rock Memorial inspired us with its serenity and timeless message of courage and perseverance. We also visited the St. Daivasahayam Pillai Mount, where the inspiring witness of India's first lay saint invited us to reflect on steadfast faith and complete trust in God. The day concluded with a visit to our Thoothoor Community, where the warmth and hospitality of our sisters strengthened our sense of belonging to one congregation and one mission.

Of course, the most unforgettable moments were often the simplest - the laughter that echoed through the corridors, the cultural evenings, spontaneous celebrations, group activities, shared responsibilities, and countless conversations that strengthened our bonds of sisterhood. Those moments reminded us that community is built not through extraordinary events, but through ordinary acts of love.

As the month drew to a close, we packed our belongings, but our hearts carried far more than what our bags could hold. We carried renewed hope, stronger friendships, deeper faith, unforgettable experiences, and a greater desire to serve God with joy and generosity.

With profound gratitude, we thank our Provincial Team, the organising committee, the resource persons, and the entire Kazhakkootam Community for their tireless efforts, loving care, and generous hospitality. Their dedication transformed these thirty days into a beautiful chapter of grace that we will cherish forever.

As we returned to our respective missions, one truth remained clear:

Some places become memories. Some become milestones. But Kazhakkootam became a part of our story - a story beautifully written by God's grace, forever treasured in our hearts.

पेड़ की सुंदर और प्यारी शिक्षा

- Jayanti

पेड़ की झुकी हुई डालियाँ सिखाती हैं,
सिर को हमेशा झुकाना सिखाती हैं।
सबको गले लगाना सिखाती हैं,
सदैव प्रेम से रहना सिखाती हैं।
बिना भेदभाव के सबसे मिलना सिखाती हैं।

चाँद और सूरज हमें सिखाते हैं
जग में रोशनी करना सिखाते हैं।
बारिश की बूँदें हमें सिखाती हैं को
जग हरा-भरा बनाना सिखाती हैं।

पेड़ की झुकी डालियाँ से
पेड़ की झुकी डालियाँ

A Journey

- Poonam Kujur

*Paths are lonely and hard
No signs no footprints
Heavy storms mark the way
Enveloped by darkness
No hope no chance
Thousands of thoughts loom within
A spark leads the way
A little spark giving hope
It leads me on
My dreams await for the next step
My heartbeat cheers the way
Reminding the destination is near
The heavenly voice whispers
Never turn back.*

Bounteous Bountiful God

- Poonam Kujur

Bounteous bountiful God

*All we have comes from you
You feed our hunger and assuage our thirst
But you leave us still more hungry and thirsty for your
justice*

*What can we do in return ?
How can we show our gratitude ?
How shall we speak when we are dumb ?
What can we do when our hands are empty ?*

*To his first disciples Jesus said
Give them something to eat yourselves
And they found invisible resource
And discovered the power of sharing*

*To us today his works are no less clear:
From our poverty we must give;
From our lack we must share;
God will give the increase because God can
We will receive because we can learn graciousness
Others will benefit because they are in need*

*But all together are required
No one can stand apart or independent
Mutual indebtedness binds our communities
Making meaning from our life*

Freedom and Faith:

The Journey That Changed Me

- Sr Shruti

There was a time when I thought freedom meant doing whatever I pleased. Success, recognition, and independence seemed to promise happiness. Yet even after reaching some goals, the heart often remained restless. Smiles hid fears, doubts, and silent struggles.

One evening, I entered a quiet chapel. I had no words - only tears and questions. Looking at the crucifix, I whispered: *“Lord, I don’t know where to go anymore. Please lead me.”* That moment did not erase all problems, but it transformed me. I discovered that true freedom is not the absence of struggles, but the assurance of being loved by God even in weakness. Faith became the key that unlocked fear.

Whenever I faltered, I remembered Mother Mary. At the Annunciation, she did not know the future, yet she said: *“Let it be done to me according to your word.”* Her faith gave her courage. On the feast of the Assumption, we celebrate that this humble trust led her to eternal glory. Her journey teaches that every “yes” to God brings us closer to heaven.

As **Independence Day** recalls the sacrifices that won our nation’s freedom, the **Assumption** reminds us of a greater freedom—the freedom of a heart surrendered to

God. Nations are built by those who give selflessly; hearts are renewed by faith that trusts even in darkness.

Today my prayer is simple: *“Lord, make me truly free—free from fear, pride, anger, and selfishness. Grant me the faith of Mary and the courage of those who gave everything for freedom.”*

Freedom without faith leaves us empty. But when freedom walks with faith, it leads to hope, peace, and glory. May our life be a small witness that the greatest freedom is not to live as we please, but to live as God dreams for us.

Mission in Action : Our Exposure Journey

- Punam and Roshmery

It was a surprise for us when we were informed that we had to go to Asha Kiran for 1 month of experience. We would like to pen down that beautiful experience. As soon as we reached Asha Kiran, we were welcomed so gladly and we could feel the joy in the air. Srs. Seema, Valsa and Sushanti took care of us and explained the whole conduct of the house. Initially, it was quite difficult for us to manage the little girls but we bravely took it up and within no time got adjusted and well settled to the situation there.

During this one month exposure program, we realized a great truth that people turn out to be awesome not when they have everything around but when there is someone

to care, guide and love them. There, we could see the wonder 'love' could bring about in a person's life.

The young ones over there taught us the lesson of 'keep going on' and 'never giving up'. Though they had no one in their life they continued to live their life to the fullest. They were as cheerful as birds. During the summer vacation, they were fully involved in various extra curricular activities conducted by Sr. Seema. Various competitions took place to sharpen their skills of speaking, writing, acting etc.

Amidst this, we too learnt many things from our sisters. They guided us very well and corrected us very gently. We will always remember their care and love for us. Sr. Seema the animator of the house gave us plenty of opportunities to grow and to learn and supported us very generously whenever we faltered. She took our reading practices , gave us practice in cursive writing and also encouraged us to take one mile extra. The guidance that we received in prayer life from Sr Valsa will always be our cherished lessons . Sr. Sushanti remained like our own elder sister throughout our stay over there.

We had adventurous and fun filled days and we got opportunities for picnics too. We are really thankful for this evergreen experience where we could pick so many lessons for life.

A Walk of Thanksgiving

- Sr Kripa

I walk in thanksgiving

For the sunlit years of childhood

For tall trees and dewy morning grass

For warm winds and singing birds and yellow flower
cups

For laughter and discovery and the gift of wonder....

And because I walk in thanksgiving, I walk in belief

I walk in thanksgiving

For the years of growing awareness of life

Of a world peopled with life and alive with people

Of my own self as one among many selves

Fashioning myself through reaching out and up;

For the experience of growth through uncertainty

The risk of life, of love, of liberty.....

And because I walk in thanksgiving, I walk in trust.

I walk in thanksgiving

For friendship and insight and the gift of prayer

For windy nights and sun split waves

For the splendour of autumn on rocky peaks gold on
green,

And flame against blue.

For music and balloons and the song of the world

For the curiosity of life

For the challenge and delight

And because I walk in thanksgiving, I walk in joy.

I walk in thanksgiving

for life that comes, not as a whole,

But in little pieces called people

For tenderness and strength,

For gentleness and warmth,

For weakness and pain,

For anguish and ambiguity

For laughter and courage and the gift of friends

For the risk of life and the risk on God

And because I walk in thanksgiving, I walk in love.

I walk in thanksgiving

For faith and hope and joy and love

And because I walk in thanksgiving I walk in God

Magnifica Humanitas

- **Sr.Tresa Eugene**

Magnifica Humanitas (Latin for "Magnificent Humanity") is the first encyclical of Pope Leo XIV, promulgated on May 25, 2026. It is a landmark document that addresses the ethical and spiritual challenges of artificial intelligence, positioning it as the Catholic Church's defining social teaching for the technological age .

It is thought as the "AI equivalent" of *Rerum Novarum* (1891), which tackled the Industrial Revolution . It deliberately builds on over a century of Catholic social teaching to guide humanity through the current technological disruption .

Core Message and Framework

While the 48-page document covers war, labor, and education, its heart is a moral and spiritual framework for AI .

- **The Choice: Babel vs. Jerusalem:** The Pope frames our path using two biblical images. Babel represents building with AI driven by pride and profit, leading to fragmentation and exploitation. Jerusalem represents rebuilding with technology through shared responsibility and prayer, serving the common good and human dignity . The Pope frames our future as a fundamental choice with two biblical images : The Tower of Babel: Represents building with AI driven by pride, self-

sufficiency, and domination. This path leads to confusion, fragmentation, and the exploitation of the vulnerable. Rebuilding Jerusalem: Inspired by the prophet Nehemiah, this path represents building through shared responsibility, listening, and prayer. It means everyone—men, women, artisans, and families—works together for the common good, with God at the center .

- A Call to "Disarm" AI: Pope Leo deliberately used the strong word "disarm" to grab attention. He warns that AI is not neutral—it already affects who gets loans, sees certain news, and lives or dies on battlefields . We must consciously shape its development. This doesn't mean rejecting technology, but freeing it from the logic of military, economic, and cognitive competition, so it serves all of humanity .The encyclical grounds its arguments in the Church's Social Doctrine, emphasizing:
 - a) Inherent Human Dignity: Our worth is not earned through productivity, intelligence, or performance . It is a God-given gift that no algorithm can quantify or replace.
 - b) A "New Lens": Cardinal Cupich described the document as providing "a new lens to read the entire Social Doctrine of the Church" for the digital age .
 - c) Social Justice and Migration: The treatment of migrants is called a "litmus test" for social

justice, revealing whether our sense of justice is driven by fear or fraternity .

- d) Ecclesial Examination of Conscience: The principles of justice must also be applied within the Church itself, requiring transparency and listening to victims of abuse and power .

The Theology of Limits: The document directly confronts transhumanism (the idea of transcending human limits via tech). It argues human vulnerability (illness, aging) is where we discover compassion and wisdom. To eliminate suffering entirely would also "extinguish love". True transcendence is found through grace, not algorithms . The encyclical critiques the transhumanist dream of overcoming human limits, arguing that our fragility and finitude are where compassion and love are born .

Practical Concerns and Guidance

- a) Risks: It highlights AI's threat to truth, democracy, human creativity, and the environment (e.g., CO₂ emissions), as well as the dangers of autonomous weapons .
- b) A Collaborative Approach: In a break from tradition, the Pope presented the encyclical with an atheist AI expert from Anthropic . It stresses that building a human-centric future requires collaboration between scientists, philosophers, theologians, and ordinary people—everyone has "a section of the wall to build" .

Ultimately, Magnifica Humanitas asks us a profound question: What kind of people will we be as we use AI? It calls for safeguarding the magnificence of humanity that no machine can ever replace. The encyclical concludes by reframing the digital world not just as a tool, but as a "new continent to be evangelized". It calls for missionaries of the digital age who will build a "Civilization of Love" that safeguards the true, magnificent humanity of every person.

Hopes and Dreams: Two Pillars for Future

- Jina

In a village, there was a boy named Joy. He had great dreams to become successful. He was very intelligent but he was so scared of people, society, rejections, failures and was filled with doubts.

He went through many struggles. He doubted his abilities and even questioned whether his dreams were ever attainable. However his journey was not easy for opportunities were few and many surely doubted his skills. Some limitations seemed like walls that blocked his vision for future.

One day, his father spoke to him and enquired about his struggles and dreams. He asked with love 'Joy, do you believe that after every failure success waits for you?'. This question of his father was an eyeopener for Joy.

Later, with his father's accompaniment, Joy was able to achieve his goal. He worked hard even though he failed several times without giving up and at the end, he emerged successful.

Limitations are not the final words in our journey to achieve dreams. Every limitation can become a stepping stone for growth. Every challenge shapes us to move forward and attain our dreams. Let's not just dream but work and attain our goals. Dreams define our future and our future is directed by God.

Glimpses of A Vocation Journey in Mohana, Odisha

- Sr Abhilipsa Singh

Our journey to Mohana, Odisha, for the Vocation Camp was a new and enriching experience for both of us—myself and Sr Daina. It was our first time (myself participating in such a camp and visiting the surrounding villages. Along with meeting the young girls at the camp, we had the opportunity to visit different villages and encounter the people in their own surroundings.

The scorching heat and the unfamiliar paths made the journey challenging, but every step brought us closer to a reality that is often distant from our own. Meeting the people, listening to their stories, and witnessing their simple way of life left a deep impression on us. Their

lives are marked by poverty and many struggles, yet their simplicity, warmth, and contentment touched our hearts.

As religious, we often live comfortably, sometimes without realizing how many people struggle even for their basic needs. This experience became a mirror for us. It made us pause and ask ourselves: Are we truly living the simplicity and humility to which we are called? The people we met taught us lessons that no classroom could teach—lessons of simplicity, resilience, gratitude, and trust in God.

The Vocation Camp was therefore not only an opportunity to meet young girls and accompany them in their discernment. It also became a journey of learning and self-reflection for us. We went to share and accompany, but we returned having received much more. The people and villages of Mohana reminded us that sometimes God speaks most powerfully through the simple lives of the poor and the unnoticed.

This journey has remained a beautiful and meaningful experience for both of us—a reminder that vocation ministry is not only about inviting others to follow Christ, but also about allowing ourselves to be transformed through the people and experiences we encounter along the way.

Desire - The Force That Shapes our Destiny

- Sr Bertila

Archbishop Fulton J. Sheen's reflections, on "desire"

Fulton Sheen explains that desire acts as the "gravitation" of the soul, pulling us either toward the heights of virtue or the depths of vice. He warns that many people maintain a "good" outward appearance—paying taxes and following laws—while harbouring inward desires that are selfish or even evil. To grow, we must stop using "psychological jargon" to excuse our faults and instead face our inner "ugliness" with honesty, rather than criticizing our neighbours to feel superior. Sheen also critiques the modern tendency to let the "masses" determine what is right, famously noting that "fifty million adulterers cannot be wrong" is a false logic; true moral excellence comes from submitting to God's truth, not following the crowd. Finally, he teaches that contentment is found when we accept trials as a "healthful discipline," much like a violin string must be stretched tight by a musician to produce a beautiful melody. By doing our best while trusting the results to God, we find a peace that the "over-privileged" world often lacks.

Caring Beyond The Cure

- Sr Padmini Nayak

Some journeys are measured by the distance we travel but some are measured by how deeply they transfer our hearts. My journey at Devalayam was one such experience. It was not just a place where I served for two years, but it became a home where I discovered the true meaning of love, compassion, patience, and selfless service.

Each day at Devalayam began with new responsibilities, I helped the children with their daily routine, assisted them during meals, encourage them in their learning , played with them and comforted them . There were some children could not speak clearly, while others found it difficult to express their emotions. Yet they communicated through their smiles , their eyes, their laughter and the warmth of their touch. They taught me that love doesn't need words, there were many moments that deeply touched my heart . I remember children who would eagerly waiting for me every morning, smiling the moment they see me and the sisters.

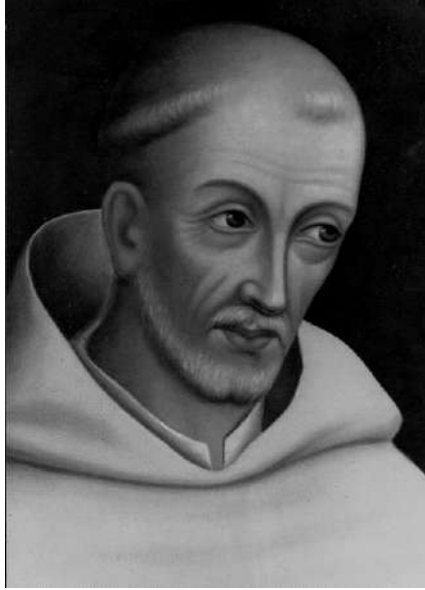
There were moments when I felt physically tired and emotionally exhausted , sometimes my question whether I was doing enough. Yet every challenge became an opportunity to grow , children unknowingly taught me to be more patience and humble enough to deal with them. They reminded me genuine care means standing by someone even when the journey becomes difficult.

I often felt that I was serving these children through Christ, their innocence reflected God's presence in a beautiful way. Whenever I cared and comforted them I felt that God was quietly teaching me the meaning of selfless love . As my time at Devalayam came to an end, saying good bye was one of the most painful moment of my life, children taught me to appreciate every moment, to love without condition, to be patient during difficulties, and to discover happiness in serving others.

When I first entered I carried many questions , I wondered whether I would be able to understand the special children communication and meet their needs. Very soon I realised that this children didn't expect perfection . They only wanted someone who would accept them , love them and remain beside them. Today whenever I think about this, my heart is filled with gratitude. It is not just a memory but just a blessing that will stay with me forever. The love I received there continue to inspires me to serve others with joyful heart. It will always have a special place in my life because it taught me that , the greatest happiness comes from loving and caring those who need us the most.

Saint Companions

Saint of the Month : St. Bernard of Clairvaux



St. Bernard of Clairvaux is one of the most influential churchmen of the 12th century. Born in 1090 near Dijon, France, into a noble Burgundian family, Bernard was well-educated in the liberal arts . The death of his devout mother, Aleth, in 1107 profoundly affected him and set him on a path toward conversion . In 1112, at age 22, he made a radical decision, entering the austere new Cistercian monastery at Cîteaux. He famously convinced 30 of his relatives, including five of his brothers, to join him .

Founding Clairvaux and the Cistercian Explosion

(1115–1130): Only three years later, in 1115, he was sent to found a new monastery in a valley called Clairvaux (Valley of Light) . As a young and strict abbot, he and his community endured extreme deprivation . Despite this, Clairvaux grew rapidly, and Bernard became the driving force behind the Cistercian order, personally overseeing the establishment of 65 of the 300 new monasteries founded during his tenure .

The Defender of the Church : Bernard became an advisor to popes and kings. He spent eight years traveling and mediating to end the papal schism of 1130, successfully securing support for Pope Innocent II . He was also a fierce polemicist, defending traditional theology. His influence peaked when a former disciple was elected Pope Eugene III in 1145 .

The Crusade and Final Years : At the pope's command, Bernard preached the Second Crusade with great fervor . Its disastrous failure was a deep personal blow, one he came to regret . In his last years, he defended the Jews against persecution in the Rhineland . He died in 1153 at Clairvaux, was canonized in 1174, and declared a Doctor of the Church in 1830, earning the title "Doctor Mellifluus" (Honey-Sweet Doctor) for his eloquent writings .

These stories show his human side and his profound wisdom.

1. Sorrow for a Lost Brother: In a deeply moving sermon, Bernard shared his grief over the death of his brother

Gerard. He had prayed for Gerard to survive a journey home, promising not to complain if he lived to see his friends. Gerard did return, but soon died. Bernard suppressed his tears at the funeral but later confessed that this made his sorrow "strike deeper roots within, growing all the more bitter." His grief finally overflowed in a rush of emotion during a sermon, revealing a holy man who felt human loss profoundly .

2. The Lesson on Distraction: While riding a beautiful horse to give a retreat, a farmer remarked he envied Bernard's life of prayer. Bernard challenged him: if the farmer could say the Lord's Prayer without his mind wandering, he would give him the horse. The farmer began, "Our Father, who art in heaven... do I get the saddle too?" The story wryly illustrates Bernard's teaching that true, undistracted prayer is challenging work, even for a saint .

He is the patron saint of beekeepers, candlemakers and the Cistercians. Th Church celebrates his feast on August 20.

Little Deeds

- Sr Riya Kannampilly

*A gentle smile, a helping hand,
Can spread joy across the land.
Tiny actions, day by day,
Make the world a brighter way.
Sharing kindness, showing care,
Lifting hearts from fear and despair.
Though the deed may seem so small,
It can mean the most of all.
Like a candle's glowing light,
Little deeds make darkness bright.
When we choose to love and give,
We help others laugh and live.
So let us sow good seeds each day,
In every word we do and say.
For little deeds, though small they seem,
Can build a better world and dream.*

Secret of Goal

- Berena

In a small town, there was a family. They had a child named Ritika. She had a dream to become a pilot. But she didn't reveal her dream to anyone and buried it deep in her heart. But she wrote about her dream and her goal in her daily diary. She used to keep her personal diary under the pillow. Her parents too had a great desire to see her as a doctor. But Ritika was already determined to fulfil her goal.

One day, as her mother was cleaning her room she accidentally got hold of Ritika's personal diary. As she read about her daughter's personal goal, she realised every child had a dream of her own. She recalled with pain her own life story when her mother used to remind her that every child has a duty to fulfil their parents' wishes. She had to give up her wishes to fulfil that of her parents'.

But Ritika's mother decided that she will surely help her child to attain her dream. Even though her mother wanted her to be a doctor, she stood by Ritika's desire and helped her to attain her goal.

The Joy of Sharing Blessing

- Lucia Topno

Sharing blessings is one of the most meaningful and powerful ways to spread happiness in the world. Blessings are not limited to material things like money or gifts. They also include love, kindness, knowledge, time, and care. When we share our blessings with others, we positively impact not only their lives but also our own hearts.

In our daily life, we often receive many blessings—good health, loving family, education, food, Shelter and opportunities. Often, we fail to recognise how fortunate we are. There are many people around us who may not have these basic comforts. By sharing what we have, even in small ways, we can make a big difference. Helping someone in need, offering a kind word, supporting a friend, or even sharing a smile can become a great blessing in someone's life.

Sharing blessings also teaches us important values such as empathy, generosity, compassion, and gratitude. It helps us understand the struggles of others and encourages us to become more caring and responsible human beings. When we give without expecting anything in return, we experience a deep sense of peace and satisfaction. It reminds us that true happiness does not come from keeping things for ourselves, but from giving with love and helping others.

Moreover, sharing blessings strengthens relationships and builds a sense of community. When people support each other, society becomes more united and harmonious. Even the smallest acts of kindness can inspire others to do the same, creating a chain of goodness that spreads far and wide.

In conclusion, sharing blessings is not about how much we give, but about the love and intention behind our actions. Every person has something valuable to share. By being kind, generous, and thoughtful, we can make the world a better and more beautiful place to live. When we share our blessings, we multiply joy—not only for others but also for ourselves.

Broken But Beautiful

- Sr Sarala Montry

Not all broken things are meant to be thrown away; some are meant to be held gently, understood deeply, and slowly healed with love. We live in a world where people hide their pain behind smiles, where being “strong” often means staying silent. Yet the truth is simple—every heart carries something unspoken, and every soul has felt cracks at some point in life. And still, there is something incredibly beautiful about being broken, because brokenness is not the end of your story; it is the beginning of your transformation.

Healing does not happen overnight, and it is not always visible to others. It grows quietly within you—in the moments when you choose not to give up, when you wipe your tears and still decide to move forward, even if it is just one small step. Some days, healing feels like progress, while on other days, it feels like everything is falling apart again, and that is completely okay. Healing is not a straight path; it is a journey filled with ups and downs, where hope and pain exist together, shaping you into someone stronger.

The cracks within you are not signs of weakness; they are proof that you have survived. They tell a story of courage, of battles faced and endured. You do not have to rush your healing or pretend that everything is fine. Be gentle with yourself, speak kindly to your own heart, and allow yourself the time you need. Just like the most beautiful rainbows appear after the darkest storms, your light will shine again.

One day, the pain you carry will feel lighter. One day, your wounds will turn into wisdom, and your struggles will become your strength. And when you look back, you will realize that you did not just survive—you grew into someone more resilient, more compassionate, and more beautiful than before.

So if you are feeling broken right now, hold on to hope. Because you are not just broken... you are broken but beautiful, and in your healing, you are becoming the person someone truly extraordinary.

Life is Beautiful

- Priyanka Soreng

*Life is beautiful
But it's not always easy
It's full of moments of joy
Sorrow, success and problems
Life is not a bed of rose
Thorns are sure a part of life
A person is strengthened
Through life's difficulties
Let's remember let's remember
The pain of thorns
A short lived but
The beauty remains*

*Life poses challenges and problems
Just like a rose flower
That has fragrance and thorns
The one who bravely faces challenges
Knows to live a better life
They build up a beautiful life
One step at a time*

Factual Knowledge : The Human Core of Facts

- Sr Sunima Digal

When we hear the word "fact," we often picture dusty textbooks, rigid spreadsheets, or cold calculations. Yet, factual knowledge is deeply human. It is the accumulated map of our shared reality—the stories confirmed by evidence, the truths that keep us safe, and the reliable ground upon which we build our lives and communities.

The Heartbeat of Truth in a Noisy World

Every single day, we swim in an ocean of opinions, rumours, digital notifications, and personal biases. Amidst this constant chatter, factual knowledge serves as our steady anchor. Unlike passing trends or emotional reactions, a fact doesn't change based on how we feel about it. Water boils at 100°C whether we are happy or grieving; the Earth orbits the Sun whether we notice it or not.

Humanizing factual knowledge means recognizing that facts are not lifeless numbers on a page. They are the hard-won discoveries of curious minds, the safety guidelines that protect our children, and the historical milestones that teach us who we are and where we came from.

Living with Facts: How We Use Objective Truth

We rarely pause to think about how deeply factual knowledge weaves itself into the fabric of our everyday

lives. It guides us quietly from the moment we wake up until we fall asleep:

Health and Healing: When a doctor prescribes medicine, they rely on biological and clinical facts. Clinical trials, molecular structures, and human anatomy form a factual bridge between illness and recovery.

Building Our World: Engineers don't guess how much weight a bridge can hold; they rely on the physical properties of steel and concrete. Facts ensure that our buildings stand strong and our planes fly safely.

Navigating Relationships: Even in our personal lives, truth matters. Shared historical facts, clear memories of events, and mutual truths allow us to resolve conflicts and trust one another.

“Facts are the clay from which we sculpt our understanding of the universe. They do not strip away wonder; rather, they give our wonder a real place to land.”

The Human Responsibility to Protect Truth

Because factual knowledge is so essential to human progress, protecting it is a shared moral responsibility. In an era where misinformation can spread globally in seconds, checking our sources, valuing empirical evidence, and remaining open to correction are acts of care for our society.

When we honor factual knowledge, we respect the collective intelligence of humanity. We ensure that our

decisions - whether voting in an election, addressing climate change, or educating the next generation - are built on a solid, unbreakable foundation of reality.

A WhatsApp Status That deepened My Devotion

- Sr Tresa Eugene

On the Feast of Our Lady of Mount Carmel, I happened to see a WhatsApp status posted by one of my friends. At first glance, it seemed like just another inspiring story. However, as I read it, I found myself deeply touched by its message.

The story was about a holy priest, later recognized as a saint. During a social gathering, a young woman longed to dance with a handsome young man. To her surprise, he danced with almost every other girl present but deliberately avoided her. She was hurt, confused, and wondered why she had been ignored.

A few days later, she went to the saint for confession. Sensing her sadness, the priest gently told her not to be distressed by the young man's behaviour. He then revealed something astonishing. The handsome young man, he said, was not an ordinary person but the devil in disguise, seeking to tempt young women. Yet he had been unable to approach her.

The woman, amazed by this revelation, asked, "Father, why was he unable to come near me?"

With a gentle smile, the saint replied, "My child, were you not wearing the Brown Scapular of Our Lady? It was the protection of the Blessed Mother that kept him away."

The saint went on to explain that devotion to the Brown Scapular is a powerful sign of Mary's maternal care and protection. Those who wear it with faith and strive to live a Christian life receive her special assistance against physical, mental, and spiritual dangers.

Whether every detail of the story is historically accurate or not, its central message remains meaningful. The Brown Scapular is not a magical charm, but a sacred sign of our commitment to Christ through Mary. It reminds us of Our Lady's loving protection and encourages us to remain faithful in our daily lives.

Reading this story brought back vivid childhood memories. I can still picture my father wearing the Carmelite Scapular with deep reverence. He treated it with great respect, though as a child I never understood its significance. Only later, through my own experiences of faith, did I begin to appreciate the comfort and spiritual strength that this devotion offers.

What struck me most was that this profound lesson came through something as simple as a WhatsApp status. A brief anecdote was enough to awaken in me a renewed respect for the Brown Scapular—something I had long taken for granted. Sometimes, God uses the

simplest means to remind us of the treasures of our faith and to rekindle our devotion.

That ordinary WhatsApp status became an extraordinary invitation to rediscover the loving protection of Our Lady and to cherish the sacred sign she has given us through the Brown Scapular.

From the Hospital Corner

When Compassion Refused to Give Up

- Sr Sally SJB

A Journey of Healing, Hope, and Human Dignity

Some encounters remain with us long after the day is over. They refuse to leave our minds because they touch something deep within our hearts. This is the story of one such encounter - a journey that taught me that healing is not merely about treating disease, but about restoring hope, dignity, and the courage to live again.

It began during one of our medical camps in a remote village near Kopreli.

Among the many patients waiting to be examined were two young siblings and their mother. At first glance, I sensed a deep sadness in all three. As I listened to their story, I realized that beneath their quietness lay years of unbearable suffering.

The two young women had been born and brought up as girls. However, as they entered adolescence, unexpected physical changes began to appear. Their voices became hoarse, their bodies gradually developed masculine features, and nothing seemed to make sense to them or to their family.

They had no explanation for what was happening.

Neither did their parents.

The confusion soon turned into humiliation. Their classmates mocked them. People whispered. Curiosity became ridicule. Every trip outside the house became a painful reminder that they were "different." Slowly, they stopped going to school. They stopped attending Mass. They stopped meeting friends. Eventually, they almost stopped stepping outside their home altogether.

Their home became both their refuge and their prison.

The emotional pain was even greater than the physical distress. In moments of anguish, they blamed their mother for giving birth to them. They questioned why they had been allowed to live. Their mother's heart broke every day as she watched her daughters suffer while feeling utterly helpless to ease their pain.

When I returned from that medical camp, I could not forget them.

Some patients leave the consulting room. Others remain in your heart.

These two young women became one of those "unfinished stories" that I carried within me. I felt deeply drawn to do everything within my capacity to help them.

I invited the family to come to Sewagram for a detailed evaluation.

Like many people, they came with the hope that a few medicines would somehow restore everything to the way it had once been. During the examination, however, it became evident that they had an intersex variation. I knew that sharing this information would be one of the most difficult conversations of their lives.

There are moments in medicine when facts alone are not enough.

Truth has to be spoken with extraordinary tenderness.

When I gently explained the findings and the need for further investigations, they were devastated. They struggled to understand how they could be neither completely male nor completely female in the conventional biological sense because of a genetic variation.

The diagnosis did not simply challenge their bodies.

It challenged their entire identity.

Although they reluctantly agreed to undergo genetic testing, they refused any further examination. The very thought of exposing their bodies again to another doctor felt unbearable. To them, showing their genital organs to yet another stranger was worse than death.

Eventually, they returned home with their mother.

For some years, they disappeared from follow-up.

Yet somehow I could not let the story end there.

Every time I travelled again to Kopreli for medical camps, I made it a point to visit their family. There was no pressure, no force—only conversations, encouragement, and reassurance that they were not alone. Visit after visit, trust slowly began to replace fear.

Years passed before they finally agreed to continue treatment.

By then, another challenge stood before us.

Money.

The investigations, consultations, hormonal treatment, travel, and eventual surgery were all far beyond what the family could afford.

And then something beautiful happened.

One by one, people entered the story.

An endocrinologist friend in Nagpur connected me with a team working on a project that provided specialised treatment for individuals with intersex variations at no cost. The only requirement was that the necessary investigations be completed beforehand.

When Sr. Tessy heard their story, she immediately offered to bear the expenses for the required laboratory investigations without a moment's hesitation.

By what I can only call God's providence, the earlier genetic test reports had been safely preserved in our laboratory at Sewagram. This saved the family from repeating expensive genetic investigations. Yet the cost of rest of the investigations were nearly half a lakh.

Sr. Kusum lovingly took responsibility for another essential part of the journey. Every time they needed to travel to Nagpur, she personally accompanied them in our vehicle, ensuring that they reached safely, remained comfortable, and never felt abandoned. Her quiet presence became as healing as any medicine.

The medical team, too, became instruments of hope.

My endocrinologist friend carefully prepared them with counselling and hormonal therapy, offered generously without financial burden to the family. Surgeons and specialists, including an international team working alongside doctors in Nagpur, devoted themselves to reconstructive surgery and comprehensive care.

What touched me most throughout this journey was that no one asked, "What will I gain?"

Each person simply asked,
"What can I do to help?"
Slowly, the transformation began.

Their bodies started responding to treatment. Their appearance gradually became more consistent with the feminine identity they had always known and desired. Although they would never have all the reproductive organs necessary for biological motherhood, the

treatment gave them something they had longed for far more urgently.

It restored their dignity.

They could once again step outside without constant fear.

They could begin to dream again.

They could imagine studying further, working, building relationships, and participating in society—not hidden behind closed doors, but standing with confidence and self-respect.

Recently, their mother called to share the latest updates.

Both daughters are keeping well.

They are planning further studies.

They are thinking about employment.

They are looking towards the future instead of hiding from it.

As I listened, my heart quietly thanked God.

For years, their story had remained within me like an unfinished chapter. That phone call felt like turning the final page—not because every difficulty had disappeared, but because hope had finally replaced despair.

This journey also reminded me of a profound truth.

Healing is rarely the work of one person.

It takes compassionate doctors, generous religious sisters, committed healthcare workers, supportive

institutions, families, and countless unseen hands. Above all, it takes people who are willing to walk with another human being long after the first consultation is over.

Looking back, it almost feels as though the whole world conspired to help when the desire to relieve another person's suffering became sincere enough.

Perhaps that is how God often works.

He quietly brings together people whose hearts are willing.

Today, when I think of those two young women, I do not first remember their diagnosis.

I remember their smiles.

I remember a mother's tears changing from helplessness to gratitude.

I remember the privilege of witnessing two lives and an entire family slowly reclaim their dignity.

As I look back on this journey, my heart overflows with gratitude - to every doctor, every sister, every member of the healthcare team, every benefactor, and every person who became part of this mission of healing.

Without each one of them, this story would have remained unfinished.

Instead, by God's grace, it became a story of compassion, collaboration, and the quiet miracle of restored human dignity.

God and I

- Jayanti

When I am nothing
God is everything
When there's none for me
God is there to speak
Through His word



*I prefer to go on my way and he tells me : come and follow me
*I am afraid and he tells me : fear not
*I am weak and he tells me : I will give you strength
*I have doubts and he tells me : believe in me
*I like to remain hidden and he says : let your light shine
*I hate others but he says : love your enemies
*I am in darkness He says : I am the light
*I give up everything and he says : you will receive a hundred fold.



Good to know ...

Sleep Hygiene: A Foundation for Healthy Living

Sr.Sandhya Tigga



Sleep is one of God's greatest gifts to humanity. Just as our bodies need food

and water, they also need sufficient, quality sleep to restore strength, heal tissues, and renew the mind. In today's fast-paced world, many people sacrifice sleep because of work, responsibilities, stress, or excessive use of technology. Unfortunately, poor sleep can negatively affect our physical health, emotional well-being, relationships, and spiritual life. Practicing good sleep hygiene is one of the simplest and most effective ways to improve overall health and quality of life.

What is Sleep Hygiene?

Sleep hygiene refers to the set of healthy habits, behaviors, and environmental practices that help us fall asleep easily, stay asleep throughout the night, and wake up feeling refreshed. It is not about cleanliness alone; rather, it is about creating the right conditions for healthy and restorative sleep. Good sleep hygiene improves the quality of sleep, while poor sleep hygiene often results in insomnia, daytime tiredness, irritability, reduced concentration, and increased risk of illness.

Why is Good Sleep Important?

During sleep, the body performs many essential functions:

- Repairs muscles and body tissues.
- Strengthens the immune system.
- Consolidates memory and improves learning.
- Balances hormones that regulate appetite, mood, and growth.
- Reduces stress and emotional exhaustion.
- Restores energy for the following day.

Adults generally require 7–9 hours of quality sleep each night, though individual needs may vary.

Signs of Poor Sleep Hygiene

You may have poor sleep hygiene if you:

- Have difficulty falling asleep.
- Wake up frequently during the night.
- Feel tired even after sleeping.
- Depend on caffeine to stay awake.
- Feel sleepy during meetings, prayers, or work.
- Experience irritability, anxiety, or poor concentration.
- Frequently use electronic devices late at night.

Healthy Sleep Hygiene Practices

1. Maintain a Regular Sleep Schedule

Go to bed and wake up at the same time every day, including weekends whenever possible. A regular routine trains your body's internal clock.

2. Create a Relaxing Bedtime Routine

Spend the last 30–60 minutes before bed doing calming activities such as:

- Reading a spiritual or inspirational book.
- Gentle stretching.
- Quiet prayer or meditation.
- Deep breathing exercises.
- Listening to soft, peaceful music.

Avoid stimulating conversations or stressful work before bedtime.

3. Limit Screen Time

The blue light from mobile phones, tablets, computers, and televisions suppresses the production of melatonin, the hormone that helps us sleep. Try to avoid screens at least one hour before bedtime.

4. Make Your Bedroom Comfortable

A sleep-friendly room should be:

- Quiet
- Dark
- Cool and well ventilated

- Clean and comfortable

Use comfortable bedding and reduce unnecessary noise and bright lights.

5. Be Careful with Food and Drinks

- Coffee, tea, cola, and energy drinks in the evening should be avoided
- Heavy meals immediately before bedtime and Excessive sugar or spicy foods late at night.

6. Exercise Regularly

Daily physical activity improves sleep quality

7. Manage Stress

Stress is one of the most common causes of poor sleep. Healthy ways to reduce stress include:

- Journaling.
- Spending quiet time in prayer.
- Relaxation techniques.

8. Avoid Long Daytime Naps

Short naps of 20–30 minutes may be refreshing, but long naps during the day can make it difficult to sleep at night.

9. Use the Bed Only for Sleep

Avoid working, watching television, or using your mobile phone in bed. This helps your brain associate the bed with rest and sleep.

10. Seek Medical Help When Needed

If sleep problems continue for several weeks despite practicing good sleep hygiene, consult a healthcare professional. Persistent insomnia may indicate an underlying medical or psychological condition requiring treatment.

Benefits of Good Sleep Hygiene

- Better physical health.
- Improved concentration and memory.
- Greater emotional stability.
- Increased productivity.
- Stronger immunity.
- Reduced stress and anxiety.
- Better relationships.
- Greater enthusiasm for prayer and service.

A Simple Bedtime Routine

1. Finish dinner by 7:30–8:00 p.m.
2. Take a short walk for 10–15 minutes.
3. Soak your feet in warm water.
4. Drink warm milk (plain or with a pinch of turmeric or nutmeg).
5. Read a few verses from the Bible or an inspiring book.
6. Pray and practice deep breathing.
7. Go to bed at the same time every night.

Conclusion

Sleep hygiene is a simple yet powerful practice that promotes physical, emotional, mental, and spiritual well-being. By establishing healthy sleep habits, we allow our bodies and minds to recover from the demands of each day.

Aragami Bible Quiz

(Ezekiel 1 to 25)

1. What did Ezekiel do after the spirit brought him to the exiles ?
2. What was at the entrance of the gateway ?
3. What title did God repeatedly use for Ezekiel ?
4. What warning was Ezekiel given about his own behavior ?
5. How was the scroll in Ezekiel's mouth ?
6. What did the Lord say about his eye ?
7. Why did the wheels move together with the cherubim ?
8. What is land the full of ?
9. What did Ezekiel do when he was left alone ?
10. Who were the two men specifically identified at the east gate in Ezekiel's vision ?
11. What happened while Ezekiel was prophesying ?

12. For whom were the women weeping ?
13. What was Ezekiel to place as an iron wall between himself and the city ?
14. Who was the King of Judah in the fifth year of exile?
15. What did Ezekiel see in the valley ?
16. What entered Ezekiel to help him stand ?
17. What did God say He would do with that proverb ?
18. What material did the throne above the dome resemble ?
19. What did the Lord say He would judge according to ?
20. On which side of the Temple were the Cherubim standing ?
21. By What three things shall they fall ?
22. What would come out against all the house of Israel?
23. From where did the glory of the God of Israel move to the threshold of the Temple?
24. On what places did they offer pleasing odour to all their idols ?
25. How much food was Ezekiel to eat each day ?
26. What had the elders of Israel taken into their hearts and placed before their faces ?
27. What were Jerusalem 's origin and birth?
28. Why would the Lord make the land desolate?
29. What had the people forgotten?
30. What happened to the vine planted by abundant waters?

31. What had the Lord given Israel as a sign between Him and them ?
32. How did Edom act against the house of Judah?
33. What do they say when there is no peace?
34. To what were the princes in Israel compared?
35. Which three men would save only their own lives by their righteousness?
36. Who shall die?
37. What would happen to those who escaped from fire?
38. What does not depart?
39. What were the Ammonites told to hear ?
40. What were the names of the two daughters of one mother?
41. In what does the Lord have no pleasure?
42. What shall they cut off ?
43. In which year, month, and day did the elders of Israel come to consult the Lord ?
44. What would happen to the vine after being transplanted?
45. what was the guilt of Sodom?
46. What animal is Israel 's mother compared to ?
47. What did the Lord say concerning the crown and the turban?
48. What did the great eagle take from the cedar?
49. What would the Lord draw out of its sheath?
50. With what was the pot to be filled?



★HAPPY★ BIRTHDAY!



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



★HAPPY★ BIRTHDAY!



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



Festal Greetings

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



Festal Greetings

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



Festal Greetings

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



Festal Greetings

Nov 22 nd	-	Sr Preeti K
Nov 22 nd	-	Sr Gloria T
Nov 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

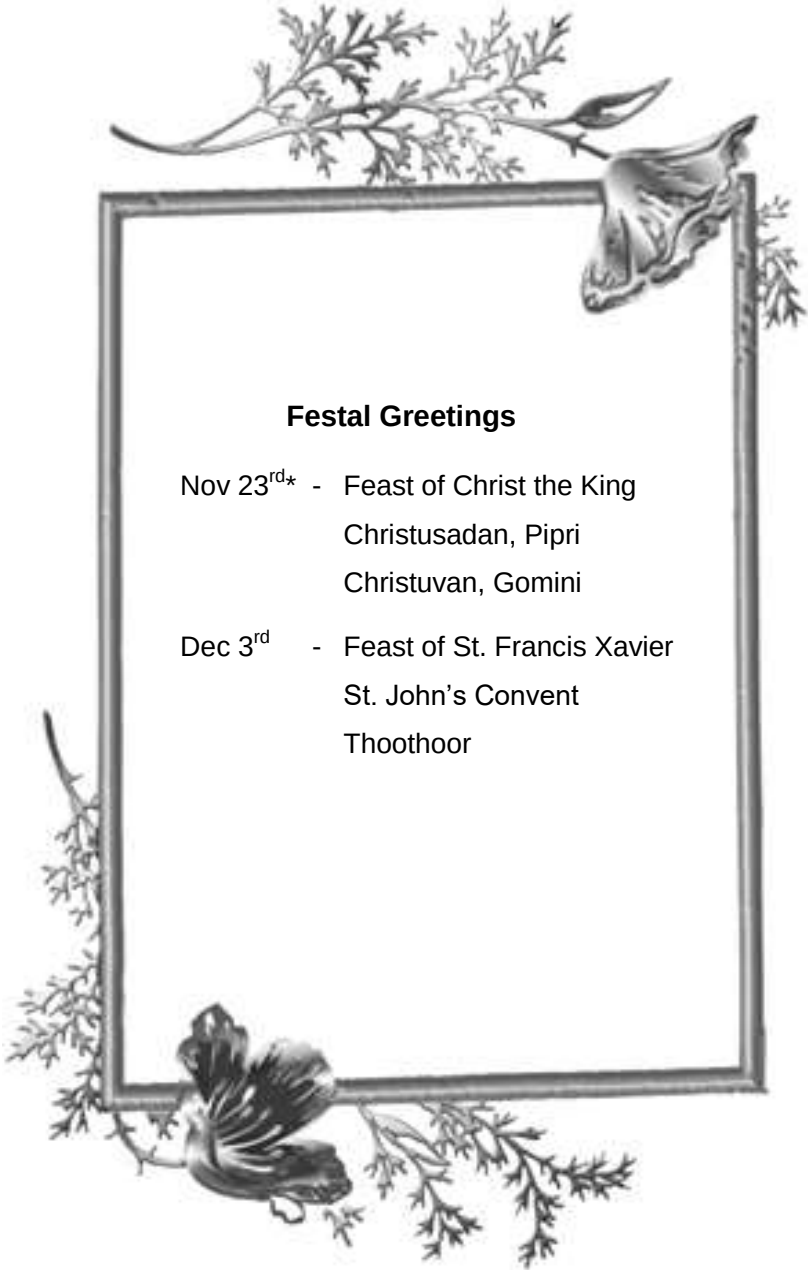
Sep 5th - Feast of St. Mother Theresa
Asha Kiran, Nagpur

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 2026***

The Winner of the April 2026 Volume is

Sr Archangel - 1st Prize

“Love is the bridge that turns boundaries into meeting points.”

Monisha (Novice) - Runner up

“Love speaks heart to heart”

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. 29th May 2026 - Mother of Sr. Tessy
2. 26th June 2026 - Eldest brother of Sr. Arpita
3. 27th June 2026 - Brother in law of Sr. Lathika
4. 06th July 2026 - Eldest brother of Sr. Lathika
5. 24th July 2026 - Sr. Suthara



IN LOVING MEMORY OF



Sr Suthara Kochupoovakott SJB

(01.02.1944 - 24.07.2026)

A servant of God, a friend to all,
a light that never fades.

Sr. Suthara walked in love,
and left love behind.

Though she has gone to her heavenly home,
her spirit remains with us.

Rest in peace, dear Sr. Suthara.

Towards faith, freedom and glory ...

With faith in our hearts,
And hope in our eyes,
We walk towards freedom,
Beneath the vast skies.

Faith gives us courage,
When pathways seem long,
It teaches us kindness,
And makes our hearts strong.

Freedom is precious,
A gift we must guard,
With truth as our compass,
And duty our guard.

We honour the heroes
Who fought for our land,
Who dreamed of a future
Where freedom would stand.

Together we journey,
With dreams bright and true,
Towards faith, towards freedom,
And glory anew.

May our nation rise higher,
May peace fill each heart,
With courage and faith,
Let a new dawn now start!

