



AGRAGAMI INFO

**“Jesus is the Reason
for the Season”**

Newly elected General Team



Newly elected Provincial Team



75th death anniversary of our Founder Fr John Mary Haw



AGRAGAMI INFO

Vol.XXXV VIII - December 2024

Managing Editor : Sr Tessy Sebastian

Aragami Provincial House.

Nalwadi P.O, Mhasala,

Wardha 442001(MS)

Phone : 7588105652

Mobile : 9960467039

e-mail : infowardha@gmail.com

Chief Editor : Sr Sally John

Associate Editors : Sr Tresa Eugene, Sr Deepa J

Supporting Staff : Yogesh Mishra

Phone : 08983631278, 08408888315

E-mail : drsallyjohn@gmail.com

: deepasjb@gmail.com

- Published by -

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

For Private Circulation Only

Content

<i>Titles</i>	<i>Page No</i>
<i>Editorial</i>	<i>4</i>
<i>Voice of Mother General.....</i>	<i>7</i>
<i>Provincial`s Inspiration.....</i>	<i>9</i>
<i>A Glance at our Centers</i>	<i>14</i>
<i>Chapter Summary - Juniors</i>	<i>49</i>
<i>Pope Francis`s New Encyllical</i>	<i>51</i>
<i>Taking A Walk Down Memory Lane</i>	<i>54</i>
<i>Journeying Through The Bible</i>	<i>57</i>
<i>May We Hear the Cry of The Earth</i>	<i>59</i>
<i>God`s Calculations</i>	<i>60</i>
<i>The Lord I My Salvation</i>	<i>62</i>
<i>Connection With God`s Creation</i>	<i>63</i>
<i>Saint Julius I</i>	<i>66</i>
<i>In The Heart of December</i>	<i>70</i>
<i>The story of The Christmas Carol</i>	<i>71</i>
<i>Awakened by Hope</i>	<i>73</i>
<i>Motivational Quotes</i>	<i>76</i>
<i>A Journey From Abhilasha To Abhilipsa</i>	<i>78</i>
<i>Summer Fair</i>	<i>79</i>
<i>Juniors Get Together At Kannur</i>	<i>80</i>
<i>He Will Not Fail You</i>	<i>81</i>
<i>My Mom Is The Best</i>	<i>82</i>
<i>A Tribute To The Letter “T”</i>	<i>83</i>
<i>Moving Ahead With Faith</i>	<i>84</i>
<i>Love The Tranformative Power</i>	<i>86</i>

<i>Seasons</i>	<i>87</i>
<i>A Journey To The Roots</i>	<i>88</i>
<i>Power of Prayer</i>	<i>90</i>
<i>You Are Precious</i>	<i>91</i>
<i>Finding Life's Meaning</i>	<i>92</i>
<i>My Vocation Story</i>	<i>93</i>
<i>From The Hospital Corner</i>	<i>94</i>
<i>Laugh A While</i>	<i>97</i>
<i>Good to Know</i>	<i>98</i>
<i>Bible Quiz</i>	<i>104</i>
<i>Happy Birthday& Festal Greetings</i>	<i>106</i>



Jesus Is the Reason for the Season

In the quiet folds of Hakal Dama Valley, where the winds whispered secrets to the hills, lived a shepherd girl, an orphan with no name but the one the stars gave her. She had no home but the fields, no treasures but her flock, and no family but the heavens above. One cold, starry night, the news of a newborn King - born not in a palace but in a manger - spread even to the simplest hearts.



The girl, like many others, longed to see this King, yet felt unworthy. She had no gifts to bring, no gold or incense to offer. But deep within her, she carried something far more precious - a heart full of love and a life ready to serve.

Under the light of the Bethlehem star, she journeyed to the manger, carrying only her staff and her faith. When she knelt before the child, her ragged cloak and empty hands seemed out of place among the splendor of heaven's chorus. Yet, the child's mother smiled, as though she saw the beauty of the gift the girl carried.

"I have nothing, Lord," the girl whispered, tears streaming down her cheeks. "But I am yours. Take my hands, my days, my dreams - let them serve You."

In that sacred moment, the tiny hand of the King of kings reached for hers, and she knew her gift - her very self - was enough. The orphan girl, who had nothing to offer,

became a shepherd of a different kind, her life a hymn of love guiding others to the God she had given herself to so completely.

The winds of Hakal Dama Valley still carry her story each Christmas night, a reminder that what we offer from the heart, no matter how small, is precious in the eyes of God.

This story of the shepherd girl speaks deeply to us as each of us share a divine calling to be Christ like in all our dealings. It reminds us that Christmas is not just a celebration but a calling - a call to selfless love, generosity, and forgiveness. And as we reflect on this sacred season, we must first look within.

It is often easier to offer kindness and generosity to those outside our communities while failing to notice the silent suffering of those who live alongside us. Let us pause and ask ourselves: Do we see the burdens carried by our fellow sisters? Are we sensitive to their needs, their struggles, and their unspoken earnings? Charity, to be authentic, must begin at home. Let us extend love, forgiveness, and care to the ones who share our lives, ensuring that no one in our community feels unseen or unloved.

Sometimes, the hardest person to forgive is ourselves. We cling to our faults, failures, hurts, and misunderstandings as though they are treasures to be guarded. These burdens weigh us down, and over time, the wounded become the ones who wound others. This Christmas, let us release the unnecessary garbage cluttering our minds and hearts. Let us forgive ourselves,

allowing old wounds to heal, and tend to the garden of positivity within us. When we nurture goodness and peace within, we carry the fragrance of Christ's love to those around us.

The shepherd girl of Hakal Dama Valley gave the greatest gift of all - herself. Like her, we are called to give without counting the cost, to love without bounds, and to serve without expectation. Let us go beyond what is easy or convenient. Offer a kind word, a listening ear, or an act of help that requires us to go the extra mile. Let our charity be the signature of all we do, reflecting the boundless love of the God who gave us His only Son.

This Christmas, let us strive to become "God among us" for those in our care and those we encounter. Let our presence bring peace to the troubled, comfort to the weary, and hope to the despairing. Like the shepherd girl, let us offer our lives as a gift to Christ by being His hands, His heart, and His light in the world.

May this holy season inspire us to live as Christ lived, love as Christ loved, and give as Christ gave—freely, joyfully, and selflessly. May our lives become a hymn of love that leads others to the manger, where Love Himself was born.

Wishing you all a grace-filled Christmas!

- Sr Sally

Voice of the Mother General

God Immanuel, A reason for the Season

As we come closer to celebrate the birth of our Saviour, Jesus Christ, as every year, I am deeply moved by the timeless and sacred message of 'God with us', or Immanuel. This Immanuel God is our reason for the celebration of the season of Christmas.



It is a message of profound significance that holds the key to the true meaning of Christmas. The message becomes more significant at our current situation, when we feel 'absence of God', in our war hitting, crisis scenario.

The words of Prophet Isaiah, "The virgin will conceive and give birth to a son, and will call him Immanuel" (Isaiah 7:14), remind us of the incredible reality of God's presence among us. Immanuel meaning, 'God with us', is a symbol of divine love, eternal hope and everlasting salvation.

'God with us' is a profound affirmation of God's unfailing love for each one of us. It reassures us that in times of joy and in times of sorrow, in times of peace and in times of war, in times of health and in times of sickness, in times of hope and in times of despair, God is with us because he is God Immanuel. In all these situations, God is with us, guiding us, comforting us and offering us the precious gift of his unending love.

This Christmas, let us strive to live out the message of God with us in our daily lives. May the awareness of God's presence fill our hearts with warmth and joy during this Christmas season! May the grace and love of this season shine upon us, our communities, our congregation and the world at large!

Wish you all, happiness, contentment and spiritual renewal!

A Joyous Christmas and a Grace filled New Year 2025!!



Sr Arpita Mathew
(Superior General)



Provincial's Inspiration

Dear Sisters,

**Glory to God in the highest, and on earth peace,
goodwill to all people! (Luke 2:14)**

As we journey through our mission of faith, service, and love, let us pause to reflect on the abundant grace God bestows upon us. Each step we take in His service stands as a testimony to His unwavering presence in our lives.



Christmas calls us to refocus on the core values and deeper meanings of the season, especially amid the challenges and distractions of the modern world. It invites us to renew our faith, share the message of love, and strive to live according to Christ's teachings.

In a world marked by division and uncertainty, Christmas reminds us to extend love and kindness to all, regardless of differences. Acts of generosity—whether helping the needy or simply showing appreciation—embody the true spirit of the season. While materialism often overshadows Christmas, this sacred time invites us to practice gratitude for family, health, and life's blessings. True joy emerges not from material possessions but from meaningful connections and genuine contentment.

Christmas also calls us to seek reconciliation and foster peace. Whether it involves resolving family conflicts or working toward harmony in our communities, the season encourages unity and understanding. The spirit of Christmas continues to remind us of the importance of

sustainability and responsible celebrations. Today, celebrating responsibly is more relevant than ever. Choosing sustainable gifts, reducing waste, and adopting mindful decorations not only honor the earth but also reflect our stewardship. These efforts align beautifully with the spirit of Christmas- a time of care, thoughtfulness, and love for all creation.

Beyond the festivities, this is a season of spiritual renewal and reflection. Attending church services, spending time in prayer, and meditating on personal growth allow us to deepen our relationship with God and better understand our purpose in His divine plan.

Our Agragami Info serves as a platform to share the fruits of our labor, the joys of our mission, and the wisdom gathered along the way. May this space inspire and uplift us, reminding us of the beauty of our vocation. Together, let us embrace our calling with fervor, supporting one another in prayer and action as we work toward building God's Kingdom on earth.

Let us also recall the story of the **Little Drummer Boy**. A poor and lonely child, he heard of the great King born in Bethlehem. Without gold, frankincense, or myrrh to offer, he felt unworthy to approach the Baby Jesus. Yet, with a beating heart and trembling hands, he brought his little drum and played with all his love. Mary smiled, and the Baby Jesus cooed in delight. Though his gift seemed small, it came from a heart full of faith, love, and sincerity—a gift that truly honored the newborn King.

Like the drummer boy, we may not always have grand offerings to share, but our genuine acts of kindness,

compassion, and love remain the most precious contributions. These simple yet heartfelt gestures encourage, connect, and uplift one another in profound ways. This Christmas, let us renew our commitment to live out the Gospel values of love, humility, and service. May our lives reflect the hope and joy that the season promises.

Wishing you all a blessed and grace-filled Christmas and a prosperous New Year.

In Christ's love,

Sr Tessy Sebastian
(Provincial Superior)



From the Editorial board

Dear Sisters,

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

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

Congratulations to Bible Quiz Winners

1	Sr. Manjusha	100	1 st
2	Sr. Sancy	100	1 st
3	Cicilia	100	1 st
4	Sr. Reshmi	100	1 st
5	Sr. Joshana	99	2 nd
6	Sr. Suma	98	3 rd
7	Sr. Nikita	98	3 rd

8	Rosemary	98	3 rd
9	Sr. Roshni	97	-
10	Ruchita	97	-
11	Nisha	97	-
12	Sr. Sudha	96	-
13	Sr. Banita	96	-
14	Sr. Daina	96	-
15	Sr. Sushanti	96	-
16	Punam Indwar	96	-
17	Sneha	96	-
18	Jayanti	96	-
19	Albena	96	-
20	Priyanka Soreng	96	-
21	Evangeline	96	-
22	Sr. Sarala	95	-
23	Sr. Mariagoretti	95	-
30	Ritu	95	-
31	Alphonsa	95	-
32	Sr. Abhilipsa	95	-
33	Sr. Vineeta	94	-
34	Sr. Archangel	94	-
35	Punam Kujur	94	-
36	Shishu Shaili	94	-
37	Berena	94	-
38	Sr. Beronika	93	-
39	Priyanka	93	-
40	Sankumari	93	-
41	Sr. Alizabeth	93	-
42	Elisabha	92	-
43	Sr. Sunima	91	-
44	Anisha	91	-
45	Manisha	89	-
46	Jina	89	-
47	Sr. Lincy	88	-
48	Sr. Gloria	81	-
49	Sr. Bertila	79	-

50	Sr. Padmini	73	-
51	Sr. Lucia	66	-

A Glance At Our Centres

❖ **St. John's Convent, Gohpur**

- A prayerful wish from St. John's Convent, Gohpur: God has been gracious in assisting us in our endeavors. Our five candidates are settling in well, growing spiritually and academically. In October, they showcased their creativity in various competitions and attended a youth camp in Biswanath Chariali, facilitated by Rev. Fr. Bosco, where Sr. Clementina taught and inspired the youth. We are also visiting villages for vocations.
- Our parish church continues to engage in various activities, supporting pastoral work. We are actively involved in catechism, sacramental preparations, and youth and women's activities. In October, we held a 10-day Rosary in the villages, with a final Eucharistic celebration and Marian procession, followed by tea and snacks. On October 27th, we commemorated the 50th death anniversary of our Father Founder with a special liturgy, cake for parishioners, and sweets distributed in the villages.

- The K.G. School is running smoothly, with both parents and children satisfied. The children honored their teachers on Teacher's Day with a variety of programs, and Children's Day was celebrated joyfully with colorful activities.

❖ **Aragami Convent School, Mhasala**

- Greetings from Aragami Convent School, Mhasala!
- In celebration of Independence Day, we hosted a House-wise patriotic group song and tableau competition on August 13, 2024, followed by a pride-filled ceremony on the 15th with Sr. Vidya, President of the Society of Sisters of St. John, unfurling the national flag.
- On August 17, we celebrated Grandparents Day and Raksha Bandhan with Mr. Ashish Goswami, Vice-Chairperson of E-PTA, as the chief guest. Students tied Rakhi at various locations including Central Jail (Aug 19), Sharda Mukh Badhir and Blind School (Aug 20), and Zilla Parishad School, Mhasala (Aug 25).
- National Sports Day on August 29 saw a tribute to Major Dhyan Chand with sports activities for parents, along with the award of a Rs. 2,50,000 cheque from the District Sports Department for securing the highest points in sports for 2022-23.
- On September 5, we celebrated Teachers' Day and Family Day, inviting the teachers' families for the event, followed by lunch. The school was honored

as the 'Most Technically Advanced School' at the MIMAMSA Principal's Conclave in Nagpur.

- In the Marathi Essay Writing Competition (Sept 14), Ms. Yashashree Mange of Class 7 won 3rd place and a Rs. 4000 cash prize from MLA Dr. Pankaj Bhoyar. Gandhi Jayanti was marked with a tableau on Salt Satyagraha presented by Class 6 students on October 1.
- The Class 5 picnic was held at Raman Science Centre and Waghville Park on October 5, and another picnic for classes 1-10 took place on October 7. Sr. Vidya's Feast Day was celebrated on October 13 with sister schools from Wardha and Nagpur Zones.
- A picnic to Hyderabad for Std 6 and 7 was arranged from October 15-19, and an Art Fest for students from Nursery to 10th was held on October 25-26. Diwali was celebrated on September 27.
- Children's Day on November 14 was celebrated with a special program arranged by teachers. A picnic for Std 8-10 to Delhi, Dalhousie, and Amritsar was held from November 23-29.
- Regular assessments continue as the board exams approach, and we request your blessings and prayers.

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

- The celebration of Independence Day at the school was a grand event, reflecting unity and patriotism. The highlight was the flag hoisting by Chief Guest

Mr. Baderamji Chauhan, followed by the National Anthem. The cultural extravaganza included mesmerizing dances, soulful patriotic songs, student speeches, and an inspiring message from the chief guest. On this occasion, Mast. Rudraketh Rode was awarded a trophy and ₹2000 cash prize as the best student of the Golden Jubilee year 2023-2024.

- Mast. Ojas Nitin Sukalkar of Class VIII won the State Level Judo competition in Pune and has been selected for the National Level. Students showcased their talents in various competitions such as dancing, singing, fashion show, essay writing, drawing, and quizzes.
- Hindi Diwas was celebrated with a poem recitation, storytelling, and speech competition organized by the Hindi department. Mast. Shivam Thakre won the Rural IT Quiz at the Division level and has been selected for the State Level in Bangalore.
- Raksha Bandhan was celebrated to emphasize the bond between brothers and sisters, with Class III students showcasing this through cultural performances. World Senior Citizens Day was marked with a cultural program by Class IV, raising awareness about the contributions and challenges faced by senior citizens. Chief Guest Mr. Wasudev Rao Gaulkar inspired students to respect and love the elderly.
- Gandhi Jayanti was celebrated with a Shramdaan to honor Bapu's legacy of cleanliness and sustainability. On Teachers Day, students expressed

their appreciation with a visual treat and tokens of love, concluding with a special meal for the teachers.

- A workshop on “Innovative Teaching Methods with AI” was conducted for teachers, with Mrs. Charumati Desai from Bangalore as the resource person.
- Students from Classes III to X went on a picnic to Dwaraka Water Pool in Nagpur, while Class VIII students visited Hyderabad, strengthening bonds and rejuvenating spirits. Diwali was celebrated by Class VIII with a skit and dance performances, concluding with a message promoting a green, clean, and peaceful Diwali.

❖ **St. John’s Convent, Hinganghat**

- The feast of the Assumption brought joy to our community as we celebrated both the feast and the birthday of our dear Sr. Vandana. On August 29, we celebrated the feast of St. Euphrasia, the patron saint of Sr. Riya. The feast of St. Therese of Lisieux added another layer of joy as we celebrated the feast day of Sr. Meera, along with the candidates and hostelites. The candidates and hostel students presented a meaningful and colorful cultural program, making it a day of togetherness.
- We also celebrated the feast of St. Faustina, the patroness saint of Sr. Shanti. During the month of October, as part of the Rosary month, the sisters, candidates, and hostel students joined the families in the parish for Rosary prayers. Sr. Vandana

organized a day of Rosary at the Kindergarten with teachers, and a 10-day Rosary at the High School Grotto, seeking Mother Mary's blessings. It was a beautiful time to deepen our Marian devotion.

- On October 14, our community celebrated a twin celebration. Sr. Vandana lit the Golden Jubilee Candle, marking her 50th year of service to God and His people, alongside the feast day celebration of Sr. Preeti. Our candidates, along with Sr. Bertila, attended a three-day Spiritual Enrichment Programme for priestly and religious candidates, held at the CMI Provincial House in Bellampally.
- We also gathered with the parishioners to celebrate the 75th death anniversary of our Founder, Fr. John Mary Haw. Fr. Prince CMI was the main celebrant. It was a day of gratitude, reflecting on the blessings we have received through our beloved Founder. The celebration was made even more special by the presence of the Provincial community sisters, CMC sisters from Jam and Samudrapur, and Samudrapur, adding vibrancy and joy to the occasion.

❖ **St. Clare's School, Pune**

- The school reopened on June 15, and the staff had an orientation program before the start of the new academic year. We proudly celebrated the academic achievement of Saher Khatib, who secured First place with an impressive 94.40% in the SSC examination.

- The year began with the celebration of International Yoga Day on June 21, followed by National Sports Day on August 29. National Sports Day featured a variety of matches, including Kho-Kho, Basketball, and Dodgeball. Our students also participated in various Zilla Parishad (ZP) matches, including Kho-Kho, Basketball, Football, Hockey, Badminton, Boxing, Kick Boxing, and Throwball.
- A Self Defence Demonstration class was conducted for both Primary and High School students, promoting safety and confidence among them. In the field of athletics, Ms. Sneha (PT teacher) won Gold Medals in High Jump, Triple Jump, Long Jump, and 100 meters Hurdles at the 43rd National Master's Athletic Championship in Sri Lanka and at the 36th Malaysian International Open Master's Athletics Championship. Ms. Trushna Mohite of Class VIII also won a Gold Medal in the Asian Boxing Championship. Both Ms. Sneha and Ms. Trushna were felicitated during the school assembly for their remarkable achievements.
- Two senior primary teachers, Ms. Bhakti and Ms. Roselima, celebrated their Silver Jubilee in the school, with students performing dances, speeches, and a prayer service in their honor. We also celebrated the school fest with a Mass, the life story of St. Clare, and the distribution of snacks.
- In terms of safety and awareness, police constables from Samarth Police Station gave a talk to students about safety and security measures and briefed the

staff separately. Representatives from Procter and Gamble Company also visited the school to give a talk to students of Classes V and VI on personal hygiene and menstruation.

- The staff participated in a mental health and well-being seminar conducted by Ms. Munazza Gudakuwala, which included a Yoga and meditation session. Debates in English were organized for students of Classes IX and X, and Hindi Language Day was also celebrated. Additionally, students of Classes VII and VIII received Times of India newspaper supplements to improve and update their general knowledge.
- Special assemblies were held for various festivals, with students delivering speeches and enacting ceremonies like Raksha Bandhan, Gandhi Jayanti, and Diwali. During Diwali celebrations, students of Class IX performed beautifully in competitions like Rangoli, Singing, and an enactment of the Ramayana.
- For spiritual and moral growth, value education classes, Holy Mass on First Fridays, and reciting the Rosary were regularly conducted. On September 30, 2024, we bid farewell to one of our staff members, Ms. Sheetal Sawant.
- Students of Classes IX and X enjoyed a picnic to Rajgad Waterpark on October 1, 2024. As part of Children's Day, a "Just Chillax" Fun Day was organized for the entire school, with food stalls,

games, music, and dance that the students thoroughly enjoyed.

- In a gesture of support for the less privileged students, the Lila Poonawala Foundation has adopted over 60 students, ensuring their bright future by providing monetary assistance, provisions, uniforms, shoes, books, raincoats, bags, etc. The Morris Trust organization also takes care of our slow learner students from Primary classes to Class V.

❖ **Vinay Vikas, Pune**

- Our community was filled with joy when Sr. Pavana visited us, making it a memorable moment for all. We celebrated the feast of St. Rose of Lima, the Patroness saint of Sr. Lima and Sr. Shruti, with a beautiful prayer service and a meaningful Eucharistic celebration. The cultural evening that followed was a time of fun and bonding.
- We also marked the richness of Kerala by celebrating Onam with grandeur. The Onasadya, prepared with a variety of delicious dishes, and the colorful pookalam filled our hearts with joy. We had a meaningful prayer service, and everyone wore traditional Kerala attire to celebrate the occasion.
- Teachers' Day was celebrated in our community with much enthusiasm. Our formees expressed their gratitude to all the sisters with thoughtful gifts. A special Eucharistic celebration and prayer service were held to honor the teachers.

- October 1st was a remarkable day for the Vinay Vikas community as we celebrated the feast day of Sr. Surabhi, our formees, and our community. It was a day of immense joy, with Fr. Agnelo, the Provincial of Pune Jesuits, officiating the Holy Eucharist.
- The candidates had a three-day retreat guided by Fr. Benchamine OMF, offering them a time of spiritual enrichment. We also celebrated the feast of St. Theresa of Avila, honoring her with a special prayer service.
- The 75th death anniversary of our beloved founder, Fr. John Mary Haw, was commemorated with our hostelites. The candidates enacted a skit about the life and legacy of our founder. We shared refreshments with the hostel girls, and some of them gave wonderful performances to honor this significant event.
- Our community enjoyed a beautiful picnic to the Asian Art Gallery in Zapurzha. It was a wonderful day of fun, relaxation, and togetherness that we all cherished.
- In October, we prayed the Holy Rosary with fervent devotion to Mother Mary, offering prayers for special intentions.
- We celebrated Diwali, the Festival of Lights, by lighting lamps and creating colorful rangoli around our campus, making the occasion bright and festive.
- A memorable day for the Vinay Vikas community occurred on November 1st, as three of our candidates—Sankumari, Priyanka, and Dominika—

entered into Postulancy on the Feast of All Saints. The ceremony was graced by our beloved Provincial, Sr. Vidya Joseph, with Fr. Biju SJ as the main celebrant. Sr. Tessy and Sr. Anjali joined from Sandhya Home community to mark this special occasion.

- The Feast of Christ the King was celebrated solemnly, with adoration in the parish and three days of special adoration and prayers in our community. It was a time of deep spiritual connection and reflection.

❖ **Sandhya Home Community**

- Greetings from the Sandhya Home Community!
- We are overjoyed to share that our Superior, Sr. Tessy, was elected as the Provincial Superior of our Indian Province on November 13, 2024. This wonderful news brought great happiness to all of us here at Sandhya Home. Along with our inmates, we extended our heartfelt congratulations to her, and we are grateful for her leadership.
- By God's grace, all of our inmates are in good health. However, we mourn the loss of one of our beloved inmates, Mr. Andrew Curocini, who passed away on September 10th. His family and friends attended the funeral service. We pray that his soul rests in peace.
- On November 2nd, following the All Souls' Day Eucharistic celebrations at the City Church Cemetery, we had the privilege of hosting His

Excellency Bishop John Rodrigues, along with our parish priest, at Sandhya Home for refreshments. It was a meaningful moment of fellowship and remembrance.

- Sr. Tessy also traveled to Portugal for the General Chapter on September 10th, and again for the Provincial Chapter on November 10th, accompanied by the delegates. We keep her in our prayers as she continues her important work for our community and province.

❖ **Thoothoor**

- Mr. Murugan, DEO Sir, visited the school for an inspection.
- Green Day was celebrated for KG kids. All the children wore green outfits and brought a variety of green items, such as vegetables and fruits. They also brought saplings, which were planted on the school premises with the help of their teachers.
- Monthly competitions were conducted for all classes.
- Teachers' Day was celebrated with great enthusiasm by the students. Various competitions were organized, and prizes were distributed to the winners.
- Clubs were inaugurated, and each club conducted various programs and activities.
- A Tobacco Awareness Program was conducted by the science teachers to educate students about its harmful effects.

- The Holy Rosary devotion was held for 9 days as a special prayer to Mother Mary. On the final day, a procession was conducted around the campus.
- The Annual Sports Day was celebrated with much excitement. Various group and individual events were organized, and students participated with great energy.
- A Fancy Dress Competition was held for KG kids on the theme '*Saints*'. Most of the children participated, portraying various saints. It was a heavenly experience to see the little ones dressed as saints.

❖ **Anugraha, Kannur**

- On the 24th of October, we commemorated the death anniversary of our Founder Father. Hostelites and a few faithful participated in the Holy Eucharist. As part of the event, we visited widows in our neighborhood and shared meals with them. It was a memorable and joyful time. The widows expressed their happiness in meeting us, as they often feel alone in their houses.
- On 24th November, the Feast of Christ the King was celebrated solemnly. In the parish, we had a Mission Fest, where every family unit set up stalls. Like previous years, we also put up a stall this time. It was an enthusiastic and motivating opportunity to contribute our bit to the universal Church.

❖ Sevasadan

- It was a joyous day for the Sevasadan community when three of our communities—Sanjeevani, Jeevan Vikas, and FCC - along with the helping staff, gathered in the afternoon on September 21st to celebrate Onam, the festival of prosperity and abundance. Each community prepared different dishes, and we also invited fathers from our parish. It was a wonderful day filled with unity and celebration.
- Sr. Jyothi had the opportunity to join the Home Mission in the Trivandrum Diocese for one month. She was happy to visit the people, listen to them, and pray for them. It was a great experience and a fruitful time spent in the company of the faithful.
- We were delighted to welcome Sr. Roseena, Sr. Sancy's cousin, on September 28th. She spent one day with us, and it was a joyful visit.
- On October 1st, we had a meaningful celebration of the Feast of St. Therese of the Child Jesus.
- Sr. Jyothi, along with Sr. Latika, lit her Jubilee Candle as they embarked on their Golden Jubilee Year. We expressed our gratitude for their unwavering dedication, selfless service, and unconditional love, which continue to inspire us. We pray that their journey ahead may be filled with joy, peace, and strength. Sr. Jyothi was also felicitated by Chanda Bishop, Most Rev. Bp. Ephrem Narikkulam, on Chanda Day

Wish you a happy Christmas and a happy New Year

❖ **Koperli**

- The Advent and Christmas season has brought immense joy and meaning to each of us. We are very grateful to God for His loving mercy and care, which we always experience. We have successfully completed our project, '*Promotion of Health and Community Development through Women Empowerment,*' and have already started a new project from the month of November.
- From 7th July to 16th July 2024, we collaborated with RSETI under Manos Unidas and conducted a training program on *papad*, pickle, and masala making. The 9-day program was attended by 35 women from different villages. It was an enriching experience, and we were delighted that all the participants received certificates and have now started their businesses in their own unique ways.
- We are actively engaged in the pastoral works of our parish. During the month of October, we conducted the Rosary in each house. The Rosary conclusion was held at the parish Grotto on 31st October, where a large number of faithful gathered to seek blessings from our dear Mother and intercede to her. After the Rosary, we distributed *Prasad* to all.
- Currently, we are busy with harvesting and plantation. Our boarding children had 15 days of Diwali holidays and have safely returned.

- We had a meaningful Diwali celebration—the *Festival of Lights*—with the villagers, who prepared beautiful and colorful Rangoli decorations.
- We, the Kopreli Community, wish you all a Merry Christmas and a New Year filled with God's blessings!

❖ **Vinayalya High School**

- Memory Enhancement Program: Conducted by Sir Rohit Telang (Neuro Academy), the session provided insightful techniques on maximizing the remarkable capabilities of our minds, especially memory.
- CLC Club Inauguration: Rev. Fr. Vivian Lobo inaugurated the Christian Life Commission Club with a Holy Mass at 9:30 a.m. He encouraged students to set positive examples. Sr. Nirmala, our principal, officially opened the club for 2024. The event included an oath ceremony for Catholic teachers and students.
- Independence Day: The 78th Independence Day was celebrated with enthusiasm. Chief guest Rev. Fr. Ephrem OP hoisted the flag at 8:00 a.m., followed by speeches, patriotic songs, dances, and a fancy dress event for tiny tots.
- Teacher's Day: Students organized a heartfelt program, including games, sports, and speeches expressing gratitude and admiration for teachers.
- Gandhi Jayanti: Celebrated with meaningful programs and inspiring activities.

- Diphtheria Vaccination: About 60 students aged 10 and above received the vaccine through the Urban Primary Health Centre.
- October Rosary: A 10-day rosary devotion was conducted. On the final day, holy rosaries were distributed, and delicious food was shared, courtesy of Miss Pushpa.
- Diwali Celebration: A vibrant program highlighted the significance and cultural importance of Diwali with inspiring speeches.
- Health Camp: Organized by Max Hospital, Dr. Shweta Borkar addressed menstrual hygiene and women's health issues. Health check-ups were conducted for all lady teachers.
- Children's Day: The celebrations included a teacher-led assembly, group dances, skits, and a lively fashion show, making it a joyful and memorable day.
- Rangoli Competition: Students from classes 1 to 10 showcased their creativity on themes like "Save Trees, Save Water," promoting environmental conservation through vibrant and meaningful designs.

❖ **Vinayalaya Convent Jaripatka**

- Feast of Mother Mary (8th September 2024): The feast was celebrated alongside our animator Sr. Kripa's feast. Fr. Jomise Joy celebrated the Holy Mass, joined by MSMHC sisters and Premdan sisters, who stayed for breakfast. In the evening, a

grand celebration of Our Lady of Vailankanni took place, following nine days of Novena prayers.

- Nagpur Pastoral Centre Meeting (26th September): A meeting on Canon Law was conducted for priests, religious, and laity. Teachers from various schools participated, delivering speeches, and some received prizes.
- Monthly Recollection: Four of our sisters participated in the recollection at the pastoral centre.
- Karam Festival: Srs. Nutan and Ranjita attended the vibrant celebration at Martin Nagar, where tribals from Chota Nagpur and Nagpur gathered. The event, rich in spirituality, tradition, and culture, fostered unity and fellowship.
- Province Day (15th October): The community celebrated Province Day in Mhasala. Vinayalaya Sisters performed a greeting song and contributed to dining room decorations.
- Death Anniversary of Fr. John Mary Haw (27th October): A meaningful Mass was celebrated at St. Martin de Porres Church by Rev. Fr. Jomise Joy. Parishioners joined the offertory procession, and the choir led the singing. Sweets were distributed to about 700 people, including catechism children.
- Annual Retreat (28th October – 3rd November): Srs. Kripa, Lavanya, Nutan K, and Ranjita attended the retreat at Satyagiri Ashram, Igathpuri, led by Frs. K.C. Joseph OP, Ajay OP, and Bineesh OP. The retreat, enriched by meditation on hilltops and the natural beauty of the surroundings, deepened their

spirituality. Special thanks to Sr. Vidya and team for organizing it.

- Sacred Heart Church Cemetery Visit (2nd November): Retreat participants prayed for departed souls and visited a shrine in Nashik.
- Provincial Chapter (12th–20th November): Sr. Kripa participated in the chapter and shared her enriching spiritual experiences.
- Visits: Rev. Sr. Arpita visited on 10th November, followed by Sr. Sunita Mathew on 11th November. Both were warmly welcomed, and quality time was spent together.

❖ **Ranni Community**

- Daily Eucharistic Celebration: Our chapel is blessed to have daily Holy Mass, attended by hostelites, teachers, and laypeople. Priests from Citadel School take turns offering the Eucharist.
- Hostel and School: We currently have 30 girls from 5th to 12th standard and five teachers teaching at Citadel School. Meals are provided by the school canteen, for which we pay. The priests here are very cooperative and supportive.
- Hostel Life: Our hostel fosters a social atmosphere where students share common areas, take on responsibilities, and learn to live harmoniously with others. We guide them to become responsible, independent, cooperative, and mature. It's a great opportunity for them to bond with peers and build joyful, meaningful relationships.

- **Special Visit:** On the 26th, we welcomed Sr. Lincy Jose, who visited us during her holidays from Germany. It was a delightful day spent together.
- **Onam Celebration:** We had a grand Onam celebration in the hostel, highlighted by the preparation of a traditional Onam Sadya with multiple dishes. The students thoroughly enjoyed and embraced the true spirit of Onam.
- **Christmas Preparations:** The hostel is already in the Christmas spirit, with detailed and enthusiastic plans underway for a grand celebration.

❖ **St. John's Academy, Vettukad**

- We got certificate from Puthur Panchayath for its contribution to waste management and nature conservation. Twenty students participated in an exhibition and workshop organized by Puthur Panchayath in collaboration with the Central Government. A report on the school's activities was presented, and the certificate was awarded after an inspection by the Panchayath team.
- **District CBSE Maths Scholarship Exam 2024:** Twenty-four students participated in MTSE 2024, conducted by Thrissur Sahodaya. Four students achieved A Grade.
- **District Kalolsavam 2024:** Forty-five students participated in the District Kalolsavam by Thrissur Sahodaya. Results: 21 students secured A Grade, 19 secured B Grade, and 11 secured C Grade.

- Kunjunni Master Puraskaram: Eleven students received the Kunjunni Master Puraskaram from Vedika Samskarika Samithi, Padmashree Kalakendram Guruvayoor, for outstanding performance in Malayalam.
- Colour India Deepika Drawing Competition 2024: Out of 143 participants, five students received mementos and certificates for outstanding performance.
- Rosary Devotion 2024: In honor of October, dedicated to Mother Mary, a 10-day class-wise Rosary devotion was conducted by the students.
- School Picnic 2024:
Classes I to VI visited Tipu Sultan's Fort, Malampuzha Dam, and Fantasy Park in Palakkad.
High school students enjoyed a trip to Ooty.

❖ **St. John's community, Thoothoor**

- Feast Day of Sr. Sushanti: On September 5th, we celebrated the feast day and birthday of Sr. Sushanti, coinciding with the feast of St. Mother Teresa of Calcutta.
- Our Lady of Good Health: From September 6th to 8th, sisters joined the parishioners in novenas, prayers, and other spiritual activities, experiencing days filled with grace and blessings.
- Visitors and Missions:
Most Rev. Bishop Ratna Swami from Gujarat visited the community.

Sr. Jyoti stayed with us for a week as part of her home mission, dedicating time to adoration and prayer in the chapel.

- **Family Visits:** In September, sisters visited the families of 20 students, listening to their issues and offering support to heal broken lives.
- **Sacrament Preparation:** One candidate was prepared for the sacrament of marriage.
- **Sr. Bindu's Loss:** Sr. Bindu's father passed away on October 8th. Sr. Pooja, Sr. Sushanti, Sr. Pavana, and the parish priest accompanied her and attended the funeral service.
- **Founder's Death Anniversary:**

A special novena prepared for the 75th death anniversary of Fr. John Mary Haw culminated in a celebration on October 28th in the parish.

On October 29th, a Eucharistic celebration was held in the convent chapel, attended by sisters from neighboring convents and priests, with Rev. Fr. Silvester, the Forane Vicar, as the main celebrant.

- **All Souls Day:** On November 2nd, sisters and parishioners participated in three Masses to pray for the souls in purgatory.
- **Provincial Chapter:** Sr. Victoria attended the Provincial Chapter as a delegate in November.
- **Feast of Christ the King:** The community celebrated the feast of Christ the King with parishioners through seven days of novenas and reflections on various themes related to Christ the King.

❖ **Christusadan Convent, Pipri**

- Retreat at Igatpuri: Srs. Savita, Rani John, and Philomina attended a retreat at Igatpuri, taking a break to connect with God, nature, and each other. The transformative experience offered personal growth, self-awareness, and a closer connection to God in a peaceful atmosphere.
- Feast Day of Sr. Veena: On November 22nd, the community celebrated Sr. Veena's feast day, expressing love and gratitude for her dedicated service. The celebration included the Holy Eucharist, prayers, beautiful decorations, and delicious food.
- Community Day & Feast of Christ the King: We celebrated Community Day on the feast of Christ the King, a heartwarming occasion of unity and gratitude. Mother General Rev. Sr. Arpita and Provincial Rev. Sr. Tessy joined us for dinner, offering encouragement, prayer, and support for our mission.
- Tour to Delhi: Sr. Deepa and Sr. Savita accompanied students on a 5-day tour to Delhi.
- Picnic to Wagh Ville & DreamAsia: Sisters, along with Sr. Latika and students, enjoyed a one-day picnic to Wagh Ville and DreamAsia in Nagpur.

❖ **Jeevan Vikas**

- Holy Rosary: The Holy Rosary was conducted at Sevagram Church from October 1st to 10th.

- HIV-Affected Children Program: We honored Father Founder John Mary Haw and distributed nutrition kits to HIV-affected children.
- Physiotherapy Camp: A three-day physiotherapy camp, supported by Dr. Sheetal Fulzele from AWMH, Mumbai, benefitted 35 disabled children. We plan to extend the program to rural areas, providing services to an additional 40 children.
- In collaboration with CRC Nagpur, Jeevan Vikas Society provided physiotherapy, home-based care for children with disabilities, and training for their parents. Medical camps and awareness programs were organized to improve access to healthcare.
- Raksha Bandhan Celebration: Raksha Bandhan, symbolizing the bond between siblings, was celebrated with enthusiasm, especially with disabled children, fostering joy, love, and community spirit.
- Diwali Celebration: Diwali was celebrated inclusively in Talodi, bringing joy to disabled children and elderly residents.
- Children's Day Celebration: On Children's Day, Jeevan Vikas Society distributed 23 blankets to HIV-affected children as part of ongoing support for their well-being.

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

- October - Month of Rosary: The Holy Rosary was prayed at the Parish Grotto for the families of our Parish. From 11th to 20th, we had a 10-day Solemn

Rosary with all campus members, concluding with a procession.

- Feast of Sr. Kalpana (1st October): The feast was solemnly celebrated with the presence of all campus members, adding color to the celebration.
- Golden Jubilee Inauguration of Sr. Archana (14th October): A special Holy Eucharistic celebration was held by Fr. Jins, our parish priest, marking the golden jubilee year of Sr. Archana as a thanksgiving for God's blessings.
- Annual Retreat (26th-31st October): 121 sisters from various congregations attended our annual retreat in Jagdalpur, including three sisters from Gomini and Kopreli. It was an enriching experience for all.
- November - Month for Departed Souls: We recited the Holy Rosary daily at the cemetery for all souls in purgatory throughout November.
- 75th Death Anniversary of Fr. John Mary Haw (10th November): We celebrated the life and legacy of our founder with a procession, a Solemn Holy Eucharist by Fr. Jins, and a cultural program by the parishioners. A statue of Mother Mary was presented to our community, followed by lunch for all.
- Mission Sunday (17th November): Our community participated in Mission Sunday by hosting a Pani Puri stall at the parish, raising funds for the mission.
- Feast of Christ the King (24th November): We celebrated the feast with a vow renewal during the

Holy Mass. Additionally, a ward-wise Bible Quiz competition was organized, offering an inspiring experience for all participants.

❖ **Aqargami Community, Jail Road**

- Greetings from Jail road community. Our candidates are busy with their studies and exams. Two of the candidates were send to Ashakiran for 15 days to assisst in the community and hostels.
- Sr.Vineeta was with Sr. Sima for two weeks during her surgery in the hospital and in Jeevan Vikas. Sr. Nikita spent one week in Jeevan vikas community. Sr. Rashmi helped the Sevasadan community for 9 days as Srs. Suma and Sancy were delegates in the chapter.
- On 1st October, Jail road community had solemn Eucharistic celebration on the occasion of the feast of St.Teresa of Lisieux as we celebrated the feast of Sr. Flowery and candidates.
- On 5th October, we had the annual function of the kindergarten. The chief guest of the function was Sr. Vidya, the provincial. The students put up an outstanding performance and anchored the programme . It was really very remarkable. Sr.Vidya gave a motivational speech which motivated the students and parents by saying the importance of unity with the example of musical chair which could accommodate the whole participants in a single chair.

- 11th-13th October: Sr. Joshana and candidates attended the Formee's program at Bellampalli.
- 14th October: Sr. Flowery lit her golden jubilee candle.
- 17th-21st October: Sr. Rashmi attended the TNAI Conference in Kolhapur.
- 12th November: Sr. Joshana participated in the chapter and served as a notary.
- 21st November: The community welcomed Mother General Rev. Sr. Arpita Mathew, newly elected Provincial Rev. Sr. Tessy Sebastian, and Rev. Sr. Sally John, the Councillor of Health.

❖ **Sanjeevani Ashram**

- Regular retreats and counseling sessions continue by God's grace.
- Independence Day: Sr. Sally was invited as Chief Guest for the celebration at Allipur.
- Sr. Sally attended the General Chapter in Portugal as a Delegate.
- Onam Celebration: We celebrated Onam joyfully along with Sevasadan and Jeevan Vikas communities, with parish priests also invited, fostering a spirit of joy and sharing.
- New Member: Sr. Esther joined our community and was welcomed joyfully.
- Mental Health Day: Celebrated beautifully with Sr. Sunanda, the Vice Provincial, as the chief guest. Inmates from FCC Mental Centre were invited, and

Sr. Esther delivered a speech. Competitions were held, colorful programs were presented by the supporting staff, and prizes were distributed, concluding with a shared meal.

- Festival of Lights: Diwali was celebrated memorably with diyas, a beautiful rangoli by Sr. Daina and the staff, a meaningful prayer service led by Sr. Divya, crackers, and a shared supper with the inmates.
- Outing: A one-day outing for inmates and staff was accompanied by Sr. Sally and Sr. Daina, bringing joy and love to all.
- Provincial Chapter: Sr. Divya and Sr. Sally attended the Chapter in Mhasala, which was an enriching experience. Sr. Sally was re-elected as the Councilor for Health.
- Junior Gathering: Sr. Daina attended the junior gathering in Kannur from 4th to 9th December.
- Extension Lectures: Sr. Sally conducted a one-day lecture on *Sexuality and Gender Sensitivity* for philosophy students at Ruhalya Seminary, Ujjain, and a two-hour session on *Mental Health* and wellbeing for theology students.

❖ **St John's School, Allipur**

- Celebrating Educational Excellence: Our institution proudly celebrated *Educational Week* from July 22nd to 28th, 2024, in line with the National Education Policy 2020. Staff and students actively participated in engaging, activity-based teaching and learning.

- Parental Engagement: A parents' meeting for all classes received overwhelming participation, strengthening ties between parents, teachers, and students.
- Nurturing Young Leaders: The *school cabinet* was installed in July, fostering leadership qualities and essential life skills among students.
- Patriotic Spirit: Leading up to *Independence Day*, competitions such as speeches, fancy dress, and poster-making encouraged patriotism and creativity.
- Independence Day Celebration: We celebrated *Independence Day* with enthusiasm, honoring Dr. Sr. Sally John as Chief Guest. The presence of sisters from *Sanjeevani Ashram* enhanced the joy, and students performed cultural events, dances, and speeches.
- Feast Day of Sr. Ashirta: On St. Rose of Lima's feast, we celebrated Sr. Ashirta's feast day with cultural events, showcasing appreciation for our Vice Principal.
- Innovative Learning: '*Bookless Day*' was a unique initiative, promoting hands-on, activity-based learning and exploration.
- Teachers' Day: The school cabinet organized a heartfelt *Teachers' Day* program with the theme: "*Teachers are our Guiding Light*", expressing respect and gratitude.
- Educational Excursions: Std 10 students visited the *Atal Bihari Vajpayee Botanical Garden* in

Chandrapur, gaining insights into nature and conservation.

- Cub Bulbul Camp: A *Cub Bulbul Camp* for LKG to Std 2 students, led by Mrs. Nandurkar, featured orientation sessions, action songs, games, and drawing activities, fostering teamwork and creativity.
- Tribute to Mahatma Gandhi: On Gandhi Jayanti, we held a *poignant program* and a *cleanliness drive* in the school compound, promoting community service and patriotism.
- Family Day: On *October 4th*, our kindergarten students and parents celebrated *Family Day* with competitions in singing, dancing, rangoli, and cricket, creating a memorable experience.
- Appreciating Leaders: On *October 13th*, our staff joined fellow Johnites to felicitate Sr. Vidya, with dance performances and heartfelt speeches.
- Diwali Celebrations: We celebrated *Diwali* with enthusiasm, hosting competitions and programs that promoted unity, friendship, and cultural awareness.
- Inauguration of Extended School Building: On *November 6th*, our newly extended building was blessed by Fr. Sijo CMF and inaugurated by Sr. Vidya Joseph. Sisters' presence added joy and elegance to the occasion.
- Welcoming Major Superiors: On *November 22nd*, we warmly welcomed Rev. Sr. Arpita Mathew (Mother General), Sr. Tessy (Provincial Superior),

and *Sr. Pavana* (Vice Provincial), who inspired and motivated our staff and students.

- Science and Art Exhibition: On *November 23rd*, students showcased their creativity in a *Science and Art & Craft exhibition*, honored by Mr. Sachin Parsade and Sr. Pavana as chief guests.

❖ **Asha Kiran Balgrugh**

- Asha Kiran Shelter Home provides a safe and nurturing environment for 55 girls from disadvantaged backgrounds, aged 8 to 19 years, ranging from Class 2 to graduation. Three girls are currently pursuing a basic nursing course in Nagpur.
- Academic Activities: Supplementary tuition classes were conducted by youth organizations, St. Charles Seminary brothers, and volunteers to enhance academic progress. Educational trips and outings organized by well-wishers enriched learning experiences.
- Extra-Curricular Activities: Arts and craft classes fostered creativity, while music and dance sessions developed talents. Yoga and meditation promoted physical and mental well-being. The girls showcased their talents in competitions organized by the Child Welfare Department, winning prizes and trophies.
- Sports and Games: Special sports coaching during vacations promoted physical fitness and teamwork.
- Indoor games and recreational activities encouraged mental agility and collaboration. The Annual Sports

Day saw enthusiastic participation in various events and competitions.

- **Public Day Celebrations:** Independence Day and Children's Day were celebrated with patriotic events, rallies, and marches, fostering social awareness and values.
- **Environmental Activities:** Awareness programs on environmental sustainability were conducted. Girls participated in daily gardening and took care of chickens and rabbits on the premises.
- **Girl Child Day Celebration:** International Girl Child Day was marked with awareness programs on education, health, and empowerment by resource persons.
- **Religious Celebrations:** Festivals like Diwali were celebrated with cultural programs, traditional dances, special meals, gifts, and sweets, generously provided by organizations like Kamptee Police, Nagpur City Police, and Cantonment Officers. Well-wishers celebrated personal milestones with the children, bringing joy through gifts and meals.
- **Health Camps:** General Health Check-Up: Paediatricians and general physicians monitored vital parameters, provided vaccinations, and medications. Eye Check-Up: Ophthalmologists conducted screenings and provided corrective treatments as needed.
- **Visitors:** Visits from Rev. Sr. Arpita Mathew (Mother General), Rev. Sr. Vidya Joseph (Provincial Superior), District Women and Child Welfare

Officers, and Child Welfare Committees from Pune and Nagpur were a source of inspiration. Prominent individuals and volunteers from various organizations visited the home.

- Friends of Asha Kiran: Asha Kiran operates without government funding, relying on the generosity of benefactors. We extend our heartfelt gratitude to organizations, schools, and parishes like NMSS, Pallotti School, Vinayalaya School, Bhavans School, St. John's School, Mount Carmel School, Martin de Porres Church, Syro Malabar Church, and many individual sponsors for their valuable support through donations of groceries, stationery, and essentials.
- Together, we continue to empower and transform young lives.

❖ **St. John's Convent, Kazhakuttam**

- At St. John's Convent, Kazhakuttam, we joyfully engage in pastoral activities, bringing faith alive through various initiatives.
- In August, Srs. Pavana and Beronika participated in the My Gospel campaign, writing the Gospel of St. Luke. Srs. Geeta and Beronika also showcased their commitment to Scripture by taking part in the Logos Quiz competition.
- The Month of the Rosary was celebrated with great devotion. A highlight was Sr. Pavana's gift of a statue of Our Lady of Fatima to the Parish Church after her pilgrimage to Fatima. This statue traveled

from house to house, uniting families in prayer and fostering devotion.

- On the construction front, work on our new convent building is progressing steadily, with all three roof slabs completed and brickwork underway.
- We rejoice in the new responsibilities entrusted to Sr. Pavana as Vicar Provincial and Councilor for Formation. We extend our heartfelt congratulations and prayers for her fruitful service.
- Sr. Beronika attended the Juniors' Weekend Gathering in Kannur, where Sr. Pavana served as a resource person, enriching the formation of younger members.
- Currently, we are actively participating in the Parish Bible Reading Campaign, an Advent initiative promoting a deeper relationship with the Word of God.
- Additionally, Sr. Geeta continues her ministry of teaching German in Trivandrum, making a positive impact through education.
- We remain deeply grateful for the support and prayers of all who journey with us in spirit. May God bless you abundantly as we continue walking together in faith and mission.

❖ **John Haw Vihar, Chiyaram**

- On August 10th we warmly welcomed Sr. Sevika as the new member of our community. First week of September Sr. Suthara got admitted for a week in

Jubilee Mission Hospital due to severe neurology problems.

- Sisters are involved in all the parish activities.
- In the month of October we had a 10 day rosary in the Grotto along with our hostel girls.
- On 27th October we had a solemn Eucharistic celebration on the occasion of the 75th death anniversary of our Founder, together with MSJ Fathers. The history of our Congregation was read by Sr Anupa. Fr. Jerry MSJ spoke about our Founder and our charism.
- Parishioners were happy and they appreciated our activities.
- Sr Sevika prepared one person (female) for adult baptism.
- Daily we have adoration of the Blessed Sacrament from 8 am to 2 PM. People from our parish and Ollur parish participate in the adoration.
- There are 35 girls in the hostel and it is running smoothly at present

Chapter Summary - Juniors

- Sr Archangel and Sr Abhilipsa

(Junior Representatives)

“Do not be conformed to this world, but be transformed by the renewal of your mind.” (Romans 12:2)

The provincial chapter, themed "Kingdom's Call – A Journey of Transformation," was a spiritually enriching experience for us. It offered the opportunity to learn from and witness the discernment, dedication, and collaborative spirit that guide the growth and mission of our congregation.

The chapter began with the Holy Mass, immersing us in prayer and reflection from the very beginning. Every session was conducted with a prayerful atmosphere, fostering openness and discernment. Father Biju CSSR as the moderator played an instrumental role in ensuring the smooth flow of the chapter. His homilies were inspiring, and his meticulous approach and wisdom encouraged active participation and meaningful discussions.

Through the reports presented from various ministries, we learned about the immense dedication and perseverance of our sisters in diverse fields such as education, healthcare, social service, and pastoral care. These reports brought to light the challenges they face and the remarkable ways they overcome them with faith and love. The discussions that followed were profound,

resulting in thoughtful proposals to strengthen these ministries and ensure their continued growth.

One of the most profound experiences for us was witnessing the voting process for the delegates of provincial and councillors. It was a privilege to observe how decisions were made with collective discernment, reflecting a spirit of unity and commitment to the congregation's mission.

This chapter was not just an event but a transformative journey that taught us the essence of renewal and collaboration. We experienced how our congregation works together to overcome challenges, celebrate successes, and discern God's call for the future. The experience has left us deeply inspired, and we are grateful for the opportunity to have been part of this significant moment in our congregation's journey of transformation.



Pope Francis's New Encyclical - *Dilexit Nos* ("He Loved Us")

Pope Francis' *Dilexit Nos* ("He Loved Us") is a profound reflection on the love of Jesus Christ as revealed through His Sacred Heart. It is both a personal invitation to deepen devotion to the Sacred Heart and a call to respond to modern challenges with tenderness, fraternity, and missionary zeal.

Overview

The encyclical centers on the boundless, unconditional love of Christ, which invites believers into friendship with God. It emphasizes the Sacred Heart as a wellspring of renewal, both spiritual and social, and as a remedy for contemporary crises such as individualism, consumerism, and disconnection within Christianity.

Key Themes and Structure

Chapter 1: The Unconditional Love of Christ

The encyclical opens with a meditation on Christ's boundless love, expressed in His Sacred Heart. Drawing on Romans 8:39, it reminds believers that nothing can separate them from God's love. Jesus' pierced heart becomes a symbol of His closeness, inviting humanity to experience His love and friendship personally.

Chapter 2: The Sacred Heart as a Source of Renewal

Pope Francis emphasizes that devotion to the Sacred Heart encapsulates the entire Gospel. This devotion

leads believers to encounter God's love, learn to love themselves and others, and build a society marked by dignity, fraternity, and solidarity.

Chapter 3: The Modern Crisis of Faith

The Pope critiques contemporary Christianity, noting a decline in tenderness, joy, and commitment. He laments the effects of individualism, consumerism, and secularization, which have fragmented human relationships and undermined the Church's mission. Devotion to the Sacred Heart is proposed as a path to restore authentic relationships and revive missionary zeal.

Chapter 4: A Love That Gives Itself as Drink

Reflecting on Christ's pierced side, Pope Francis describes it as a fountain of God's love that cleanses humanity and quenches spiritual thirst. This chapter highlights the historical depth of devotion to the Sacred Heart:

- **The Church Fathers:** St. Augustine viewed Jesus' wounded side as the source of the Holy Spirit.
- **The Saints:** St. Francis de Sales, St. Therese of Lisieux, and St. Margaret Mary Alacoque developed this devotion, emphasizing trust, peace, and love over sacrifices.
- **St. Ignatius of Loyola:** Advocated heart-to-heart dialogue with Christ.

- **St. Faustina Kowalska:** Connected the Sacred Heart to the risen Christ's divine mercy.

Chapter 5: Love for Love

This chapter explores the communal and missionary dimensions of the devotion.

- **Reparation and Justice:** Reparation is presented as an act of love that counters hatred, violence, and division, fostering a civilization of love and justice.
- **Universal Brotherhood:** Inspired by saints like St. Charles de Foucauld, believers are called to shelter suffering humanity in Christ's heart.
- **Missionary Spirit:** The Sacred Heart inspires missionary efforts to share Christ's transformative love and create a society marked by fraternity and peace.

The encyclical closes with a call for missionaries deeply in love with Christ to bring His love to the world. Pope Francis offers a heartfelt prayer, asking Jesus to heal humanity, inspire love, and unite the world through the streams of living water flowing from His Sacred Heart.

This encyclical serves as a renewal of the devotion to the Sacred Heart, urging believers to let Christ's love transform their personal lives, communities, and societies. It commemorates the 350th anniversary of the Sacred Heart apparitions to Saint Margaret Mary Alacoque, underscoring its enduring relevance in today's world.

Taking A Walk Down Memory Lane

- Sr Vidya

I recall witnessing the sunrise at 7:10 am from the chapel of St. Francis Monastery in Mussoorie on a day in December 2024. As the first light broke through, I found myself transported to a realm of timeless infinity, where the beauty of the moment felt boundless and eternal. As the first light of dawn kissed the horizon, the sky transformed into a canvas of soft hues—blush pink, golden amber, and delicate lavender. The misty hills of this Queen of the Hills shimmered under the gentle embrace of the sun's rays, casting a magical glow across the landscape.

The cool mountain air, fresh with the scent of pine and earth, carried whispers of tranquillity. As the sun ascended, its golden warmth spread over Mussoorie, breathing life into the sleepy hill town and to me on the other hilltop promising a day filled with wonder and discovery.

Reflecting on the Psalmist's words that the Lord lets the sun rise on both the good and the bad, I was struck by God's all-inclusive and forgiving nature. Gazing at the pine-covered hills reaching toward the sky, I felt the insignificance of humanity—a mere speck of dust in the vast, infinite universe. Even Earth, my home, is but a tiny fragment of creation. How, then, could I ever claim to fully know the Creator? All things and beings rest in His fold, and He remains in control.

After the mesmerising experience of viewing the sunrise, when the Son of God, came into me at Holy Communion, I was awestruck by the unconditional love and humility of God incarnate and my soul bowed down in humility in acknowledgement of my unworthiness to let him enter in my life. I asked the Lord to teach me His ways. The fresh air rushing through the open window awakened in me a realization of how new ideas, thoughts, inspirations, events, and people can renew me from within—purifying, reshaping, and reinventing my intentions and attitudes.

After breakfast and a morning walk in nature, I returned to the Lord's presence in the chapel and began reflecting on the pages of my life in 2024. Each day of the year stood out as unique and significant in the five decades of my journey on this planet. The year 2024 was remarkable for the life of the province in many ways, particularly with the organization of both the General and Provincial Chapters. A significant portion of the year was dedicated to preparations for these chapters, alongside various other activities such as training, meetings, input sessions, planning, celebrations, batch gatherings, addressing medical concerns, deliberating on non-relevant ministries and making decisions regarding them, strengthening existing centres, construction projects, investments, new ventures, and transfers. After extensive discussions and reflection, the Chapter Moderator was appointed, marking the beginning of momentum in chapter preparations. Online and offline meetings of the Provincial team followed, along with the appointment of the Preparatory and Drafting

Committees, preparation of the working document, pre-chapters, and drafting of the Province Directory. The drafting process involved extensive reading, references, and deliberations, offering valuable insights into the lives of other religious congregations. The appraisal program for the Provincial team further strengthened our bond, deepening our understanding of one another. The Chapter Moderator played a noteworthy role, journeying with the province like a zealous evangelist.

Amidst these rigorous activities, preparations for the General Chapter progressed simultaneously. Attending the General Chapter in Portugal highlighted the potential for the Johnite family to strengthen international collaboration. The openness and engagement of the participants during the Chapter deliberations were truly unique, setting it apart from previous chapters.

The year 2024 highlighted both my strengths and weaknesses as a person and as an animator. I am deeply grateful to the Almighty for being my strength in moments of weakness and to my sisters for their unconditional support and love throughout the year. Aware of my vulnerabilities, I sincerely apologize to all whom I may have caused pain, especially during the course of 2024.

The year 2024 blessed me with unique and transformative experiences, prompting deep reflection on three decades of religious life. The active presence of Jesus in every aspect of my personal life and in the animation of the province was unmistakable. His guidance was evident in planning, decision-making, and

implementation, offering moments of affirmation and encouragement. The truth of Acts 17:28—"For in Him we live, and move, and have our being"—was reaffirmed in every event of my life. This living God, Christ my Saviour, continually interacted with me through various people and circumstances.

My stay at Daivalayam, a centre for children with cerebral palsy run by the Camillus Fathers and supported by our sisters, Montfort Social Institute, and CHAI headquarters, deepened my conviction in the inherent goodness of every person. Interacting with various individuals at the centres broadened my perspective and inspired me to explore more fruitful areas of service.

Journeying Through The Bible

- Sr Banita

I traveled to Genesis Hotel via Exodus Road. On the way, I saw Leviticus recording the Numbers of people at Deuteronomy, while Joshua was waiting at the Beautiful Gate for the Judges. Nearby, Ruth was calling loudly, "Samuel, Samuel!"

At one point, the First and Second Kings of Chronicles 1 & 2 arrived to visit Ezra, Nehemiah, and Esther, mourning the misfortune of their brother, Job. Together, they began singing Psalms and teaching children Proverbs about Ecclesiastes and the Songs of Solomon.

This happened during the time when Isaiah was deeply engaged in Jeremiah's Lamentations, alongside his friends Ezekiel and Daniel. Meanwhile, Amos and Obadiah were absent. Three days later, Hosea, Joel, and Jonah sailed on the same ship with Micah and Nahum to Jerusalem. Soon after, Habakkuk visited Zephaniah, who introduced him to Haggai, a friend of Zechariah and cousin to Malachi.

Following this tradition, Matthew, Mark, Luke, and John became involved in the Acts of the Romans, who were behaving like the 1st Corinthians group, as the 2nd Corinthians were constantly at odds with the Galatians. During this time, it was discovered that the Ephesians and Philippians were close to the Colossians. A suggestion arose to visit the Thessalonians: first, on their 1st Thessalonians trip and again on their 2nd Thessalonians journey, where they would meet the First and Second Timothy brothers. These brothers had gone to Titus' house to teach their younger brother, Philemon, how to read and write in Hebrew.

Upon hearing this, James asked Peter twice to explain how the three Johns had shared with Jude the Revelations of this remarkable journey.

May We Hear the Cry of the Earth

- Sr Dainy

At the completion of creation, "God saw all that He had made, and indeed, it was very good" [Gen 1:31]. Each day, God sends us gifts to delight our five senses. All we need is to be aware, willing to receive, and rejoice. God has created a world of breathtaking beauty—birds, flowers, rivers, seas, fish, trees, mountains, and animals.

Lord, Maker of mountains,

teach me to stand firm and steadfast in all seasons.

Lord, Keeper of the forest,

help me to show kindness and love to all your creatures.

Lord, Giver of fields and flowers,

teach me to be generous with all that is beautiful.

Lord, Pulse of the ocean,

help me to be sensitive to the rhythms of life.

Lord, Bringer of each new dawn,

may I remain reverent and always grateful.

Lord, Light of the stars and moon,

may I never grow too old to dream,

to discover each tomorrow with wonder.

Lord, Spirit of the winds,

remind me of the wisdom found in change.

Lord, Guider of birds,

grant me the wings of hope to soar toward your promises.

God's Calculations

- Sr Shanti

Two friends, while on a pilgrimage, reached a temple in a village one evening. As it grew dark and began to rain, they decided to spend the night there. Just as they were about to eat, a hungry and exhausted stranger ran into the temple seeking shelter. Out of compassion, the friends decided to share their food with him.

The first friend had **3 rotis**, and the second had **5 rotis**. The stranger suggested dividing each roti into 3 pieces, making a total of **24 pieces**. They shared equally, receiving **8 pieces each**. After finishing dinner, they all slept.

The next morning, the stranger, grateful for their kindness, gave them **8 gold coins** as a token of appreciation and left.

The second friend argued, "I gave 5 rotis, so I deserve 5 coins. You gave 3 rotis, so you take 3."

The first friend disagreed, saying, “I gave everything I had. We should share the coins equally - 4 each.”

Unable to resolve the argument, they approached the village head. The head was puzzled but asked for a day to think. That night, he prayed for guidance, and God appeared in his dream, saying:

“The first friend who had 3 rotis shall get **1 coin**, and the second friend who had 5 rotis shall get **7 coins**.”

God explained, “Each roti was divided into 3 parts. The first friend’s 3 rotis made **9 parts**—he ate **8** and gave **1** to the stranger. The second friend’s 5 rotis made **15 parts**—he ate **8** and gave **7**. Their reward should match their contribution.”

The next morning, the village head shared God’s verdict, and both friends understood.

Lessons:

1. *God’s calculations are always correct*, even when we don’t understand them.
2. Greed blinds us to the blessings we receive. Be grateful for what you have.
3. True charity isn’t measured by the amount given but by the heart behind the giving.

The richness of life lies in two things: the joy of sharing and the gratitude for what we receive.

The Lord Is My Salvation

- Sr Amala R

I'm so excited to share this beautiful truth: "*The Lord is my salvation!*" If you've experienced God's providence, you know this conviction comes from the heart.

We are created in God's image and likeness, the crown of His creation, and children of God. Sadly, we lost paradise because of our desire to be like Him—a temptation Satan himself fell into. He continues to deceive us, often disguising evil as good. We must remain vigilant, relying on God's grace to overcome this.

As the psalmist declares in Psalm 16:3: "*Do not put your trust in princes or human beings who cannot save.*" The world constantly influences our minds, tempting us with comfort and false security. Yet nothing in this world is permanent. When trials pour down like rain, God becomes our umbrella, turning hardships into stepping stones for growth. Even when people around us seem supportive, they may harm us behind our backs. Our pain may be a story to others until they experience it themselves.

Life, however, is worth celebrating! It is essential to evaluate our principles and ensure we are living as true disciples of Christ. Are we placing our trust in humans or in Christ? Reflecting on our lives and testimony can strengthen our commitment to Him and His values.

The world can be uncertain and confusing, leading us toward false beliefs. But when we embrace the Lord's

path, we discover His plan for us. Often, we sense God's presence only in moments of joy, but He is equally with us in times of adversity. Trials are not the end; they are part of the journey to green pastures, even if we must first cross deserts or roaring rivers.

As disciples of Christ, we are called to discern His will in all circumstances—both good and bad. So let us confidently proclaim: *"The Lord is my salvation, and He has redeemed me through Christ!"*

Connection With God's Creation

- Sr Dainy

"God saw everything that He had made and indeed it was very good." (Genesis-1:3)

God is the author of the creation. He has created this world wonderfully and marvellously. He is the architect and artist who have designed this world beautifully. Imagine his amazing Creation. He created the world which is so attractive. See, the way He has arranged, the way He has shaped, the way He has colored, the way He has designed, the way He has made different sizes and the way He has made big and small, height and width, thin and fat all these adds beauty to the creation.

Today also we see the beautiful creation in the world in different places in different ways. In India, Meghalaya is known for its natural beauty and it is true. Every corner

of Meghalaya is filled with unique and incredible nature. The height of the mountains and the broad sky which touches each other, shows that earth and skies are connected to each other. Also, God is connected to the people on earth through His creation. It's really attractive to see the various colors of the sun rise and sun set. The white mist everywhere is marvellous to see, it gives us the feeling of heaven on earth.

The creation speaks about God's Love and its uniqueness, beauty, unbelievable power and unending blessings.

The wider sky tells the protection of God.

The heights of the mountains tell the unconditional care of God.

The running streams tell the love of God.

The rocks tell the Power of God.

The green grasses tell the simplicity of God.

The different varieties of flower tell the beauty of God.

The plants and leaves tell the goodness of God.

The trees tell the mightiness of God.

The fountains tell the blessings of God.

Each thing on this earth speaks about God and God speaks to us through the creation and when we speak with the creation, the creation speaks to us. The creation keeps us fresh and gives us free life and new life through fresh air to breathe in. It helps us to connect and unite with the Lord in speaking and listening. Creation

brings us the happiness, joy, peace and smiles. When we look at it, it takes away our sadness, anxiety, worry, tension; it heals us and gives us peace of mind. It also cures us from our diseases.

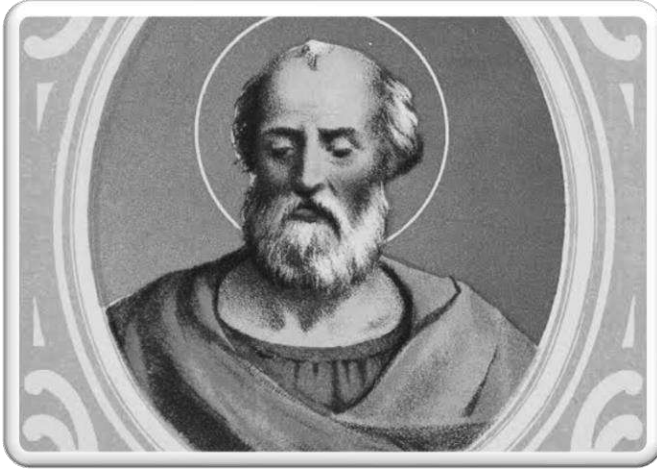
Even Jesus loved the creation and he spent most of his time with the creation. We see in the Bible, the examples like, the sermon on the mountain, praying on top of the mountain, praying in the Gethsemane Garden, walking on the water, the parable of the Sower, fishing with the disciples, travelling on the boat, etc.

Insights gained from creation:

- When we see the creation, it tells us to become always energetic, remain fresh, become a blessing for others, and become life giving to others.
- When we see the rocks, it tells us to stand firm, be confident and to persevere in our life in both good and bad situation.
- When we see the deep valley, it tells us to go deeper in union with the Lord and to experience Him more deeply.
- When we see the flowers, it tells us to spread the different fragrance like love, joy, concern, sympathy, helping hand, smile and acceptance. So, we need to love and take care of our creation.

Saint Julius I

A Defender of Orthodox Faith



Pope Saint Julius I, a towering figure in early Christian history, served as the 35th Bishop of Rome from 337 to 352 AD. His papacy came at a critical juncture in the Church's history, defined by the theological conflict surrounding the Arian heresy. Known for his steadfast faith, humility, and leadership, Pope Julius I played a pivotal role in defending the divinity of Christ and preserving the unity of the Christian Church.

Born in the 4th century into a devout Christian family, Julius was raised with a deep commitment to faith and learning. Immersed in the teachings of Scripture and theology, he developed a profound understanding of Christian doctrine. His virtuous character and unwavering commitment to the Church's teachings earned him respect among the Christian community,

paving the way for his election as Pope in 337 AD. This election came at a time of significant turmoil, with the Church grappling with internal divisions, primarily caused by the growing influence of Arianism.

The Challenge of Arianism

Arianism, a heresy initiated by Arius, a presbyter from Alexandria, denied the divinity of Christ. Arians argued that Christ was a created being and not co-eternal or consubstantial with God the Father. This teaching appealed to those who sought a simpler understanding of the mystery of the Trinity but fundamentally threatened the Church's unity and the core belief in Christ's divine nature. By the time Julius I ascended to the papacy, Arianism had gained significant traction, dividing Christian communities and influencing key theological debates.

Recognizing the grave danger posed by Arianism, Pope Julius I took decisive action to defend the orthodox teachings of the Church. His papacy was marked by a steadfast commitment to preserving the truth of the faith, ensuring that the Church remained grounded in apostolic tradition and Scripture.

The First Council of Nicaea

One of the most significant moments in Pope Julius I's life was his involvement in the defense of the Nicene Creed. While the First Council of Nicaea was convened in 325 AD, prior to Julius's papacy, its outcomes were vigorously championed and upheld by him. The Nicene Creed, which affirmed the divinity of Christ as "begotten,

not made, consubstantial with the Father,” had been a critical step in countering Arianism.

Pope Julius I's papacy saw renewed challenges to this creed, particularly from Arian sympathizers. He reinforced the council's decisions and worked tirelessly to combat the resurgence of Arian thought. Through correspondence, pastoral care, and his engagement with bishops across the Roman Empire, Julius ensured the Nicene Creed remained the cornerstone of orthodox Christian belief.

Support for Saint Athanasius

Pope Julius I's defense against Arianism was also evident in his support for Saint Athanasius of Alexandria, one of the most vocal opponents of Arianism. Athanasius, exiled multiple times due to his unwavering stance against the heresy, found a steadfast ally in Pope Julius I. The Pope provided him refuge and rallied support for his reinstatement as the rightful bishop of Alexandria.

Julius convened a synod in Rome to address the disputes surrounding Athanasius and other exiled bishops. At this synod, Julius defended the decisions of the Nicene Council and condemned the actions of Arian sympathizers who sought to undermine orthodoxy. His efforts were instrumental in reinforcing the authority of the Nicene Creed and legitimizing the role of bishops who upheld it.

A Legacy of Unity and Orthodoxy

Beyond his theological contributions, Pope Julius I exemplified the qualities of humility, compassion, and a deep sense of responsibility towards the Church. His leadership extended beyond doctrinal disputes to foster unity within the Christian community. He actively engaged with clergy, promoted pastoral care, and encouraged dialogue to heal divisions caused by Arianism.

Pope Julius I's legacy is perhaps best encapsulated in the enduring influence of the Nicene Creed. His unwavering commitment to upholding the divinity of Christ ensured that the foundations of Christian orthodoxy remained intact. Today, the Nicene Creed continues to be a unifying statement of faith for Christians worldwide, a testament to the enduring impact of Pope Julius I's leadership.

Inspiration for the Modern Church

Pope Saint Julius I serves as a model of courage and fidelity for believers facing challenges in their own faith journeys. His steadfastness in the face of heresy, his dedication to truth, and his commitment to unity within the Church stand as timeless lessons for Christians today. His papacy reminds us of the importance of defending core doctrines of faith while fostering compassion and dialogue in times of division.

In conclusion, Pope Saint Julius I's life and papacy exemplify the qualities of a true shepherd of the Church. His efforts to combat Arianism and uphold orthodox

teachings not only preserved the integrity of Christian doctrine but also left a lasting legacy that continues to inspire and guide the faithful.

In The Heart of December

- Sr Sarala Montry

In the heart of December, the world stands still,
Beneath the frosty night, a quiet thrill.
Twinkling lights adorn the silent streets,
Echoes of carols, where joy and hope meet.

The stars above whisper tales of old,
Of a child in a manger, a story retold.
Born in humility, yet bringing great light,
A beacon of love on that holy night.

The air is crisp, yet hearts are warm,
Sheltered in love, safe from life's storm.
Families gather, hands entwined,
Sharing laughter, a bond so kind.

A season of giving, of kindness and grace,
Of finding beauty in every face.
December reminds us, through every cheer,
To carry this love through the coming year.

So let the bells ring, let the candles glow,
In the heart of December, let love overflow.
For Christmas is more than a fleeting day,
It's a promise of hope that forever will stay.

The Story of The Christmas Carol

O, Holy Night

The beautiful Christmas carol "O Holy Night" has a fascinating history, marked by controversy and a heart-warming Christmas truce during the Franco-Prussian War.

In 1847, a French parish priest asked a local poet, Placide Cappeau, to write a poem for Christmas Mass. Cappeau, although not deeply religious, wrote the poem "Minuit, chrétiens" (Midnight, Christians) inspired by the Gospel of Luke. He then collaborated with his friend, composer Adolphe Adam, to set the poem to music.

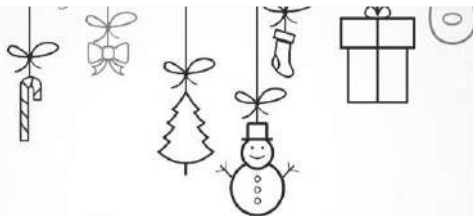
The carol quickly gained popularity, but controversy arose when it was discovered that Cappeau was a socialist and Adam was Jewish. The Church initially banned the song, but its popularity among the people led to its eventual acceptance.

During the Franco-Prussian War in 1870, a legend emerged about a Christmas Eve truce sparked by the carol. A French soldier, unarmed, stepped out of his trench and began singing "O Holy Night." The singing silenced the battlefield, and a German soldier emerged to sing a German carol in response. This led to a temporary ceasefire, allowing soldiers from both sides to exchange gifts and share a meal.

Although the authenticity of this specific incident is debated, the story highlights the power of music to transcend conflict and unite people. "O Holy

Night"remains a beloved Christmas carol, its history a testament to its enduring appeal.

*O Holy night! The stars are brightly shining
It is the night of our dear Savior's birth
Long lay the world in sin and error pining
'Til He appeared and the soul felt its worth
A thrill of hope the weary world rejoices
For yonder breaksa new and glorious morn
Fall on your knees; O hear the Angel voices!
O night divine, O night when Christ was born
O night, O Holy night, O night divine!*



It's The Time... To Light A Candle Of Positivity It's The
Time... To Sing A Carol Of Christmas It's The Time... To
Taste The Savories It's The Time... To Fill Up The Lives
with Peace Wishing you all a

Merry Christmas...!!

Merry Christmas...!!

with Peace Wishing you all a

Awakened by Hope

- Sr Joshana

*Awakened by Hope
Journeying at the top
Inspired by the Israelites
Bound in the promised ties*

*Seed of faith sown in Abraham
Spreading the inner most being
Deserted by life struggle
Returning with the battle of hope*

*With the spirit of Fr. John Maria Haw
Called to free the brokenhearted
To work with wholeheart
To spread the faith by marching towards the hope.*

*Jesus a humble and meek
Lifted up all those who were weak
He is our leader and guide
Surest way of father's ride*

*Towards the land of promise we walk
Following the ways of Jesus' talk
Word of truth makes us free
Hope of Christ helping us to flee.*

Motivational Quotes

- Sr Subhangi

1. "The measure of a life is not its duration, but its donation." – Peter Marshall

(Living a life of faith means serving and giving to others, aligning with a higher purpose.)

2. "Not all of us can do great things. But we can do small things with great love." – Mother Teresa

(Every act of kindness, no matter how small, is a reflection of our faith and devotion.)

3. "Faith is taking the first step even when you don't see the whole staircase." – Martin Luther King Jr.

(Trusting in God's guidance, even when the path ahead is unclear, is central to religious life.)

4. "You may not be able to change your situation, but you can change how you respond to it through faith." – Anonymous

(Faith teaches us to respond with grace and hope, regardless of life's challenges.)

5. "The only way to deal with this life meaningfully is to find one's passion and serve others." - Albert Schweitzer

(A religious life is about finding one's calling and using it to serve the greater good.)

6. "Be faithful in small things because it is in them that your strength lies." – Mother Teresa

(Devotion often starts with the little things that seem insignificant but are deeply meaningful.)
7. "To love and be loved is to feel the sun from both sides." – David Viscott

(In a religious context, loving others and being loved by God brings light and peace into our lives.)
8. "Let your faith be bigger than your fear." – Anonymous

(In the face of uncertainty, faith provides the strength to move forward courageously.)
9. "I am not afraid of tomorrow, for I have seen yesterday and I love today." – William Allen White

(Religious life is about embracing each day with gratitude and faith in God's plan.)
10. "When you are in the service of your fellow beings, you are in the service of God." – King Benjamin, Book of Mormon

(Serving others is a reflection of our service to God and is a core tenet of religious life.)

My Home Mission Experience

- Sr Valsa

Vizhinjam, often described as the tilak on the forehead of Trivandrum, the capital city of Kerala, is a place of great significance and fame. It is well known for its courageous fisherfolk who boldly challenged authorities and fight for their rights. The Sindhu Yatra Mary Church at Vizhinjam stands as a beacon of faith, with Mother Mary's presence strongly felt in the area. Her grace brings joy and peace—mental and spiritual—gently enveloping devotees like the cool sea breeze.

I was blessed with the wonderful opportunity to be part of the Home Mission here. Along with Sr. Jyoti, I arrived at the parish on September 15th to embark on this sacred mission. The parish is vast, comprising 191 family units and around 4,500 families. With 22 sisters dedicated to serving the people, our mission extended for nearly four months under the mentorship and guidance of Fr. Daniel, the in-charge of the Home Mission.

The challenges faced by the people were evident as we visited each family. Many were drowning in debt, primarily due to the low income from fishing, which remains their main livelihood. The burden of huge dowries during marriages added to their struggles. Though many families own large, palatial houses, they are often forced to abandon them because of the overwhelming debts. As a result, most now live in rented homes, carrying the weight of financial instability.

Another grave concern is mobile phone addiction, which has led many young people astray. They enter into misguided relationships, resulting in early marriages that often end in divorce. Broken families are a common sight, and sadly, suicide has become an everyday tragedy. Every family we visited shared a heart-wrenching story of loss, and listening to them brought tears to our eyes.

The future for these families remains uncertain. They live in constant fear of losing their land and homes due to the encroachment of business giants like Adani. While many young people find temporary employment in these projects, they are left jobless once the work ends, struggling to find alternate sources of income. Traditional fishermen also face immense challenges, as their small boats cannot compete with modern mechanized fishing vessels. Maintaining their fishing equipment adds another layer of financial hardship.

Amidst all their struggles and sorrows, we moved through the community like small lanterns, striving to spread the light of Christ. With great eagerness and faith, we spent our days of Home Mission offering the people into the loving hands of our God, trusting Him to bring hope and renewal to their lives.

A Journey From Abhilasha To Abhilipsa

- Sr Abhilipsa

On the fresher day of my college we were supposed to introduce ourselves in a unique way so that all remember us. People often ask my name a second time because it seems little hard so I made this short story to introduce myself.

Once upon a time in a serene village of Kattingia, located in the heart of Kandhamal district, Odisha, a small child was born into a small family. She was the long awaited fruit of the Singh family. From the moment she entered the world, her parents knew she was special. They named her Abhilasha, which means “wish” or “desire” believing that she would grow up to fulfill their dreams and aspirations. This name reflected their hopes for her to have life filled with purpose and passion.

As she grew older Abhilasha’s personality started to grow. She was determined, compassionate and had a strong desire to help others. Her aspirations extended beyond her own life. She wanted to be the beacon of hope for those around her. As the world was rapidly changing Abhilasha changed and became Abhilipsa meaning “first wish”. This modern name created a journey of transformation and dedication to make a positive impact in the lives of others.

Through her journey, Abhilipsa became a beacon of hope, inspiring her friends and others to believe in

themselves and strive towards their passions and become the joyful witness

Summer Fair

- Ms Anju Tiwari, Jail Road

(Candidate)

*It's a bright sunny day,
Big and small on their way
Summer Fair in the town,
Juggling and dancing,
Sweets and savouries,
There's a lot for everyone.*

*Queuing for the rides,
Holding balloons upright,
Watching all the shows,
It is so much fun you know!
With the sun setting in the sky,
Time for hefty meal,
What a splendid day,
HURRAY !HURRAY !*

Juniors Get Together At Kannur

- Sr Sunima

“Great things happen when hearts unite and minds collaborate.”

Our get-together was not just an ordinary gathering; it was a true celebration of unity, a journey of shared dreams, and a witness to the power of coming together to inspire and uplift one another.

It was an exciting moment for all of us juniors as we stepped into the new land of Kannur, at *Anugraha Convent*. With hearts full of joy, we embraced the precious and valuable days ahead. These days became even more special with the presence of extraordinary people like Fr. Clarence, the vicar of Kannur Diocese. He guided us with insights into the *Synod on Synodality*, emphasizing *communion, participation, and mission*. He reminded us to recognize our potential, use our hearts to gain insight, and walk together on one path. Our main task, he explained, is to live in communion, foster participation, and open ourselves to the mission—a mission that requires us to journey together as one.

On the second day, the first session was led by Sr. Pavana, who took us through Pope Francis' encyclical *“Dilexit Nos”* (He Loved Us). She inspired us to deepen our devotion to the *Sacred Heart of Jesus*, a heart bearing with unconditional love. The second session, conducted by Sr. Rincy SH, focused on *mental health*. She encouraged and motivated us to understand our

emotions, learn to balance and overcome them, and strive to live a harmonious community life.

On the final day, we had time for *sharing* and *evaluations*, which provided an opportunity to reflect on our experiences. In the afternoon, we set out for a half-day outing that began with a visit to the tomb of *Venerable Sr. Maria Celena UMI*. We then proceeded to *Payampalam Beach*, where we spent a refreshing evening amidst the soothing waves and cool sea breeze, creating memories to cherish.

Heartfelt thanks to our Provincial, her team, and Sr. Amala, who made this beautiful opportunity possible and accompanied us throughout. Thank you, dear sisters, for your love, support, and guidance!

He Will Not Fail You

- Sr Elizabeth

*Bring them all to the Lord,
Lay them at the feet of Jesus.
He is faithful to keep all you entrust to Him,
Protecting you through every trial and storm.
Turn to Jesus as your brother,
Trust Him as your closest friend,
Rely on Him as your Savior and God,
For He is your brother, your friend, and Emmanuel,
The Lord of all!
When trouble comes, bring it to Jesus,
Commit your burdens to Him—
He will never fail you!*

My Mom Is The Best

- Ms Anju Tiwari

My mom is the best, better than the rest,
She taught me to fly, and I soar in the sky's crest.

My mom is the best, better than the rest,
I cuddle in her pouch, feeling safe and blessed.

My mom is the best, better than the rest,
I swing around her waist, moving fast and blessed.

My mom is the best, better than the rest,
She taught me to swim, in waters dim and deep.

My mom is the best, better than the rest,
She taught me to be true, a friend until the end.

My mom is the best, better than the rest,
She made me strong, with a mighty roar to attest.

My mom is the best, better than the rest,
No fear do I have, for she's always near to protect.

All moms are the best, they hardly ever rest,
They give all we need, long before we request.

I'm fond of my mom, a bond so strong,
She sings lullabies, even when I've grown long.

I thank you, Mom, for all your love,
You're the best in the world, sent from above.

A Tribute To The Letter 'T'

- Collected by Sr Tresa

The tongue's terrible tendency to tell tall tales totally tarnishes traditional transcommunication theories. The tempestuous tirades traceable to the tongue testify to the traumatic tactics of this tiny tab of tissue. Thousands that take the time to think, try to tame the tumultuous torrent of the too talkative tongue. Temporarily, the tide turns. Towering tempers turn to tenderness. Then, tragically, the trend tapers. The tongue trips, teeters, then takes a tumble; the temptation to trifling twaddle triumphs.

Take time to tabulate this timeless truth: to train the tongue takes the tremendous talent of trust. Theology teaches that trust thrives through toil. Therefore, throttle the testy tongue! Terminate the trivial topics that tinge the tenor of talk! Trim the trashy, tasteless terms that transgress traditions of truth! Trounce the trite themes that toady to thoughtless tattling!

Theoretically, the tantalizing target of a true, tactful, temperate tongue torments and teases those that tackle the task. To tell the truth thrilling triumph throngs the tracks of the tough tenacious thwarter of the tawdry talk !!!

Moving Ahead With Faith

(Home Mission Experience)

- Sr Jyoti

With immense gratitude and joy, I reflect on the blessings I received through my participation in the Home Mission at Vizhinjam, in the Trivandrum Diocese. I consider it a special calling from our Lord Jesus, made possible through Sr. Vidya, our Provincial. Before embarking on this mission, I was blessed to spend time in adoration, which strengthened me spiritually for the task ahead. I was also fortunate to attend the vibrant celebration of Mother Mary's feast in Thoothoor, our center in Trivandrum, which gave me a deeper understanding of the local culture.

I soon joined the Home Mission under the guidance of Fr. Dominic, the director of the Home Mission Program in Trivandrum. I learned that the Vizhinjam Sindhu Yatra Church was one of the largest parishes in the diocese, and despite its size, the parishioners were hesitant to divide their parish. The Sindhu Yatra Church, dedicated to Mother Mary, is historically significant, having witnessed protests by priests and religious against the intrusion of business tycoons like Adani into the lives of the local fisherfolk. Sr. Valsa also joined me in this noble mission.

With joy, I began my mission, welcomed by 22 sisters from various congregations. We were divided into 10 groups, and after being briefed by the parish priest, we

began our work. Our daily schedule began with the Holy Eucharist, followed by breakfast. We were then assigned to visit families, with a goal of visiting five homes each day. Our task was to gather information about the families, including their participation in parish activities and their backgrounds. By 6 p.m., we gathered for adoration, praying for the families we visited that day. After supper, we had an evaluation session with the parish priest and the director of the Diocesan Home Mission. By 9 p.m., we would rest.

I noticed that every day, families eagerly awaited our visit, seeking a compassionate ear to unload their burdens. They openly shared their struggles—financial, relational, and spiritual—without hesitation. We compiled a summary of our mission, which was to be submitted to the Bishop.

Overall, my impressions of the Trivandrum Diocese and its pastoral work were very positive:

1. Fr. Dominic, the director, was not a boss but truly one of us in the mission work.
2. The diocese of Trivandrum continually seeks to update and reform the quality of Christian life within the community.
3. For the upliftment of the fisherfolk, numerous opportunities are provided, such as faith formation, language courses for those seeking work abroad, job-oriented training programs, and efforts to re-engage those who have distanced themselves from religious and non-religious activities.

Though the hard work we did in Vizhinjam may seem like just a small drop in the vast ocean, I believe that, in time, our efforts will bear fruit. I trust that God will reward us for our dedication and service.

Love: The Transformative Power

- Sr Shruti

*Love transforms lives
Love restores hope
Love brings dignity
Love conquers fear*

*Love radiates joy
Love gazes in the eyes
Love holds future
Love blooms widely*

*Love removes hatred
Love finds treasure
Love ignites the soul
Love flows gently*

*Love sparks the heart
Love fades the pain
Love heals the wounds
Love enlightens darkness*

May love continue to guide and inspire us

Seasons

- Sr Aishwarya

I've now discovered a leaf through the seasons
Is much like our life, made for beautiful reasons.
When spring dances, new leaves grow,
Just like when we're born, happiness flows.
When summer shines, the leaves grow strong,
Like after education, knowledge becomes our guard.
When monsoon thunders, stormy times begin,
The leaves protect themselves, like finding a job to win.
When autumn falls, leaves change and bend,
Like aging, realizing life is nearing its end.
At last, winter comes, fallen leaves wither away,
Just like we must depart from this world someday.
The leaf had a seed, protected with care,
Like parents who raised us with love to share.
Once it reached the soil, it nurtured with time,
By spring, the seed was filled with life, sublime.
Like one day, you're reborn, a new life ahead,
To live it fully in Heaven, cherished and led.
Oh, thank you, Mother Nature, for this lesson bright,
Let's always be happy and never lose sight.

A Journey To The Roots

- Sr Pavana

On September 11, 2024, I embarked on my first international trip, and it was a moment filled with excitement and joy as I finally got to experience a dream come true. Our journey began with a long layover at Doha International Airport, where I had the chance to explore the airport and enjoy the vibrant atmosphere, filled with people from various nationalities, cultures, and backgrounds. It was fascinating to witness such diversity in one place.

By midnight, we landed at Lisbon Airport, where we were warmly welcomed by the Sisters from Portugal, along with Sr. Ranjita. They kindly drove us to our house in Fatima, where we would spend the next few days. The time we spent in Fatima was truly special and peaceful. We were surrounded by the love of the Blessed Mother, and it was a grace-filled time as we participated in the Holy Eucharist and prayed the Rosary at the very place where Our Lady had appeared. It felt like being embraced by heaven itself.

Our next stop was the Provincial House in Gouveia, where we attended the 16th General Chapter. This event was a highlight of the trip, as it allowed us to witness the cultural and international beauty of our congregation. It was inspiring to see how we, as a diverse family of faith, can come together in unity, despite the different backgrounds we come from.

One of the most spiritually enriching parts of the journey was our pilgrimage to Avila, the birthplace of St. Teresa of Jesus. Visiting her resting place and the places she had lived and worked was a deeply moving experience. It strengthened my spiritual connection to this great saint and deepened my understanding of her legacy of prayer and devotion.

The most emotional and nostalgic part of the trip, however, was our visit to Germany, the land where our congregation's story began. Sr. Seema and I were given the privilege of visiting the places where our Father Founder lived, worked, and now rests. Walking through these sacred spaces, I felt an overwhelming sense of connection to our roots and the mission that continues to live on through Johannesbund and the Sisters of St. John. We also visited the communities where our Sisters serve, particularly those who care for the elderly. Their selfless service is a beautiful reflection of Christ's love and compassion, and it was incredibly inspiring to see.

The foods of Portugal and Germany were simple yet delicious, and they added to the warmth and charm of the trip. I can still remember the flavors and the comfort they provided. Eighteen days passed quickly, but they were filled with rich spiritual experiences, new learning, and the undeniable sense of God's presence guiding us along the way.

I am deeply grateful to everyone who helped make this journey so unforgettable. I also thank God for the wonderful weather, safe travels, and good health that allowed me to fully enjoy this blessed trip. It was truly a

journey of faith, connection, and discovery, and I will carry the memories of this experience with me always.

Power of Prayer

- Sr Elizabeth

When you pray, God listens and storms get stilled.

When you pray, doors open and relationships are restored.

When you pray, sickness is healed and hope is rekindled.

When you pray, strength is renewed and answers come.

Don't lose faith in what you're praying for today

God is faithful, and His answers come at just the right time.



Prayer
*is earthly
permission
for heavenly
interference.*

Tony Evans

You Are Precious

- Alphonsa

Once upon a time there was a widow and her daughter. They had a miserable life as they struggled to bring to meet both ends. But still love and joy filled up their lives.

The absence of her father always created a void in the life of the daughter. But her mother took care of her so much with love and joy. Though loving, her mother was a strict disciplinarian. She would correct her daughter even for silly reasons. This always created tension in the daughter's mind. As good mother, she could sense this feeling in her daughter. She used to speak to her child very lovingly.

One day, she called her child beside and asked her, 'my dear, do you love to wear gold ornaments and costly diamonds?' The child's immediate reply was a simple yes. The mother continued 'Do you know how they come to that shape?' The child stood blinking instead of an answer. 'These materials in its original form are never found like this. They are dug out from deep within the earth. They undergo various stages of transformation through fire, water etc. It is after a long and difficult process that they attain the lovely shape that you see now. The useless stone under the soil becomes priceless after this long purifying process. You will have to spend a huge sum to attain one like that isn't it?' The child let out a deep sigh.

The mother carried on, 'You too are a precious stone. When you correct yourself at this younger age, you shine like a diamond as you grow up. Your life also will shine like a precious stone spreading joy and love.' So the girl realized what the mother was trying to convey. She was overjoyed at what her mother told. She then took up a decision not to lose heart but to accept, correct and move ahead in her life.

Finding Life's Meaning

- Sr Tresa

When I was confused, I looked around but found no answers. I asked everyone, "What's the meaning of life?" but received no reply.

I asked the elders, and they said, "Find it by yourself." I asked my friends, who wondered, "Don't you know yet?"

I asked my mentor, who smiled and said nothing. Life hurried by, and I tried to catch and understand it, but I couldn't.

I thought I failed, lost, and that it was all over, but then I heard a babe's cry from the manger. His mother told me, "If He can smile here, this is life—peace and tranquility amidst adversities."

My Vocation Story

- Sr Beronika

I, Sr. Beronika Dang, was born in Gohpur, a small village in Sonitpur (now Biswanath) district of Assam. It is a beautiful place surrounded by tea gardens, paddy fields, mountains, and rivers. I am the youngest of six children in my family.

My journey to religious life began at home, inspired by the holy example of my devoted parents. Jesus on the Cross and Mother Mary were the centre of our family, and I received the treasure of faith from them. They helped me grow in faith by introducing me to the sacraments and encouraging me to participate in the Holy Eucharist. Although I met many sisters, it was the Sisters at St. John's Convent in Gohpur who truly inspired me. They lived and had their formation house in my village. The Sisters visited our family and invited me to a vocation camp, which encouraged me to consider a religious life.

In 2017, after completing my basic education, I joined the convent in May. During my formation, my formators, spiritual directors, and superiors helped me discern my vocation. Jesus in the Blessed Sacrament was my inspiration and model. It was not always easy to discern if I was truly called to religious life. I faced many doubts, but the Lord affirmed my calling by saying, "I want you to be my spouse. You didn't choose me, but I chose you. Come and follow me." With this confirmation, I made my

commitment to the Lord on May 31, 2024. I owe everything to Jesus, and He is my strength and support.

From The Hospital Corner

- Sr Sally

The other day while sitting in the OPD, I witnessed a heart warming and unexpected display of generosity from a few police officers. While accompanying a patient for admission, they noticed a child who urgently needed a CT scan and blood tests. The child's parents were struggling to cover the costs, and seeing their distress, the police officers immediately gathered money among themselves to pay for the medical expenses. The parents were deeply moved by this act of kindness, and I couldn't help but feel touched by their selflessness.

This experience completely shattered my prior assumption that people, particularly police personnel in Maharashtra, might be indifferent or self-centred. Instead, I witnessed true compassion, kindness, and a strong desire to help those in need. This encounter has not only transformed my perspective but also renewed my faith in the goodness of humanity.

One bright morning, Maya, a resident of our Jeevadhara Psycho-Spiritual Centre, walked into my OPD with a joyful smile, accompanied by her husband and 15-year-old daughter. We had recently sent her home for a few

days, as we often do with our residents, to allow them to reconnect with their families. In the past, whenever she went home, she would call us multiple times, expressing a strong desire to return to the centre, claiming that she couldn't stay at home and that her husband wasn't taking care of her.

Maya's journey to us began about four years ago, when she was found wandering around our hospital premises, dishevelled and in poor condition. She had run away from home, leaving behind her 11-year-old daughter and husband, as her illness had worsened. For nearly three years, she roamed aimlessly, fleeing whenever her husband tried to bring her back. When he learned about our centre, he sought help from the police and brought her to us.

The first time I saw Maya, she was in a state of severe distress. She was constantly talking to herself, smiling and gesturing erratically, her body foul-smelling with urine and feces, and her hair matted and tangled. We immediately took action - cutting her hair, giving her a proper bath, dressing her in clean clothes, and starting her on medication. In the beginning, Maya was resistant, trying to run away and not cooperating. But with patience, care, and the right treatment, she slowly began to improve.

Maya had also suffered a tragic accident in the past, where she sustained severe burns on her legs—likely a result of her illness and lack of awareness. Over time, this led to a flexion deformity in her lower limbs, with ongoing infections and the need for occasional surgery.

The reason for her hospital visit now was to address this ongoing issue and to check in with me.

What struck me the most during this visit was witnessing the joy and gratitude of Maya's daughter. She expressed immense happiness in having her mother back and showed deep care and concern for her well-being. Holding her mother's hands tightly, she stayed close, as if unwilling to let her go again. Maya now stays at home, no longer wandering around or causing trouble, taking her medication, and eating properly, though she still requires occasional encouragement to help with household chores. Her daughter and husband were overjoyed at her improvement and deeply appreciated her presence, especially as their daughter, now an adolescent, needed her mother's physical and emotional support more than ever.

Sitting in the OPD and witnessing Maya's remarkable transformation, I was filled with a profound sense of gratitude. Through our rehabilitation efforts, a life had been restored, and a family reunited. Maya's journey stands as an example to the power of care, compassion, and faith—a reminder of the countless lives we could touch and transform, one person at a time.

In that moment, I silently thanked God for Maya and for all the lives impacted by the mission we carry out at Jeevadhara. I reflected on the many individuals who dedicate themselves to this challenging yet noble mission of restoring lives—giving identity to the lost, a voice to the voiceless, and hope to the hopeless. I also

felt immense gratitude for the sisters who support me in this endeavor and the generous benefactors whose contributions make this work possible. Together, we become instruments of God's love and healing in the world.

Laugh A While

Why did Adam and Eve do mathematics every day? Beacuse they were told to be fruitful and multiply.

What types of boats do believers want to go on? Discipleship and worship

Who was the shortest person in the Bible? Bildad the Shuhite (shoe height)

Three boys on the playground were bragging about their dads. One said. "My dad scribbles a few words, calls it a song and they pay him \$50." "Oh, yeah. My dad scribbles a few words, calls it a poem and they pay him \$100." "That's nothing," said the third kid. My dad scribbles a few words, calls it a sermon and it takes six people to collect all the money in the room!"



Good to know ...

Anger Management

Anger is a natural and universal emotion that everyone experiences at some point in life. It often arises when we feel wronged, frustrated, or unable to control a situation. While anger itself isn't inherently bad, how we choose to handle it can greatly impact our well-being, relationships, and overall quality of life. Poorly managed anger can lead to regretful words, strained relationships, and even health issues, but when approached with awareness and control, it can be a powerful tool for self-awareness and positive change. Learning to manage anger effectively doesn't mean suppressing it - it means understanding its roots, recognizing its triggers, and finding healthy ways to express it constructively. Below are detailed tips to help us channel our anger in a way that fosters personal growth, better communication, and stronger relationships.

1. Understand Anger

- **Identify Triggers:** Keep a journal to note situations, people, or environments that provoke anger. This helps us anticipate and avoid unnecessary conflict.
- **Recognize Warning Signs:** Physical signs like a racing heart, clenching fists, or tightness in the chest signal rising anger. Recognizing these early helps us manage it before it escalates.

2. Practice Relaxation Techniques

- **Deep Breathing:** Take slow, deep breaths. Inhale for a count of 4, hold for 4, and exhale for 4. Repeat until we feel calmer.
- **Progressive Muscle Relaxation:** Tense and then slowly release each muscle group in our body. Start from toes and move upward.
- **Mindfulness and Meditation:** Regular mindfulness practice helps stay grounded and reduces impulsive reactions.
- **Visualization:** Picture a calming place or situation, such as a beach or peaceful garden, to divert mind from anger.

3. Use Cognitive Restructuring

- **Reframe Thoughts:** Replace negative or exaggerated thoughts with balanced ones. For example, change "This is the worst thing ever!" to "This is frustrating, but it's manageable."
- **Challenge Assumptions:** Avoid jumping to conclusions about someone's intentions. Ask ourselves, "Could there be another explanation?"

4. Improve Communication Skills

- **Think Before We Speak:** Take a moment to collect our thoughts before responding. This avoids saying things we might regret.
- **Use "I" Statements:** Express how we feel without blaming others. For example, say, "I feel upset when I'm interrupted" instead of "You're so rude."

- **Listen Actively:** Practice truly hearing the other person's perspective instead of planning our response while they speak.

5. Physical Outlets

- **Exercise Regularly:** Physical activity like walking, running, or yoga releases pent-up energy and reduces stress hormones.
- **Channel Anger Creatively:** Engage in art, writing, or playing an instrument to express emotions constructively.

6. Develop Problem-Solving Skills

- **Focus on Solutions:** Instead of dwelling on the problem, brainstorm possible solutions. If a situation is out of our control, work on acceptance.
- **Compromise:** Be willing to meet halfway. Resolving disagreements often requires give and take.

7. Set Healthy Boundaries

- **Know When to Step Away:** If a situation or conversation becomes too heated, excuse self to cool off. Say, "I need a moment to gather my thoughts."
- **Avoid Stressful Situations:** If certain environments or people consistently provoke our anger, limit exposure or change how we interact with them.

8. Create a Calming Routine

- **Practice Gratitude:** Reflect daily on things we're thankful for to shift focus away from negativity.
- **Start our Day Positively:** A morning routine with meditation, exercise, or reading sets a calm tone for the day.

9. Seek Support

- **Talk to Someone We Trust:** Sharing our feelings with a close friend, family member, or therapist can help us gain perspective.
- **Join Support Groups:** Connecting with others who are working on anger management can provide encouragement and strategies.

10. Professional Help

- **Therapy or Counseling:** Cognitive-behavioral therapy (CBT) can help identify and change anger patterns. Anger management workshops are also highly effective.
- **Medication (if necessary):** In some cases, underlying issues like anxiety or depression may contribute to anger. A doctor can evaluate if medication is appropriate.

11. Practice Forgiveness

- Holding onto resentment fuels anger. Learn to let go of grudges, as forgiveness is more for our peace of mind than the other person's.

12. Monitor Progress

- Keep track of situations where we managed our anger well. Reflecting and on reminding ourselves of our successes motivates further improvement.

Emergency Strategies

When we feel anger boiling over and need immediate tools:

- **Count to Ten:** Pause before reacting to gain control.
- **Take a Timeout:** Walk away and revisit the situation when we're calmer.
- **Splash Cold Water:** Physical sensations like cold water on our face can shock our body out of anger.

Anger, when understood and managed constructively, has the potential to be a powerful motivator for positive change. It can signal areas in our lives where boundaries need to be set, improvements made, or issues addressed. Instead of letting it control us, channelling anger productively can lead to better communication, stronger relationships, and personal growth. With consistent effort, patience, and practice, we can develop healthier habits to respond to anger calmly and effectively. Let us remember that mastering anger isn't about suppressing it—it's about understanding its root causes and expressing it in ways that lead to resolution and growth. Whether we start small with breathing techniques or seek professional support, every

step we take will bring us closer to greater self-control, inner peace, and fulfilling relationships.

How to Release Stress and Anger in Healthy Ways

- Recognize your stress triggers
- Practice relaxation techniques
- Use positive affirmations
- Use healthy ways to release your anger
- Take your time to find your peace
- Practice meditation
- Reach out to someone you trust and feel comfortable talking to

Aragami Bible Quiz

(Isaiah 1-33)

1. Who came to Ashdod?
2. Who responded 'fallen fallen is Jerusalem'?
3. What does the protection of Pharaoh bring?
4. Who is left like a signal on a hill?
5. What shall be known in all the earth?
6. How was the spoil gathered?
7. Why did the people go into exile?
8. On which day did He remove them?
9. When will the wealth of Damascus be carried away?
10. What will become of the hill and the watch tower?
11. To what are the soothsayers compared?
12. Who is like birds hovering overhead?
13. Where shall faithfulness be seated?
14. Who made a reservoir between the two walls?
15. When shall Israel eat the good of the land?
16. Whom will the Lord throw like a ball?
17. What comment did Lord give concerning Canaan?
18. What shall whisper out of the dust?
19. What will never be rebuilt?
20. What is the lifetime of a king?
21. What shall be destroyed on the mountain?
22. How shall the filth of the daughters of Zion beashed away?
23. What shall be the knowledge of the Lord be like?
24. What has gone to the high places to weep?
25. What will be there over all the glory?

26. At whose ascent do they weep?
27. What happened when Jerusalem defied
Lord's glorious presence?
28. Why did the pivots of the threshold shake?
29. What will the lord hew away?
30. What is burnt as fuel for the fire?
31. Who broke the everlasting covenant?
32. Which tree's stump remains when it is felled?
33. What shall happen to the light of Israel?
34. Who is like Arpad?
35. Who will stumble in giving judgment?
36. Which are the two smoldering stumps of fire
brands?
37. Who gave birth to wind?
38. What is the glory of the nations?
39. Who will be deluded?
40. What will be like the deserted places of the Hivites?
41. What will happen to the stones of altar?
42. Who carries their riches on the back of donkeys?
43. What is the mighty flood water of the River?
44. Where do the kings of nations lie?
45. Who shall be consumed?
46. What shall be split into seven channels?
47. What shall be a sign to the Lord?
48. Who will fall to plundering?
49. Who behave like scattered nest links?
50. What is the harvest of Nile?



★ **HAPPY** ★ **BIRTHDAY!**



01 st Jan	-	Sr. Anita
01 st Jan	-	Sr. Sunita Rabad
01 st Jan	-	Sr. Udaya
01 st Jan	-	Sr. Lucia
01 st Jan	-	Sr. Anjali
06 th Jan	-	Sr. Ranjita L
11 th Jan	-	Sr. Archana
12 th Jan	-	Sr. Soumya
15 th Jan	-	Sr. Sarala
15 th Jan	-	Sr. Nivedita
19 th Jan	-	Sr. Shilpa
20 th Jan	-	Sr. Tessy
22 nd Jan	-	Sr. Vinaya
23 rd Jan	-	Sr. Subangi
24 th Jan	-	Sr. Lavanya
25 th Jan	-	Sr. Roshita
29 th Jan	-	Sr. Esther
02 nd Feb	-	Sr. Jyotsna
02 nd Feb	-	Sr. Asha
03 rd Feb	-	Sr. Karuna
05 th Feb	-	Sr. Christina
06 th Feb	-	Sr. Aishwarya



★HAPPY★ BIRTHDAY!



10 th Feb	-	Sr. Meera
12 th Feb	-	Sr. Lima
14 th Feb	-	Sr. Kavita
16 th Feb	-	Sr. Sneha
16 th Feb	-	Sr. Rashmi
19 th Feb	-	Sr. Savita
20 th Feb	-	Sr. Shubha
28 th Feb	-	Sr. Seji Dainy
28 th Feb	-	Sr. Suthara
28 th Feb	-	Sr. Alka Xavior
04 th Mar	-	Sr. Rani P
04 th Mar	-	Sr. Alisabeth L
06 th Mar	-	Sr. Nitya
10 th Mar	-	Sr. Manisha
12 th Mar	-	Sr. Victoria
12 th Mar	-	Sr. Amala Nirapel
14 th Mar	-	Sr. Sunima
17 th Mar	-	Sr. Jacinta
23 rd Mar	-	Sr. Geeta
23 rd Mar	-	Sr. Veena
25 th Mar	-	Sr. Atulya
25 th Mar	-	Sr. Riya



★HAPPY★ BIRTHDAY!

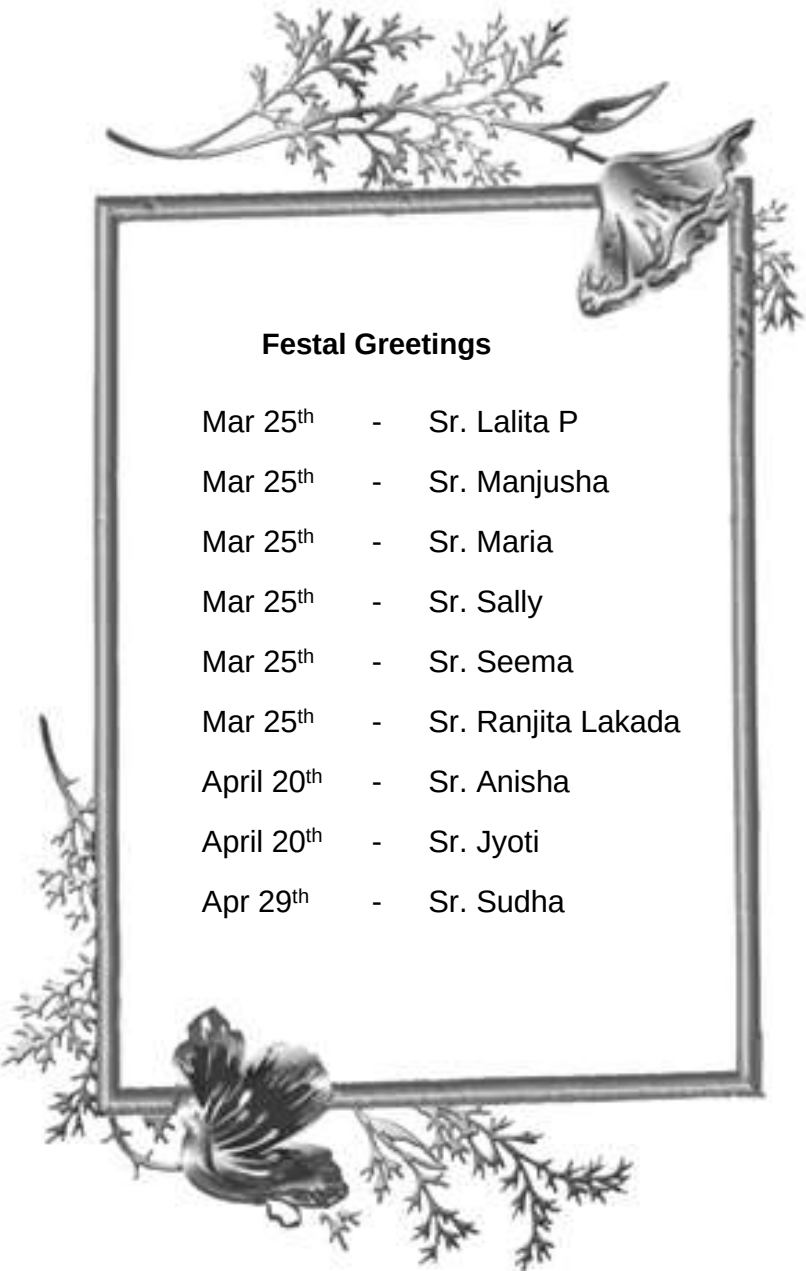


26 th Mar	-	Sr. Flowery
01 st Apr	-	Sr. Abhaya
01 st Apr	-	Sr. Banita
01 st Apr	-	Sr. Sarita
01 st Apr	-	Sr. Sushila
02 nd Apr	-	Sr. Roja
02 nd Apr	-	Sr. Ashirta
02 nd Apr	-	Sr Daina
05 th Apr	-	Sr. Rani John
06 th Apr	-	Sr. Hemalata
06 th Apr	-	Sr. Lincy
06 th Apr	-	Sr. Linmy
06 th Apr	-	Sr. Shantammal
10 th Apr	-	Sr. Joshana
14 th Apr	-	Sr. Beronica D
17 th Apr	-	Sr. Maria
18 th Apr	-	Sr. Valsa
20 th Apr	-	Sr. Margret
22 nd Apr	-	Sr. Nutan
23 rd Apr	-	Sr. Amala.R
27 th Apr	-	Sr. Kalpana



Festal Greetings

Jan 21 st	-	Sr. Sarala
Feb 2 nd	-	Sr. Archana
Feb 2 nd	-	Sr. Arpita
Feb 2 nd	-	Sr. Pooja
Feb 2 nd	-	Sr. Sarala Montry
Feb 11 th	-	Sr. Lifey
Mar 19 th	-	Sr. Mandakini
Mar 25 th	-	Sr. Deepa Joseph
Mar 25 th	-	Sr. Pratiksha
Mar 25 th	-	Sr. Lalita Baa



Festal Greetings

Mar 25 th	-	Sr. Lalita P
Mar 25 th	-	Sr. Manjusha
Mar 25 th	-	Sr. Maria
Mar 25 th	-	Sr. Sally
Mar 25 th	-	Sr. Seema
Mar 25 th	-	Sr. Ranjita Lakada
April 20 th	-	Sr. Anisha
April 20 th	-	Sr. Jyoti
Apr 29 th	-	Sr. Sudha

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 March 2025*

The Winner of the August 2024 Volume is

Sr Nikita - 1st Prize

"Hey stand back and don't follow me"

Sr Sancy - Runner Up

"Hey! Cheer up. I am here for you"

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

Dear Departed

1. 8th October 2024 - Father of Sr Bindu
2. 15th October 2024 - Brother of Sr Jessy
3. 26th October 2024 - Nephew of Sr Sunita R
4. 26th October 2024 - Sister in law of Sr Preeti K

In Memory Prayer

Lord of life and love,
as we give thanks for times past,
grant us courage to embrace the
present
and grace to share the future.
In memory of loved ones dear,
kindle their flame to shine in the dark
and light the path ahead.
Show the way that leads to life
as we cherish days gone by
and inspire us with the touch of love
that faith and hope live on.

Province Day Celebration



Inauguration of extended school building at Allipur



Juniors get together at Kannur



MERRY CHRISTMAS

Jesus, the Reason, pure and bright
Guides us to love, with all our might
In His footsteps, we strive to walk
Spreading love and kindness, with every talk

In festive cheer, let's not forget
The true meaning of Christmas, we've been blessed
A time for giving, sharing and care
Showing love to all, with kindness we share

May Jesus' love shine, in all we do
A gift of kindness, for me and you
May our hearts be filled, with love and light
Guiding us to spread, Jesus' love so bright