

Issue : XXXXXI

December 2025



AGRAGAMI INFO



***“Light amidst our Fragility:
Immanuel”***

[illegible]

∞ AGRAGAMI INFO ∞

Vol.XXXXXI - December 2025

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 Roja

Supporting Staff : Yogesh Mishra

Phone : 08010952864, 08639176231

E-mail : euginetresa88@gmail.com

: rojapasalasjb@gmail.com

- Published by -

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

For Private Circulation Only

Content

Titles	Page No
<i>Editorial</i>	4
<i>Voice of Mother General</i>	7
<i>Provincial's Inspiration</i>	9
<i>A Glance at our Centers</i>	15
<i>Delete Button?</i>	48
<i>Fr John Mary Haw - A Beacon of Hope</i>	50
<i>The Man, the Tree and the Savior</i>	56
<i>Christmas Begins with Love</i>	59
<i>Children</i>	60
<i>Community - Come in Unity</i>	61
<i>Life's Garden</i>	62
<i>A Home of Our Own :</i>	63
<i>The Art of Blessing</i>	66
<i>Life's Struggle</i>	67
<i>Its Love</i>	67
<i>A Silent Friend on the College Ground</i>	69
<i>Poem: Sweet Maa</i>	70
<i>Poem: Dreams</i>	71
<i>Be the Coffee</i>	72
<i>Poem: Hope</i>	74
<i>My Faith Experience</i>	75
<i>Poem: Pain</i>	76
<i>My Vocation Story</i>	77
<i>When Prayer Turns Enemies into Friends</i>	78
<i>Saint Flannan - Stepping Away to Walk</i>	81

<i>When Light Scrolls Through Our Hands</i>	85
<i>When Listening Becomes Healing</i>	87
<i>Poem: A Teacher's Light</i>	90
<i>New Wne in New Wineskins</i>	91
<i>Poem: Union with God</i>	95
<i>The Meaning of Religious Life</i>	96
<i>Laugh A While</i>	97
<i>Good to Know</i>	92
<i>Bible Quiz</i>	102
<i>Happy BIRTHday & Festal Greetings</i>	105



Editorial

There are some stories that arrive quietly, without fanfare, yet awaken something deep within us. The recent incident in Nabadwip is one such story. In the cold stillness of early dawn, a newborn—fragile, abandoned, mewling - was left near a toilet, on the margins of human care. But what unfolded next was something profoundly moving: a group of stray dogs, often chased from that very neighbourhood, formed a protective circle around the helpless child. They kept watch through the long night, standing guard until a local woman heard the infant's cry and rescued him at daybreak.



This scene is strangely familiar. It mirrors a moment etched into salvation history, a moment we return to each December as the world prepares for Christmas.

Two thousand years ago, another child was born in the margins - in a stable belonging not to men but to animals. The first space that welcomed the Saviour was not a palace, nor a well-lit home, but a manger surrounded by silent creatures. And once again, this child, too, was threatened by neglect, rejection, and danger. Yet God chose the lowly, the fragile, and the unexpected to become guardians of His promise.

That holy night in Bethlehem was not illuminated by human grandeur. It was warmed by the breath of oxen, sheep, and goats. It was kept company by the quiet presence of creatures who could not speak, yet offered

the gift of their nearness. The shepherds - simple, disregarded men—were the first to hear of the miracle. They came hurriedly, bringing no precious gifts but the most ancient offering of all: their presence and their wonder. And above them shone the lonely star, casting its gentle light over a place the world had overlooked.

The dogs of Nabadwip echo the animals of Bethlehem.

They remind us that God's tenderness often appears where human eyes fail to see, and that grace breaks through in the very spaces we abandon.

The incident forces us to pause and reflect. Our society has advanced in countless ways, yet compassion often thins out in the very places where it is needed most. We walk past suffering, sometimes without noticing. Our pace grows faster, but our attention grows smaller. But creation, in its simplicity, continues to recognise the sacredness of life. The animals of Nabadwip, like the humble guardians of Bethlehem, remind us of a Gospel we sometimes forget: that every life is worth protecting, that vigilance is a form of love, and that hope often arrives through unlikely hands.

Advent is precisely this invitation—to slow down, to look again, to awaken our capacity for tenderness. It is the season of the joyful waiting, when the Church stands as a pilgrim people preparing for the arrival of Love made flesh. It invites us to be more attentive to the quiet cries around us: the abandoned, the forgotten, the displaced, the lonely.

The Synod urges us to be **Pilgrims of Hope** - women and men who walk with others, who notice, who accompany, who protect. Hope is not an abstract concept; it is a movement of the heart. It is the way we choose to hold vigil for one another, the way we form circles of care in a world that often builds walls.

As a religious, we are invited to become the shepherds of our time, like the silent creatures of Bethlehem who offer warmth by simply being present, the star that sheds gentle light, the guardians who stand watch when night feels long and uncertain. The Christ Child still seeks room in our world—in our institutions, in our communities, and in the fragile places of human suffering. And whenever we respond with compassion, whenever we protect the vulnerable, we recreate the manger in our midst.

May this Advent soften our hearts and enlarge our vision.

May this Christmas call us once again to choose tenderness over indifference, vigilance over neglect, presence over distance. And may we, in our ministries and in our communities, become living signs of the hope, love, peace, and joy that the Christ Child brings.

A blessed Advent and a grace-filled Christmas to each one of you.

- Sr. Sally John

Voice of the Mother General

“The glory of the Lord shall be revealed, and all flesh shall see it together” - (Is 40:5)

Dear Sisters of the Johnite Family,

As we celebrate the holy season of Christmas, our hearts overflow with gratitude for the wondrous gift of *Emmanuel* - God with us. Across every land and mission where our congregation is present, may the Light of Christ bring renewal, peace, and deep joy to our hearts and to the communities we serve.



As we gather once more around the mystery of Bethlehem, we are invited to contemplate the tender yet transforming truth at the heart of Christmas: God is with us. In the fragile form of an infant, the Eternal Word enters our world not with power or splendour, but with vulnerability, trust, and self-giving love.

Our own times, too, are marked by fragility—within ourselves, our communities, and our world. We encounter uncertainty, limitations, and the weight of human weakness. Yet it is precisely in these vulnerable spaces that the Light of Emmanuel shines most radiantly. God does not stand apart from our frailty; He enters it, embraces it, and redeems it from within.

This Christmas, may we allow that divine Light to illumine the fragile spaces of our hearts and our mission. Let us not be discouraged by what appears small, broken, or incomplete. The Lord chooses such places to

reveal His glory. As consecrated persons, we are called to be bearers of this hope—to let our lives reflect the compassion and nearness of the God who walks with His people.

May our communities become humble Bethlehem cradles where others encounter the tenderness of God. May our prayer, service, and fraternal love radiate the same Light that no darkness can overcome.

May Emmanuel, Light in our fragility, strengthen us in faith, sustain us in hope, and fill our hearts with peace. May the newborn Saviour bless us abundantly with grace, good health, and courage for the year ahead. Let us continue to walk together in faith, spreading the light of Christmas wherever we are sent.

With deep gratitude for each of you and the precious gift of your vocation, I wish you a blessed and joyful Christmas.

Sr Arpita Mathew
(Superior General)



Provincial's Inspiration

"I am the Light of the world" (Jn 8:12). In Him, "the people who walked in darkness have seen a great light" (Is 9:2).

Fragility names our shared human condition - our vulnerability and limitations, the quiet ache of longing that lives within us. It is the cracked vessel, the trembling voice, the uncertain step forward. In a world increasingly marked by weariness, uncertainty, and unseen struggles, we gather not to escape our fragility, but to honour it. For it is precisely through the cracks of our vulnerability that the light most gently enters.



In Scripture and tradition, light is the sign of God's presence, truth, and hope. Emmanuel reveals a divine paradox: God is not a distant rescuer, but one who chooses nearness—born in a manger, walking dusty roads, weeping with the sorrowful, bleeding with the wounded. When we speak of light amidst our fragility, we proclaim a profound mystery: God's glory is not revealed despite our weakness, but through it. This is the heart of an incarnational faith—divine presence does not bypass our brokenness; it enters it, dwells within it, and transforms it from the inside.

This holy light does not demand perfection; it asks only for openness. It does not shine only in sanctuaries and cathedrals. It glows in classrooms and hospital wards, in the wrinkled hands of the elderly, in the quiet courage of

teachers, in the hidden sacrifices of caregivers, and in lives offered day after day without applause.

This Christmas, let us pause not merely to celebrate, but to contemplate. In the stillness of Bethlehem, amidst straw and silence, the Eternal Word became flesh—not in grandeur, but in vulnerability; not in triumph, but in tenderness. Emmanuel—God with us—did not wait for our strength. He chose our fragility. He entered our weariness, our longing, our broken places, and kindled a flame that no darkness can extinguish.

May this season be a time of rekindling. May the holy light not only visit us, but dwell within us. And may we, in turn, become bearers of that light—especially to those whose hearts feel weary and dim. Not because the light has disappeared, but because something within has obscured its glow.

Take heart: these shadows are not final. The light of Emmanuel is patient, persistent, and tender. It waits to be welcomed. It longs not to erase our cracks, but to shine through them. Let us return. Let us trim the lamps, clear the cobwebs, and open the windows of our souls. In silence, in forgiveness, in prayer, in humility—there the light breaks through.

Let us forgive again, listen more deeply, and love more gently. For the Child in the manger is not only a memory—He is a movement. A living Light that chooses us, even now. Let us be gentle with one another, speak words that heal, walk paths that restore, and create spaces where the weary are welcomed and the wounded are seen.

As we journey into a new year, may the star of Bethlehem guide our discernment, our dreams, and our daily acts of compassion. And may the peace of Christ—fragile yet fierce—dwell richly among us.

Merry Christmas and a grace-filled New Year!



Sr Tessy Sebastian

(Provincial Superior)



From The Editorial Board

Dear Sisters,

We extend our heartfelt thanks to all who contribute to and enrich each volume of *Info*. It is truly heartening to see our junior sisters and formees sharing thoughtful write-ups, and we deeply appreciate the communities that regularly send in their news. We are equally grateful to our well-wishers whose valuable suggestions and constructive critiques have supported *Info*'s steady growth. Your continued feedback will help us become more proficient and prompt in making each issue even richer. We warmly invite you to send your thoughts, inspirations, poems, vocation stories, and life events - even in local languages - to the editor at the address provided, or by email to infowardha@gmail.com, no later than **15th March 2026**.

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

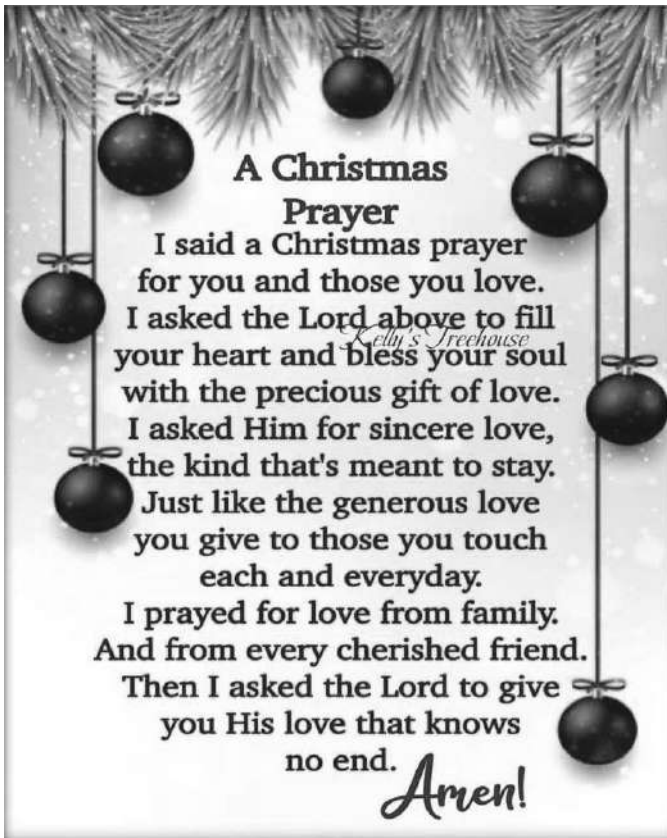
We count on your cooperation and look forward to your continued contributions.

Congratulations to Bible Quiz Winners

1	Sr. Suma	98	1 st
2	Sr. Manjusha	98	1 st
3	Sr. Sudha	96	2 nd
4	Cicilia	90	3 rd

5	Dominika	88	-
6	Sr Ujwala	86	-
7	Jayanti Kujur	86	-
8	Sr Rashmi	86	-
9	Anna Rose	86	-
10	Nisha	85	-
11	Priyanka Tigga	84	-
12	Anisha	84	-
13	Sneha	84	-
14	Ritu	84	-
15	Sankumari	83	-
16	Sr Sarala	83	-
17	Sr Beronika	83	-
18	Berena	82	-
19	Sr Archangel	81	-
20	Sr Nikita	81	-
21	Sr Padmini	81	-
22	Sr Elizabet	81	-
23	Sr Abhilipsa	81	-
24	Sr. Gloria	80	-
25	Sr Sunima	79	-
26	Sr Sushanti	79	-
27	Poonam Kujur	79	-
28	Sr Ursila	78	-
29	Sr Diana	78	-
30	Elishaba	78	-
31	Sr Alisabeth	77	-
32	Jina Samad	76	-
33	Mompi	74	-
34	Sr Lucia	73	-
35	Sr Sunita G	73	-
36	Monisha	73	-
37	Alphonsa	72	-
38	Albena	71	-
39	Priya	70	-

40	Sonia	66	-
41	Sunita Bage	64	-
42	Swabhabika	61	-
43	Arnapurna	60	-



A Glance At Our Centres

❖ Sevasadan

- We joyfully observed nine days of novena from 13 August to 21 August 2025 in preparation for the Feast of the Queenship of Mary, the patronal feast of our community. This spiritual journey helped us deepen our Marian devotion and renew our commitment as a community under her loving guidance.
- The community feast and the feast day of Sr. Bindu were solemnly celebrated on 28 August 2025 with a meaningful Eucharistic celebration in the morning. Sisters from the nearby communities joined us, adding to the joy and grace of the occasion. The spirit of togetherness and thanksgiving marked the celebration.
- On 9 September, we were delighted to celebrate the birthday of our dear Sr. Shanta. We thanked God Almighty for the precious gift of her life and for the blessing she is to each one of us. A beautiful Thanksgiving Eucharistic celebration was offered in the morning, expressing our gratitude for God's abundant grace upon her.
- The Feast of St. Thérèse of Lisieux was joyfully celebrated on 3 October, preceded by a nine-day novena. As part of the celebration, various competitions were conducted for the novices, encouraging creativity, participation, and devotion.

Srs. Sally, Tresa, Limy, and Daina graciously joined us to distribute the prizes to the winners, making the celebration even more meaningful.

- We are also proud to share that Sr. Bindu has successfully completed her B.Ed. degree with First Class. Heartfelt congratulations to you, dear Sr. Bindu, on this significant academic achievement. May the Lord continue to bless your efforts and ministry abundantly.

❖ **Ashadeepam Vettukad**

“How very good and pleasant it is when kindred live together in unity” (Ps 133:1).

- The Ashadeepam Community continues to live this spirit of unity through prayer, service, and shared responsibility.
- Daily Adoration is held from 9.30 a.m. to 12.30 p.m., except on Sundays. The sisters actively participate in parish activities, including unit prayers, church services, funerals, and meetings. Sr. Nita and Sr. Elizabeth generously assist in the kindergarten.
- Though Sr. Abhaya’s health is gradually deteriorating, she remains serene and makes every effort to participate in Adoration, community prayers, and meals—an inspiring witness of faith and perseverance.
- On 29 September, we joyfully celebrated the 70th birthday of Sr. Nita, the feast day of Sr. Abhaya, and our community feast, with the presence of sisters

from all SJB communities in Kerala. It was a truly memorable and grace-filled day.

- Sr. Amruta underwent major surgery on 9 September and, by God's grace, has recovered well. She resumed her duties on 11 November.
- Sr. Lalita and Sr. Nita attended the inaugural function of the Zoological Park, Puthur, on 28 October, and witnessed the blessing of the Good Thief's Shrine at Snehashram on 31 October.
- At present, Ashadeepam has three inmates (Ammas), with one more expected in December 2025. In Udaya Nagar, three houses are rented out, while two remain vacant. Our agricultural land is flourishing, with coconut and areca nut trees beginning to yield fruit.

❖ **St. Clare's Girls' High School, Pune**

- The past year has been a vibrant and enriching journey at St. Clare's Girls' High School, marked by diverse academic, cultural, and awareness-oriented activities that foster holistic student development. The school continues to be a dynamic centre of learning, creativity, and value formation.
- Our student Trushna Mohite (Class IX) has brought great honour to the school with her outstanding achievements in boxing. She won gold medals at the Under-15 National Boxing Championship and the Sub-Junior National Boxing Championship, along with the Best Boxer Gold Award, showcasing

excellence and discipline at the national and international levels.

- Value education remains a strong focus, with weekly assembly skits creatively imparting essential life values such as patience, perseverance, honesty, kindness, sincerity, discipline, gender equality, and civil rights. Students also delivered speeches on various festivals throughout the year, promoting cultural awareness and appreciation.
- Educational picnics provided students with opportunities to explore nature, strengthen friendships, and relax beyond the classroom environment. In addition, awareness sessions on first aid, women's security, and good touch–bad touch were conducted to equip students with vital life skills.
- The Damini Squad women constables, Ms. Rani Jawale and Ms. Pooja Babar, conducted an enlightening session on women's safety for students of Classes VIII to X. Another informative session by the NIE highlighted the harmful effects of electronic waste, encouraging environmental responsibility.
- Looking ahead, St. Clare's Girls' High School remains committed to excellence, innovation, and community engagement as we continue to provide a nurturing and empowering educational environment for our students.

❖ **St Johns Academy, Vettukad**

- The school celebrated Independence Day on 15 August 2025 with great patriotic fervour, honouring the sacrifices of our freedom fighters and fostering unity and national pride among students and staff.
- Onam was joyfully celebrated on 27 August, with the campus vibrant in traditional attire, floral decorations, and cultural programmes reflecting Kerala's rich heritage. As part of the celebrations, the kindergarten organized a group song and floral carpet competition, encouraging creativity, teamwork, and festive joy among the little ones.
- A belated Teachers' Day celebration was held on 12 September 2025, during which students expressed gratitude and appreciation through special activities, acknowledging the vital role of teachers in shaping young lives.
- To enrich scientific learning, a Planetarium Show was organized on 10 September 2025 for students from Kindergarten to Class X, offering an engaging and informative experience in astronomy.
- Arts Day was celebrated on 15 and 16 September, providing students with a platform to showcase their artistic and cultural talents. Hindi Diwas was also observed on 15 September 2025 through a special assembly and student-led activities promoting the importance of the Hindi language.

- Teachers attended a workshop on the New NEP and Advanced Technology on 4 October 2025, gaining valuable insights into modern educational practices.
- Students actively participated in the Sahodaya Kalolsavam, held from 23 to 25 October at Arafa Public School, Aattur Vadakanchery, and brought laurels to the institution through their commendable performances.
- As part of Children's Day celebrations, Sports Day was organized for kindergarten on 29 October 2025, followed by Children's Day celebrations on 14 November, filled with fun activities and special programmes by teachers. Kerala Piravi was joyfully celebrated on 1 November 2025, highlighting the state's rich culture and traditions.
- A study tour to Thiruvananthapuram and Kanyakumari was organized for high school students on 9 November, offering enriching educational and cultural exposure. An Arts Day competition for kindergarten was also held on 17 November, encouraging creativity and self-expression.
- On 21 and 22 November, students appeared for the MTSE and ELPSE examinations. We are proud to announce that Miss Theertha qualified for the third round of the ELPSE examination among 53 participating schools, bringing great honour to our institution.

❖ **Agragami Provincial House, Mhasala**

- Loving greetings from Agragami Provincial House, Mhasala. The past months have been filled with moments of grace, fellowship, and renewal.
- The animators of our convents gathered at the Provincial House on 9th and 10th October for a formative meeting guided by Rev. Fr. Rashmi Kant. We were blessed by the visit of Rt. Rev. Bishop Benny of Itanagar, who offered the Holy Eucharist and prayed with and for us.
- We joyfully celebrated Province Day and the feast of our beloved Provincial on 1st October with a solemn Eucharistic celebration. Rt. Rev. Bishop Malcolm Sequeira, Bishop of the Amravati Diocese, was the main celebrant. Priests and sisters from nearby communities joined us, and the cultural programmes presented by communities from Wardha and Nagpur added colour and joy to the celebration.
- On 5th October, inmates from Jeevadhara Psycho-spiritual centre, Sanjeevani Ashram, Alphonsa Sadan Home for destitute women, and Chavara Ashram, Jam gathered at the Agragami School Campus, Mhasala, for a meaningful interaction programme. Sr. Sally And sisters from Sanjeevani ashram along with doctors from Kasturba Medical College, Sevagram, animated the session.
- The first phase of the sisters' retreat was held from 19th to 24th October, preached by Rev. Fr. Martin, OCD, with around 60 sisters participating in this spiritually enriching experience.

- We were honoured by the visit of Rev. Sr. Nivedita, General Councillor, on 27th October, who spent a few days with us visiting various communities.
- The house resonated with joy and youthful enthusiasm as 18 junior sisters gathered from 28th to 30th October for their meeting. They were accompanied by Rev. Sr. Surabhi, Junior Mistress, and guided by Rev. Fr. Savio of the Pillar Fathers, Nagpur, along with Srs. Tessy, Veena, and Sally.
- We thank God for these grace-filled moments of communion, renewal, and shared mission.

❖ **Aragami School, Pipri**

- Our school celebrated Gandhi Jayanti on 2nd October with great enthusiasm. The programme began with a prayer followed by speeches, songs, and skits presented by students highlighting the life and principles of Mahatma Gandhi, such as truth, non-violence, and cleanliness.

On this occasion, students also shared their experiences and thoughts on the importance of Dussehra, explaining how the festival symbolizes the victory of good over evil and inspires us to follow the path of truth and righteousness.

The Principal addressed the gathering and gave an inspiring message on following

Gandhiji's ideals in our daily lives and celebrating festivals with unity, peace, and joy. The celebration ended with the singing of the national anthem.

- Our school celebrated Diwali on 17th October with great joy and enthusiasm. The programme began with a short speech on the significance of Diwali, followed by colourful dance performances and songs by students. The atmosphere was filled with happiness and festive spirit. The principal appreciated the students for their active participation and conveyed best wishes for a safe and eco-friendly Diwali.
- The month of November was filled with various educational, health-related, and joyful activities that enriched both students and teachers. Each program was planned with a specific purpose to promote learning, health awareness, and community bonding within the school.
- On 1st November, a Health Awareness Seminar was conducted by the Ministry of Health and Education for the teachers of the school. The seminar was graced by two eminent speakers — Sister Tessy and Dr. Sister Sally, who served as the resource persons for the day.

The seminar focused on the inspiring theme “Nurturing Mind Begins with Nursing Health.” The speakers emphasized the importance of maintaining good physical and mental health to achieve overall well-being. They shared valuable tips on stress management, healthy lifestyle habits, and emotional balance for educators.

All the teachers from the St. John family participated enthusiastically in the program. The session

concluded with a vote of thanks, expressing gratitude to the guests for their guidance and insightful talk.

- On 3rd and 4th November, an MDU (Mobile Data Updation) Camp was organised in the school premises to facilitate the biometric updation of Aadhaar cards for students aged 5 years and 15 years.

The camp was conducted efficiently with the support of the local Aadhaar enrolment team. This initiative helped students complete their Aadhaar updates conveniently within the school, saving parents time and effort. The school administration ensured smooth arrangements and orderly participation.

- On 7th November, a TD (Tetanus and Diphtheria) Vaccination Camp was held for 10-year-old students within the school premises. Medical professionals and health officers carried out the vaccination process under proper supervision and hygienic conditions.

The camp aimed to protect children from preventable diseases and promote awareness about the importance of timely immunization. Parents appreciated the school's efforts to ensure the health and safety of all students.

- Children's Day was celebrated on 14th November with great enthusiasm and excitement. The entire campus was filled with joy as teachers organised special programs for their beloved students.

The celebration began with a prayer service, followed by fun-filled activities, songs, and dance

performances presented by teachers. The highlight of the day was the entertaining skits and games that brought laughter and happiness to every student. The event truly reflected the spirit of love and care that teachers have for their students.

- On 15th November, a seminar for parents of students studying in Classes VII, VIII, and IX was organised from 11:30 a.m. to 1:30 p.m. The topic of discussion was “Palan Poshan Se Judi Samasyaen” (Problems Related to Child Care and Nutrition).

Experts shared insights on how proper nutrition and healthy parenting practices contribute to the physical and emotional development of children. Parents actively participated and interacted with the speakers, gaining useful knowledge about balanced diets, adolescent care, and family communication.

The session proved to be highly informative and was appreciated by all the parents who attended.

- 22nd November 2025 was a great day for Agragami school, Pipri. As we have renovated the activity shed, where students can comfortably practice their activities.

Rev. Fr. Robinson, the parish priest blessed the Activity Zone. And it was named as “Christ the King Activity Zone. On this auspicious day we celebrated Sr. Veena’s feast (Sr. Cicieli)

And we anticipated Community feast (Christ the King)

- The school was privileged to host TET (Teachers Eligibility Test) on 23rd November 2025.

The total number of students who appeared for the same was 360. The entire exam was conducted with tight police protection and care.

- Month of December holds us with Hope and excitement as we saved 18th December as our School Annual Function. The president of the function was His excellency Rt. Rev. Dr. Ephrem Nariculam and Rev. Sr. Tessa our Chief guest. The Function was full of good vibes with educated Guests of Honour and all the invited guests.

Staff and students were excited to display the creativity, unique talents and attractive movements.

22nd December we extended our love and care to the village Christmas celebration in collaboration with Rev. Sima SJB.

It was a great joy to share the Christmas message with all.

23rd December is at our hand as we exchanged the Christmas gifts with teaching and non-teaching staff. It was indeed a double joy as we have prayed for the Christmas friend and sharing gifts and concerns of one another.

❖ **Christusadan Community**

- The community was happy to celebrate the feast day of our dear Sr. Jaya , the animator and Sr. Rani on 1st of October.
- Oct . 18th to 24th Sr. Roja and Sr. Subangi attended the annual retreat.

- 20th to 24th November Sr. Veena went to inspire the young buds of our St. John's in Pune. All the formees gained lots of knowledge about our founder through Sr. Veena's class.
- October 25th Sr. Roja attended the episcopal ordination of Bishop Joseph (Adilabad Diocese)
- November 10th to 17th Sr. Subangi accompanied Sr. Meera for vocation camp to Jharkhand.
- November 22nd was a great joy to the community as we celebrated Sr. Veena's feast and anticipated Community feast day. The entire feast was filled with good vibes with the presence of near by community sisters.

❖ **Agragami School, Mhasala**

- Warm greetings from the Agragami Convent School family, Mhasala. We gratefully acknowledge your constant support and prayerful accompaniment. The school continues to grow steadily, with around 2,600 students and 110 regular staff members.
- The academic year began with a warm welcome to new students on 1 April, followed by the election of the School Cabinet on 5 April. We also bid farewell to Sr. Roja Rani, Vice-Principal, with gratitude and best wishes for her new responsibility.
- Maharashtra Day was celebrated on 1 May with Fr. Harish as Chief Guest and Dr. Sr. Sally John as Guest of Honour. The day also marked the installation of the School Cabinet and the felicitation of meritorious students. A significant milestone was

- achieved on 11 June with the laying of the foundation stone for the new school building.
- We welcomed Sr. Philomina as Vice-Principal on 13 June, and invoked God's blessings for the new academic year on 14 June with the assistance of Rev. Fr. Robinson and Fr. Jose Zade. The school reopened for Classes VI–X on 16 June and Classes I–V on 22 June, bringing renewed energy to the campus.
 - Teacher formation was strengthened through a POCSO Act training, while students participated in life-skills programmes and celebrated International Yoga Day on 21 June. A cluster of events on 28 June included Agragami Day, Club Inaugurations, FOREPUNNER launch, tree plantation, and felicitation of achievers. Kindergarten teachers also benefitted from a workshop by Solid Publication. Under the theme “Ek Ped Maa Ke Naam”, students planted saplings along with their mothers.
 - The school joyfully celebrated Principal's Day, honouring the birthday of Sr. Jessy, and constituted the new EPTA (2025–26) on 19 July. Raksha Bandhan was marked by outreach programmes to rehabilitation centres across Wardha under the banner “Year of Hope”.
 - Independence Day was celebrated with patriotism, with Sr. Latika SJB hoisting the National Flag. Grandparents' Day and National Sports Day were observed with games and fellowship on 29 August.

- September was dedicated to Teachers' Day celebrations and half-yearly examinations, along with educational outings to Sahas Adventure Camp, Jungle Farm, Gorewada Zoo, and Raman Science Centre. An adventure camp at Chikaldhara is planned for senior students in December.
- A major highlight was the Mental Health and Wellness Seminar held on 1 November under the Education and Health Ministries of the province, attended by nearly 350 teachers from St. John's institutions, Wardha and Nagpur, with Sr. Tessy and Sr. Sally as resource persons.
- As Class X students prepare for their final examinations, we request your prayers for them. Annual Sports Day and Christmas celebrations are forthcoming. As part of the Christmas outreach, students, staff, and sisters visited Chavara Ashram, Jam, on 9 December, continuing our mission of service and compassion.

❖ **St. John's Convent, Gohpur**

- The month of October was a time of grace, celebration, and spiritual renewal for our community.
- On 1st October, we joyfully celebrated the feast of St. Thérèse of Lisieux, patron of our candidates. A special Holy Eucharist was offered for them, and various competitions organized beforehand added joy to the occasion. The winners were honoured, and gifts were distributed, making the celebration meaningful and encouraging for the candidates.

- In honour of Our Lady and the Month of the Rosary, a ten-day Rosary devotion was conducted from 21st to 30th October in the village churches of Old Gagra and New Gagra. The Rosary was prayed daily in both churches, and rosaries were distributed to the faithful.
- The devotion concluded with a candlelight procession through the village streets, carrying the statue of Mother Mary while praying the Rosary. The celebration ended with a Holy Mass, followed by fellowship and snacks shared with the villagers in a spirit of gratitude and unity.

❖ **St. John's Convent, Hinganghat**

- The Feast of the Assumption of Mary brought joy and colour to our community as we celebrated both the feast day and the birthday of our dear Sr. Vandana. In preparation for the birthday of Mother Mary, the community observed nine days of Novena and daily Rosary, prayed together with the candidates and hostelites in different houses, renewing our Marian devotion.
- In September, the candidates participated in a three-day retreat at Sanjeevani Ashram, which proved to be a spiritually enriching experience. On 29 September, Bishop Benny Varghese of Itanagar paid a brief visit to our community.
- On 2 October, we celebrated the feast of Sr. Meera and the Formees. Rev. Fr. Vibinto, Parish Priest of Hinganghat, presided over the Holy Eucharist,

followed by a cultural programme presented by the candidates and hostelites. The feast of St. Faustina was also celebrated with devotion, marking the feast day of Sr. Shanti.

- 15 October was a memorable day as we celebrated both the community feast and the feast day of Sr. Preeti. The Holy Mass was offered by Rev. Fr. Prince from Jam and co-celebrated by Rev. Fr. Vibinto. The presence of the CMC sisters from Jam and Samudrapur, along with our sisters from Allipur and Wardha, added warmth and togetherness to the celebration.
- Throughout October, the community actively joined parishioners in praying the Rosary, including devotions at the grotto of St. John's School and in the kindergarten with the staff. This grace-filled month deepened our faith and drew us closer to our Blessed Mother Mary.

❖ **St. John's School, Thoothoor**

- St. John's School witnessed a series of joyful and inspiring celebrations that filled the campus with learning, devotion, and enthusiasm.
- Independence Day was celebrated with great pride and patriotic spirit. Sr. Vidya, the Chief Guest, inspired all with her motivational address. Std. X students were felicitated with cash awards and trophies for their outstanding achievements, and their proud parents were also honoured.

- Teachers' Day was marked by a vibrant programme presented by students, expressing gratitude and love for their teachers. The celebration was filled with joy, laughter, and heartfelt appreciation.
- Our Kindergarten children delighted everyone on Vegetable Day, dressed as colourful vegetables and spreading the message of healthy eating. They also charmed the audience on Bird Day, appearing as cheerful birds, making both occasions lively and memorable.
- With deep devotion, the school observed a nine-day Rosary prayer, led daily by different classes, in honour of Our Lady of the Rosary. The devotion concluded with a peaceful procession around the campus.
- Children's Day was celebrated in collaboration with the Winners Institute of Communicative English, with competitions such as essay writing, TED Talk, extempore speech, and TED in 2. These activities helped students enhance their communication skills and confidently express their talents.

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

- Raksha Bandhan was celebrated to foster values of love, care, and unity. On this occasion, members of the Forerunner Club visited the Hinganghat Police Station, tied rakhis to the police personnel, and honoured them for their dedicated service to society.
- International Senior Citizens' Day was observed with Prof. Gyaneshwarrao Khadse and Shri Ramshji

Jhade as special guests. Students of Class VIII added colour to the programme through cultural performances.

- The school celebrated National Sports Day with enthusiasm, featuring cultural presentations and house-wise competitions that reflected true sportsmanship. Teachers' Day was marked with joy and gratitude; teachers were welcomed with a seed symbolizing their nurturing role, and students presented a cultural programme under the guidance of the Cabinet Ministers. Each teacher was honoured with a token of love.
- For the first time in the school's history, a Rangoli Competition for parents of 1st standard students and their parents was conducted on the theme "Unity in Diversity", with enthusiastic participation and creative expressions.
- The school observed Charity Week to instil kindness and generosity. Provisions collected were distributed to Chavara Ashram and nearby old-age homes by the Cabinet Ministers, assisted by Sr. Deepa and Sir Prashant. Festivals such as Eid, Diwali, and Gurunanak Jayanti were also celebrated to promote harmony and unity in diversity.
- A Personality Development Workshop titled "Hero Within – From Pressure to Purpose" was organized by the CSA at Mount Carmel Convent School, Samudrapur. Twenty-two students from our school participated and gained valuable life skills, and were also recognized for their voluntary service.

- Additionally, the Forerunner Club members visited an old-age home, shared tokens of love, spent quality time with the elderly, and brought smiles to their faces—making it a truly meaningful outreach.

❖ **Vinayalaya School**

- Vinayalaya Convent School had a vibrant and enriching period of activities filled with learning, awareness, and celebration. On 14th July, the school celebrated Environment Day, organized by Class IX students, featuring a speech by Vedant Shende and a tree-planting activity that fostered environmental responsibility. Programs on children's safety and cybersecurity were conducted for Classes VII to X by the Divya Jyoti Social Center and Prof. Raakesh Kriplani from the National Health Authority.
- On 16 July, the school observed No Tobacco Day with students of Classes VIII to X conducting a rally to raise public awareness. From 19th July to 10th September, various club competitions—literary, maths, science, and social science—were held, including extempore, debates, quizzes, and drawing contests. On 31st July, students participated in the district-level fencing competition at Mankapur, Nagpur, where Chetan Shahu won gold and Aarav Shahu won bronze in the Under-14 category.
- A dental hygiene awareness program was conducted on 4 August by Dr. Dakaha, emphasizing proper brushing, flossing, and overall oral health.

The 79th Independence Day was celebrated on 15 August, with Rev. Fr. Philip Topno as chief guest, and students and parents honoured for their achievements. Teachers' Day on 4th September included performances, skits, songs, games, and tokens of appreciation for the teachers.

- On 15th September, a mental health awareness seminar by Mrs. Namrata Waghmare guided students on emotional well-being. Gandhi Jayanti was celebrated on 30th September with prayer, readings from different religious texts, and speeches highlighting Mahatma Gandhi's teachings. Diwali was celebrated on 18th October, with Classes I and II presenting songs, skits, speeches, and dances that brought festive cheer.
- A health awareness seminar for teachers was held on 1st November, led by Sr. Tessy SJB and Dr. Sr. Sally SJB, focusing on creating a healthy learning environment and promoting teacher self-care. Children's Day celebrations included energetic group dances, songs, solo performances, a ramp walk, and a puppet show, filling the school with joy and memorable moments for all.

❖ **John Haw Vihar, Trissur**

- On 3rd September, we were blessed with the visit of Sr. Tessy, our Provincial. On 5th September, we joyfully celebrated Onam, made even more special by the presence of Sr. Tessy and Sr. Ajita. The

celebration included a meaningful prayer service followed by a delicious Onam Sadhya.

- Our community observed 10 days of Rosary at the grotto with our hostel girls, concluding the month with a candlelight procession around the campus. Both Catholic and non-Catholic girls participated, making it a new and enriching experience for some.
- The sisters continue to actively engage in parish activities and pastoral work, including supporting families by distributing extra food from the hostel. Sr. Preeti continues her counselling sessions, and Sr. Sevika prepared a girl for both baptism and marriage, demonstrating ongoing care and guidance within the community.

❖ **Sandhya Home, Pune**

- Greetings and prayerful wishes from the Sandhya Home community. By God's grace, we are enjoying good health and happiness.
- On 11 August, we celebrated the feast of Sr. Aishwarya with an evening prayer service with our inmates. In September, we participated in the novena to Our Lady of Velankanni in our parish, assisting in decorating the altar with flowers, which was a spiritually enriching experience. After nine days of preparation, we joyfully celebrated the feast of St. Therese of Lisieux, patroness of our congregation.
- In October, we held special Rosary prayers, renewing our devotion and love for our heavenly

Mother. Sr. Divya and Sr. Aishwarya attended their annual retreat. The Festival of Lights was celebrated with joy, including fireworks and sparklers, shared by both the young and elderly members of Sandhya Home.

- Sr. Latika visited, bringing warmth and joy to the community through her time with sisters and inmates. Sr. Veena and Sr. Sally also visited, sharing old memories and uplifting the spirits of everyone.
- On 2 November, we celebrated Holy Mass at the City Church cemetery, decorating our inmates' tombs with flowers and candles. We also visited Hadapsar cemetery to pay homage to the late Andrew uncle, joined by priests and faithful in prayer.

❖ **St. John's Convent, Parpa**

- On 12 August, our dear Provincial visited the Parpa community. During her stay, she generously shared her wisdom, guiding us on effective collaboration in our workplaces and reminding us to keep biblical values at the centre of our lives.
- From 25 September, two diocesan deacons, Nitin and Santiyo, joined us for a week-long mission experience from Kerala. Sr. Secunda accompanied them in visiting neighbouring homes, enriching their exposure to community life.
- As a community, we conducted special ten-day Rosary prayers, both within the convent and with

parishioners. Additionally, we held daily Rosary at the cemetery on our campus, fostering prayerful reflection and devotion.

❖ **Kisanwadi, Koperli**

- In September, our catechism students participated in the zonal-level competition, which proved enriching and enjoyable. Our boarders continue to excel academically and actively engage in sports and other activities, while our kindergarten students display remarkable talent in reciting rhymes and playing games.
- Around 35 women successfully completed the tailoring programme, and we also concluded the Manos Unidas project for 2024–25. Construction of the new chapel for sisters is underway.
- The medical camps led by Sr. Sally were successful, benefiting many with checkups and medical services. During October, the Holy Rosary was prayed in families, and we regularly visit them, offering prayer, encouragement, and support to grow in holiness.

❖ **St. John's School, Allipur**

- Raksha Bandhan was celebrated with enthusiasm, as students tied Rakhis to police personnel, auto drivers, staff, and even trees, symbolizing protection, respect, and care for the environment. Kindergarten students actively participated in fancy dress and Rakhi-making competitions. In the lead-up to

Independence Day, the school organized Rangoli, poster, and placard competitions, culminating in a patriotic program on August 15th graced by chief guests Mr. Shubham Bhalme and Mrs. Harshali Bhalme. Gandhi Jayanti was commemorated with a program highlighting his life and principles. Grandparents' Day and Diwali were celebrated warmly, with around 150 grandparents attending cultural programs, competitions, and refreshments. Teachers' Day and Children's Day were marked with heartfelt performances, games, and interactive events.

- Awareness programs enriched students' learning and life skills. CSRBOX Foundation conducted workshops on bullying, peer pressure, and underage drinking for classes 8 and 9. Class X attended a "Say No to Drugs" seminar by Allipur police officers. Sr. Tessy held an interactive session with staff, while 38 teachers participated in a professional development seminar at Atragami Convent School, Mhasala. Fr. Cleo SDB led a cyber safety seminar, Adv. Pravin Petkar conducted a session on the Indian Constitution for classes 7 and 8, followed by quizzes, poster competitions, and a rally. Disability Day promoted empathy and inclusion, with specially-abled guests from Ikuli and Talegaon villages participating alongside students and the Jeevan Vikas team.
- Sports and recreation were celebrated with National Sports Day, engaging students in teamwork and fitness activities. School picnics offered joyful

experiences: Classes 5–10 visited the Lighthouse in Nagpur, Classes 1–4 went to Waves Water Park, Seloo, and Kindergarten visited Taicha Mala, Pulgaon.

- Students excelled in competitions at interschool, district, divisional, and national levels. Highlights include district-level selections in essay writing and speech on “Catch the Rain,” divisional sports selections, participation in the IKS Gyan Mahotsav world record event in Wardha, and Mr. Bhushan Kapse’s selection for National Level Kickboxing.
- Community and alumni engagement flourished with the school’s first-ever Alumni Meet, attended by 230 former students and former principals Sr. Vandana and Sr. Anita. Fun events on campus, including an energetic rain dance, added joy and excitement for all.

❖ **Christuvan, Gomini**

- Our senior sisters, Sr. Veena, Sr. Shanta, Sr. Vineeta, and Sr. Latika, visited the centre, spending a joyful day with us and visiting the ASMI Sisters in Allappally. Sr. Seema, our social work counsellor, conducted an inspection of the social work centres and held a class for hostelites on education, discipline, and building a better future.
- Our students excelled in zonal competitions, winning first prize for Rangoli and second prize for group song. Raksha Bandhan highlighted the bond between brothers and sisters, while Teachers’ Day

was celebrated enthusiastically with students presenting bouquets to teachers. We attended the solemn celebration of Blessed Kunjachan at Allappally, with Fr. Vivek as the main celebrant, followed by a community meal.

- October was marked by village-wise rosaries, concluding with a campus-wide rosary procession. We gratefully remember Deacon Louis, who joined us for two months of pastoral experience. The festival of lights was celebrated with lamps and rangoli, and Children's Day was observed with flowers and cultural programs.
- A medical camp was organized with Sr. Sally assisted by Srs. Smita, Suma, Daina, and a staff member from Sevagram Hospital. Sr. Margret attended the Silver Jubilee celebration at Allappally parish along with Srs. Esther and Sunita. We had a special Mass on All Souls' Day, and Fr. Dharmanand's relatives visited, appreciating our mission work.

❖ **St. Johns convent, Worms**

- In the month of September, we conducted the Holy Rosary in families.
- Sr. Hemlata began her registration course.
- In the month of November, we organized a get-together for four religious congregations.
- We are involved in conducting catechism classes for children from Kerala.

- In the month of December, a get-together was organized for all the Indian Sisters in Speyer, with the main theme “Pilgrims of Hope.” Seven sisters were able to attend the gathering.
- We were spiritually enriched through sessions led by Sr. Arpita, Sr. Manisha, and Fr. Biji. These sessions were deeply meaningful and included inspiring sharing on our Congregation and its spirituality, helping us to reflect on our journey as pilgrims of hope.
- The programme also included an outing to the Speyer Cathedral and a visit to the Christmas (Weihnacht) shops in the city.
- Cultural programmes and competitions added joy and enthusiasm to the gathering, followed by prize distribution. Overall, the get-together fostered spiritual renewal, fellowship, and joyful togetherness.

❖ **St. John’s Convent, Thoothoor**

- Our community observed daily rosary prayers across all parish wards, concluding with a grand procession and Holy Mass on 31st October. The Feast Days of our Heavenly Patronesses, Sr. Flowery and Sr. Vidya, were celebrated with devotion on 1st and 15th October.
- We hosted the Forane-level CRI Recollection Day, attended by 45 religious men and women, featuring a talk by Fr. Selvaraj CMF, confession, games, and an agape meal. Career guidance sessions were held for secondary and senior secondary students, with

Sr. Pooja motivating participants to benefit fully from them.

- The construction of a house for a needy family, supported by SJB Wardha, is ongoing. Basic counselling and empathetic listening are offered to school students and others in need. The parish continues its pakal veedu program for the elderly, with sisters actively supporting the activities.
- Many villagers find peace in the presence of Jesus in the Blessed Sacrament at our chapel. The Feast of Christ the King was solemnly celebrated after seven days of spiritual preparation.

❖ **Vinay Vikas Convent, Pune**

- Our community experienced a spiritually enriching and joyful period. On 28th July, we celebrated the feast of Sr. Abhilipsa with Holy Mass by Fr. Patras SJ, joined by sisters from Sandhya Home. Sr. Kripa attended the Animator's meeting in Wardha from 8th to 12th August. Sr. Divya conducted a three-day spiritual retreat for our candidates, fostering prayer, silence, and renewal.
- We celebrated the feast of Sr. Lima on 23rd August with Holy Mass by Fr. Patras, accompanied by a cultural program by the candidates and the presence of Sandhya Home sisters. On 5th September, Onam and Teachers' Day were joyfully observed. The feast of Sr. Kripa and the Nativity of the Blessed Virgin Mary were celebrated on 8th September with a

beautiful cultural program and Mass presided over by Fr. Biju.

- Srs. Abhilipsa, Ujwala, and the candidates participated in the Karam Festival at Papal Seminary, engaging in cultural and spiritual activities with the tribal community. On 1st October, we celebrated our community day and the feast of the candidates with a meaningful Holy Eucharist by Fr. Biju. We warmly welcomed Sr. Latika after a long absence. One candidate, Swabhavika, returned home due to health reasons. Sr. Lima attended her annual retreat and subsequent formation meeting in Wardha, deepening her spiritual growth.
- Rev. Srs. Veena and Sally empowered our candidates through four days of guidance, helping them deepen their vocation awareness, learn about our founder, and understand emotional health. We prayerfully observed the 86th Death Anniversary of our founder, John Mary Haw, honouring his legacy. On 4th November, Sr. Kripa suffered a wrist fracture and underwent surgery and she is recovering. We continue to pray for her swift healing.

❖ **Sanjeevani Ashram, Sewagram**

- Sr. Sally was in Mumbai to conduct a session on mental health of religious sisters at the SDFI regional conference. The programme was well attended, and participants found the class effective, practical, and highly beneficial.

- In August, the community organized its regular residential retreat, guided by Rev. Fr. Chandu Peter of the Chanda Diocese. The retreat witnessed good participation and provided a meaningful spiritual renewal. During the same period, the feast of Sr. Esther was celebrated with great joy and fraternity. Rev. Fr. James Ekka was the main celebrant, and sisters from nearby communities joined the celebration.
- At the CRI meeting in Nagpur, Sr. Sally served as the main resource person. More than 200 religious sisters and fathers attended the session. She also conducted one days sessions each on a mental health care of religious for ASMI sisters in Nagpur and for Mission Sisters of Ajmer in Jaipur.
- The community celebrated Onam in a colourful and fraternal manner with the participation of nearby communities, sharing joy, fellowship, and a common meal. The September monthly residential retreat was led by Sr. Esther and was attended by a small but committed group of participants.
- A medical camp was conducted at Koperli and Gomini under the guidance of Sr. Sally and medical team, with active cooperation from sisters engaged in the medical field. The feast of Sr. Kusum was celebrated with warmth and joy, with sisters from neighbouring communities in attendance.
- Mental Health Day was celebrated in a grand manner at the Provincial House. Inmates from the centres at Jam and Warud along with our inmates

from Jeevadhara were invited. The day included games, cultural programmes, gift distribution, and concluded with a love meal, making it a memorable and enriching experience for all.

- Sr. Sally was honoured with the B. N. Bagadia Endowment Award (by IPS West Zone) at Nagpur in recognition of her outstanding contribution in the field of mental health. This achievement brought pride and joy to the entire congregation.
- Sr. Esther with the support of Sr Tresa conducted a five-day retreat and sessions for the candidates from the Alphonsa Sadan (FCC)Convent. The participants appreciated the simplicity and depth of the input, which supported their mental and spiritual growth. The feast of Sr. Tresa was celebrated on 16th October, made more joyful by the presence of sisters from nearby communities.
- Diwali was celebrated at the centre with great enthusiasm through lights, sweets, and shared joy. The celebration was further enriched by the presence of sisters who came from near and far.
- Sr. Sally conducted a session on emotional health for the candidates in Pune. The class was found to be simple, clear, and very helpful. Sr. Esther also visited her hometown after ten years to participate in the parish-level Jubilee celebration of her first profession, a grace-filled occasion marked by family presence and deep joy.
- In November, Sr. Sally and Sr. Tresa conducted a week-long programme for novices, offering sessions

on psychology and prayer respectively. The novices found the sessions inspiring and enriching. Rev. Fr. Sebeesh CMI supported the retreat centre by conducting a one-day retreat and giving recollection talk for the sisters in the community.

- Our Rehabilitation centre has 10 inmates now, all maintaining well with care and love given by Sr Daina and the sisters in the community. We have sisters from different congregations coming and getting treatment in Jeevadhara on a regular basis.
- Sr. Sally also participated in a leadership training programme organized by CHAI in Goa, along with members of the Provincial Team. Provincial teams from eight other congregations were present for the same. The programme proved to be an effective and enriching initiative that strengthened leadership and collaboration.

Delete Button?

- Sr Shruti



On our mobile phones, there's a simple option: the delete button. If we don't like a photo, if a message troubles us, or if an app takes up too much space—one tap, and it's gone. Sometimes, we even use the format key to wipe everything clean and start afresh.

But life doesn't come with a delete button. How nice it would be if it did! If only we could erase painful memories, delete mistakes, remove negativity, stress, or even people who pull us down.

Yet life gives us something even more powerful: the ability to choose.

We can't delete our past, but we can choose not to let it control our future.

We can't delete challenges, but we can choose how to face them.

We can't delete people, but we can choose who gets access to our heart and our peace.

We cannot remove every scar, but we can decide how those scars shape us.

Letting go is not the same as deleting. Deleting is instant. Letting go is a process - slow, sometimes painful, but always meaningful. And little by little, as we

choose what to keep and what to release, life becomes lighter.

So, the message is simple: don't wait for a delete button. Use the power we already have—the power to choose, to grow, and to move forward.

Because on a phone, we delete to free storage... but in life, we let go to create peace.

Let us live not by erasing our past, but by building our tomorrow with wisdom, strength, and courage.

Vocation

- Berena

Call is not simply call,
it is of God.

How God's work is simply wonderful.
I imagine the call to be special.

People play with their vocation;
they feel they are chosen.

But it is not in our hands,
it is simply God's plan.

It is a mystery - to encounter with God.

Fr. John Mary Haw

A Beacon of Hope for the World of Today

(First Prize winning entry in the essay competition at Junior's gathering)

- Sr. Ranjita Lakda SJB

A Brief Overview of Fr. John Mary Haw

Fr. John Mary Haw was born in May 1871 in Schweich, Germany, and was ordained a priest in 1895. After serving in several parishes and building a new church in Wintersdorf, he became chaplain at St. Irminen Hospital in Trier. His deep compassion for the suffering led him to found the Catholic Temperance Confraternity of Germany in 1908. Later, in 1911, he purchased Sophie Home in Leutesdorf, which became St. John Home for the treatment of alcoholics and a place for retreats.

In 1919, he founded the St. John League and opened the first convent of the Sisters of St. John, thus beginning a religious family dedicated to service. Over the years, he established homes for the homeless, opened a retreat centre, and initiated the Apostolate of the Sick.

The St. John League was dissolved during political persecution in 1933. However, Fr. Haw courageously continued his mission. After the war, the League was restored, and in 1948 the Missionary Priests of St. John the Baptist received official approval. Fr. John Mary Haw died in 1949, leaving behind a legacy of mercy, healing, and unwavering dedication to God and humanity.

Introduction

The Jubilee Year 2025, celebrated under the theme “Pilgrims of Hope,” invites the world to rediscover hope amid uncertainty and struggle. Hope enables people to rise again, rebuild their lives, and move forward with courage. Today’s world faces profound challenges: loneliness intensified by social media, a growing mental health crisis, addiction, loss of faith, broken families, poverty, and a deep sense of purposelessness.

In the midst of these realities, the life and mission of Fr. John Mary Haw shine as a steady light. His compassion for the abandoned, tireless service to the suffering, and deep trust in God make him a beacon of hope for our wounded world. Though he lived in another century, his response to the struggles of his time speaks powerfully to the challenges of today.

As the founder of the Sisters of St. John the Baptist and Mary the Queen and the Missionaries of St. John the Baptist, he created a movement rooted in mercy, justice, and service. His mission was to bring hope where hope seemed lost.

A World in Need of Hope

Despite rapid technological progress, humanity today faces a decline in compassion and connection. We witness:

- Youth struggling with anxiety, depression, and identity confusion

- Families broken by conflict, migration, and lack of communication
- Addiction to alcohol, drugs, social media, and technology
- Elderly people abandoned and lonely
- Unemployment leading to frustration and crime
- Loss of faith, prayer, and trust in God
- Violence, corruption, and moral decay
- Spiritual emptiness leading to despair and even suicide

These realities reveal a deep crisis of love, meaning, and hope.

Fr. John Mary Haw – A Heart for the Forgotten

Fr. Haw lived in a time marked by poverty, addiction, abuse, and broken families. Yet he never judged; instead, he embraced the most neglected with compassion. He saw the poor not merely as lacking food or shelter but as people wounded by rejection and neglect. His heart was especially tender toward the homeless, the sick, alcoholics, prisoners, and abandoned girls.

He opened a refuge for homeless girls in Bonn, beginning his mission of mercy in a dilapidated building. Seeing them through the eyes of Christ, he offered them safety, dignity, and hope. Many lives were restored through his courage and love.

Turning Suffering into Strength

A remarkable dimension of Fr. Haw's mission was the Apostolate of the Sick. He understood suffering not as punishment but as a means of union with Christ. Thousands shared their pain and offered it for the salvation of souls. He believed suffering, when embraced with love, becomes a healing force for the world.

In an age afraid of pain and obsessed with comfort, his teaching offers deep wisdom. He reminds us that no suffering is meaningless—every tear and struggle can become a prayer that brings light to others.

His Fight Against Addiction – A Message for Today

Long before addiction was widely understood, Fr. Haw studied alcoholism and recognized its destructive impact on families and society. He wrote, preached, and worked tirelessly to free people from its grip. Today, addiction has taken many new forms, including drugs, gaming, and digital dependency.

His mission inspires today's youth to seek discipline, freedom, and inner strength rather than slavery to destructive habits.

A Father to the Poor

Facing poverty and unemployment, Fr. Haw responded with simple acts of compassion. He did not wait for resources or recognition; he acted with trust in God's providence. His life teaches that hope begins when one

heart chooses to love. In a world driven by greed, he stands as a model of selfless charity.

A Model of Strong Faith

Amid spiritual confusion and declining faith, Fr. Haw's life offers clarity. Rooted deeply in prayer and the Eucharist, his mission flowed from his union with God. He encouraged trust in divine providence and perseverance in hope, even in suffering. His faith was courageous, public, and life-giving.

A Companion to the Lonely

Loneliness is one of the greatest sufferings of modern life. Fr. Haw listened deeply, welcomed without judgment, and offered a compassionate presence. Where others condemned or ignored, he forgave and embraced. His example teaches the healing power of presence, empathy, and genuine care.

Finding Grace in Suffering

Fr. Haw taught that suffering, when accepted with faith, becomes a source of grace. Like St. Paul, he believed joy and sorrow could coexist in a Christian heart. His life reflected the truth that saints are not free from suffering but endure it with faith and trust in God.

A Saint for Our Times

Fr. John Mary Haw radiated joy, humility, and patience even amid persecution. His life, writings, and spirituality continue through the Sisters of St. John the Baptist and

Mary the Queen and the Missionaries of St. John the Baptist, spreading hope across the world.

He remains a beacon of hope because:

- When families break, he teaches unity
- When addiction enslaves, he offers freedom
- When the poor are ignored, he reaches out
- When faith weakens, he strengthens through prayer
- When suffering frightens, he gives it meaning

Fr. John Mary Haw reminds us that true hope lies not in comfort or success, but in love, sacrifice, mercy, and total trust in God. His life continues to inspire every generation—especially ours—to become bearers of light and instruments of healing in a wounded world.



The Man, the Tree, and the Savior : An Introspective Relection

(Based on Luke 19:1-10)

- Sr. Tessy SJB

The Gospel places before us a striking scene: a man, a tree, and the Savior. Zacchaeus, the chief tax collector of Jericho, was a man of great wealth - and yet deeply despised. His profession aligned him with the Roman occupiers, and he was seen as one who prospered at the cost of his own people. Though outwardly rich, Zacchaeus carried within him an aching emptiness, a quiet longing that no amount of wealth could satisfy.

When he heard that Jesus was passing by, something stirred in his heart. Desire overcame dignity, and curiosity outweighed fear. Unable to see because of the crowd, Zacchaeus ran ahead and climbed a sycamore tree to catch a glimpse of Jesus - an act at once humble, bold, and profoundly revealing.

In the Greco-Roman imagination, physical height often symbolized honor, strength, and virtue, while shortness suggested insignificance or moral deficiency. Zacchaeus was not only physically short; he was socially and spiritually “small” in the eyes of his community. His stature mirrors his inner condition - diminished by greed, isolation, and unspoken guilt. Yet it is precisely from this place of limitation that his journey toward grace begins.

Zacchaeus' inability to see Jesus was not merely physical; the crowd blocked his vision. That crowd represents all that obscures our encounter with God - pride, fear, sin, social expectations, and the heavy roles we perform. Zacchaeus' response is simple, yet transformative: he climbs. He rises above what limits him, choosing effort over resignation, hope over shame.

Luke's Gospel is marked by the theme of reversal: the lowly are lifted up, the outsider is welcomed, and the lost is found. When Jesus calls Zacchaeus by name and chooses to stay in his home, Zacchaeus is restored and publicly dignified before those who had dismissed him.

For a man of status to climb a tree in public would have been considered undignified - even foolish. Yet Zacchaeus sets aside reputation for desire. In that moment, he becomes childlike - free, spontaneous, unguarded. His ascent is not only upward, but inward - toward simplicity, truth, and openness of heart.

And it is in this vulnerability that he is met: "Zacchaeus, come down. I must stay at your house today."

The one who climbed in search of a glimpse is invited into communion.

Jericho was rich with trees, yet the Gospel names the sycamore. This detail is not accidental. Across cultures, the sycamore symbolizes endurance, shelter, and a mystical bridge between earth and heaven. With its low branches and sturdy form, it was accessible - especially to the small, the seeking, the overlooked.

The sycamore embodies grace itself: strong, reachable, and patiently waiting. It becomes a ladder of longing, quietly offering elevation to all who desire to draw near. In this story, the tree stands as a silent witness to the human heart's desire to rise toward God.

By climbing the tree, Zacchaeus exposes himself to the crowd—and in doing so, exposes his heart to God. Vulnerability becomes the doorway to transformation. The seeker becomes the found; the sinner becomes a sign of mercy. His home - once a place of exploitation - becomes a dwelling of salvation.

Jesus concludes with a declaration that echoes through every age:

“The Son of Man came to seek and to save the lost.”

Each of us knows the crowd that clouds our vision. Each of us knows the limitations that make us feel small. Yet the sycamore still stands in our path - quietly inviting us to rise.

May we, like Zacchaeus, dare to:

- acknowledge our limitations
- seek Christ with honesty
- embrace vulnerability
- rise above what weighs us down
- allow ourselves to be seen, named, and transformed

For the Savior still calls:

“Come down - I wish to dwell with you.”

Christmas Begins with Love

- Sr Elizabeth

*Christmas is not just lights so bright
Or stars that shine on a winter night
Its not the gifts or food we share
But the little moments filled with care*

*Jesus came as a child so small
To bring God's love for one and all
He showed us how to live each day
With kindness in our words and way*

*So let this season help us see
How beautiful our world can be
When we forgive, when we uplift,
When love becomes our greatest gift.*



Children

- Monisha Topno

*Children are like the beautiful flowers
In a garden.
They bloom, they dance, they sing
They smile and
Spread fragrance in the garden.
They are the stars
Of their parents
Holding thousands of dreams
Of a bright future.
They play, they make fun
They enjoy and make
Life sweet.*



Community - Come in Unity

- Sr Deepa Joseph

*Call of religious life is to create
Wall of unity in community
May one face hardships or peril
Way to come in unity*

*I am called by God
To create a house of God
To live with an attitude of gratitude
In all circumstances of life with gratitude*

*Let me ponder within
Do I follow my call in true self
Do I follow the casteism
Am I Kshatriya in my community?*

*Am I an integrated person?
Who practices what I preach
What I think do I put in my life?
Can others find in me an integrated personality?*

*Do I express my thoughts and feelings?
With the members whom I am living?
Do I find refuge in others outside?
Rather than my sisters inside?*

*As I am called to live in unity
Let me be an integrated personality
Never to skip any activity of community
And to share joy in the community*

Life's Garden

- Sr Alisabeth

*Life is a garden tender and small
Planted by God who cares for all.
Each heart a seed waiting to grow
In his warm light our colours show.*

*The storms may come, the winds may cry
Yet under His gaze, we never die.
Through every tear, through pain and night,
The Lord brings dawn, with healing light.*

*To bloom is to trust, to open wide
Letting His love dwell deep inside.
For life is not just to breathe or be
But to blossom in faith eternally.*

*So here I stand, my soul made new
Rooted in peace, in love so true.
For life is beautiful, pure reward,
When I bloom in the Lord.*



A Home of Our Own : A Journey of Gratitude and Grace

- Sr. Pavana

It is a great joy and blessing to belong to a family, and an even greater joy to belong to a larger one. That is the joy I feel at this moment. By the time you receive this edition, we will be living under our own roof. After a long exodus of four and a half years—sheltered by three different families and enriched by the generosity of a parish community—we now rejoice, by the grace of God, in having a home of our own.

This dream became a reality because many hearts, minds, hands, and feet worked together. I express my heartfelt gratitude to Sr. Vidya, who took the courageous initiative to begin this mission. It was her vision, generosity, and able guidance that set the foundation. I am deeply indebted to Sr. Tessy and the team who carried forward what Sr. Vidya began, facing many hurdles with perseverance and faith. Even when I felt downcast, their encouragement helped me walk the extra mile with calm composure and hope.

Dear Sisters, this house is truly ours. It stands as the fruit of your hard work, generosity, and magnanimity. On every pillar, the names of each one of you are written. Sisters in Germany, Sisters serving in schools and hospitals—every contribution, every penny offered with love, has shaped this home. I am sure this house has rooms waiting to welcome you during your holidays.

I wish to place on record my sincere appreciation to Sr. Sajita, who handled all the transactions with dedication and love. Though it was a demanding task, she carried it out with remarkable commitment.

I am immensely grateful to my community members—Sr. Ursila, Sr. Geeta, Sr. Deepa, Sr. Abhilipsa, Sr. Hemalatha, Sr. Lalita, Sr. Beronika, Sr. Shruti, and Alphonsa. Your prayers, sacrifices, corrections, hard work, care, and love made this dream possible.

Our God is close to us. He watches over every concern, values every sigh and tear, and makes our needs His priority. This house is, above all, the fruit of sincere prayers and abundant blessings. St. Joseph, Mother Mary, St. John the Baptist, and Fr. John Mary Haw were our powerful intercessors throughout this journey.

We were blessed with an able architect, Mr. Ani George. When many others said this house could not be built as envisioned, God brought him into our lives. His expertise, prayerfulness, spirituality, and efficiency made all the difference. Spin Homes, the construction company, courageously accepted the challenge despite government regulations and uncertainties. Mr. Sijo Varghese and his team executed the plan with dedication, enabling us today to rest peacefully in our own home.

Our heartfelt gratitude also goes to the parish community, whose support was unwavering. Fr. Rex Morais, Fr. Deepak Anto, the Parish Council members, and all the faithful accompanied us spiritually and

practically. They opened their homes, shared their resources, and treated us as their own. For three and a half years, we lived without paying rent—special thanks to Felix Uncle and family and Pramila Chechy and family. Even in the last house where we stayed, Alex Uncle and family were generous and caring. We were truly blessed with good neighbours.

For four and a half years, the Church itself was our chapel and divine shelter. The Ave Maria Group became a strong spiritual backbone, constantly praying for us even when we felt weak or overwhelmed. Along with each one of you, dear Sisters, they carried this project through prayer.

I am sure there is still much more to say. If I have missed mentioning any names, please know that each one of you is held close in my heart. I place every generous soul before the Lord and pray for His continued care and protection.

Thank you - once again, thank you from the depths of my heart.

The Art of Blessing

- Sr Bertila

*A blessing is a whisper
Soft as morning light
A gentle word of kindness
That makes the heart feel right.*

*It isn't made of silver
Or wrapped in ribbon fine
It lives within our giving
A spark of the divine*

*A smile can be a blessing
A hand that helps to heal
A quiet prayer for someone
Can make their spirit feel.*

*Blessings bloom like flowers
When shared from soul to soul
They turn the simple moments
Into something whole.*

*So practice artful blessing
In every word and deed
For hearts that give with kindness
Are truly rich indeed.*



Life's Struggle

- Priyanka Soreng

*Life is full of struggle.
There is no meaning
When there is no struggle in life.
By facing struggle
We gain success.
Successful life gives joy to all
It gives understanding
To live our lives
People achieve their goals
Facing struggles
Life struggles teach people
To challenge others.*

Its Love

- Sr Tresa

*Sometimes its love
Sometimes its mere madness
Sometimes it's an unknown feeling
Still, it's there

You know... I love him
It's just like he's my breath
Recalling him every time
I live in memories

Of course, memories
Both sweet and sour*

*It spices up my life
Fills me with energy*

*We weaved our life with colorful threads
Shared our sweet moments
Gaps between we filled
With red flags of minor fights*

*Still ... I need him... you know
I can't be without him
Spreading wings of comfort
He stands by me*

*Promising to be my pillar
At times of discomfort
A solution at all times
As I fall apart in troubles*

*Of course he loves me
Loves me so sincerely
I sense it... u know
I am taken up by his love*

*My beloved ... he is
Pulls me close to him
Both by words and deeds
Lucky I am for this gift*

*Knit together we are
By plan from above
Or else how?
No chance by human ways*

*I love him so much
As much...as I could.*

A Silent Friend on the College Ground

- Sr Abhlipa

That day I rode my cycle to college and arrived earlier than usual. My legs ached, my back was sore, and I slowly pushed my cycle across the quiet campus. No voices, no bells, no rushing students—just a gentle morning and my own ti

red breathing. I paused, catching my breath in the middle of the ground.

Sunlight fell softly behind me, and I noticed a long, clear shadow stretching ahead. No friends, no teachers, not a single student—only silence and my shadow. I whispered, “Shadow... why are you here, even when no one else is?”

In that stillness, it seemed to reply: “If I am not with you, who will? I walk with you in every moment.”

I admitted my loneliness. “It feels like I’m the only person here.”

The shadow stayed close. “I came with you while you rode your cycle. I stand with you when you are scared, happy, or confused. You may feel alone, but you are never truly alone.”

A small smile formed. “So, you’re a reminder that I always have myself?” I asked.

“Yes. I am your silent friend, here to remind you to trust yourself, to love yourself, and to never forget your strength.”

As the first sounds of the day reached me—the bell of a cycle, a scooter, my friends calling my name—I waved at them. Before moving on, I glanced at my shadow and whispered, “Thank you... for staying with me.”

That day, my shadow reminded me:

1. Even when we feel alone, we are never truly alone.
2. We are our own constant companion, in light and in darkness.
3. Before expecting others to stand with us, we must first learn to stand with ourselves.

Sweet Maa

- Jina Samad

*In English we say ‘Mother’
But in pain we say ‘Maa’
Mother is the one
Who always cares for us.
She is the one
Who understands our needs
Without telling she gives us everything.*

*Mother is the perfect model of our life
Mother is the best teacher of us all.*

Dreams

- Ritu Barwa



Dream Dream Dream

*Dream means not
What we see in sleep
Dream is not a dream
Which comes and goes
Like the electricity.*

*The real dream is beyond your present
Which teaches to achieve the goals
From every situation of your life
Follow your dream of success
Nothing can stop you
The dreams at night remain as
Memories of sleep
It disappears in the morn.*

*Always have the hope for your dreams
Every moment becomes your success
Be alive with your twinkling dream
Fly up in the sky with your wings.*

Transforming Life's Boiling Moments

- Amala Nayagi

The story goes like this.

One evening, a young woman returned home looking weary and worn out. She sat quietly at the table, lost in thought, her fingers gently tapping the surface. "Mummy," she whispered, her voice heavy with emotion, "life is becoming so hard. I don't know how I am going to manage. I am tired of fighting and struggling all the time. Just when one problem is solved, another follows. I don't know how much more I can take."

Her mother was busy at that moment, yet she gently took her daughter's hand and led her into the kitchen. Without saying a word, she filled three pots with water and placed them on the stove. In the first pot, she put a potato; in the second, an egg; and in the third, a handful of coffee beans.

The daughter looked disappointed. "Mom, I'm trying to open my heart, and you are busy cooking." Her mother smiled softly and said, "Just watch."

As time passed, the water in all three pots began to boil. The daughter crossed her arms impatiently, but her mother remained calm and attentive. After a while, she turned off the stove and placed the contents of each pot into separate bowls.

“Tell me what you see,” her mother said gently. “A potato, an egg, and coffee,” the daughter replied. Her mother nodded. “Look closer.” She handed her the potato. “Feel it.” The daughter pressed it gently, and it crumbled easily in her hand. “Now the egg.” The daughter peeled the shell and was surprised to find a firm, hardened egg inside. Finally, her mother lifted the bowl of coffee. A rich, inviting aroma filled the room. “Mom, what does this mean?” the daughter asked.

Her mother sat beside her, her presence warm and reassuring. “Each of these faced the same hardship—boiling water,” she explained. “The potato was strong on the outside, but the boiling water made it weak and fragile. The egg was delicate, yet the boiling water made it strong. And the coffee beans...” she smiled, holding up the bowl, “they did not just change themselves—they transformed the water into something beautiful and energizing.” Taking her daughter’s hand once again, she said, “My darling, life’s challenges are like boiling water. You can allow them to weaken you like the potato, or harden your heart like the egg. But you also have another choice—you can be like the coffee.” Challenges and difficulties are part of life. They will continue to surprise us along our journey. Rather than running away from them, we need to accept them, live through them, and face them with courage. No matter how hard the moment, there is always a new day and a new beginning. Stay in the process. Never give up. Embrace the struggle and let it make you stronger—it will not last forever. Turn obstacles into opportunities and problems into possibilities. Without challenges, there can be no

growth, no wisdom, and no true appreciation of success. Difficult times often reveal our deepest strength. View challenges as chances to transform wounds into wisdom.

In the end, let us either solve the problem or leave it behind—do not live trapped within it. Like coffee beans in boiling water, transform difficulties into happiness and energy for others.

Hope

- Poonam Kujur

*A little hope is a ray of life
Brings new step to accept the life
Never give up, never turns back
Always stands in the middle of life*

*Challenges fail struggles fail
In the first step of hope
Leads everyone with joy and peace
Give a new light to live a life.*

*Light for the failed, helper for a lonely
Spreads positive energy in negative mood
Makes all cheerful and
Never bends in any circumstances.*

My Faith Experience

- Sr Sunita Rabbad

“Ask and you shall receive.” With deep faith, our hearts’ desires are fulfilled according to His will. As a religious, I have witnessed God’s miraculous interventions—both in my life and through my life in others. He chose me from my nothingness into His light, filling me with faith, hope, and life.

During my time at Ashakiran Shelter Home, I helped Sr. Pooja in the care for orphan children. Our daily prayers, rosaries, and gospel readings united children of different religious backgrounds in devotion to the one true God. One day, a ninth-grade girl, without parents, ran away after falling in love. She was brought back late evening by the police, angry and frustrated. Refusing to eat, she later attempted suicide and was found unconscious with a deep wound on her arm. While Sr. Pooja contacted the authorities, I was asked to tend to her. By a spur of faith, I placed a cross over the wound before getting the first aid box. Upon returning, I could not find the wound—Jesus had miraculously healed her. This was the first miracle at Ashakiran, strengthening our faith profoundly. Though stubborn, the girl gradually improved. After months of care, she was reunited with her relatives, grateful for the sisters who loved her as their own. Truly, whatever we do for the least among us is rewarded by the Lord.

Pain

- Jayanti Kujur

*Pain is gain
Without pain no gain
No one had got the life
Without any pain
Pain has no end in life
Life does not end without pain
It always comes and goes.
I thank my Lord
for my pain
Also, I thank my Lord
For my joy.
Lord's precious hands
Are always with me
He is the first
To hold me
He is the first
To dry my tears
The one who
Always led me so far.*

My Vocation Story

- Sr Anjali Ekka

I was born in a small village where opportunities were few, but hope was abundant. My parents were simple people - farmers who taught me that love is the only wealth worth sharing. Even as a child, I carried a quiet compassion that helped people feel seen. I often helped elderly neighbours by carrying water jars for them, small acts that brought me great joy.

A turning point came when I was sixteen. Two sisters visited my school, and something stirred deeply within me. It became a moment of decision. Without informing my parents, I felt a strong inner call and decided to join the convent. After completing my schooling, I shared my desire with my family. It was not an easy choice. Friends my age were pursuing college, careers, and city jobs, but I felt a deeper pull—to serve and to belong to something greater than myself.

My early days in the convent were challenging. The discipline was strict, the studies demanding, and the spiritual formation tested every insecurity I carried within me. Yet, I embraced these struggles with humility. Slowly, I learned to pray more deeply, to trust, and to surrender.

I completed my basic formation novitiate and continued life in the community in where I found joy in serving and caring for the elderly with love. Through each step, my vocation was shaped—not by ease, but by grace. And

even today as I am studying to become a full-fledged nurse, I remain grateful for that first quiet call that invited me to give my life in love and service.

When Prayer Turns Enemies into Friends

- Sr Victoria Maharani SJB

It was a Parents - Teachers Meet. As usual the day began like any other, with lots of preparation and planning to address the parents regarding their children's education, growth and welfare. Everything was set, the parents were seated and I felt grateful to God for the opportunity to discuss with the parents.

As we began, a woman entered the class someone who was not supposed to be there. After some time, I asked gently, "Is there anything to clarify or anyone who would like to share any matters of concern?". That one question opened a storm. The lady stood up and began to find fault in everything, the management, the staff, the system.

Her words were very sharp like arrows, pouring out torrents of bitterness, false and painful accusations that were unjust. She twisted good deeds into complaints and accused the school in front of all the parents and teachers. I kept silent, stunned as she continued to yell and shout in a loud voice.

Another woman stood up and accused us saying “All of you must speak, we are suffering here”. For a moment the whole room turned cold, I could hardly believe what was happening. The saddest part was that this lady was someone we had helped in her hard times. Yet there she was with no gratitude only bitterness.

There was complete silence. The head of the department spoke gently, explaining the truth. But nothing could calm her. She would not listen. She turned deaf to reason, blind to grace.

And there I stood alone sad and confused. There was no voice to support, no hand to comfort only onlookers with stunned stillness. My heart ached. I could feel the pain rise to my throat; I could hardly breathe. My only prayer at that moment was “Lord stay with me”.

I felt like Jesus standing before Pilate, accused, misunderstood and left alone. Yet even in that humiliation, I sensed His quiet presence beside me.

When the meeting ended, I went back to office in great silence. I just sat before the Lord and cried bitterly and pouring out all my fears, anxiety and bitterness. Slowly peace returned not the peace of being understood but the peace of surrender.

At that moment I realized that Jesus on the cross was not made up of mere wood. He was alive and listening to me silently to all my words and healing all my hurts, wounds. He was comforting me filled with his grace.

That experience taught me not to depend on human approval but on God's will. It is a powerful assurance even when no one stands with us He does and that is enough. His grace was sufficient for me. I chose the path of prayer.

Every day, I lifted her up before God. Slowly, silently God began His works. Her heart softened, her behaviour changed. And then one day something I never expected happened. She came to me with a gentle smile and said, I am sorry for all that happened. I won't repeat it again. Her voice trembled. I felt the sincerity of her heart. It wasn't just an apology, it was a transformation, it was a moment of burden falling away in my heart. A dawn breaking after a long night.

When I look back now, I realise that prayer doesn't always change situations first, it changes hearts. God not only touched her, He also shaped me, teaching me patience, compassion and forgiveness. I learned not to react. Her apology was not just the closing of a painful chapter - it was the start of a new relationship healed by grace and I understood the beautiful truth.

When we pray sincerely for those who hurt us, heaven moves silently, powerfully and always in perfect time.

Saint Flannan

Stepping Away to Walk with God



In the quiet hills of seventh-century Ireland, where faith and nature breathed together, lived a man whose life teaches us the sacred art of stepping away in order to listen more deeply to God. Saint Flannan, patron of Killaloe, was not born into obscurity. He was the son of Turlough, the tribal king of Thomond, who ascended the throne around the year 625. Privilege, power, and prestige surrounded the young prince—but they did not claim his heart.

From an early age, Flannan came under the gentle and formative guidance of Saint Blathmet, his educator and spiritual mentor. Under this holy influence, something deeper than royal ambition began to grow within him. His heart was drawn not to the throne, but to silence; not to power, but to prayer. So when Flannan chose the

monastic life at the monastery founded by Saint Molua in Killaloe, few were surprised. The prince stepped away from worldly promise to seek the kingdom that does not pass away.

In the monastery, Flannan flourished. He embraced the rhythm of prayer, work, silence, and service. Inspired by the example of Jesus—who spent forty days in the desert and often withdrew to the mountains to pray—Flannan discovered that stepping away from the noise of the world opened the door to inner peace and a burning love for God. His holiness was quiet but radiant, hidden yet powerful.

Legend tells us of one such moment of hidden holiness. One night, while baking bread for the monks and the poor, Flannan worked continuously for thirty-six hours. As darkness deepened, light is said to have streamed from his fingers, illuminating the night so that he could continue his service. When Saint Molua heard of this extraordinary dedication, he recognized in Flannan a shepherd after God's own heart and appointed him Abbot of Killaloe.

Flannan's life soon began to bear fruit beyond the monastery walls. His gentle authority and luminous example inspired even his father, King Turlough, who in his old age laid aside his crown and sought the solitude of monastic life. Thus, the son who stepped away from power led his father toward the same grace.

Yet Flannan's journey of stepping away was not complete. Even as abbot, he sensed another call—a

deeper invitation from God. Leaving the familiarity and safety of Killaloe, he undertook a pilgrimage to Rome. There, between the years 640 and 642, Pope John IV consecrated him the first Bishop of the newly established Diocese of Killaloe.

As bishop, Flannan was known not for settling comfortably into office, but for moving tirelessly among the people. Renowned as a preacher and teacher, he became more an itinerant shepherd than a resident prelate, traveling widely to proclaim the Gospel. Devotion to him spread even beyond Ireland, reaching the Hebrides off the coast of Scotland, where he is believed to have preached.

Despite his episcopal dignity, Flannan never lost the monk's heart. He continued to seek silence, prayer, and simplicity, knowing that effectiveness in mission flows from intimacy with God. When the Lord called him to preach, he did not cling to the security of the monastery. He said "yes" promptly and generously. His life teaches a profound truth: one advances in holiness in proportion to how quickly one says "yes" to God.

Today, Saint Flannan invites us to reflect on our own lives. From time to time, we all need to step back—from who we are, where we are, and what we are doing—to rediscover who we are meant to be. Without such pauses, life's momentum can carry us far from ourselves, until one day we realize we are living someone else's life.

Flannan's stepping away took many forms: entering the monastery, embracing silence, going on pilgrimage, and returning to the world with renewed purpose. Our own stepping away may look different, yet it is no less necessary. A retreat once a year, a pilgrimage to a holy place, or even a few quiet minutes of prayer each day can restore God's perspective.

Prayer, after all, is a mini-retreat. It is a pilgrimage of the soul. Sitting quietly before the tabernacle, praying the Rosary, or speaking to God in the silence of one's heart—these are ways of stepping out of the noisy world and into a calm, healing haven. When we feel the urge to run away from everything, prayer becomes the safest and most sacred refuge.

Saint Flannan reminds us that amazing things happen when we dare to step away—and even greater things happen when we step back into the world carrying God's light. His hands once shone in the darkness as he served. May our lives, too, shine with that same quiet faithfulness.

Saint Flannan, faithful monk and tireless shepherd, who found God in silence and proclaimed Him with courage -

pray for us.

When Light Scrolls Through Our Hands

- Sr Archangel SJB

*The world today walks with lowered eyes,
Scrolling dreams beneath the skies.
Thumbs move fast, but hearts move slow
So much to see, so few we know.*

*In buses, in markets, on railway aisles,
Faces glow with borrowed smiles.
People sit close, yet stay apart,
Lost in the noise of a restless heart.*

*But we, though hidden in simple dress,
Carry a call to gentleness -
Not to preach in every hour,
But sow soft seeds of grace and power.*

*We don't need screens from dawn to night,
Nor chase the world for instant light.
But when time allows, a moment free,
We shape our scroll into ministry.*

*A word of hope, a prayer of peace,
A quiet post that brings release;
A smile shared through a simple line,
A truth that lifts the soul divine.*

*For social media, though loud and wide,
Can be a river sanctified -
When hearts that love and lives that care
Send healing through the digital air.*

*We hold no megaphone in our hands,
Yet God can reach through distant lands.
Not in noise, but in gentle flame,
A presence felt, though none know our name.*

*So let the world keep scrolling on,
Chasing shadows till the light is gone;
While we, with wisdom calm and free,
Use it as service quietly.*

*Not always online, not everywhere -
But when we choose, we choose with care.
For every click, each word we send,
Can turn a stranger into a friend.*

*And somewhere, someone tired and worn
Reads a line and is reborn.
They may not know the one who wrote,
But feel God's whisper in the note.*

*Thus, even in this digital age,
We walk as sisters page to page -
Bringing His love in simple ways,
A quiet light for noisy days.*

When Listening Becomes Healing

- Sr Sally SJB

The other day, I received an unexpected call—one that gently reminded me why I am called to this vocation to be a healer. It was from one of my former patients, a Malayali teacher and widow who once lived in Phulgav near Wardha with her young daughter. A dedicated teacher in central school and a loving mother, she carried within her the quiet resilience of someone fighting a difficult battle—Bipolar Affective Disorder. Her life oscillated between the highs of mania and the lows of depression, and with no family around to support them here, she and her daughter relied heavily on the little strength and guidance I could offer.

Her daughter, then a tenth-standard student (now pursuing journalism), often trembled with fear whenever her mother slipped into manic episodes—talking endlessly, becoming restless, or drifting into reckless behaviour. In those vulnerable moments, she would reach out to me—sometimes through hurried phone calls, sometimes by rushing to see me in person. Over time, the two of them would come not just for treatment, but simply to sit, speak, unburden, and feel less alone. Saturdays—my OPD day—quietly became “their day,” and even on non-OPD days, they would drop in when life became too heavy. She told me, ‘Those Saturdays at your place were the most beautiful moments we looked forward to... we waited for them as if we were going to

meet someone of our own—someone from our own family.’

For me, it was part of my duty—another patient and her daughter fighting their way through life. But for them, without my realizing it, I had become family—someone safe, someone steady, someone who listened.

A few years ago, they moved back to Kerala following her transfer to Palakkad. Life went on. Seasons changed. Yet yesterday, hearing her voice again felt like receiving a gentle gift.

She told me she is undergoing treatment in Kerala, but every time she meets a new doctor, she subconsciously searches for “a shade of me” in them. She said she and her daughter often speak about me, and both still miss me. They are even planning a trip to Wardha just to meet me again.

But what she said next stayed with me long after the call ended: “Doctor... anyone can treat. But very few can listen the way you listened. I will always be grateful that in the darkest moments of my life, you heard me and supported me when I had no one else.”

Her words pierced through the noise of everyday routine and reminded me of a truth we often forget: Sometimes healing begins not with medicines, but with presence. Not with solutions, but with listening.

In a world rushing to fix, diagnose, or prescribe, sometimes the most powerful gift we can offer is the

willingness to sit with someone in their suffering—quietly, patiently, and with compassion.

As clinicians, we often do not realise the silent spaces we occupy in people's lives. We step in briefly, but in their hearts, we may stay for years—as a memory, a comfort, or a source of strength they return to again and again.

Yesterday's call was that reminder for me. A reminder that healing is not always in the grand gestures—it is often in the small, unwavering act of listening.



A Teacher's Light

- Sr. Riya

*In the quiet dawn of a seeking mind,
You kindle stars no eye could find.
With patient words and hopeful art,
You shape the world within each heart.*

*You plant a dream in fragile soil,
And bless it with your daily toil;
Through doubts, through fears, through storm and test,
You guide us toward our very best.*

*Not just in books your lessons stay,
But bloom in how we choose our way
In courage found, in truth we speak,
In strength we grow when we feel weak.*

*You count no gold, yet you are rich,
In every life you help to stitch.
A thousand futures rise and gleam,
From one kind voice, one patient dream.*

*O silent hero, strong and kind,
You shape the heart; you free the mind.
Because of you, the world we see
Is filled with hope and possibility.*

New Wine in New Wineskins

A Reflective Summary

- Sr Sally

New Wine in New Wineskins is a church document issued in 2017 by the Congregation for Institutes of Consecrated Life and Societies of Apostolic Life (CICLSAL). Addressed to consecrated men and women, the document invites religious institutes to read the signs of the times with faith and courage. Drawing from Jesus' words that new wine needs new wineskins, it calls religious life to ongoing renewal while remaining deeply rooted in the Gospel and the founding charisms of each institute. The document emphasizes that religious life is not meant to be preserved unchanged, but to be lived dynamically under the guidance of the Holy Spirit.

The document begins by honestly acknowledging the many changes affecting consecrated life today. Diminishing numbers, aging members, cultural and generational differences, rapid technological development, and shifting social realities pose real challenges. At the same time, the Church recognizes new forms of poverty, exclusion, loneliness, addiction, and psychological suffering that call for compassionate responses. Rather than viewing these realities with fear or nostalgia, the document encourages religious to see them as opportunities for discernment and deeper fidelity.

A central theme of the document is the call to faithful creativity. Fidelity to the Gospel, to the founders, and to the original charisms must go hand in hand with creativity in responding to present realities. The document cautions against clinging rigidly to structures, traditions, or ministries that no longer serve life or mission. True fidelity is not repetition of the past, but openness to the Spirit who continually renews and recreates.

Community life receives strong emphasis as a privileged place of witness. The document highlights that fraternal life is not merely functional but prophetic. In a divided world, religious communities are called to be signs of communion through dialogue, mutual listening, forgiveness, and shared responsibility. Particular attention is given to the challenges of intercultural and intergenerational living, which require patience, humility, and a willingness to learn from one another. Community itself becomes a mission when it reflects Gospel values.

In addressing authority and obedience, the document presents authority as a form of service that fosters communion and shared discernment. Leadership is encouraged to be participative and respectful of each person's dignity and voice. Obedience is understood not as passive submission, but as a communal search for God's will through prayer, dialogue, and attentive listening to the Spirit. Healthy authority creates spaces of trust, freedom, and co-responsibility.

Formation is described as a lifelong journey rather than a stage limited to initial years. The document stresses

the importance of integrated formation that includes human, spiritual, intellectual, and pastoral dimensions. Emotional maturity, psychological well-being, and the ability to face complexity are considered essential for consecrated life today. Formation must help religious grow in inner freedom, responsibility, discernment, and resilience so that they can respond creatively to changing realities.

The mission of consecrated life is also re-envisioned in light of contemporary needs. The document urges religious to move toward the peripheries and to respond to new forms of suffering, such as loneliness, mental health struggles, migration, and addiction. It encourages collaboration with the laity and other religious institutes, as well as the courage to let go of ministries that no longer express the institute's charism. Mission is understood not as maintaining institutions, but as witnessing to God's compassionate presence in the world.

One of the most challenging invitations of the document is the call to let go and embrace vulnerability. Accepting diminishment, relinquishing control, and releasing outdated structures require deep faith. The document reminds religious that fruitfulness is not measured by numbers, efficiency, or visibility, but by faithfulness to God's call and love for others. Vulnerability becomes a place of encounter with God and with the wounded world.

Despite the realism of its analysis, the tone of *New Wine in New Wineskins* is deeply hopeful. The document

affirms that God continues to act in consecrated life and that the Holy Spirit is still renewing the Church. Even small and fragile communities can be profoundly prophetic when they live the Gospel with authenticity. Religious life remains a precious gift to the Church and humanity.

In essence, New Wine in New Wineskins calls consecrated persons to trust the Spirit, discern courageously, renew structures and attitudes, and live their vocation with joy and hope. It invites religious life to be a living sign of communion, mercy, and hope in a world longing for meaning and healing.



Union With God

- Albena

*To be in union with God is our call from God
Filled with all the fullness of God
Is the love of God
Union gives inspiration
It is a whole new experience
Union calls people to live in God
It's an invitation from God.
Union makes life joyful and great
Live in love and in union
it's a great and beautiful relationship*



The Meaning of Religious Life

- Sr Sunita Gandhare

Religious life is a sacred calling, a journey of offering one's whole heart to God through prayer, love, sacrifice, and service. Those who embrace it become visible signs of God's presence in the world. Through simplicity, kindness, and faithfulness, they remind others that God is near, loving, and always with us.

Once, a young girl visited an old convent and saw an elderly sister sweeping the courtyard with a serene smile. Curious, she asked, "Sister, why are you always happy?" The sister replied, "Because everything I do, even sweeping, cooking, or listening to the sick, I do for Jesus. In doing so, I touch God's heart."

The girl reflected and said, "If loving God makes you this happy, your life must be beautiful." The sister nodded, "Yes, my child. Religious life is beautiful, not because it is easy, but because God walks with us every step of the way."

Religious life is not about great deeds but about doing small things with great love. It is choosing God daily, serving others with compassion, and spreading light wherever there is darkness. Those in religious life become living messages of hope, showing the world that true joy and love come from giving oneself fully to God.

Laugh A While

- 1 A first-grade teacher was explaining whales to her class. "Whales can't swallow people," she said. "Their throats are too small." A little girl replied, "But Jonah was swallowed by a whale. "The teacher insisted, "That's impossible." The girl said calmly, "When I get to heaven, I'll ask Jonah." The teacher snapped, "What if Jonah went to hell?" The girl smiled, "Then you can ask him."
- 2 Teacher: "If I give you two cats and then two more cats, how many cats do you have?"
Student: "Seven."
Teacher: "Seven?"
Student: "Yes. I already have three at home."
- 3 Teacher: "Why are you late?"
Student: "Because of the sign."
Teacher: "What sign?"
Student: "The one that said School Ahead. Go Slow."
- 4 Doctor: "You need to stop eating fast food."
Patient: "Okay... but what about slow food?"



Good to know ...

Menopause: A Sacred Passage of Transformation, Wisdom and Renewal

- Sr. Tessy SJB

Menopause often arrives unannounced, like a quiet shift in the seasons. It's not a crisis or a pause - it's a natural rite of passage. This biological milestone marks the end of menstruation, diagnosed after 12 consecutive months without a period, typically around age 51–52. Driven by declining ovarian production of oestrogen and progesterone, it reshapes the body, mind, and spirit. Yet, in its challenges lie profound opportunities for growth, reflection, and deeper wisdom.

Navigating the Stages:

Menopause unfolds in phases, each with its own rhythm:

- **Pre-Menopause (Reproductive Years):** Normal cycles before symptoms emerge.
- **Perimenopause (Transition):** Hormonal fluctuations spark irregular periods, hot flashes, night sweats, mood swings, sleep issues, vaginal dryness, decreased libido, fatigue, and brain fog.
- **Menopause:** Officially begins 12 months after the last period.

- Post menopause: Symptoms may linger or evolve, ushering in long-term shifts.

These stages affect us physiologically, psychologically, and behaviourally, in interconnected ways.

Physiological Shifts: The Body's Changing Landscape

Vasomotor symptoms like hot flashes and night sweats disrupt daily life. Irregular periods cease, bone density drops (raising osteoporosis risk), vaginal dryness and urinary changes emerge, sleep falters, and cardiovascular factors shift - higher cholesterol, blood pressure. Weight gain and metabolic changes add to the load.

Psychological Dimensions: Mind and Soul in Flux

Mood swings bring irritability, anxiety, or sadness; cognitive fog clouds memory and focus; depression risk rises, especially with history. Yet, this phase invites identity renewal - a sense of aging mingled with wisdom and spiritual deepening. As one reflection notes: "Menopause is not just a biological event - it's a psychological transformation."

Behavioural Ripples: Daily Life Transformed

Sleep disruptions fuel daytime fatigue; cravings lead to weight gain; activity dips from joint pain; social withdrawal tempts, even as health-seeking behaviours - like yoga or counselling—strengthen.

Common Syndromes at a Glance

Syndrome	Key Symptoms
Vasomotor	Hot flashes, night sweats, chills
Psychological	Mood swings, anxiety, depression
Cognitive	Memory lapses, concentration issues
Urogenital	Vaginal dryness, urinary urgency
Musculoskeletal	Joint pain, osteoporosis risk
Metabolic	Weight gain, cholesterol shifts
Sleep-related	Insomnia, restless nights

These changes ripple outward: fatigue hampers productivity, workplace sensitivity strains focus, intimacy wavers in relationships, self-image falters amid body shifts, and routines fracture.

Coping Strategies: Holistic Paths to Wellness

Empowerment comes through layered support—medical, lifestyle, emotional, and spiritual.

Medical Support

Consult a gynaecologist for Hormone Replacement Therapy (HRT), non-hormonal options for mood/sleep, vaginal moisturizers, or supplements (always with advice).

Lifestyle Adjustments

Regular exercise: Yoga, walking, strength training.

Balanced diet: Calcium, vitamin D, fibre-rich foods; stay hydrated, limit caffeine/alcohol.

Practical tweaks: Layered clothing, cool sleep environments, rest breaks.

Emotional & Mental Health

Journaling, prayer, meditation, counselling, support groups, creative outlets like art or storytelling.

Spiritual & Community Integration

Embrace this as a season of wisdom. Faith-based retreats honour the body as God's temple through changing seasons. Host educator workshops, intergenerational dialogues (ideal for Women's Day or Marian gatherings), and health campaigns with diocesan ministries on "Graceful Aging." Normalize conversations—encourage dialogue across generations to honour women's resilience.

"Menopause is not a pause—it's a passage. A sacred season of transformation, wisdom, and renewal."

A Rite of Passage, Not Pathology

Menopause invites renewal: affirm identity beyond fertility, lean on support systems, and step into empowerment. With medical insight, lifestyle habits, emotional care, and spiritual community, this journey becomes one of grace.

Aragami Bible Quiz

(Jeremiah 27-52)

1. With what will the Lord punish the nations that doesn't bow its neck to Babylon?
2. After how many years did the Lord say he will intervene on behalf of Israel?
3. Why is Israel's pain incurable?
4. Who is the first born of God ?
5. Who is the father of Jeconiah ?
6. Which Prophet is mentioned as a Gibeonite?
7. Who will be Israel's Prince?
8. Who broke the wooden yoke of Jeremiah?
9. What shall the watchmen shout on the mountains of Ephraim?
10. Who bought the field from Hanamel for seventeen silver shekels?
11. Who was roasted alive by the King of Babylon?
12. Where was Jeremiah confined?
13. What shall be the name of the new city ?
14. What shall be an uninhabited waste?
15. What shall become a name of joy, pride and praise for all the nations to see?
16. Who was summoned to fast before Yahweh?
17. Which were the only fortified towns of Judah, that remained when King of Babylon attacked Jerusalem?

18. What did the Chaldean army do when they were threatened by Pharaoh's army?
19. About whom did Jeremiah prophecy that he shall be a prisoner in the clutches of the King of Babylon?
20. Name the son of Neriah?
21. Whom did Nebuchadnezzar entrust to look after Jeremiah?
22. What did King Asa build as a precaution against King Basha ?
23. Who was sent by the King for the scroll?
24. What happened to the city wall in the eleventh year of Zedekiah ?
25. What did the Lord say would happen to the people who would go to Egypt ?
26. What shall happen to the obelisks of the temple of Sun of Egypt?
27. Who was the Cushite eunuch who pulled Jeremiah out of the well ?
28. To which goddess were the Israelite women offering incense?
29. What did God tell Jeremiah to do with the large stones ?
30. Whom did Yahweh promise that he will escape with his life?
31. Whose army was at Carchemish on the River Euphrates?
32. Who is hissing like a snake ?

33. Where does the dove make its nest ?
34. To what does the Lord compare the heart of Edom's warriors?
35. What shall become of Hazor ?
36. What will be reduced to a desert, desolate and uninhabited?
37. Who is called the Hope of Israelite's ancestors?
38. What were the words with which the prophecy is to be thrown into the Euphrates?
39. From where does a cry of agony go up ?
40. Where shall the Lord set up his throne ?
41. What will happen to the diviners of Chaldeans when the Lord sends sword against them?
42. What happened to the waters of Nimrim?
43. Which kingdoms were summoned against the Babylonians?
44. What shall happen to the inhabitants of Teman?
45. Which King devoured Israel?
46. What is the name of Israel's Redeemer?
47. What is not left in Teman?
48. Who will go into exile with his priests and princes ?
49. Whose spirit was roused against Babylon?
50. What was tied to a stone and thrown into Euphrates?



★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



★HAPPY★ BIRTHDAY!



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
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 Xavier



★ HAPPY ★ BIRTHDAY!



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
26 th Mar	-	Sr. Flowery
01 st Apr	-	Sr. Abhaya
01 st Apr	-	Sr. Banita
01 st Apr	-	Sr. Sarita



★HAPPY★ BIRTHDAY!



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

- Mar 25th - Sr. Lalita P
- Mar 25th - Sr. Manjusha
- Mar 25th - Sr. Maria
- Mar 25th - Sr. Sally
- Mar 25th - Sr. Seema
- Mar 25th - Sr. Ranjita Lakada
- April 20th - Sr. Anisha
- April 20th - Sr. Jyoti
- Apr 29th - 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 2026***

The Winner of the August 2025 Volume is

Sr Lincy Jose - 1st Prize

“Oh, little virus, Come and dwell in this Dell”

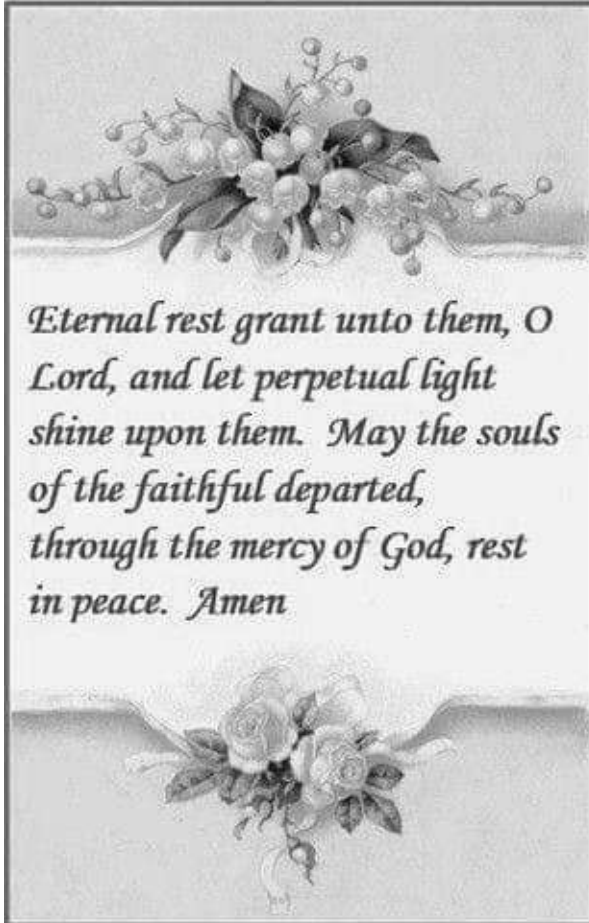
Sankumari (Novice) - Runner up

“Oh! I eagerly wait for the virus attack”

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

Dear Departed

1. 26th Oct 2025 - Mother of Sr. Manjusha

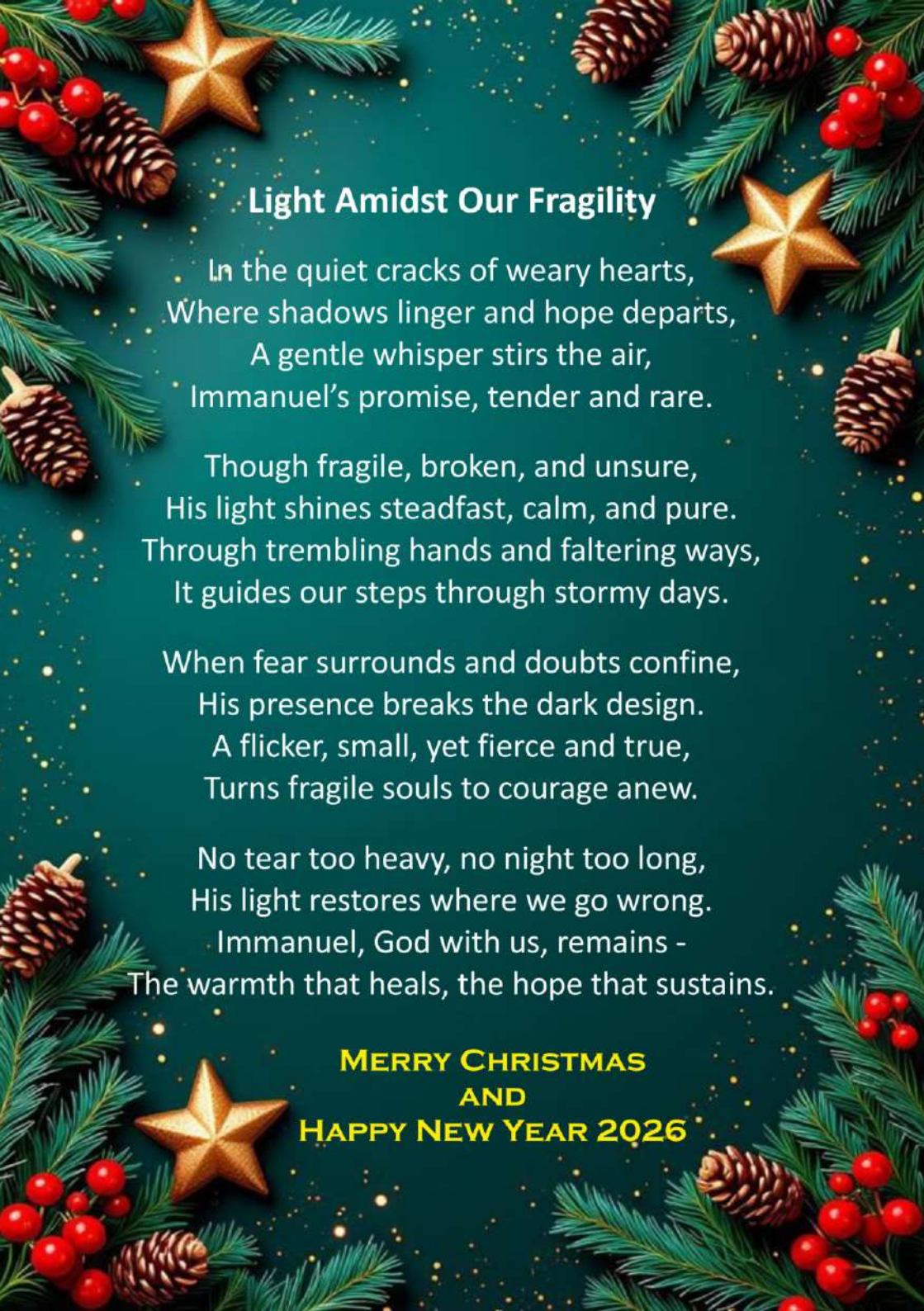


Blessing of the Kazhakootam Convent



St John's Convent, Kazhakootam





Light Amidst Our Fragility

In the quiet cracks of weary hearts,
Where shadows linger and hope departs,
A gentle whisper stirs the air,
Immanuel's promise, tender and rare.

Though fragile, broken, and unsure,
His light shines steadfast, calm, and pure.
Through trembling hands and faltering ways,
It guides our steps through stormy days.

When fear surrounds and doubts confine,
His presence breaks the dark design.
A flicker, small, yet fierce and true,
Turns fragile souls to courage anew.

No tear too heavy, no night too long,
His light restores where we go wrong.
Immanuel, God with us, remains -
The warmth that heals, the hope that sustains.

**MERRY CHRISTMAS
AND
HAPPY NEW YEAR 2026**