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**AGRAGAMI INFO**



**“Christmas Miracle:  
A Divine Extravaganza”**



**Gathering of batches from 1995 to 2014**



**Gathering of Socio-Pastoral Members**



**Participants of First Phase Retreat**



## ॐ AGRAGAMI INFO ॐ

Vol.XXXV - December 2023

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## Editorial

In the mosaic of miracles, Christmas stands as a radiant thread, woven with the divine love story of God the Father and His extraordinary gift to humanity - Jesus, our Savior and Redeemer. This Christmas, let us unravel the layers of this miracle and delve into the heart of God's Extravaganza.



The narrative begins with a love so profound that God, in His infinite wisdom, sends His only Son, not as a mighty king adorned with power, wealth, and fame, but as a humble and impoverished human being. Jesus, shunning the norms of earthly royalty, takes on the form of simplicity, choosing to be one with us in our most ordinary existence.

The Incarnation, the supreme act of love, unfolds as Immanuel - God with man. In becoming fully human and fully God, Jesus transcends the conventional boundaries of piety, supremacy, respect, holiness, and solemnity. This divine act awakens the human conscience, urging us to transcend mere devotion and embrace a spirituality that is true, authentic, and transformative.

This Christmas, let us grasp the profound essence of God's love, one that goes beyond the confines of self, neighbor, and God, making love palpable to everyone around us. The Incarnation becomes the face, image, and identity of God, illuminating our paths with the radiant glow of divine affection.

As we reflect on this love, we witness its transformative power, dissolving human concerns and differentiations. In the light of this love, distinctions of man or woman, old or young, rich or poor, big or small fade away, and the entire universe becomes a common family.

In a small village nestled between rolling hills and snow-covered landscapes, there lived an elderly woman named Clara. Widowed and alone, she spent her days knitting scarves and blankets for the local children. Christmas held a special place in her heart, and she eagerly anticipated the joy it brought to the village.

On one chilly Christmas Eve, Clara sat by her fireplace, sipping tea and gazing at the flickering flames. As she pondered the true essence of the season, she felt a gentle tap on her door. Opening it, she found a young boy named Ethan, his face flushed from the winter cold.

"Good evening, Clara! I noticed your light from afar. May I warm myself by your fire?" he asked.

"Of course, dear! Come in, come in. No one should be alone on Christmas Eve," Clara warmly replied.

As they sat by the fire, Ethan shared that he had recently moved to the village and missed his family terribly. Clara, with a twinkle in her eye, began to recount the Christmases of her youth, filled with laughter, love, and the magic of the season.

Ethan listened intently, and as Clara spoke, a sense of warmth enveloped the room. It was as if the spirit of Christmas had settled right there, bridging the gap between generations. As the clock struck midnight, Clara

handed Ethan a beautifully knitted scarf, a symbol of the love she poured into every stitch.

Ethan was moved, not just by the scarf but by the gift of Clara's presence and the shared stories that wove a tapestry of connection. In that moment, they realized that Christmas wasn't just about presents under a tree but the gift of being present for one another.

This heartwarming tale reminds us that the true miracle of Christmas lies not in grand gestures but in the simplicity of sharing stories, warmth, and the gift of our presence. As we gather with loved ones this season, let us remember that the most meaningful gifts often come in the form of shared moments and heartfelt connections.

Picture a world where greed, pride, selfishness, lust, and material possession melt away, giving rise to true inner freedom, liberty, charity, and brotherhood. In this world, each considers the other better than oneself, and the care for one another extends as siblings, with Earth as our shared home.

This Christmas, let the miracle of God's Extravaganza be not just a story but a lived experience - a transformation that echoes in our thoughts, words, and actions. May the love born in a manger radiate through us, creating a world where each heart beats in unison, united by the miraculous thread of divine love.

Wish you all a Merry Christmas and a Blessed New Year 2024

Happy and reflective Reading!

**- Sr Sally**

## Voice of the Mother General

Christmas unfolds again, a divine love story for everyone - from the rustic to the urban, the ignorant to the learned and the hard-hearted to the meek. This love story is simple: Jesus, God's son, left heaven's glories to spend 33 years on Earth with spiritually impoverished men and women. He understood our weaknesses and came to communicate abundant life to all. "I came that they may have life and have it in abundance" (John 10.10).



In the past, theologians debated why God became man, but the Bible answers in John 3:16, "God so loved the world that he gave His own only Son, that whoever believes in him may not perish, but may have eternal life." St. Augustine, contemplating baby Jesus, succinctly says, "Eternity is born."

Dear Sisters, let's not reduce Christmas to mere gift exchanges, glittering trees, decorations, prize-winning cribs, carols, or festive food. It's much more. Take a moment, stand before the manger, and be silent. Ask yourself, "Do I journey in hope, or is my interior life closed? Is my heart open to hope, to journey not alone, but with Jesus born for me?" Jesus came to reconcile us with one another and the Father. Christmas becomes a feast of relationships. Pray for an end to global wars, that Baby Jesus heals the wounds of those exhausted by war.



May the Lord inspire us to offer concrete gestures of solidarity to the suffering, and enlighten those with the power to end senseless wars! May our Christmas be graced with peace, joy, and blessings!

As the sun sets on this year, may it rise on new opportunities, perspectives, and adventures in 2024 and beyond!

**Sr. Arpita Mathew**  
(Superior General)



## Provincial's Inspiration

**D**ear all,

At this Christmas, I wish to share one of the Christmas stories with you all.



An old man was shopping one day in a women's clothing store. He'd found his wife a Christmas coat and was headed for the door when he bumped into a little boy who looked a little lost. He said, "Mister, can you help me find out how much things cost? It is almost Christmas and the nights are getting cold. Wintertime is on us and my mom does not have a coat. I've been working for the neighbors and saving for a time." And in his tiny outstretched hand were a dollar and a dime. His gaze went from that big-eyed boy to that pretty Christmas coat and he cleared the lump that had gathered in his throat. He said, "Son, that's just what this coat costs. We're lucky that we found one. And he turned around and gave a wink to the lady at the counter. She put it in a pretty box and wrapped it up just so and went off in the back and found a big red Christmas bow. He said "I thank you for your help sir, and I kindly thank you ma'am. I hope y'all are going to have a big Christmas 'cause now I know I am."

Well, the old person walked home busted except for the dollar and the dime thinking he'd just have to buy the coat another time. He told his wife that Christmas this year wouldn't be much fun. In addition, he gently took her in his arms and told her what he had done. She said,

“why you old softie. I would not trade you for a farm. I have two or three old coats and your love to keep me warm”. She put that money in a matchbox and placed it beneath their tree. And said “that is the grandest gift you’ve ever given me.”

The years went by, as years will do. When people are in love, their marriage is a golden bond. God above forged that. Then one day came bitter news that filled his heart with fright. A doctor told the old man that his wife would lose her sight. He said; “there’s something we can do, but it puts me on the spot, ‘cause it’s quite a complex operation, and it’s going to cost a lot.”The old man said “doctor I have failed, I’ve made no preparation. We do not have the money for that kind of an operation “

The doctor got a thoughtful look and he sat there for a while. Then he slowly nodded and he broke out in a smile. He said; “why sir you can’t fool me. You’re a very wealthy man. You long ago invested in the world’s best savings plan. I’ll see she gets the best of care. She’s going to be just fine and the total cost to you old friend is a dollar and a dime”

The old man stared in disbelief. Then he recognized that smile, the one he’d seen those years ago on a loving thoughtful child. He said; what you gave me that day was more than just a coat. You gave me the gift of giving and you gave my mother hope. My mother had been mistreated, neglected and abused. However, she gave life just one more chance and it was all because of you. Now every year she takes that coat and lays it beneath our tree. It represents to us the things that

Christmas ought to be. She says that **when we leave this world for a better home someday the only things that we'll take with us are the things we gave away."**

Miracle of the incarnation of Jesus is the outcome of God's unconditional love for each one of us. It was the fruit of Jesus' willingness to come down from His throne to be one among us. Jesus did what no man could have done – He left His home in heaven to come to earth and give His life for the sin of the world. Christmas celebrates the Savior and the sacrifice that He made so that humankind could have restored fellowship with God.

At this Christmas, let us strive to perform a miracle in the life of someone as does God in our lives.

Wish you all a memorable and joyful Christmas and a purposeful New Year 2024

***Sr. Vidya Joseph***  
*(Provincial Superior)*



## From the Editorial board

Dear Sisters,

We sincerely thank all those who contribute and enrich each volume of the Info. It is heartening to note that our junior sisters continue to enhance the variety of Info with well thought about write ups Thanks to the communities who regularly send news for Info. Thanks to all the wellwishers for your valuable suggestions and critical evaluations, that assist the steady growth of Info. Your further suggestions and feedbacks will help us to be more proficient and prompt to make Info richer. Kindly forward them to the editor on the given address or **infowardha@gmail.com**. We look forward for further enriching contributions from all of you. Please forward your thoughts, inspirations, poems, vocation stories, touching life events even if it is in local language.

Kindly send the Bible quiz answers by 15<sup>th</sup> March 2024 to Sr Jyotsna. Please note that any entry including the news, articles and answers for Bible quiz may March 31<sup>st</sup> to make our efforts to publish Info in time be successful. We solicit your co-operation.

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### Congratulations to Bible Quiz Winners

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1	Sr. Manjusha	100	1 <sup>st</sup>
2	Sr. Sancy	98	2 <sup>nd</sup>
3	Sr. Sudha	98	2 <sup>nd</sup>
4	Sr. Joshana	98	2 <sup>nd</sup>
5	Sr. Suma	98	2 <sup>nd</sup>
6	Sr. Jaya	98	2 <sup>nd</sup>
7	Sr. Rashmi	96	3 <sup>rd</sup>
8	Sr. Vineeta	96	3 <sup>rd</sup>

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9	Sr Archangel	94	-
10	Sr. Roshni	94	-
11	Sr. Ranjita L	94	-
12	Sr. Ujwala	94	-
13	Sr. Padmini	94	-
14	Sr. Riya	92	-
15	Beronika	92	-
16	Sr. Elizabeth	92	-
17	Sr. Secunda	92	-
18	Punam	92	-
19	Jayanti	92	-
20	Sr. Lalita B	92	-
21	Sr. Sushanti	90	-
22	Priyanka	90	-
23	Sr. Banita S	90	-
24	Sr. Nikita	88	-
25	Sr. Dhannya	88	-
26	Sr. Bertila	88	-
27	Sr. Kamshila	88	-
28	Lucia	88	-
29	Sr. Mariagoreti	88	-
30	Sankumari	88	-
31	Sr. Sandhya	88	-
32	Evangeline	84	-
33	Sr. Hemlata	82	-
34	Sr. Subhangi	80	-
35	Sr. Asha	80	-
36	Ruchita	80	-
37	Akancha	80	-
38	Alisabeth	78	-
39	Cicilia B	78	-
40	Sr Christina	76	-
41	Kareena	76	-
42	Sr. Clementina	76	-
43	Shishu S	76	-
44	Berena	76	-
45	Gloria	72	-

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## A Glance At Our Centres

### ❖ St. John's Convent, Gohpur Assam

Warm greetings from St. John's Convent, Gohpur

- The Advent and Christmas season has brought immense joy and meaning to our community, especially for our formees who experience the boundless love of God, manifested through His descent from heaven to be one with sinful humanity. In the spirit of sharing our joy and aligning ourselves with the people, we undertook special prayers and novena in the villages during the Advent season.
- In the month of September, we were honored to welcome dear Sr. Vidya, our Provincial, for a Canonical visit, accompanied by Sr. Sunanda, our Vice Provincial. Their presence was a source of joy, enlightenment, and encouragement. Sr. Vidya visited the homes of our sisters in Assam, bringing joy to the parents and enriching their lives. We deeply cherish and appreciate their efforts to visit us.
- On December 2nd and 3rd, we hosted a gathering of family members of our sisters from Assam. While many families responded, some couldn't join due to various reasons. The gathering was a time of gratitude as we thanked them for their timely support, cooperation, sacrifice, and assistance during recruitment in different villages. A small cultural program by our candidates and some games

added to the joy. The event concluded with a thanksgiving Holy Mass, followed by lunch.

- Our community remains actively engaged in the pastoral works of the parish. Sisters are diligently preparing the faithful for First Holy Communion and the Sacrament of Marriage. Regular visits to the villages, attending Holy Mass, and praying the Holy Rosary in families allow us to spend meaningful time with the community, fostering gratitude for the blessings we enjoy.
- Currently, we are involved in village visits for recruitment. Given the distance, we sometimes stay with families in the villages. Your prayers are requested during these visits.
- Our K.G. school is flourishing with 53 students this year. The school recently hosted a delightful Children's Day celebration where the students showcased their talents. The positive response from parents and students reflects the school's continued success.

May this festive season bring blessings and joy to you!

#### ❖ **VinayVikas Pune**

- Our second-year novices returned from Snehalaya, Wagholi, on August 5th after completing their exposure programme.
- We commemorated the feast of St. Rose of Lima, the patroness saint of Sr. Lima and Sr. Shruti, with a beautiful prayer service and a meaningful Eucharist.

The day continued with a cultural evening that brought joy and relaxation to all.

- Onasadhya, a significant part of Onam celebration, was observed with the preparation of a variety of dishes and a colourful Pookalam. A meaningful prayer service accompanied by traditional attire added to the festive atmosphere.
- Teachers' Day was celebrated with a vibrant cultural program, a special Eucharistic celebration, and a prayer service dedicated to all the teachers.
- The second-year novices participated in an exposure program at the Missionaries of Charity.
- Candidates had a three-days retreat conducted by Fr.Jins, leaving them motivated and inspired.
- On October 1st, we celebrated the feast day of Sr.Surabhi, formees, and our community. The theme for our community day was "Do everything with great love." The day included a Eucharistic celebration, prayers, a competition, and prize distribution. Group games added to the delight and enjoyment of all.
- On October 3rd, 2023, our provincial, Sr. Vidya, visited our community for the annual visitation. We enjoyed her presence and had a short cultural program.
- In the spirit of October, the month dedicated to Mother Mary, we fervently prayed the Holy Rosary for special intentions.

- Diwali, the Festival of Light, was celebrated by lighting lamps and creating colourful rangoli around our campus.
- A community picnic to St. Vincent school provided a day of relaxation, joy, and fun.
- The Feast of Christ the King was solemnly celebrated, featuring adoration in the parish and three days of special adoration and prayers within our community.

#### ❖ **St. John's Convent Jagdalpur**

- On September 8th, we solemnly celebrated the birthday of Our Lady. In our parish, we observed an 8-day novena leading up to this special day.
- The community joyfully celebrated the feast of our dear sister Shubhangi, Fr. Jins, and all the helpers and students of Father. A Holy Mass and agape brought us together in gratitude and celebration.
- Sr. Amruta and Sr. Lify participated in a Training of Trainer program for the care of elderly sisters at St. John's Medical College, Bangalore, organized by CRWI. The training took place from October 8th to October 29th, 2023.

#### ❖ **Aragami CBSE School Mhasala**

Greetings from Aragami Convent School, Mhasala!

- In the spirit of "Azadika Amrit Mahotsav," the school proudly implemented the "Har Ghar Tiranga" and "Mazi Maatti, Maza Desh" programs. A Cultural



Fiesta on the theme "Nation First, Always First" was joyfully celebrated on August 12th, 2023.

- The 76th Independence Day, themed "Nation First, Always First," was commemorated on August 15th, 2023. Rev. Sr. Dhanya, the Treasurer of the Society of Sisters of St. John, unfurled the National Flag and paid tribute to the motherland. Various programs were held in honor of the occasion.
- National Sports Day witnessed a floral tribute to Major Dhyan Chand, inaugurated by Rev. Sr. Vidya, the President of the Society. A football match and Rakshabandhan celebrations were held, extending to District Jail, Rehabilitation centers, ZP schools, and more in Wardha. The festivities were followed by the celebration of "Grandparent's Day."
- On September 5th, 2023, "Teacher's Day" was celebrated with students showcasing their love through various programs. Rev. Sr. Jessy honored the staff with heartfelt gestures.
- "Hindi Diwas" was joyfully celebrated on September 13th, 2023.
- Gandhi Jayanti on 2<sup>nd</sup> October, 2023, saw students from classes 1st to 10th participating in Shramdaan and paying tribute to Mahatma Gandhi.
- Art took center stage with the celebration of "Art Fest" on November 7th, 2023. Various competitions aimed to transform, educate, inspire, and motivate students, fostering skills and confidence.

- On November 8th, 2023, Diwali, the festival of lights, illuminated the school with joy and festivity. The celebration continued with "CoughologyPathshala," where Mr.JagdishKawale from Glen Mark Pharmaceuticals Ltd. guided students. The program further extended into the celebration of "Children's Day" with teachers presenting a "Musical Orchestra" and various engaging programs.
- From November 18th to 21st, 2023, six students from Class 8, attended the "Chanda Live-in Programme" at Mount Carmel High School, Chandrapur. We express gratitude for your unwavering prayerful support.

#### ❖ **Aragami Convent Mhasala**

Warm greetings from Aragami Provincial House, Mhasala! We extend our heartfelt gratitude for the ongoing visits and genuine concern you all share for the Provincial House. Here are some updates we would like to share:

- Sr. Maria SJB, hailing from Germany, graced us with her presence during a week-long visit to the Provincial House, exploring various centers in and around Wardha starting from August 4th, 2023.
- A requiem mass was solemnly held on August 19th, 2023, marking the first death anniversary of Srs. Rose and Sangeeta. The Holy Mass was celebrated by Rev. Fr. Robinson, the Assistant VG of the Diocese of Chanda.

- A batch gathering of sisters spanning from 1995 to 2011 took place on September 16th and 17th at Agragami Provincial House, with 32 sisters in attendance. Rev. Fr. Bineesh OP guided the proceedings.
- October 14th, 2023, witnessed the celebration of Province Day along with the feast of Sr. Vidya, the Provincial Superior, at the Provincial House. The day commenced with Holy Eucharist at 11 am, celebrated by Rev. Fr. Joseph Koonath CMF, followed by a delightful lunch and a cultural fiesta.
- The Annual Retreat for Senior Sisters unfolded from November 10th to November 15th, 2023, guided by Rev. Fr. Jins Madathiparambil from the Diocese of Jagadapur. 45 sisters participated in the spiritually enriching retreat.
- His Excellency, Rev. Bp. Joseph Kollamparambil CMI, from the Diocese of Jagadapur, graced the community with a visit on November 23rd, 2023.
- Once again, our sincere love and greetings to all!

#### ❖ **St. Clare's Girls' High School**

The years gone by have been a vibrant and enriching journey, marked by a multitude of events and activities that have contributed to the development of our students. From academic competitions to cultural celebrations and awareness programs, the school has been a centre of learning and creativity

- On the 18th of October 2023 the newly appointed Bishop, Rt. Rev Bishop John Rodrigues blessed us with His gracious presence.
- Students participated enthusiastically in the poetry recitation, essay writing, elocution, singing, handwriting and the rangoli competitions.
- Our students participated in the Rashtrabhasha and Scholarship exams conducted at the State level, demonstrating their academic excellence.
- Newspaper in Education (NIE) a Times of India initiative organized interschool competitions for the students at all levels and also encourage the students to read the newspapers specially designed for them. A few of the articles written by our students have also been published in these newspapers.
- Value-based skits can be a wonderful way to impart important life lessons and values to students in a fun and engaging manner. The values like Patience, Perseverance, Honesty, Kindness, Sincerity, Discipline, Gender Equality, Civil Rights etc. have been incorporated through skits in the assembly every week.
- Educational picnics provided students with a break from routine and an opportunity to explore nature. These outings fostered a sense of friendship and allowed students to connect with their peers in a relaxed environment. This year we could send Std 8 and 9 for an educational day tour to Suresh Naik Space Park near Hinjewadi Pune for enhancing their scientific knowledge.

- Various talks were organized to address crucial topics such as first aid, women's security, good touch and bad touch awareness, and the proper use of fire extinguishers. These sessions aimed to equip students with essential life skills and knowledge.
- The Fire Brigade Personnel demonstrated the use of fire extinguisher for the high school students on the 15th of September and on the 16th of September Weikfield organized a quiz for classes 3 - 9 that was thoroughly enjoyed by the children.
- Damini Squad Women Constables Rani Jawale and Pooja Babar enlightened our students from classes 8 to 10 with Women security and safety
- New Solar Panels have been installed this year as a part of our conservation of the environment program and saving electricity.
- Sports Day was a day of flexibility, teamwork and sportsmanship. Inter house competitions were organized by the sports committee. Students participated in various track and field events, fostering a spirit of healthy competition and promoting physical well-being. Under the leadership of our PT teacher the students participated in various sports events held by the Zilla Parishad like Badminton, Throw Ball, Kho-Kho, Dodge Ball and Athletics.



## ❖ **Sanjeevani Ashram**

- All the activities at Sanjeevani Ashram are flourishing by the grace of God. The regular one-day retreats and monthly residential retreats attract a significant number of attendees from various areas of Maharashtra. The efforts of Sr. Divya, Sr. Valsa, and Sr. Jyoti, who conduct retreats in different parishes, contribute to creating a space for individuals and families to experience the presence of God and find healing.
- The ministry at Sanjeevani Ashram extends beyond retreats, encompassing counseling and prayer to provide solace to those facing challenges in life. The completion of exams by Sr. Secunda and her participation in the juniorate program at Premdaan is commendable, reflecting a commitment to personal and spiritual growth.
- The hospital ministry and school counseling ministry are also thriving, indicating the positive impact of the services provided by the ashram. Sr. Sally's attendance at a workshop conducted by CHAI for Doctor Sisters adds to the continuous learning and improvement within the community.
- The presence of eight inmates, with one employed in Mhasala School and another caring for Sr. Esther, is part of the holistic support provided by the ashram. We thank you dear sisters and our well-wishers worldwide for the support through prayers, good wishes, and material contributions, and for collaborative effort that sustains the ashram's

mission. May the grace of God continue to guide and bless the endeavors of Sanjeevani Ashram.

❖ **Sandhya Home**

- Oct 1st was a great day for us as we celebrated the feast day of St. Theresa of Child Jesus and also the feast of Sr. Tessy. We had nine days of novena in preparation of the feast of St. Theresa of the Child Jesus.
- On Oct 2nd one of our inmates passed away. She was one of the senior members of Sandhya Home. We all miss her because she was the person who always talked with all.
- On 3rd Oct our Sandhya home was thrilled with joy as we welcomed our beloved Provincial Rev. Sr. Vidya for her canonical visit. We were blessed by God by her presence in our community.
- We were blessed by the presence of Rev. Bishop. John Rodrigues. He prayed for all of us and spoke with all our inmates.
- Sr. Tessy attended her annual retreat in Wardha.
- On 19th November a half day was kept for an outing with all our inmates to the famous Japanese Garden.
- Sr. Sarala went Nagpur for the juniorate gathering. She was refreshed after the gathering.
- We participated in the novena of our parish in preparation of Our Lady of Immaculate Conception.

These days were the days of grace as all sisters took part in it.

❖ **St. John's Convent, Kazhakuttam**

Let me share some of the events happening here.

- JaaGo: As part of youth ministry, along with the Jesus Youth members of Techno Park, Trivandrum Sr.Pavana attended the JaaGo, National Conference of Jesus youth held at Christ College, Bangalore. The gathering of around 18000 young and old Jesus Youth was indeed a heavenly experience. Beginning from a 2 months baby Jesus Youth to 85 year old senior Jesus youth the gathering of three days was an expression of a new Pentecost happening in the Indian Church. Programs happening in various venues were attended by all. The confessionals arranged in the garden were always crowded reminding the prodigal children and the Merciful Father. The presence of Arch Bishops, Bishops, Priests and Religious, Seminarians and aspirants added color to the program. Every event was truly filled with the presence of the Holy Spirit that on the concluding session more than 500 young men and women came forward expressing their desire to follow Jesus in religious and priestly life. No vocation promotion was done by anyone but purely the inspiration of the Lord with whom they had fallen in love. This gathering deepened my God experience. I was challenged as a religious to examine my commitment for the cause of making Jesus known.

Sisters, these youngsters do much more than any of us in the line of evangelization. Few thousands of religious women were there. None of us paid for our stay or travel but all sponsored by the Jesus Youth of respective places out of their tithes. How generous they are to contribute in cash, in person, in talents to just tell the other that Jesus loves you. I thank Sr.Vidya for permitting me to go for this gathering and my community for sparing me for this. Before joining Johnite family I too was a Jesus youth. In fact being a Jesus youth I was confirmed of my vocation for mission. It was like going back to my roots to be more enthusiastic in my present day commitment.

- Pastoral Ministry: we have various programmes happening here. Many children are prepared for sacraments, young men and women prepared for marriage, and BCC gatherings are strengthened by our presence. As the month of December is celebrated as the Month of Divine word, parish had 15 days “Vachanaparayanam”. 48 people sharing half an hour daily to read word of God completed the 73 books of Bible on 15th at 6pm. We sisters too shared the slots for reading which inspired many to join reading. The Word of God is active and alive. Sr. Deepa is in-charge of the family ministry. She has got two groups under her care namely “the Gainers group, (age above 60) and Naomi’s daughters, the widows and single of our parish.
- We are enjoying our mission here. No just getting ready for the Carrols. This year we are having a

Christmas evening for the public at Kazhakuttam junction on 22nd of December.

❖ **Jeevan Vikas Community**

Loving greetings from JeevanVikas community! The Holy Rosary was conducted in our ward from 24th October 30th October. Every evening we visited the house and prayed the Rosary with them.

- We celebrated the B' day of our Fr. Founder and distributed the tailoring machines to our disabled people.
- Jeevanvikas society supported by CRC Nagpur provided Aids and appliances to differently-abled people.
- We had 3 days camp on physiotherapy. The resource person was Dr.Sheetal Fulzele from AWMH Mumbai. It was conducted for newly admitted members. 36 disabled members participated and benefited from the camp. We are continuing the physio therapy in different villages with 52 children.
- Jeevan vikas society under Manos Unidas trained disabled students for tailoring from 14 villages.
- We conducted medical camps, awareness programmes and nutritional material supplement programmes. Through these, we could reach out to thousands of people.
- Diwali, the festival of lights, was celebrated along with our differently-abled people. On this day we

remembered the B' day of our Sr. Ludgurdis and prayed for her soul.

- On 4th December we celebrated disability day in Anji village. Many of the parents of disabled children, disabled youth and children were present. On this occasion various competitions were held for children and parents such as musical chair, passing the ball, dance, singing and rangoli. They enjoyed the celebration. With respect, love and care, we have given a gift for each of them. Wish you a happy Christmas and New Year filled with God's blessings.

### ❖ **Aragami School Pipri**

- Aragamians had a wonderful time celebrating various events and occasions! The involvement of Rev. Sr. Vidya, the Provincial Superior, as the Chief Guest for Independence Day added significance to the celebration. The emphasis on the importance of education and teachers during Teachers Day was heartening, recognizing the transformative power of a good education and the impact teachers have on shaping lives.
- Grandparents Day was a special occasion that brought together around 350 grandparents, making it a memorable and cherished event. The presence of Rev. Sr. Esther Rani as the speaker added inspiration and motivation to the celebration, leaving the grandparents happy and content.
- Teachers took the initiative to perform for their students on Children's Day, fostering a positive and

joyful atmosphere within the institution. The outings to water parks, Raman Science Emporium, Deekshabhoomi, and the metro journey provided students with enjoyable and educational experiences, creating lasting memories.

- **Social Activity**

In the spirit of fostering empathy and compassion during Diwali, our students embarked on a heartwarming initiative. They gathered various essential items such as towels, cream, powder, bathing and washing soaps, along with Puri and potato sabji. These thoughtful collections were then distributed to the orphans and elderly residents at Sevashram in Keshav City, Wardha.

- Additionally, our students demonstrated their commitment to social responsibility by collecting funds. With the collected money, they purchased 30 blankets to contribute to the noble efforts of LSS (Social Service Centre of Bishop's House, Ballarshah). In another act of kindness, six sweaters and daily needs materials were generously given to the inmates of Jeevadhara.
- Furthermore, a significant sum of Rs. 15,000 was raised and contributed towards ASHA KIRAN, underscoring our students' dedication to supporting and making a positive impact on the lives of those in need. These compassionate endeavors reflect the values of community service and altruism that we hold dear at our institution.

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## Little Bird

- Jayanti

O little bird, I like you

Your song is so sweet

Coming to my house window

Knocking it with little beak

Whom are you searching for

Sweet Jesus is in your life

God created you colorfully

You are the beauty of creator

You bring happiness to people

Singing and dancing alone

How sweet and lovely you are

You like to sing and fly

I saw you on the sky

My heart was filled with joy

By seeing you I learned

Singing with creatures of God



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**- Sr Tresa SJB**

**G**od's plans unfold in mysterious ways, and I recently had the unexpected privilege of attending a two-day retreat in Ramalloor, Kothamangalam. Initially, I thought it was a vocation promoter's class, but upon arrival, I realized it was a retreat. Despite feeling a bit uneasy initially, I gradually settled into the experience.

Gathering with around 34 congregations at Sanjoe Bhavan - CMC House in Ramalloor, led by Sr. Lisieux Maris CMC and her team, the focus of the retreat was centered on proclaiming the Word for the purpose of vocations. The emphasis was on understanding how to effectively use the Word, particularly in challenging times.

Throughout the two days, the retreat delved into various aspects of using the Word in different contexts. From incorporating it into house visits to touching others' lives, from praying the Word to bring in vocations to overcoming spiritual dryness through the Word – every facet was explored. A particularly engaging session involved a mock proclamation of the Word.

Moreover, there was a valuable sharing session where each congregation discussed their methods for attracting vocations. Witnessing the diverse ways in which congregations approach this challenge left a lasting impact on me. I discovered that some of these methods could be applicable to our own congregation.

The retreat was a unique and enriching experience, offering valuable insights into the significance of proclaiming God's Word in the present times. It provided a perspective that I had not encountered before and highlighted the profound importance of meeting God's demand to proclaim His Word in the world today.

### **Vocation Story**

**- Sr DainaUthan Singh**

I'm Sr. DainaUthan Singh, and I want to share my vocation journey with you. Every call is a gift from God, and I've strived to respond to His will, as mentioned in Isaiah 43:1.

I was born on March 27, in 2000, in Landagadi village, Kandhamal, Orissa, into a loving Catholic family. Unfortunately, I lost my father at the tender age of 3, but my uncles stepped in to support us, especially in our education. Although I didn't experience my father's love, I found solace in the love of my caring uncles.

Raised in Landagadi, my prayerful mother became my guiding light. She taught me how to pray and live a good life, becoming my model for learning valuable life lessons. Despite the challenges, I grew up in a small family filled with happiness and joy.

At the age of 4, my mother sent me to the DC Sisters hostel for studies. I found comfort in prayer during difficult times. At 12, I received my first Holy

Communion, and attending daily Mass fueled my love for it. The devotion to the Eucharistic Lord inspired me to choose a religious life.

My desire to join the convent grew, and after expressing this to my family, I attended a vocation camp. It was there that I felt a calling from God. Through Father Mugund, I learned about the SJB congregation. Sr. Esther and Sr. Roshini visited my house, and on May 10, 2015, I joined the Sevasadan community.

Sr. Surabhi became my first mistress, helping me overcome language barriers and teaching me to love Jesus, say basic prayers, and speak English. Despite struggles, I held onto hope in Jesus. Sent to Assam for higher secondary education, Sr. Pavana supported and helped me improve my studies.

In 2019, after passing my 12th exam, I had a joyful experience in Jail Road and completed the Atma Darshan course in Darsana. This course strengthened my vocation, religious life, and relationship with God.

On November 1, 2019, I entered postulancy at the provincial house in Mhasala to improve my language skills. Despite the challenges posed by COVID-19, I entered the Novitiate on May 1, 2020, in Pune. Sr. Bindu guided me in this new place, and I was later sent for a community experience in Gomini, connecting with people and understanding their struggles.

On May 31, 2022, I made my first commitment in the Provincial house, surrounded by many sisters who have taught me many valuable things. They've supported my

physical and spiritual growth. Currently, I'm at Kalyan Holy cross Hospital, studying the General Duty Assistant course.

My journey has been filled with faith, challenges, and growth and I look forward to continuing this path of service and devotion.

### **Laudate Deum:**

## **Pope Francis` Call to All on The Climate Crisis**

The Apostolic Exhortation "Laudate Deum" by Pope Francis addresses the urgent issue of the climate crisis. The document begins with a reflection on the message of Saint Francis of Assisi, praising God for all creatures, and emphasizes the interconnectedness of human life with the environment. The Pope expresses concern that the world's responses to the climate crisis have been inadequate, and the situation is worsening.

The exhortation highlights the global and social dimensions of the climate crisis, affecting the dignity of human life. It quotes the Bishops of the United States and the Synod for Amazonia, emphasizing the impact of climate change on

vulnerable populations. The African bishops term climate change as a "tragic and striking example of structural sin."

The document presents evidence of the global climate crisis, citing extreme weather events, rising temperatures, and the accelerating impact of climate change. It dismisses attempts to deny or downplay the issue and criticizes those who blame the poor for environmental problems. The Pope argues that richer countries are major contributors to pollution, while poorer nations suffer the consequences disproportionately.

The exhortation clarifies the anthropic origin of climate change, attributing it to human activities and the increase in greenhouse gas emissions. It underscores the acceleration of global warming in recent decades and the need for urgent action. The Pope refutes arguments against climate change, pointing out the correlation between emissions and climate phenomena.

The document discusses irreversible effects of the climate crisis, such as ocean temperature increase, acidification, and melting ice sheets. It warns of the possibility of reaching a critical

point where intervention may be too late. The Pope calls for a broader perspective that balances progress with responsibility for the legacy left to future generations.

The Apostolic Exhortation "Laudate Deum" by Pope Francis addresses the climate crisis and reflects on the environmental concerns expressed in his earlier encyclical, "Laudato Si'". The document emphasizes the interconnectedness of all beings and highlights the urgency of addressing the global climate crisis as a matter of social justice and human dignity.

The exhortation acknowledges the signs of climate change, criticizes inadequate responses over the past eight years, and underscores the social impact of climate change on vulnerable communities. It argues that climate change is a global social issue intimately linked to the dignity of human life, echoing sentiments from bishops and synods.

The text discusses the scientific evidence of climate change, refuting denial and emphasizing the accelerated nature of recent warming. It highlights the human contribution to greenhouse gas emissions and stresses the ethical

responsibility to address the crisis. Irreversible effects, such as ocean temperature increase and ice melting, are outlined, and the potential for catastrophic outcomes is recognized.

The document critiques the technocratic paradigm that prioritizes unlimited growth and explores the negative consequences of increased technological power. It calls for a reevaluation of human power, emphasizing the need for ethical considerations and responsible use of technology.

The weakness of international politics in addressing climate change is acknowledged, and the exhortation advocates for a reconfiguration of multilateralism to involve civil society and prioritize human dignity. The Pope criticizes the failures of climate conferences, highlights the Paris Agreement's ambitious goals, and expresses disappointment in the lack of progress in subsequent conferences. The impact of geopolitical events, such as the invasion of Ukraine, on climate negotiations is also noted.

In the Apostolic Exhortation "Praise God," Pope Francis addresses the urgent need for global

action on the climate crisis. Reflecting on the upcoming COP28 conference in Dubai, the Pope expresses hope for decisive commitments to accelerate the transition to clean energy. He emphasizes the necessity of efficient, obligatory, and monitored measures to achieve a drastic and intense shift away from fossil fuels.

The Pope critiques the inadequate progress in reducing global emissions despite international agreements and stresses the interconnectedness of environmental, social, and economic issues. He calls for an end to the superficial treatment of environmental problems and urges a holistic approach that considers the broader global system.

Highlighting the spiritual motivations rooted in faith, Pope Francis emphasizes the responsibility to care for God's creation. The document encourages individuals, irrespective of their religious beliefs, to recognize the environmental crisis as a human and social problem that demands collective action. The Pope calls on participants in COP28 to prioritize the common good over short-term interests, urging them to make binding commitments for a sustainable energy transition.



In conclusion, Pope Francis underscores the importance of recognizing the intrinsic value of all creatures, advocating for a shift from an isolated technocratic paradigm to a holistic view that acknowledges humanity's interconnectedness with the entire world. The document serves as a moral call to action, urging individuals and political leaders to embrace a transformative approach for the well-being of the planet and future generations.

### Saint Companions

#### St Adlaide



**St. Adelaide** of Burgundy, honored on December 16th, is the patron saint of abuse victims, second marriages, and widows. Born a princess in 931, she became Queen and later Empress of Italy. Despite facing adversity, including the suspicious death of her first husband, Lothar of Italy,

and imprisonment by his successor, Berengarius, Adelaide's resilient spirit prevailed. A priest facilitated her escape, leading her to the protection of the Duke of Canossa. Eventually, she married German King Otto the Great on Christmas Day, 951, becoming Empress.

Adelaide's life unfolded with both triumph and tribulation. After Otto's death, she endured mistreatment from her step-son, Emperor Otto II, and his wife Theophano. Despite challenges, she reconciled with them. Widowed in 973, Adelaide continued to wield influence, using her power for benevolence. Exiled by Theophano, she returned as regent for the child emperor, Otto III, after Theophano's death in 991. Adelaide dedicated her later years to charitable works, evangelization and the construction of monasteries and churches.

Retiring to the convent of Selva near Cologne, though not a nun, Adelaide spent her final days in prayer. She passed away on December 16, 999, and Pope Urban II canonized her in 1097. Her feast day is celebrated in numerous German dioceses.

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## A Soldier with A Gun

- Sr Shruti

In a small town, there resided an elderly soldier with no family to call his own. Whenever he ventured outside, he clutched his gun, earning him the reputation of a seemingly eccentric man among the townsfolk.

One ominous night, as he strolled with his gun in hand, a group of passersby ridiculed him, dismissing him as a madman. Undeterred, the old soldier continued on his way. Soon after, a different group of young people approached, intending harm to the mockers. Terrified, the taunters cried out for help.

Upon hearing their distress, the old soldier swiftly returned, gun in hand, ready to shield them from harm. Confronted with the sight of the elderly soldier prepared to defend, the would-be attackers fled. Ashamed, they pleaded for forgiveness.

With grace, the old soldier imparted a valuable lesson, "I may be old, but my presence and this gun can be of help. Think twice before you speak." The incident serves as a poignant reminder to refrain from hasty judgments and to always approach situations with respect and empathy. It underscores the importance of considering others' perspectives and cultivating openness to receiving goodness, much like preparing ourselves to welcome Jesus into our hearts.

## One Dark and Starry Night

- compiled by SrNikita

*On a dark and starry night  
One star shone particularly bright  
And led wise men to the sight  
Where a prince was born that night.*

*When they arrived upon the scene,  
It was almost like a dream.  
There lay the tiny Lord Supreme,  
'Tween Joseph and Heaven's future queen.*

*The wise men placed their gifts before him,  
To show how much they adored him.  
Their souls filled with joy to the brim,  
As the angels sang their Heavenly hymn.*

*Now each Christmas we commemorate,  
And rejoice with glee and celebrate,  
The birth of Jesus, the one so great,  
The Son of God, the Word Incarnate.*



## **My Sojourn Through The Square of Care**

### **A Review and Testimony on Impact Square Workshop**

**- Sr Sally**

#### **Introduction**

Health workers' concerns and aspirations are regularly aligned with their assignments about maladies of people. These assignments, often becoming part of caregivers' life, put huge pressure on individuals and systems of wellbeing. CHAI's (Catholic Health Association of India) unique initiative, 'Impact Square Workshop' was aimed at bringing together and empowering sister doctors involved in diverse healthcare apostolates. The title, Impact Square, aptly reflected its commitment to positively influence the lives of individuals through a collaborative network and a focus on self-care. Functioning as a guiding light for those aspiring to soar high like kites, experiencing freedom and profound inner joy, the workshop aimed to cultivate a community of purpose, through holistic approaches, surpassing the confines of traditional leadership training. Integrating spirituality, self-care, and sustainable leadership, Impact Square envisioned "a transformative space" dedicated to enhance individuals' spiritual awareness and nurture a rich interior life, resulting in tangible impacts on society.

My attendance and participation in the 4-day pioneering workshop of this initiative from 15-19 November 2023, in Goa, solidified my belief in its capacity as a dynamic

framework for nurturing purpose-driven healthcare personnel who can collaboratively explore approaches to personal, professional, and societal growth.

In this review journal on the workshop and its dynamics, I lay out a commentary of impressions, insights, and aspirations on relevant elements of the Impact square experience and propose my reflections of motivation and feedback the session inspired to charge me as a doctor sister. This narrative is presented in four parts that show (a) my initial, in-felt, and overall impressions about the workshop and the time spent within the square, (b) my experience of various features of the workshop, (c) insights on the dynamics of the collaborative project, and (d) key suggestions which I perceive can contribute to the vision and advancement of Impact Square drive.

## **Square Impressions**

Right from the approach of the moderators, two resourceful religious personnel with professional aptitude, Fr. Mathew Abraham CSsR and Fr. Biju Madthikunnel CSsR who designed and coordinated the initiative, to the bond among the gathering of doctor sisters, the workshop impressed me with an uplifting sense of purpose and meaning. This serves as a perfect example of the realization of grand aspirations when visionary minds collaborate, as Sr. Beena Madavath, the former SDFI (Sister Doctors Forum of India) president, witnessed her long-cherished dream come to fruition in Impact Square.

The square featured Sr. Teslin as a facilitator, embodying a combination of simplicity, accessibility, and resourcefulness with remarkable grace throughout. The program was presented with a thoughtfully designed logo and a value statement based on the workshop's ambition of a transformative journey. The presentation sought to embody the vision of a "rich interior life and meaningful ministry" and testified to Impact Square's commitment to enrichment, collaboration, and positive impact in the specific field of care ministry. The gathering of sister doctors created a unique sense of love and friendship, united and motivated by a shared knowledge of the impact and force within Catholic healthcare system.

The Holy Eucharist became a transcending and unifying experience, providing a sacred space for reflection, prayer, and communion, functioning as the anchor of the theme-based modules of each day. The sermons delivered during these agape gatherings were not only insightful but served as beacons of guidance, often prompting us to stretch minds beyond conventional norms. Meditating on the divine image of God fully human and alive beyond the constraints of space, matter and time- the incarnate Immanuel- and the profound oneness of human with the divine were few of the contemplations that the company embraced and personalized during the love meals.

The input sessions of the program were organised to invite, inform, and inspire the participants about core concerns and purposes of the ministry of care. These

interactive sessions transpired several issues and points projected by the moderators and indicated by the participants. The discussions spotlighted on various aspects of self-care, integrated spirituality, resilience for sustainable leadership, nuances of social communication and the like; all of which received considerable attention of the group. The program design and implementation at Impact Square reflected careful attention to convenience with elements thoughtfully arranged. The organizers put in considerable effort, resulting in a well-structured workshop. Coordination among resource persons was evident, who presented their topics with confidence and ease. They tailored the content to suit unique needs, ensuring relevance and impact. They engaged participants in a friendly manner, addressing questions and challenges to enhance the overall learning experience. As an integral part of the workshop's dynamics, playful activities of games, sea side ventures, coupled with delights of taste and food further consolidated the impression of the square as a place of joy, leisure, and positive energy. The location, facilities, and general ambience chosen were amiably accommodative and practically contributed to the groups' learning, focus, and exposure exercises.

## **Square Experiences**

I entered the Impact Square company of colleagues with expectations of meeting friends, hearing stories, sharing experiences, learning new insights, involving in collaboration and building shared understandings relevant to the apostolate of care to which I am



committed. I must say the square experience has provided a family bond to foster my expectations. Because of the shared work ethic and familiarity from the college days, the fond re-connection among us was spontaneous and instantly congenial. The spiritual ambience that was at the heart of the program was experienced as an animating force to advance the project's ideals. The conducted games and sportive group plays, campfire, joke-sharing, and dancing at the commune, often carrying meaningful messages were flawlessly integrated into the contextualized theme of the workshop: care, communion and enrichment. The conditions of communication and connection at the square site were optimised to retain maximum attention within the groups' dynamics. This inadvertently meant minimising contact with external concerns through minimum mobile network connectivity. As a result, like most participants, I was able to immerse in the workshop fully and engage with others to create an interactive enclosure.

The get-together primarily accommodated a cordial and nourishing environment of relaxation and leisure which feasted upon the friendliness and bond among the participants. The basis of this bond and a profound retrospection of the connecting factors were highlighted as the major themes of the entire workshop. Its focus on self-care and leadership roles and the social impact we can create were illuminated with interesting and informative input sessions, proposals, and discussions. The shared views of the participants were efficiently moderated and to some extent integrated with the core

concerns of the workshop. Focus group discussions and table talks provided a platform for sharing insights and exchanging experiences which overall strengthened the collaborative spirit.

Artfully crafted presentations, coupled with interactive sessions, eased the learning objectives, and simplified the synthesis of many meaningful insights. In spite of the many engaging sessions, the program did not leave any tiring experience regarding the schedule or the content on most of us. I fondly remember one participant expressing, "I was unaware of how swiftly the four days passed; not once did I feel tired, sleepy, or exhausted." Most of us echoed her sentiment.

The communal experience of the gathering, comprising of retreat, renewal, and refreshment objectives, purposefully amplified the leisure aspect to reflect the relevance and urgency of self care awareness. At the personal level, I thoroughly enjoyed the sportive and recreational games, outings, and flavours which the workshop supplied to enhance the bond and affectivity. Such holistic approach of the program increased my affinity to the projected plans.

### **Impact Insights**

The messages taken home from Impact Square were profound and transformative, urging me to embrace new approaches in my religious and professional life. Personally, I sensed immense liberation from needless fears and inhibitions, experiencing genuine inner and outer freedom and joy during the exposure. Upon

leaving the square, I carried a sense of enrichment, surpassing any experience from prior refresher programs. I felt open to set out, test, know, and unveil self-awareness and care leading to personal and community growth. The prominent insights that made impacts on my perceptions were featured across all major sessions especially the ones prompting me to integrate spirituality with a broader perspective on the divine and human existence. Reflections on enhancing resilience and cultivating motivation for integrating personal and professional life were also notable takeaways.

In contemplating my future life mission, the workshop's emphasis on collective thinking and fostering a natural understanding among individuals greatly appeal me. The imperative to dedicate ample and purposeful time for self-care, along with the emphasis on enhancing networking, collaboration, and refining leadership skills, were compelling insights. Prioritizing improved communication skills and effective time management may take precedence in my journey, aiming to enhance not only professional efficacy but overall quality of life. The impact of these individual transformations and learning from the workshop will certainly enlighten my further journey to contribute to the well-being of the larger society. Through these I hope to create an enduring impact in the world around me in my own unique ways. In a nutshell, the call to be an inspiration to myself and a catalyst for change in others sum up the impactful philosophy of empowerment and positive transformation fostered by Impact Square.

## **Miles to Charge**

Drawing on the awareness and urgency transpired at the workshop and inspired from the above pointers, I realize the need for decisive steps towards the impact objectives. These steps which I foresee as 'miles' of moving together to be charged include:

1. Periodic Seminars and Online Meetings to provide continuous learning opportunities.
2. Online Small Group Meetings for Peer Support: Revitalizing existing self-help peer groups through regular online small group meetings, encouraging participants to share experiences, challenges, and successes, fostering a supportive community.
3. Training of the Trainers: Identifying individuals from the current participants for a "Training of the Trainers" program. These trained individuals can extend the workshop's impact by conducting sessions for other doctor sisters and members in the health ministry.
4. Expand Project Reach: Develop a plan to expand the project's reach by collaborating with additional healthcare institutions, ministries, or organizations.
5. Enhance Professional Leadership: Offering capacity enhancement programs focused on addressing emerging trends and challenges in the healthcare and leadership domains. This could include workshops, webinars, or mentoring programs to further develop leadership capacities among participants, to ensure that they stay updated and well-equipped for their roles.

6. Collaboration and Networking Events: Facilitating networking events to encourage collaboration among participants. This could involve creating platforms for joint projects, research initiatives, or community outreach programs.
7. Periodic Evaluation and Feedback: Conducting regular evaluations to assess the impact of the workshop on participants' professional and personal lives. Encourage participants to reflect on their progress, set new goals, and discuss strategies to foster a culture of ongoing self-assessment and growth. Gather feedback on the effectiveness of follow-up initiatives and use this information to make informed improvements.
8. Documentation and Case Studies: Encouraging participants to document their experiences and success stories post-workshop. Compiling these into case studies that can be shared with the larger community, inspiring others and showcasing the workshop's impact.
9. Online Platform for Resource Sharing: Creating an online platform for resource sharing, allowing participants to exchange articles, tools, and best practices. This virtual community can serve as a hub for continuous learning and collaboration.
10. Celebratory Events and Milestones: Marking significant milestones with celebratory events, recognizing individual and collective achievements. This could include anniversaries, project completions, or personal successes resulting from the workshop.

## **Key Recommendations**

In this final section of the report, I make a critical assessment and a partial revision of the effect and efficacy of the workshop process to its initiation and ensuing stages. Given the scope and aspirations of Impact Square, this feedback may be considered recommendations that help further estimations and implementation in view of the outcome of the project.

Concerning the input sessions and focus group discussions, there was a sense that certain sessions lacked sufficient time for clarifications and in-depth considerations. The moderators' interventions, though methodical, fell short at times in adequately synthesizing some valuable yet conflicting opinions, views, and perceptions of participants, which were inadequately recorded and not further explored. This is most likely due to the constraints of time.

Despite the workshop emphasizing sustainable leadership consistently, drawing from various disciplines and aiming to cover diverse perspectives like personality factors, resilient leadership, lasting social impact, the goals and objectives of Impact Square may provide clearer definitions and refine the boundaries and scope of the project.

Impact Square for doctor sisters fits well under the auspice of CHAI. However, the planning, coordination, and future sustainability methods, as well as the governing agency, needs little more explanation and justification. The practicality of the inter-congregational

approach, the organizational structure for coordination and training, a web-based system connecting stakeholders for documentation, data management, and a helpline, may further be looked into with a focus on identifying and addressing potential challenges. Some considerations include establishing a framework for promoting personal well-being and community care across diverse religious communities and adopting participatory action plans. Also involving religious community leadership in knowledge construction and expanding the caring square to include aging and retired caregivers, can also be thought about.

A detailed qualitative study and its findings can serve as a valuable source and motivation to clarify the ambitious goals of the project. This aspect is not adequately communicated in/ post workshop, and by doing this, a broader community of healthcare religious personnel can engage with Impact Square more effectively.

The follow-up plans can have more clarity, detailing, and accountability regarding a timeframe and responsible leadership, raising concerns about the ongoing aspects of the developmental plan. There is a need to critically consider the distinctive impact of the square ethos, especially when compared to the significant impressions of the refreshment program. Participants seemed to assess the program and its ideals leniently. It would be helpful to explore how individuals are integrating and advancing the envisioned changes in their personal contexts and to establish a work plan for various

interactions among members as crucial aspects of follow-up and regular review.

## **Conclusion**

The Impact Square workshop, organized by the Catholic Health Association of India in collaboration with Sister Doctors Forum of India, has been a transformative experience for me. Blending spirituality, self-care, leadership skills and overall well-being, it provided me with a diverse set of tools to enhance my effectiveness as a doctor sister. The well-thought-out sessions, engaging interactions, and collaborative atmosphere fostered a sense of community that goes beyond the workshop's physical boundaries. The combination of knowledge, shared experiences, and enjoyable outings has made a tremendous impact. As I move forward, I uphold the workshop's lessons in my dedication to self-care, resilience, and social responsibility, aspiring to contribute to the square's transformative journey in the future. The Impact Square workshop for me signifies more than an event; it marks the commencement of an enduring path toward positive change that creates meaningful impact in both my personal and professional spheres.

***(This is the review journal that won an award at the Impact Square Workshop)***

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## Never Give Up

- Punam Kujur

*Never give up, try hard to achieve  
If you cannot achieve at least start to dream  
Because dream is in front of you  
Go ahead, go gladly  
Success is waiting  
Never give up.....*

*Situations will be different  
People will be indifferent  
Places will be dissimilar  
Only God will be similar  
Never give up....*

*Journey of life is complicated  
Face it with a smile  
Way is very long to go  
Dare to go don't turn back  
You are little far to achieve it  
Never give up....*



## Inspiration From The Ephatha Retreat

- Sr Jyoti

**W**ith immense joy, I share the blessed experience of attending the 1st Retreat of Ephatha in Adilabad diocese, alongside sisters Vineeta, Sunanda, Dhannya, Roselin, and Roshni. The retreat was conducted by Rt. Rev. Bishop Prince Anthony and his team, and it brought together 76 sisters in spiritual communion.

Our journey began on December 3rd when the six of us reached Maneherial. Father Kurian, the director of Ephatha, welcomed us at the station with a hearty smile, making us feel at home through their hospitality, love, and care. The retreat commenced with an introduction and prayers by Father Kurian, accompanied by the melodious singing of Fr. Jinson and the team.

Rt. Rev. Bishop Prince initiated the talks by narrating the Gospel of St. Luke 24:13-31, where the disciples, in their gloom, couldn't recognize their master. The revelation of the Word of God (Luke 24:27) caused their hearts to burn, and it was in the breaking of the bread (Luke 24:33) that their eyes opened, and they recognized Jesus. Throughout the retreat, the Word of God and the Eucharist played a pivotal role. Often, like the disciples on the road to Emmaus, we may fail to recognize Jesus. To rediscover our path, we must let the Word of God burn in our hearts and open our inner eyes through the Eucharist.

Reflecting on our spiritual journey, we must assess our relationship with Jesus, as seen in Genesis 3:8-9 when God asks Adam, "Where are you?" This shows God's concern for our presence?" This Biblical passage becomes an invitation for introspection, compelling us to assess our current paths, make necessary corrections, and align ourselves with the purpose and vocation that God has set before us. It encourages a thoughtful consideration of our direction in life and a willingness to submit to the divine plan.

In Genesis 16:7-9, Hagar's encounter with the Angel poses the question, "Where are you coming from, and where are you going? Return and submit." Hagar's situation mirrors moments in our own lives when we may feel lost or uncertain about our path. The Angel's inquiry implies a redirection, a return to a place of responsibility and submission. Similarly, we are urged to examine our own journeys, ensuring that our actions align with our destination and calling. It prompts us to introspect about our destination and vocation. "Where are we going? What are we doing in relation to our destination and vocation?

Our vocation and mission are divinely outlined in Mark 3:13-15 - "To be with Him, proclaim, and cast out demons." This necessitates a fundamental experience of being with Jesus and adopting His lifestyle. Scriptures (Mt. 4:23, Mt. 9:35, Lk 8:1) illustrate Jesus teaching, preaching, and healing with compassionate love. Instances like feeding the hungry, giving life to the

widow's son and embracing sinners emphasize Jesus' compassion and proactive outreach.

Drawing parallels between our lives and Jesus' life style, we must contemplate our associations with the downtrodden, tax collectors, and sinners. Like Jesus, who did not wait but actively sought those in need, we are called to reach out. Matthew 26:6 recounts Jesus in the house of Simon the leper, exemplifying his intentional connections.

Reflecting on our lives, we must consider a U-turn, guided by:

- *Connectedness with Jesus.*
- *Immersion in the Word of God.*
- *Infilling of the Holy Spirit.*

This trifold transformation will pave the way for effective evangelization. The Holy Spirit, working within us, will prompt us towards the prime duty of direct evangelization without compromise.

As we embark on this journey, let us remain vigilant against worldly influences. Now is the time for both the young and old to proclaim Jesus boldly. The mandate for mission echoes in every Gospel's conclusion (Mt 25:19-20, Mk 16:15, Lk 24:47, John 20:21), urging us not to shy away from our responsibility to proclaim the Good News.

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## God's Extravaganza of Love

- Sr Sally

### **A** Christmas Miracle: God's Extravaganza of Love

In Bethlehem's quiet, beneath a starry dome,  
A Christmas miracle, God's Extravaganza of love unfolds.

A tale of grace, a story divine,  
Where heavens and earth in sweet harmony entwine  
A manger's embrace, a humble abode,  
Where God in a child, His love bestowed  
From realms above to a stable's straw,  
An Extravaganza of love, the world in awe  
The angels harmonize, their joy cascades,  
As shepherds and wise men tread in serenades.

The newborn King, a beacon of light,  
Igniting the world on that holy night  
In swaddling clothes, a sovereign disguise,  
A Christmas miracle, a love that never lies  
Immanuel, God with us, so near,  
A promise of hope, casting away all fear  
Through snow-kissed pines and carolers' song,  
The miracle of Christmas, its melody strong  
A symphony of love, pure and profound,  
Echoing through ages, resounding sound

The Magi's gifts, symbolic and grand,  
Gold, frankincense, and myrrh, they understand.  
A tribute to the King, His divinity proclaimed,  
The Extravaganza of love forever named.  
So let the bells chime, let the carolers sing,  
A Christmas miracle, to the world we bring.  
God's love extravagant, a gift so divine,  
In every heart, may its brilliance shine  
As snowflakes dance, and candles glow,  
Embrace the miracle, let love's river flow.  
For in this season, in God's love we find,  
An Extravaganza of grace, to all mankind

### **From The Hospital Corner**

#### **Despair and Hope**

**- Sr Sally**

In the dimly lit confines of the Dermatology ward, I first encountered Mrs. TS, a woman whose life was being ravaged by a relentless autoimmune disease called pemphigus vulgaris. The disease causes blisters on the skin and mucous membranes throughout the body. It can affect the mouth, nose, throat, eyes, and genitals. Blisters are terribly painful. They may heal and leave dark patches on the skin for months. Often these lesions

can end up in severe infection and even death if not appropriately and timely treated.

Mrs. Ts's skin, once a canvas of vibrant hues, was now a battleground of painful blisters, their angry red edges stark against her pale skin. The disease, a cruel irony, mirrored the turmoil within her mind. The constant dressings, the isolation, the fear of infection - all contributed to a deep-seated despair that threatened to consume her. She was kept isolated in a room with only her husband or some other relative at her side. She couldn't wear any dress as she needed daily dressing in order to prevent infection. She was kept away from other patients and visitors so that she may not acquire any infection which she was very much prone to. Only human for her for more than a month was her husband and the doctors and nurses who were always wearing masks and gloves again to prevent infection. Due to prolonged care and care-giver burn out, her husband also used to get irritated at times which she confronted as a stark sign of her worthless being. The isolation she endured was not merely physical; it was emotional as well. The masks and gloves worn by the medical staff, a necessary precaution to prevent the spread of infection, served as constant reminders of her contagious condition, alienating her from the very people who were supposed to care for her.

When her pitiable condition was referred to the Psychiatry department, I found her huddled in her room, a solitary figure amidst the hum of medical activity. Her eyes, once sparkling with life, held a vacant, hopeless

gaze. Her voice, barely a whisper, carried the weight of her suffering. I couldn't spend much time by her side as there was probability of hospital acquired infection which may threaten her chances of improvement. She was briefly counselled and was started on antidepressant medication which was gradually increased to the optimum dose.

In the Psychiatry OPD, during the follow up after the first round of her shameful distress, she looked tired, worn out, and hopeless. The scars left behind by the blisters, like indelible marks of her struggle, further eroded her self-esteem. She saw herself as a burden to her family, a disgrace to her community, a pariah in society. A bout of severe depression was looming over her. At the OPD cabin, I was met with a torrent of despair. Her words, like shards of glass, cut through my heart. She spoke of suicide with a chilling detachment, her voice devoid of any emotion save for the overwhelming emptiness that consumed her.

I fortunately didn't have many patients waiting that day and so, with a PG student by my side, I spent more than half an hour just keenly listening to her woes and worries. I sat there as if I had nothing else to do in life than listening to her, impressing her that no one else was more important than she at that moment. I listened intently, my heart heavy with empathy. I offered her unconditional positive regard, a therapeutic approach that emphasizes acceptance and understanding, hoping to pierce through the impenetrable wall of despair that had encased her. Despite my efforts, Mrs. TS remained



resistant, her negative thoughts a fortress she clung to with unwavering determination. Her scarred skin, a symbol of her perceived flaws, became an insurmountable barrier to her connection with others.

In a moment of desperation, I reached out and gently took her hands in mine. Her eyes widened in surprise, and for a moment, I feared she would recoil from my touch. I held on to her hand with the pretension of checking her pulse and sharing the warmth of a caring touch at the same time. I sensed, something shifted in her demeanour. A flicker of acceptance, a glimmer of hope. As I held her hands, I felt a change in her energy, a loosening of the rigid posture that had held her captive for so long. It was a small gesture, but it held the potential to ignite a spark of resilience within her. Nevertheless, her face betrayed her concern of transmitting her disease to others.

In the case of Mrs. TS, her profound despair was a challenge that stretched beyond my medical expertise. I did everything I could to offer her support and guidance, but ultimately, her recovery was in God's hands. This realization did not leave me feeling helpless or defeated; instead, it filled me with a sense of humility and reverence. I knew that God could work miracles beyond my capabilities. I could not erase the scars on Mrs. TS's body, but I believed that God could restore her spirit and heal her emotional wounds. I could not mend her physical health, but I trusted that God could bring her peace and hope.

The next day, when Mrs. TS returned to the hospital, her face was aglow with a smile I hadn't seen in months. Her eyes sparkled with renewed hope, and her voice was filled with gratitude. She spoke of the impact of my simple gesture, of how holding her hands had offered her a sense of connection, a reminder that she was not alone in her struggles. She was ready to face the world, her scars no longer a source of shame but a testament to her strength and resilience. She was ready to embrace life, to cherish the moments that lay ahead.

As I watched her walk away, a wave of relief washed over me. The power of human connection, even in its most simple form, had the ability to transform a life teetering on the brink of despair. It was a reminder that amidst the darkness, there is always a spark of hope, waiting to be ignited by the kindness of others.

The faith in God was not a substitute for my medical practice; it was an essential complement. It fuelled my compassion, strengthened my resolve, and allowed me to offer Mrs. TS a level of care that went beyond mere treatment. It was the faith that allowed me to hold her hands, to look into her eyes, and to offer her a glimmer of hope in the darkest of times. I also learned through numerous experiences like this one that in the ministry of care, it is in this delicate balance between faith and science that we find our true strength as healers.

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## Don't Miss The Positives

- Sr Ujwala

In a classroom, a professor once affixed a piece of paper to the board and, using a felt-tip pen, drew a circle, filling it in with black. Turning to his psychology class, he posed a question, "What do you see?" The responses varied, with one person noting, 'A black dot,' and another saying, 'I see a round circle, and it's dark.' The professor continued through the class until he asked, 'Doesn't anybody see a piece of white paper?' Everyone had focused on the black dot, overlooking the expensive white sheet. This scenario, the professor emphasized, mirrors our tendency in life - to fixate on the dark spots while disregarding the larger canvas of goodness.

This tendency extends to our interactions with others. Often, those we work and live with are inclined towards negativity. They readily identify faults, pinpoint shortcomings, highlight defects, showcase imperfections, spot flaws, focus on wrinkles, check for stains, and look for the negatives. In doing so, they inadvertently miss everything positive and great in their surroundings.

This simple yet impactful story serves as a reminder to broaden our perspective, not just in what we see on a piece of paper or encounter in our daily lives, but in our interactions with others. It encourages us to shift our focus from the dark spots to the vast expanse of goodness that exists, fostering a more positive and appreciative outlook on life.

## Imprisonment: A Blessing

- Sr Sunima

**St.** Thomas More, a man of wealth and brilliance, and the Chancellor of England, found himself imprisoned. In a profound reflection from his confinement, he expressed, "Among all God's benefits heaped on me, so think I consider, upon my faith, my imprisonment even the very chief."

Even when faced with pressure from his family to recant, he penned a touching letter to his beloved daughter Margret from his prison cell. In this letter, he draws inspiration from St. Peter, who, afraid of sinking in the lake, cried out to Jesus for help. Similar to St. Peter, Thomas More is confident that Christ will stretch out His hand and save him from drowning. He reassures his daughter, "I shall, therefore, with good hope commit myself wholly to Him. In good faith, Meg, I trust that His tender pity shall keep my poor soul safe and make me commend His mercy."

Thomas More encourages his daughter not to trouble her mind with concerns about keeping him in this world. He emphasizes that his confidence stems from the belief that "Nothing can come but that which God wills. And I make myself very sure that whatever that be, seen it never so bad in sight, it shall indeed be best." This perspective underscores the profound truth that the best outcome is not necessarily what we like or find easy; rather, it is whatever God wills for us, especially when it involves doing what is right.

In reflection, we are prompted to ask ourselves in the stillness of our minds and hearts: Do I believe that whatever God wills for me is the best? Am I ready to surrender anything, even in the face of challenges, to remain faithful to God? As St. Thomas More declares, "I will not mistrust Him, though I shall feel myself weakening and on the verge of being overcome with fear."

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### **Juniors' Gathering - Premdaan, December 2023**

#### **- SJB Juniors**

The Junior's gathering in December took place at Premdaan, Nagpur, providing a wonderful, tight but beautiful experience for all the juniors. The excitement began during the journey itself as almost all of us reached our destination by the evening of the 30th. With joy and enthusiasm, we gathered our backpacks and entered our haven, where spacious and well-equipped rooms awaited us on various floors. After settling in, some of us entered the chapel for prayers led by Sr. Amala, our mistress, followed by a delightful supper, bringing an end to the day.

The following day, classes were conducted by Fr. Jins, the parish priest of Parpa parish, who quickly became 'our brother.' His classes were not high theological ideas but simple and practical tips for everyday life. Fr. Jins emphasized the need for personal purification,

channeling God's grace through us. He shared his life experiences, which proved highly inspiring. Counseling sessions with him guided us to live a better life for Jesus, and his Holy Eucharistic celebrations were spiritually nourishing, with the Mass extending beyond the usual time. Despite the duration, we all prayed devoutly, attending the Eucharist with love and reverence.

In addition to the classes, we made presentations on Pope's Encyclical 'Laudate Deum.' Each of us showcased our understanding through individual PPT presentations, role-plays, or using charts. It was a unique and enriching learning experience. We also had an exam on our Constitution.

Our hearts went out to those who missed this incredible opportunity to taste the love and beauty of Christ, acknowledging that maybe God has other plans for them. Provincial Sr. Vidya's supportive presence meant a lot to us. She personally met us and inquired about our community lives, offering simple ways to enhance our lives. We express our gratitude to Sr. Amala for organizing this wonderful time for us and extend our love to the Premdaan community for their efforts in making our stay as comfortable as possible.

As we look ahead, we eagerly anticipate the juniorate course of the next year.

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***Good to know ...***

## **Health Tips**

*(Compiled by Sr. Suma)*

### **I. Health Benefits of Guava Fruit and Leaves**

The **GuavaFruit** is a source of vitamin C, fiber, and other substances that act like antioxidants. Antioxidants slow down or stop the harmful effects of oxidation. Oxidation is a chemical reaction in which oxygen is added to a chemical element or compound. **Guava Leaves** also contain chemicals with antioxidants and other effects. Various parts of the plant, including the leaf and the fruit, are used as medicine.

#### **Benefits of eating more of guava as part of an overall well-balanced diet**

##### **1. Promotes oral health**

- Guava leaves have been shown to help fight bacteria, inflammation, and plaque.
- Daily use of a 0.15% guava leaf extract-based mouthwash is as effective as a standard mouthwash in reducing bacteria, redness, and swelling in people with severe gingivitis.
- Guava leaves can help treat and prevent oral health problems when coupled with regular brushing, flossing, and dental checkups.

## **2. Aids in diabetes management**

- Guava is full of fiber, which slows the absorption of sugar in the intestines and helps to keep blood sugar levels from spiking. Thus, this healthy fruit can be included in the diet of people with diabetes while maintaining blood sugar control. However, diabetics are advised to remove the guava peel since it tends to elevate blood sugar more than the inner flesh. Tea made from guava leaf extracts can help prevent blood sugar spikes when ingested with meals.
- Guava can be a natural way to manage blood sugar for people with diabetes or prediabetes.

## **3. Maintains skin health**

- Guava is rich in potent antioxidants, including vitamin C, beta carotene, and lycopene.
- Vitamin C is essential for the production of collagen, a protein that keeps the skin resilient and healthy. Also, the nutrients in guava may protect against UV-induced skin damage.
- With four times the vitamin C content of oranges, guava provides the antioxidant power to help protect your skin from free radicals, sun damage, and possibly even the aging process.

## **4. Treats diarrhea**

- The antibacterial properties of guava can cleanse the gut of the harmful organisms causing diarrhea.



## **5. Suppresses osteoarthritis**

- Free radicals play a role in the development of osteoarthritis.

## **6. Relieves menstrual cramps**

- Guava extract significantly reduces painful symptoms of menstruation.

## **4. Fights the flu**

- The flavanols in guava tea are natural antioxidants that have antiviral effects.

## **7. Lowers risk of cancer**

- Free radicals are also responsible for cell damage that contributes to cancer.
- The antioxidants in guava can help prevent cancer and tumor development. Thus it is proved to have anticancer effects.

## **8. Improves heart health**

- The pink-colored guava fruit contains lycopene, which is associated with reduced risk of cardiovascular disease.
- Consuming guava fruit and juice without the peel can improve cholesterol, thus it boosts heart health.

## **9. Lowers blood pressure**

- Eating large amounts of guava daily in place of high-fat foods for 12 weeks lowers blood pressure in people with high blood pressure.

## **10. Supports wound healing**

- Guava seed oil is high in antioxidants and linoleic acid, an unsaturated fat. Linoleic acid plays a role in wound healing and blood vessel formation.

## **11. Protects male fertility**

- The antioxidants in guava may protect the sperm from natural toxins.

## **12. Promotes infant development**

- Folate is a vitamin that plays a role in the growth of new cells. During the first trimester of pregnancy, critical neural development occurs.

## **13. Guava fruit benefit our digestive system.**

## **14. Guava fruit aids in weight loss.**

- Eating fruits in excess can cause weight gain due to the high quantities of sugar and total calories in them. If you are trying to lose weight, consume fruits, including guavas, in moderation.

## **15. It helps to boost immunity.**

## **16. Reduce knee pain**

- Taking guava leaf extract may reduce pain and stiffness in people with knee pain.

## **Nutritional Value**

Guava is a nutritional powerhouse, full of vitamins, minerals, antioxidants, polyphenols, and flavonoids. One hundred grams of guava can fulfill 14% of your daily fiber requirement without adding to your calorie load.

Guava is a good source of vitamins A and C, copper, folate, iron, B vitamins, potassium, zinc, phosphorus, and antioxidants such as beta carotene and lycopene.

- Calories - 68 kcal
- Fiber - 5.4 g
- Potassium - 417 mg
- Vitamin C - 228 mg

There are many varieties of guava, and they have individual characteristics of flavor, texture, and odor. The two main categories are white and pink/red guavas. The sweeter red guava has high moisture content and can be used to make jams, desserts, and sauces. The more acidic white guava has a firm texture that makes it suitable for eating sliced or as topping on a salad, breakfast cereal, or yogurt. Other special varieties include the strawberry guava, which tastes like a strawberry, and lemon guava, which has a flavor that resembles both the lemon and guava.

### **Tips to remember while eating guava**

- “Pink guava has more water content, less sugar, less starch content and vitamin C, and less seed or is even seedless. On the other hand, white guava has more sugar, starch, vitamin C and more seed. The white-fleshed guava is high in antioxidants, but the red-fleshed variety has even higher,”
- Guava is loaded with essential vitamins, minerals, and antioxidants, which can be best derived when the fruit is consumed raw and fresh.

- Avoid eating guava at night. About 40 per cent of people suffer from a condition called fructose malabsorption. In this, the natural sugar is not absorbed by the body; rather it sits in our stomach leading to bloating. Guavas are high in fiber and fructose, which are fermented by the bacteria in the gut. As the bacteria feast on fiber and fructose, they produce gas. This can make you feel bloated and gassy. Even eating guava and falling asleep immediately may cause bloating.
- Drinking plenty of water helps to move fibre through our digestive system, making sure our bodies are getting all the nutrients from the food we are eating. However, there are a few fruits like guava, banana, apple, watermelon, etc. after eating these fruits one must not drink water immediately.
- Citrus fruits like guava and oranges may increase acid production in your gut, increasing the risk of gastritis and gastric ulcers. The heavy dose of fiber and fructose in such fruits can slow down your digestive system if eaten on an empty stomach.

## **Final Word**

Guava can be enjoyed in its simplicity or prepared into an intricate dish. It is packed with nutrients that contribute to its many touted health benefits. This delicious fruit can be a nutritious addition to a healthy diet.

## **II. 5 foods to be avoid eating on an empty stomach**

Wholesome nutrition is vital for our physical and mental wellbeing. The fast-paced nature of our lives makes it hard to delve into the food habits especially when it comes to the choices we make when we are on an empty stomach. Breakfast is usually the meal we have on an empty stomach and it is not just about eating healthy food. The goal is also to understand how to optimize the food we eat to improve digestion and maximize the absorption of key nutrients. Therefore, these five foods you must avoid on an empty stomach. These are the worst foods to start your day with.

### **1. Fruit juices**

For many of us, fruit juice is a staple in our diets. However, on an empty stomach, fruit juice may put an extra load on the pancreas. And the sugar in the form of fructose in fruits can negatively affect your liver.

Though appears to be a healthy choice, when juicing fruits, some of the healthy fiber is lost as juice extractors separate the juice from the fiber-rich pulp and skins. That loss of fiber in fruit juices may result in spiking the blood sugar relatively more than when we eat the actual fruit, causing issues such as diabetes or high cholesterol.

### **2. Citrus fruits**

Citrus fruits like guava and oranges may increase acid production in your gut, increasing the risk of gastritis and

gastric ulcers. The heavy dose of fiber and fructose in such fruits can slow down your digestive system if eaten on an empty stomach.

### **3. Coffee**

Unfortunately, this elixir of life if consumed on an empty stomach can lead to acidity as it stimulates the secretion of hydrochloric acid in the digestive system, which may cause gastritis.

### **4. Yoghurt**

Consuming fermented milk products such as yoghurt on an empty stomach makes the lactic acid bacteria present in the yoghurt, ineffective due to high acidic levels of the stomach. Moreover, due to the high acidic levels, the stomach produces hydrochloric acid, which leads to acidity.

### **5. Salads**

The raw vegetables used to prepare salads are perhaps a better choice for lunch. Raw vegetables are full of fiber, which may put an extra load on an empty stomach, causing flatulence and abdominal pain. Tomatoes, for instance, contain tannic acid, which, in contact with gastric juices in the stomach, could cause stomach irritation.

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## Aragami Bible Quiz

### (Proverbs, Ecclesiastes. The Song of Solomon)

1. Who is as bold as a lion?
2. They do not know how to keep from doing evil.  
Who?
3. What cannot be counted?
4. What come from one person's envy of another?
5. What covers all offenses?
6. What did God do to make everyone stand in awe  
before him?
7. What do evil people seek?
8. What do fools despise?
9. What do many waters cannot quench?
10. What does a gracious woman get?
11. What does God give to the one who pleases Him?
12. What does the tongue of the wise bring?
13. What does the Lord weigh?
14. What goes before honour?
15. What is fleeting vapour and a snare of death?
16. What is a weariness of the flesh?
17. What is better than precious ointment?
18. What is better than the day of birth?
19. What is better than the sacrifice offered by fools?
20. What is better than weapons of war?
21. What is bitter than death?
22. What is strong as death?
23. What is the duty of everyone?
24. What is the reward for humility and fear of  
the Lord?.

25. What kills the simple?
26. What makes one's face shine?
27. What makes the wise foolish?
28. What prolongs life?
29. What proves true?
30. When do the people groan?
31. Who are restrained in speech?
32. Who crowned Solomon?
33. Who increase sorrow?
34. Who is better than who have already died and who are still alive?
35. Who is like a gold ring in a pig's snout?
36. Who is on the path to life?
37. Who will not meet any harm?
38. Who understands justice completely?
39. Who will be called a mischief-maker?
40. Who will be cursed by peoples, abhorred by nations?
41. Who will inherit wind?
42. Who will not have any share in all that happens under the sun?
43. Who will not go unpunished?
44. Who will suddenly be broken beyond healing?
45. Whom do those who miss wisdom injure?
46. Whom does God give wisdom, knowledge and joy?
47. Whose deeds are in the hands of God?
48. Whose heart is in the house of mirth?
49. Whose lamp will be put out in utter darkness?
50. Whose sleep is sweet?

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# ★HAPPY★ BIRTHDAY!



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



# ★HAPPY★ BIRTHDAY!



06 <sup>th</sup> Feb	-	Sr. Aishwarya
10 <sup>th</sup> Feb	-	Sr. Meera
12 <sup>th</sup> Feb	-	Sr. Lima
14 <sup>th</sup> Feb	-	Sr. Kavita
16 <sup>th</sup> Feb	-	Sr. Sneha
16 <sup>th</sup> Feb	-	Sr. Rashmi
19 <sup>th</sup> Feb	-	Sr. Savita
20 <sup>th</sup> Feb	-	Sr. Shubha
28 <sup>th</sup> Feb	-	Sr. SejiDainy
28 <sup>th</sup> Feb	-	Sr. Suthara
28 <sup>th</sup> Feb	-	Sr. Alka Xavior
04 <sup>th</sup> Mar	-	Sr. Rani P
06 <sup>th</sup> Mar	-	Sr. Nitya
10 <sup>th</sup> Mar	-	Sr. Manisha
12 <sup>th</sup> Mar	-	Sr. Victoria
12 <sup>th</sup> Mar	-	Sr. Amala Nirapel
14 <sup>th</sup> Mar	-	Sr. Sunima
17 <sup>th</sup> Mar	-	Sr. Jacinta
23 <sup>rd</sup> Mar	-	Sr. Geeta
23 <sup>rd</sup> Mar	-	Sr. Veena
25 <sup>th</sup> Mar	-	Sr. Atulya



# ★HAPPY★ BIRTHDAY!



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



### **Festal Greetings**

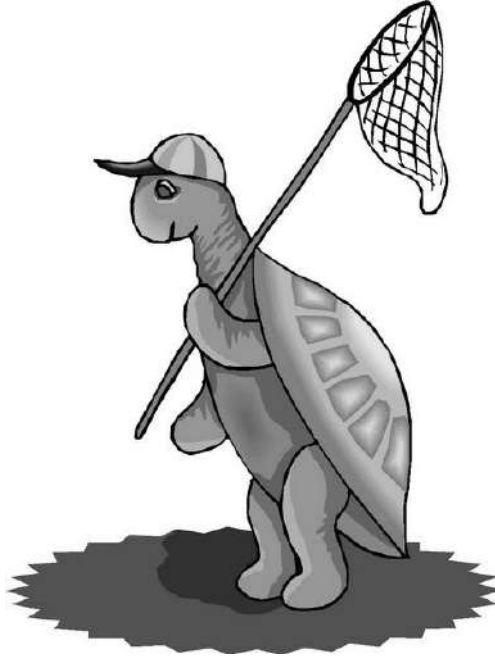
Jan 21 <sup>st</sup>	-	Sr. Sarala
Feb 2 <sup>nd</sup>	-	Sr. Archana
Feb 2 <sup>nd</sup>	-	Sr. Arpita
Feb 2 <sup>nd</sup>	-	Sr. Pooja
Feb 2 <sup>nd</sup>	-	Sr. Sarala Montry
Feb 11 <sup>th</sup>	-	Sr. Lifey
Mar 19 <sup>th</sup>	-	Sr. Mandakini
Mar 25 <sup>th</sup>	-	Sr. Deepa Joseph
Mar 25 <sup>th</sup>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



### **Festal Greetings**

Mar 25 <sup>th</sup>	-	Sr. Lalita P
Mar 25 <sup>th</sup>	-	Sr. Manjusha
Mar 25 <sup>th</sup>	-	Sr. Maria
Mar 25 <sup>th</sup>	-	Sr. Sally
Mar 25 <sup>th</sup>	-	Sr. Seema
Mar 25 <sup>th</sup>	-	Sr. Ranjita
Lakada		
Mar31 <sup>st</sup>	-	Sr. Anisha
Mar31 <sup>st</sup>	-	Sr. Jyoti
Apr 29 <sup>th</sup>	-	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 15<sup>th</sup> March 2024*

*The Winner of the August 2023 Volume is*

**Sr Bertila - 1<sup>st</sup> Prize**

*“Be relaxed and lift your leg.”*

**Sr Dhannya - Runner Up**

*“Exercise is the wealth for good health”*

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

## Dear Departed

1. 4<sup>th</sup> October 2023 - Sister of Sr Deepa K
2. 19<sup>th</sup> October 2023 - SrPreshita's brother
3. 19<sup>th</sup> October 2023 - Second Brother of Sr Vidya
4. 20<sup>th</sup> Nov 2023 - Mother of Candidate Nilima
5. 22<sup>nd</sup> Dec 2023 - Father of Novice Beronica

## Prayer to Rest in Peace

May his soul and  
the souls of all the  
faithful departed,  
through the mercy  
of God, rest in  
peace.  
Amen.



**Gathering of Supporting Staff**



**Gathering of Juniors**



**Province Day Celebration**







## Christmas Miracle

I'm looking for a Christmas miracle  
This year like no other  
That we will see each and every need  
And reach out to one another

That every woman and man throughout the land  
Will set aside their differences  
And shut their mouths long enough to find out  
More is learned from the art of listening

That we hold out our hands to whomever we can  
No matter race, creed, or color  
Hoping to find the value in life  
All of us being sisters and brothers

May we open our eyes and ears to the cries  
Of the ones that truly need us  
Learn it's best to give than take what others have  
A righteous step in the direction of freedom

This year I'm looking for a Christmas miracle  
One that will last us a lifetime  
Where we see the real reason for this joyous season  
Gods love through his son poured out over mankind

- Mike Hauser