



Ursuline Links

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EDITORIAL

You are Destined for the Skies

Empowering stories "I. N.S.P I.R.E." us to reach for the sky. They:

I nspire us to dream big

N uture new ideas and visions

S ummarise complex concepts

P rovide us with a new perspective

These stories remind us of our strengths and abilities. The month of June is the time where children return to school after being refreshed and renewed in body, mind and spirit. These stories will help them to realise ever more the purpose and plan God has for them. These stories will enable not only children but also grown-ups to realise the potentials and beauty that lie deep within us all and inspire others to come to this realization as we relate to one another each day bringing Joy, Love and Peace to all.

1. Positive Attitude



Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. The following story will highlight this positive attitude that we all need to develop in our lives.

The Shoe Salesmen: Many years ago two salesmen were sent by a shoe company to Africa to find out if there was a market for shoes. The first salesman reported back, "There is no market there - nobody wears shoes."

The second salesman reported back, "There is huge market there - nobody wears shoes."

You can look at the same situation in two different ways - negatively or positively. The first salesman looked at it as

a problem; the second one looked at it as an opportunity. Next time we face a problem, let us ask ourselves "how can I do it?", Rather than simply saying "it can't be done."

2. Gratitude

Gratitude expands all that it touches and can help to dissolve resistance and obstacles in our daily lives. The practice of gratitude removes the blocks to joy and helps us to expand our perspective. It reminds us to pause, step back and gently, think again. Plus the act of being grateful is good for your health.

There is always something to be thankful for!

A man was in his study room. He picked up his pen and started

writing:

- Last year, I had a surgery and my gall bladder was removed. I was stuck to the bed due to this surgery for a long time.
- I turned 60 and had to give up my favourite job. I had spent 30 years of my life in this company.
- My father died.
- My son failed in his exam because he had a car accident. He had to stay in bed at hospital for many days. The car was totally destroyed. Alas! It was such bad year! When the man's wife entered the room, she found her husband looking sad. She read what was written on the paper. She left the room silently and came back with another paper and placed it at the side of her husband's writing. When the writer saw this paper, he found this written on it:
- Last year I finally got rid of my gall bladder due to which I had spent years in pain.



- I turned 60 with good health and retired from my job. Now I can use my time to write something better and of my interest.
- My father, at the age of 95, died peacefully in his sleep without any long illness.
- My son was blessed with a new life. My car was destroyed but my son did not get any major injury.

This year was an immense blessing and it passed well!

Let us remember that there is always something to be thankful for.

3. Make a Difference



Why is it important to make a difference in other people's lives?

It makes us feel validated. It makes us feel like we are important. No matter where we are in our life, no matter what type of schedule we currently

have, there is always a way to make a difference in somebody's life.

The world is a big place filled with billions of people. It is easy to think that one person can't possibly do enough to change the world. When the weight of global issues simply feels too huge for one person to handle, we have to remember that we do have the power to make a difference, even if it starts on a small scale.

The Starfish

A man was walking on a beach. He saw a young boy picking up starfish that had been washed up on the beach and throwing them back into the water. The man asked the boy, "What are you doing?" The boy replied, "I'm throwing these starfish back into the ocean. You see, all these starfish have been washed up onto the shore. If I don't throw them back into the ocean, they'll die up here." The man said, "But there must be thousands of starfish on this beach. You can't possibly get to all of them. And, don't you realize this is probably happening on hundreds of beaches on this coast? Can't you see that you cannot possibly make a difference?"

The young boy picked up another starfish, paused, and threw it into the ocean, saying, "It sure made a big difference to that one!" Remember, no matter how small it is, a kind deed really does make a difference to the person receiving it. Let us make a difference today

Sr. Susanne

The Virtue I Admire Most in our Foundress Mother Anne.

Anne had a great love and reverence for the Eucharistic Lord in her life. And this is the virtue that draws me very close to her.

MAGIS

Jesus gave to the world the most sublime gift of His REAL Presence by instituting the Sacrament of the Eucharist, His Body, Blood, Soul and Divinity. The greatest of all the Sacraments.



Virtues are attitudes, dispositions or character traits that enable us to BE and ACT in ways that develop our potentials. They help us to pursue the virtues we have adopted or been gifted with such as honesty, courage, compassion, fidelity, self control etc.

Holy Scripture makes it clear that virtue is something to be sought after and prized. God has given His people races to live with virtue in every age including our own time.

We do have examples of numerous Saints in the past and in our own time who, in every situation through their virtuous lives greatly honoured the Lord and reflected HIM to others. One such great saint is our dear Venerable Foundress M. Anne.

From the time I began to read and understand the life of M. Anne, I have always admired her love and desire for the Eucharistic Lord. How she longed to be in the

presence of the Lord in the Tabernacle. I wish for the same as I receive each day the Lord in Holy communion. At a tender age of 12 she was able to experience the Real Presence of the Lord in the Host and was miraculously healed from her illness during the Holy Eucharist. It was commendable that even in her deep pain and suffering, she asked only one thing of her parents i.e. to attend Holy Mass.

This brought about her healing.

Another inspiring incident was when M. Anne was left alone for two months while staying with Madam Jeanne in her humble house in Dole. Alone and forgotten by friend and foe alike, unaided by funds from her mother too, Anne experienced extreme poverty. On the third day, without food, in utter helplessness and hunger praying before the Eucharistic Lord she heard a voice from the Tabernacle: "**Do you wish to live without eating? Shall I feed you with the Eucharist alone?**" Instantly M. Anne bowed her head in total adoration before the Divine Presence.

"From the Eucharist comes strength to live the Christian life and zeal to share that life with others." (St. John Paul II)

Sr. Sandhya

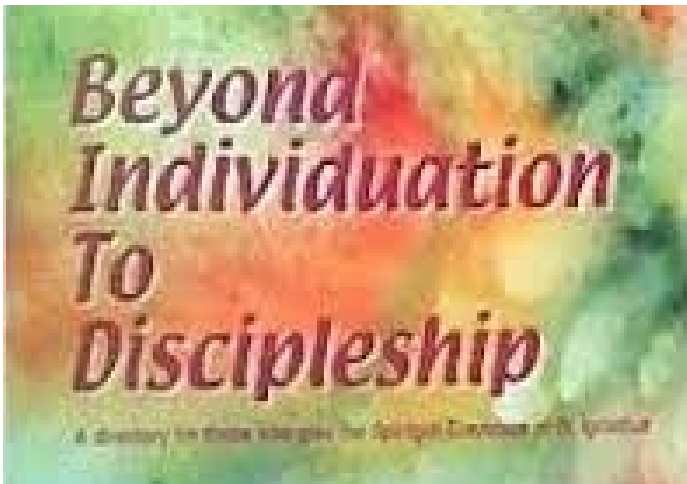
Snippets of Ignatian Spirituality

Discipleship in the Spiritual Exercises of St Ignatius of Loyola *"He called those he wanted to be with him and to be sent out" (Mk 3: 14).*

The discipleship in the Exercises can be understood from the call of the apostles/ disciples. He invites us to consider three things, first, how they came from a rude and lowly condition of living; second, the dignity to which they were so gently called, and third, the gifts and graces by which they were raised above all the Fathers of the New and Old Testaments.

Though all the evangelists narrated the call of the apostles /disciples, ie. who were called, how they were called, and why they were called, the Synoptics and John have presented their own unique features and significance of discipleship. Mark in his narrative 3:13-19 highlights that Jesus called whom he wanted and he went up to the mountain and called to him twelve whom he also named apostles. A call is equivocally the initiative of God and discipleship is the response of the one called.

In calling those whom he wanted, the personal



predilection of Jesus in choosing is emphasized. It is not we choose God but it is God who chooses us first. He not only called those whom he wanted but also named them apostles, meaning the one sent. Naming one in biblical sense signifies the close relationship between the name giver and the named. The three Synoptics have recorded the names of the twelve apostles and have thus brought out the significance of a disciple being called by name. The intimate relationship between Jesus and his disciples that characterizes discipleship is brought out by the purpose of the calling,

'to be with him'. Naming also signifies the authority of the name giver over the named. The disciples are invited not only to work under the authority of their Master but they are also invested with the Master's authority to live the life of a disciple.

The goal and purpose of the call is to be sent out to proclaim the message and to have authority to cast out demons. A disciple has been commissioned to proclaim the message of the Reign of God as the predominant vision and mission of Jesus. The authority to cast out demons is not merely a physical or psychological healing but symbolically the power to destroy Satanic power present in the different forms of evil acting against the Reign of God.

Basic Thrust of Discipleship in Principle and Foundation

In Principle and Foundation of the Ignatian Exercises, one can easily discover the basic thrust of the common discipleship of those humans whose God is their Master and Lord. The discipleship of every human being consists in praising, reverencing and serving God their Lord and thereby save their souls. Certain qualities of discipleship are enunciated in the Exercises such as use of things to the extent that they help humans towards their end and freedom from the use which hinders them from reaching the end. Eg. the use of computers. A disciple has to desire and choose only that which is more conducive to the end for which he or she is created. Indifference leading us to interior freedom in the use of creative things and freedom from this ordered inclinations is emphasized as a necessary characteristic of discipleship. Ignatius invites us to choose sickness rather than health, poverty rather than wealth, dishonour rather than honour, a short life rather than a long one.

A disciple has to encounter and embrace the cross and suffering in following his / her Master. Thus the Principle and Foundation presents to us the goal of discipleship and certain characteristics of discipleship which will help us achieve that goal. In order to achieve the basic thrust of discipleship spelt out in Principle and Foundation, the disciple needs to be purified of the disordered affection and inclinations. If the disciple has gone away from the end for which he/ she has been created, he /she needs to overcome oneself from all the obstacles such as disordered inclinations to it and get reconciled to God.

Sr. Susanne



Sr. Leela lost her mother on Maundy Thursday- 14th April 2022.
She was 75 years old and was sick for some time.
May God grant her His eternal peace and rest and grant Sr. Leela and the family members much strength and courage to accept His holy will.



Courses

Psycho-Spiritual Integration- A Course for Juniors

**Conducted at Shanti Ashram
by Fr. Johnny Domnics- SDB**

Seventeen Juniors attended the course from 19th to 28th April 2022. We were led to journey into ourselves to discover our strengths and weaknesses and experience God's healing. The

philosopher Socrates said **"Man Know Thyself"**. We spent a lot of time reflecting on who we are and how to deal with the situations we find ourselves in and thus try to overcome the negative emotions we face. Our course was based on psycho-spiritual Integration course. Fr. Johnny is a wonderful personality, who helped us to journey within ourselves, helping and guiding us to grow in "healing our own past for a blissful present".

In psycho-spiritual Integration course we learned that Spirituality is a gift we receive from God. It is a grace of our vocation, and psychology dynamics of the person who responds to this call, with all that she brings with herself. Learning how to identify, recognize, and navigate successfully within the Context of Spiritual Reality. learning how to surrender or let go of anything that disturbs one's peace. Psycho spiritual growth may be defined as the structural development of psychological growth, together with or followed by the direction of spiritual growth. The sense of self is developed and differentiated from the false self which has been generated as a defence against the anxiety of being a true self.

We learned that "transformation will take place in our life when we renew our mind." It is just moving from negative thoughts to positive thoughts. We were able to understand our selves. And accept as we are. We do learn more important thing about "Two minutes



retreat, that a simple formula in which we calm ourselves and become aware of our selves before doing anything or before beginning anything staying for two minutes quite makes aware of the present situation in which we are so that it will help us to give our

best in whatever we do. Being Proactive in day today's life, that is taking responsibility.

My response ability, not reacting. Because every problem is a gift that makes us aware of a shadow, that we react to interpret. We also learned Emotional maturity, is the ability to express one's needs, feelings and opinions respectfully and firmly without hurting the feelings of others. One of the important tool we are asked to use in our day today's lives is DEER Language, D- Describe the fact without Assuming, judging or generalizing.

E- Emotions, tell what you feel.

E- Expectations, tell what you expect.

R- Result, how I response will give the result.

Using this very important tool in our day today's life will help us to act wisely. Because "There is sad story behind every dysfunctional behavior". What I see in others is in me so when I heal my inner wounds then I am able to understand myself and others. We also learned about mind fullness become aware of thoughts feelings, desire, motives, and behavior. We have to be proactive to choose right responses based on our goals and values.

We thank Sr. Marina and Sr. Sandhya for arranging this course which helped us to journey into ourselves.

Sr. Chaitralee.

Batch-wise Course- 1998 - 2005

Myers- Briggs Type Indicator (MBTI) Shadow workshop summary

MBTI - Shadow workshop was organized for the batches of sisters who made their vows from 1998 to 2005 and



was attended by 28 sisters .

The resource person for the program was Fr. Ajoy Fernandez SDB. The venue was Shanti Ashram,

It was an enriching and integrated program. We are grateful to Sr. Marina for gifting us with such an opportunity to dwell deep into rediscovering ourselves.

Overview of the course-

This course began with the session helping us to understand the FOUR preferences in us:

1. Extraversion and Introversion- direction and focus of our energy and attention
2. Sensing and Intuition- how we look at the world

3. Thinking and Feeling- how we make decisions
4. Judging and perceiving-attitude and orientation to the external world.

The sessions helped us to identify the particular type we belong. In the process of understanding one particular type, we got insight into other types too.

It has also given us an insight of unintegrated anima (feminine) and animus (masculine) characters in us.

There are certain qualities natural to one's MBTI type that are not accepted or appreciated in one's environment. These unaccepted drives and impulses manifest as the **SHADOW** when suppressed and hidden. Certain qualities of one's MBTI type that are accepted and appreciated in one's environment and the behavior not in keeping with one's type that one cultivates due to demands of environment become the PERSONA when projected outward.

Through different exercises, sharing and question and answer sessions, we tried to identify this Persona and Shadow of our very self and through their dialogues (Persona & Shadow) to bring both these aspects of life to integrate and eventually to feel whole and real.

Drawing one's own **mandala**(in Jungian psychology, a



mandala as a symbol in a dream, representing the dreamer's search for completeness and self-unity) was another interesting and integrating experience. With all these exercises we were inspired to go deeper into ourselves for a better life of wholeness.

We thank Sr. Marina for her thoughtful and proactive mind in this introspective and integrated program that is well appreciated.

Sr Mary

The Pre-Synod Meeting

The "Poona Diocese Pre Synod Meet" was a reflection and experience of Synodality.

It started with the core team meeting and briefing the bishop of the plan to seek his guidance, advice and approval. This was followed by an invitation to participants who were invited from the diocese.

The planning and organizing brought different faithful together to make the event a success. In a nutshell there were 45 presenters for 15 presentations attended by 165 participants in 3 separate halls. Each hall had 2 moderators (clergy and women religious) together with a secretary, a translator, a warden and 5 ushers. Overall, there were 25 ushers to coordinate activities and movement between the halls and the church. In addition, there was an opening power point presentation by a teenager from the Sunday School on the Synodal Journey. There were also 3 skits. SKIT: 1. Individuals Journeying in a train : *Marathi* : SKIT :2. A group journeying on a Picnic: *English*: SKIT:3. A broken family's Journey to wholeness in faith: *Miming*; and a theme song on the Synodal Journey, specially composed for the Diocese of Poona. In all, for the skit

and songs, over 150 children, lay women, and men participated together with women religious and novices to highlight the spirit of Synodality **Communion, Participation, and Mission.**

The presentations were in English and summarized in the local language which were well accepted, and the discussions were lively in the spirit of Synodality. The moderators were very effective in ensuring the discussions did not go out of control and the time schedule was maintained. A few participants who felt they did not have enough time to express themselves were asked to give their points in writing for inclusion in the overall analysis.

Each presentation was followed by a Q & A session and ended with voting to decide on : the most relevant, partially relevant, and irrelevant aspects of the positive, negative and the suggested way forward statements. Each presentation had between 45-50 votes that were analyzed immediately by a professional team. In all, the vote analysis team analyzed 700-750 voting sheets consisting of about 6500 reflection statements and came up with the top 5

"most relevant statements" voted for in the positive, negative, and way forward categories. This was presented by the Poona Diocese convener in the concluding address.

The pre-synod concluded on a happy note with most participants more than satisfied with the experience.

Sr. Divya



Russia - Ukraine War its effect in the world

From newspapers, periodicals, and TV channels we read / hear the untold sufferings and humanitarian crisis, caused by Russian's invasion of Ukraine. As we take a closer look we realize the staggering magnitude of humanitarian crisis unleashed by the war. Among the many disasters, I shall innumerate just a few.



The war has inflicted enormous damage to infrastructures, brought about untold suffering and specially destruction of thousands of young lives, and shaken the food security of the various parts of the world. Russia and Ukraine are the major commodity producers and the disruptions there have resulted in soaring global prices especially that of oil, natural gas and food grains. Russia and Ukraine both often referred to as the '**world's bread basket**', are major exporters of wheat and sunflower oil. These two countries together accounts upto 30% of global exports of wheat. Just within few weeks of war, the oil prices have soared to unprecedented levels. Africa mainly relies on food imports from both the countries and the Continent is already experiencing price shocks and disruptions in the supplies of these essential commodities.

Steeper prices, increase for food and fuel may spur a greater risk of unrest in the world. The conflict disrupted during the Ukraine planting and harvest seasons, destroying major fields, store houses especially in Eastern Ukraine. Moreover the conflict has resulted in shipping being halted from the Black Sea, from where about 90% of Ukraine grains are exported.

Rising prices may lead to social tensions, especially in countries with weaker social safety norms, fewer job

opportunities. This situation has greatly affected Egypt which imports about 80% of wheat from Russia and Ukraine. Russia is one of the world's biggest exporters in fertilizers. Concerns are growing that a world made shortage of fertilizers may lead to rising food prices and will affect the

agricultural productions and food security.

Russia is the World's 3rd largest oil producer, after U.S.A. and Saudi Arabia. The disruptions of oil prices on the global market is expected to lead to an increase in fuel prices. The war has also let to reduced tourism.

The number of refugees from Ukraine who have crossed into Poland, Hungary and Romania is escalating and is now about 14 Millions, that the host countries' situation turns out to be critical.

The conflict is a major blow to global economy, that will harm the growth in all areas which is just recovering from the stress of the Corona Virus Pandemic.

Thus consequences of Russia's war on Ukraine have already shaken not just these two nations but also many parts of the world. We live in a more shock prone world and need the strength collectively to deal with the situation.

Let's not forget that we have a Mighty God above who not only sees the plight of his children suffering below, but who has come down to live amidst His people to deliver them. Let's then join hands with each other to pray, and support this cause to make our world a more peaceful place to live in.

Sr. Sunita

A Home for the Elderly

"In the end, it's not the years in your life that count. It's the life in your years." Abraham Lincoln

In Prayer we discerned what is the will of God for our apostolate here at Kadubugere. Along with Sr. Marina and the Councillors and Mr. Rudolf Mascaren has who has donated Preethanjali house, to start a home for the aged. As the house was getting renovated by Mr. Rudolf, we started taking admissions. On 23rd April 2022 we had a short inaugural function along with two inmates. We invited the MLA, Local Panchayat president, PDO and Panchayat members, Montfort Fathers, to attend the function. Around 50 CMSSSS women were also present.



Mr. Rajegouda(MLA) , in his speech appreciated our good work and promised to help us in our need. Mr. Rudolf too promised to support us in future. We had a cultural programme put up by our

local children .We thank Sr. Marina and councillors for their trust and constant support.

Camp for children: We also had a vacation camp for our local children for a

week in Preethanjali. It was a wonderful experience for our children. We invited different people each day to give talks and to conduct activities on different themes. It was a totally new experience for our children and they gained a lot from this camp. The intention of keeping this camp was to get to know the children for the future plans of starting computer classes and tuitions. Right enough we got many children for the same. From 6th June we will be starting these classes. May the good Lord continue to help us to do his will in order to keep the lamp burning which was lit by our beloved foundress M. Anne.



Sr. Antoinette

Global News

Province Chapter in Brig- Switzerland

Province Brig had their Chapter of Elections from 10th to 12th March 2022.

The following sisters were elected for a term of six years:

Sr. Nicole Glenz was re-elected as Provincial

Sr. Patricia Abgottspon- Assistant

Sr. Modesta Derendinger, Sr. Isabel Sutter- Councillors



Experiences in Romania

Thank you, Lord

Gratitude is the song I sing to the Lord for His great love for me and above all for calling me in His love - Calling me to the mission in Romania. During these years in the mission I experienced the Lord leading me gently, holding me close to His heart and strengthening me to do his will.

The mission has demanded me to breakthrough my own security, ideas, culture, mentality in order to adapt and adjust to a new culture, people, mentality, language and climate. Though the initial stage was difficult but gradually I discovered that the mission becomes effective only in being one with the people. The experiences that I had were both beautiful and enriching as well as challenging and demanding. But the Lord's hand was constantly at work in every event and encounter of my life.

I have very tangibly felt that I have deeply grown in my relationship with my Lord where I learnt in many circumstances to entrust my plans to the Lord and let Him take care and bring it to fulfillment. Because each and every time I realized that, the way He wanted was more beautiful and for the good of all.

Our foundress Mother Anne said, „Our communities should be a leaven of unity in the world” Living together and sharing our lives has helped me to grow in communion with my sisters. I am grateful to Sr. Prema for sending me for the mission in Romania. I am also thankful to Sr. Rita and Sr. Marina for the support and



encouragement. I too am grateful to our House Brig for the constant prayerful and material support through which we could reach out to the needy. Special thanks to Sr. Bonaventura, Sr. Nicole, Sr. Augusta, Sr. Ines Maria

and Sr. Pushpa. My thanks to you dear Sr. Priti, Sr. Gracy, Sr. Mercian, Sr. Joseline, Sr. Prerita and Sr. Diya for the years, days and time spent together in offering our lives to God and his people. I nurture the joy of living, loving and growing together along with the different experiences. I am ever grateful to the people, children, youth and the elderly of Baia Mare who welcomed me and accepted me just as I am. It is because of their openness I could move freely and spread the light and love of Christ. It was also a very good experience to collaborate and work with the different NGO's like the Red Cross, Somaschi and the Caritas. There were many people who genuinely and willingly have helped

and supported us and me in the mission whenever in need. Thanks to each one.

A kind word, an encouraging pat, a loving embrace and a sincere prayer means a lot to a person whether near or far and each time I received it from you dear sisters. It gave me a boost and strength to move ahead.

It is the Lord who has called us and it is He whom we glorify through our lives. May Mother Anne continue to inspire and pray for us as we continue to bring the light of Christ to everyone we meet.

Sr. Marie Therese

Experiences in South Africa

'Lord, I am ready, Send me where you will' (Anne de Xaintonge)

Seven years have elapsed since I left India to work in the African Mission. Since then much water has flowed under the bridge of my life. I really never dreamt that I would be given an opportunity to go to an overseas country. But God's ways are strange and unexpected. One has only to bow down in humble submission to His Will.

My experiences in the African mission is a very positive,



excellent and happy experience. It's a great way to immerse myself in the culture, language and customs of the people there. I have experienced ups and downs in life there but all these have truly made me appreciate and open myself to embrace the challenges that came my way, letting go of my expectations and making the most of the opportunities that presented themselves to me. I learnt to move on with constant change as it made me adaptable, stronger and independent. I learnt to shoulder responsibility in the various jobs given to me and this deepened my trust and confidence in the Lord.

Being able to live contentedly, accepting that whatever happens is for my good and not judging persons or situations. I have also grown spiritually in my love for Jesus, and the mission helping me to cultivate compassion and understanding for others. It is a joy working hand in hand with our sisters, formees, students, teachers and people and see the beauty and wonder in them all. I now realise that I am in South Africa not by co-incidence but by God's grace and plan, to make a difference in the lives of people there. Being connected with my Creator I learn to appreciate other cultures and their way of thinking and doing things.

Sr. Mary the provincial of the African province along with my sisters there are very supportive, loving, kind and helpful thus enabling me to carry on my mission in South Africa. I am ever grateful to dear Sr. Marina for her constant support and guidance, interest and love for me which is an added boost to continue working enthusiastically for the building of God's kingdom. My gratitude too to all my sisters in India for their interest and support by way of prayer and letters. I have truly enjoyed my vacation both at my home and in the communities. I return to my mission in South Africa feeling refreshed, renewed and rejuvenated to begin there anew.

Sr Celine Gomes.



News from India

First Commitment

Five of our novices made their first commitment- Rupali on 23rd April at Shanti Ashram and Sarojini, Evelyn, Jenika and Mabel on 27th April at Jharsuguda.

Fr. George Cordeiro SJ was the main celebrant at the Eucharistic Meal at Shanti Ashram and Fr. Petrus Kullu SVD (INE Provincial) was the main celebrant at the Eucharist which was celebrated in the SVD Provincial House Auditorium, Jharsuguda. Fr. George in his homily spoke of the Resurrection of Jesus- 'whom do you seek?' This was the question the angel asked Mary Magdalene at the tomb and of Jesus to the two disciples of John. Do we seek something from Jesus as the people of Jesus' time or we seek Jesus.



L-R: Srs Rupali, Sarojini, Mabel, Jenika, Evelyn.

In his homily, Fr. Petrus from Jharsuguda said that to live the religious life is not easy, we have to make many sacrifices... like our family, freedom and will. We have freedom to do anything in this colourful world but we renounce it only for Him. We don't do our

will but God's will.

Parents and relatives of the sisters and our sisters along with sisters of neighbouring communities were present which added to the gaiety and solemnity of the occasion. It was indeed a happy day for us all.