



Ursuline Links

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EDITORIAL

“Go, Set the World on Fire”

In the Gospel of Lk 12: 49-53 Jesus tells us that He has come ***'to cast away fear by fire and desires that it burns'***.

There is an interesting incident narrated about a couple of tourists who visited the Jesuit headquarters in Rome.

There is a large statue of St Ignatius majestically displayed in this house.

Underneath are also inscribed the words of the Saint to his friend St. Francis Xavier, when the latter was commissioned to spread the Gospel across the globe:

“Go and set the world on fire!”

As, the two tourist friends admired at the words of the wonderful saint and were speaking about the greatness of the saint...

One of them noticed a fire-extinguisher that was placed on the adjacent wall in case of any emergency.

Seeing the motto of the Saint and this fire-extinguisher from the same view, the tourist made an interesting comment:

"Well! The Saint asked us to go and set the world on fire... but we Christians, probably seem more to be going around with a fire-extinguisher and putting it off!"

Every Christian is expected to set the world on fire. But are we people "on fire"?

Or is the "fire" dying out, and failing to have its intended effects?

Our Blessed Lord was greatly filled with zeal to "set the earth on fire"... and desires all His followers to share in this passion for the Kingdom of God.

"Fire" in the Bible is an imagery of many aspects...

God's judgment, God's protective presence, Purification, The Holy Spirit, God's Holiness, God's glory.

Fire also has many characteristics:

It warms... refines... transforms... burns!



When I am on fire with the love of God then everything around me catches a spark of this fire- my relationships, my work and most of all my prayer life. St Iranaeus said: ' the glory of God is man fully alive '. Jesus himself has come to give life in abundance. (Jn.: 10/10)

My Christian and Consecrated life is a joint effort between God's invitation and my responsibilities.

"Many are called but few are chosen ". (Mt. 22: 14). Jesus called the 12 apostles to be with him, to assist him in his ministry and to ignite the World by establishing the Kingdom of God here on earth. Religious life is not an arena in which to achieve success, power and position but a process by which the soul is made strong with the strength of the fire ie

the love of God burning in one's heart. Fire cleanses and purifies, thus we cannot achieve this love of God without pain and bitterness to one's nature.

Fr. Alvito OCD in his book 'Freedom of the Reborn' says: " Contemplation is a 'Divine Fire' directly burning the soul and sanctifying it. This is the experience of the Kingdom of God, here on earth. Our apostolate apart from this fire, will not have the power to bring about a transformation in others, and at times it could be more for self satisfaction, than genuine charity.

Reflecting on this theme I am reminded of a movie 'Fireproof'. Caleb the hero of the movie is a professional firefighter who has dedicated his life to saving people in fire incidences but he is not able to extinguish the fire of hatred, envy and jealousy with his wife with the result the couple is headed towards divorce. A 40 day experiment known as "The Love Dare" given to Caleb by his father, saves the marriage.

To conclude let us ask ourselves seriously : **Are we firefighters (enthusiastic and zealous in our ministries) or fire extinguishers (putting off the enthusiasm, zeal and eagerness of the others to grow?**

Sr. Susanne

Inaugural Message from Superior General - Sr. Pushpa



My dear Sr. Rita and all the Delegates,

I want to say a hearty welcome to each one of you. Thank you for your prayers and all the work done as preparation for the Provincial Chapter. Special thanks to Sr. Chitra and Sr. Marina who accompanied Fr. I Raj to help the sisters to prepare in all the three places.

The Society of St. Ursula was born out of the profound love of God through the great sacrifices, self-denials, courageous determination and laborious actions of our Foundress Mother Anne de Xainctonge. It has indeed stood the acid test of times. **'To extend the reign of Jesus Christ for the glory of God the Father'** was the one and only aim in her life.

As we enter into the spirit of the Provincial Chapter of Affairs let us reflect deeply on the creative and committed ways of keeping the spirit and mission of our Society alive and burning amidst the challenges of individualistic and materialistic mindsets.

Chapter is a reflection of all the Sisters even though all are not present here, we who are here represent the whole Province. At a Chapter we need to stand still, look back at what we did during the last Chapter and check if we have reached the aims we had then. It means looking at our present situation, to reflect upon our work in the light of the Bible and our Constitutions and to ask ourselves seriously what each one has to do, to live as a true daughter of Mother Anne. How have I personally contributed to the growth of the Society. Participation is an act of love to Sisters and to God. Genuinely we have to look at ourselves and be ready to change where it is needed. Can we begin with an open heart, open mind, putting aside all prejudice and pre-plan ideas that we may have made?

Pope Francis in *Gaudete Exultate* 166 says: *"How can we know if something comes from the Holy Spirit or from the devil? The only way is through discernment, which is more than intelligence or common sense. It is a gift which we must implore. If we ask the Holy Spirit with confidence to grant us this gift, then seek to develop it through prayer, reflection, reading and good council, then surely we will grow in this grace of discernment. May St. Ignatius help us to discern as he did."*

Sisters, I am sure you will all agree that we had a beautiful day yesterday when we had our recollection and listened to the input session on Spiritual Conversation of Fr. Bhausahab Sansare SJ. I recalled happily the beautiful cordial atmosphere we had during the General Chapter in Brig, as a result of Spiritual Conversation. This was the biggest contribution made by the Indian delegates..They came prepared by prayer, reflection and Spiritual Conversations. Thank you sisters.

In conclusion I sincerely ask you my sisters to respect each sister's personality and allow each one to say what she has to say. Chapter is a time to listen. Every sister has her own challenges, worries, anxieties. The Holy Spirit is working in her too. There should be no winners and losers in a Chapter, but sisters who are ready to see things differently with the help of the Holy Spirit. Let us ask for this grace for all of us.

God bless you and thank you,

Sr. Pushpa Kommattam

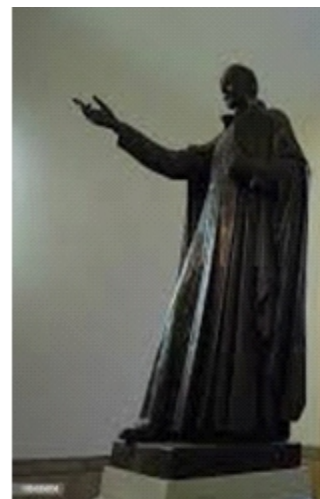
Snippets of Ignatian Spirituality

Affective Personality Of Ignatius

Ignatius was a man of bravery, courage and daring. He was a born leader. He was a man of less speculation and more imagination. Though deeply Affective and warm, he was externally reserved and controlled. Always noble and decent, no vulgarity or coarseness of speech or action would be associated with Ignatius even during his wayward days before his conversion. He was a man of great dignity, decency and self respect. At the same time he was endowed with an iron will, fierce determination and fiery temper. Ignatius had a deep insight into human nature and could easily size up people, identifying correctly their potential as well as flaws of character. Though coming from an aristocratic family he had grateful love for the poor and compassion for the suffering. Dealing with the high and the mighty as well as with the low and the marginalized, he was an incarnation of prudence and tact, delicacy and sensitivity. Ignatius did not have an imposing physique. But what was most attractive and powerful in that small frame were his eyes. Eyes mirror a man's soul. Ignatius indeed was a great

personality. He not only had a deep insight into human nature but a tremendous power to attract people. Gunwales de Camara in his personal diary writes: "Whenever I went to the room of Ignatius to settle some matters with him I found his face aglow." That was a sign of his deep personal union with God even in the midst of heavy work and

busy schedule. And it is this that gave Ignatius real power to enthuse and attract some of the greatest men of his time to the Society. One of these was Francis Xavier whom he was able to induce to leave his ambitions to scale the heights of ecclesiastical power and give himself over to be a zealous missionary of humility, poverty and service. Ignatius was a clear example of how grace builds on nature. His daring, his



initiative, his leadership, his dreaming impossible dreams were all inherent in his personality.

The picture that emerges from the testimonies of his close companions is that of a tender mother as opposed to the historic image of severity and sternness. His strictness was reserved to those who were strong, mature, tried and tested. But when he had to deal with young men, novices, scholastics, he was gentle and kind and avoided anything that might crush them.

To the sick he was full of care, concern, affection and tenderness. When young Jesuits were wavering in their vocation, Ignatius used to spend whole nights counseling them. This is the reason why Affectivity is the heart of Ignatian Spirituality. It is important to be in touch with one's feelings, "the interior movements of the heart" which are indeed the raw material of discernment. For Ignatius the place of prayer is the HEART. No transformation can take place unless the heart is moved.

Sr. Susanne

Experiences at Ryshivana - Mangalore

'Ryshivana' an Institute internationally known for 'Inner Silence and Contemplation' is situated in the vicinity of Mangalore on the lap of Mother Earth with a panoramic view of the valley and the ecstatic scene of the Netravati river flowing into the Arabian Sea. This centre is run by the OCD Fathers.

Sr. Magdalena and myself were privileged to stay at this beautiful place for 2½ months and attend a Spirituality Course along with about 48 sisters of different Congregations.

God created us to love and to be loved. The goal of Christian life and much more of religious life therefore is to love God and one another. One of the noble goals at Ryshivana is to lead all those who go there to that sublime realization that nothing matters in life except love. Having been transformed in God's love, we are called to transform the family, communities, societies and nation. Each one is called to be an agent, a missionary of love. This was my deep experience at Ryshivana.

Interacting with sisters of different Congregations, living together under the same roof, was an unique experience for me, besides the talks on a host of topics such as Mysticism, Prophetic Spirituality, Psycho Spiritual Maturity etc. The Spirituality Course has mellowed me down, giving me a deep desire to pray, especially to sit quietly before the Blessed Sacrament. I have learnt how to handle my emotions and attachments to persons, places, things and all that keeps one bound to the ego and thus become a free person. We were introduced to the Spirituality of St. John of the Cross and St. Teresa of Avila who were real mystics and reached the 7th Mansion of the Spiritual Life. All the inputs received geared towards this inner silence. The prayer life of the OCD Fathers has really inspired me to sit silently before the Lord and to be fully present to Him.

Fr. Alvito, the Dean of Ryshivana has written a beautiful book 'Freedom of the Reborn' where he explains Contemplation as a 'Divine Fire' directly

burning the soul and sanctifying it. A consecrated person is called to carry this burning fire of love that can really set the world on fire for Christ. There is a divine space within us which is meant for God and only for God. In our silence and solitude before the Lord we enter into this cave of our hearts and experience the glory and magnanimity of God.

At the end of these beautiful months at Ryshivana we made the retreat which was an experiential time to assimilate all that we learnt and to go deeper in contemplation and silence. I am ever grateful for this golden opportunity of going deeper into the journey of myself to experience God and thus be an extension of His love to others.

Sr. Susanne

It has been a wonderful experience for me at Ryshivana. Through this course I have become deeply aware that God has chosen me even before I was born, to belong totally to Him. I know now that my homeland is God's Presence within me. To experience the love and touch of God in my day to day life, I need to bring this fire of love to others. I need to be more aware of my senses which often cause me to sin and thus are blocks to this fire of God's love. Being aware of my thoughts, words and actions thus to purify myself. Therefore I need to practice Charity, Humility and Detachment.

As a religious I am also called to live a life of holiness through my prayer life in action. The Eucharist which I daily partake in gives me the desire to become like Him, loving, compassionate and forgiving. The study of the Prophets helped me to realize that only their faith helped them to do the will of God. The Course has given me a taste for reading Scripture and thus go deeper in the Word of God.

I am ever grateful for this opportunity to come closer to Jesus through the various talks, silence, guidance and prayer in the beautiful surrounding of Ryshivana and thus grow in my relationship with God and the others.

Sr. Magdalena



July 2019

Before

The whole Province took part in the preparation of the Chapter in 3 different places animated by Fr. I Raj SJ in July 2019.

Theme: Way of Living in the Spirit

Identity: Who am I? We are like a 3 storey building. The horizon of our vision depends on which floor we are on:

Ground floor - BODY, 1st floor - MIND, Top floor - SPIRIT
Questionnaires on Community Life, Formation and Apostolate were sent to the communities for discussions and the reports of all these were consolidated. All this helped us to prepare for the Chapter. A prayer to the Holy Spirit was also prayed daily in all the communities.

*Breathe on me O Holy Spirit that my thoughts may be holy,
Act in me O Holy Spirit that my work too may be holy.
Draw my heart O Holy Spirit that I love but what is holy,
Strengthen me O Holy Spirit to defend all that is holy,
Guard me O Holy Spirit that I always may be holy.*

Amen.



October 2019 During

Sr. Pushpa and Sr. Augusta and 50 Sisters took part in the Chapter.

22nd Oct: Recollection Talk by Fr. Bhausahab

Main Points:

- We are mission and are invited to be co-partners in God's mission thus to be effective missionaries with zeal and enthusiasm.
- Spiritual Conversation for effective discussions and deliberations.

23rd Oct. Theme : Deepening our life in the Spirit

Fr. Edward SJ during the Eucharist said ' The more we strive to live life in the Spirit, the less worldly we become'.

Day 1: Reflection - Spirituality

24th Oct. : Theme Strengthening our Interconnectedness

At The Eucharist Fr. Malcolm spoke about 'Ubuntu' - "I Am" because "We Are"

Day 2: Reflection - Community Life

25th Oct. Theme: Broadening our Vision for the Mission

Fr. Raj spoke on God's love for us, and called to communicate this love to others.

Day 3: Reflection - Ministry

26th Oct. Theme: Zealously Moving Ahead

Important to know and see beyond and hear like the Holy Trinity and do what God wants from us.

Are we ready to respond on His behalf?

Day 4: Reflection - Formation & Mission

November 2019 onwards After

Vision Statement:

Towards greater Passion for Christ and Compassion for Humanity and Creation

Mission Statement:

By cultivating a personal intimate relationship with Jesus and by restoring human dignity to the broken and marginalized.

Action Plan

- To love Jesus as Mother Anne did.
- To be a Contemplative in Action.
- To love the poor, women and girls as Jesus loved them and to do it through our presence with and the empowerment of the marginalized (eg. Family apostolate, hospital ministry, adult education, income generation projects)
- Aware that we are created in the image and likeness of God. Hence I need to be understanding, patient and forgiving.
- Being faithful to Prayer, Meditation, the Daily Examen, and living our Vows meaningfully.
- Using Spiritual Conversation in all decision processes.
- Practising Eco-Spirituality in life and mission.

Christ's Mission → Our Mission → My Mission'



My Vows, My Vocation and Mission

I have the habit of collecting and keeping things thinking that they will be useful someday. Then I forget that such things I have with me. I carry them along when I get transfer. When I feel that my luggage has become heavy I discard them. When I was asked to share about how my vows have nurtured vocation and mission I asked myself, "Is it same with my vows? Take them and keep them? Live without using them while it is with me? And sometime along the life's journey, feel them as a burden and do away with them and go on with the life? Or is it something that aids me on my journey. The name Evangelical Counsels rightly suggest that religious vows are something which counsel or guide us to live the life as good news. So to have a reality check if my vows nurture my vocation and mission I need to sincerely introspect if my life is a good new or if I am good news.

As I grow older my understanding of the vows has evolved with experience; undergoing processing and refining. When I took the vows I thought the vow of poverty is not a problem for me because I knew what poverty is. In addition I had no craving for things. Moreover I found it difficult to manage things when I had more. But I cannot take credit for it because it is the way God made me. Being poor and having limited things in a way has helped me to enjoy the little things I have. This I realize is the beauty of poverty. In essence to experience joy in life there should be a certain amount of poverty though not destitution. This reminds me of an incident. Once when I was standing at a railway ticket counter I saw that an apple had fallen down from somebody. I picked it up and as I was going I saw a dwarf man (who seemed like a beggar, I gave him that apple. He was so happy that he started to dance singing "Apple mil gaya" to the tune of "Koi mil gaya". I could not believe an apple could make someone so happy.

In certain situations as a sister I did feel if I had my own money I could use for certain needs which I could not ask from my superior. But I did not try to get money in any way and from anybody. God has provided for my needs without even asking anybody. And if it was not fulfilled I realized that those were not real needs that had to be fulfilled. They were just my desires. Earlier I also found it difficult to ask for things I needed. The humility which I needed to have in asking in those situations has made me humble.

Poverty makes us interdependent. My own inner poverty has made me realise that I need others. When I need others that is my community members, with whom I am working, and for whom I am working, I am ready to accept them, relate with them, adjust with them and even ready to bear them up. Another way of realizing my inner poverty is that I find it difficult to gossip about the others short comings as my conscience says that I too am not perfect.

As a sapling is planted it is a receiver. It receives water,

manure, and sunlight. Then when it is grown it starts bearing fruits. The plant's season of life of giving starts. The same thing I have seen in human beings. Till a boy or girl gets married their center of attention is themselves. Once they get married and have children and family their attention turns from themselves to others. They become other-centered. This brings maturity in them. What about ourselves, the religious? I have observed two types of religious. One type is whose season of giving has not yet started. They are still the center of themselves. They have not still become mature in their attitudes, behavior, actions and decisions. I have also noticed other group of religious whose energy, occupation of mind is about service to others. Even in their health issues, troubles, struggles they are fulfilled and positive. After having noticed this phenomenon I feel it is wise to be a giving person without holding back oneself. This means that I convert my sexual energy which is meant for giving life and nurturing life into service energy which is giving life and nurturing life. So if I use my energy for this purpose I will not have any need to look for someone or somewhere to release my energy. So all the problems related to chastity are solved. A person who gives oneself fully has neither time nor need to look for sexual gratifications.

Obedience is accepting the will of God which is not that easy; especially when the will of God comes through other people. Sometimes the superiors' decisions may not be favoring me; may not be according to my likes and dislikes. Sometimes even they seem to be unjust. I, through my experiences of life have been convinced that God sees the future where what I can see is only what is in front of me.

Whenever I sacrificed my ego, something beautiful or good has happened to me. Whenever I humbled myself I was sure about myself. Whenever I acted out of my ego I became unsure about myself. Many times I have thought I did not become a religious to get justice for myself but to do God's will. Then why should I make it a mountain out of a mole hill? This attitude many times has saved me from bitterness and despairing. However surrendering my will to God's will is an ongoing struggle. Even Jesus had to struggle with it in the Garden of Gethsemane. He was a man who loved life and wanted to live longer. But His Father asked him to surrender. He begged Him to take away the cup of suffering and death. But ultimately he surrendered. Therefore we are saved. From the surrender of our ego what comes to life is always life-giving. But it needs a lot courage, deep faith and trust in God.

I also understand obedience as transparency and accountability. When I am transparent and accountable I cannot possibly go wrong.

These three vows are guiding lights for religious life but they are also embedded in the vows of marriage.

The vow of poverty makes a married couple or family members interdependent. Vow of chastity is a genuine and sincere love which is expressed in living for and serving one another. They are to discern the will of God for them expressed through the other. All the problems of married life is because of not being faithful to these three vows that is not wanting to be interdependent but independent, not ready to love

faithfully and genuinely, not ready to serve one another and holding on to 'my will'- my ego.

These three vows have enabled me to a certain extent to become a God-centered and other-centered person. This is the meaning and message of Jesus' life and the essence of Christian spirituality in general and religious life in particular.

Sr. Rejini

Indian & Global News

Congratulations Dear Sisters

Jubilee Celebration



**Sr. Mathilde - 70, Sr. Albina - 60, Sr. Iniga - 60, Sr. Kasimir - 60, Sr. Pia - 60,
Sr. Rosewitha - 60, Sr. Siegrun - 50, Sr. Pirmine - 50**

Silver and Golden Jubilees



Silver :
Sr. Rita & Sr. Valery

Golden :
Sr. Anne & Sr. Angela



*Hearty Welcome
Sr. Pushpa & Sr. Augusta
Provincial Chapter &
Visitation Programme 2019*

Romania Summer Camps 2019



campus and the other three in different village schools. The theme chosen for the small children was '**A SUMMER TOGETHER**', and for the bigger ones '**THE BEAUTY OF BEING TOGETHER**'. According to the theme different activities were conducted to bring out the best in every child.

This year we extended a helping hand to another poor village school around 50 km from our place (Baia Mare). The children were very excited and happy because it was their first experience of having such a camp in their village.

We had wonderful Summer Camps with rich experiences. Around 300 children participated in five different camps, two of which were conducted in our

We thank you dear sisters and benefactors, for your prayerful support and encouraging words.

Srs. Marie Therese, Joseline and Prerita

Happy Birthday Dear Sisters

October 3. Sr. Anita D. 5. Sr. Divya 5. Sr. Flora 7. Sr. Arkan 13. Sr. Rita 20. Sr. Ida 22. Sr. Antoinette 23. Sr. Eliza 25. Sr. Advina	November 14. Sr. Prema 20. Sr. Theresa 24. Sr. Agnesia	December 2. Sr. Smita 8. Sr. Vandana 11. Sr. Karmela 12. Sr. Maria 14. Sr. Geeta 16. Sr. Rekha 19. Sr. Louisa 22. Sr. Nalini 23. Sr. Lissy	23. Sr. Perpet 27. Sr. Priti 28. Sr. Nancy 28. Sr. Savita 30. Sr. Shobhna
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