



Ursuline Links

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EDITORIAL Sailing into 2020

We have stepped into a new decade beginning with the New Year. We wonder what this new year will bring to us in all the spheres of our lives—physical, psychological, spiritual etc... We surely have begun on a very optimistic note as we have placed our hand in the Hand of the Almighty trusting Him to take us safely along this year.

To help us on our journey I offer you some reflections that might help you as you face each day of this wonderful year. Shall we call them our resolutions?????

Pope Francis has enlisted his list for all of us. Let's reflect on a few:

- 1. Don't gossip:** It's one of the most evil activities' denouncing it as "*murder*" The Pope says that when we gossip, "we are doing what Judas did," and "begin to tear the person to pieces".
- 2. Make Time for Others:** Don't pretend you are too busy. Pope Francis in his busy schedule took time once to send a handwritten letter to a Jesuit he had never met. The Jesuit says "If the Pope can find time to be kind to others, if he can pause to say thank you and appreciate someone so can you and me".
- 3. Choose the more humble Purchase:** The Pope preaches against materialism. "Certainly, possessions, money, and power can give a momentary thrill, the illusion of being happy, but they end up possessing us and making us always want to have more." In connection with this point I would like to say a lot of us are carrying a little too much junk in the trunk. We need to "strip off" that extra weight. The writer of the letter to the Hebrews tells us: ***Let us strip off very weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set up before us.*** (Hebrews 12:1)

Change needs us to strip off the extra weight and that looks a lot like surrender. You unload unnecessary baggage and move forward with the best. You discard what isn't yours to carry so you can hang on to what is.



So let us strip off every weight that slows us down: our sin, our pride, our false ego, our need for approval, our badge of busyness, our belief that it's all in our hands. And then we can rise up with endurance to run the race God has set before us.

- 4. Befriend those who disagree:** "When leaders in various fields ask me for advice, my response is always the same: *dialogue, dialogue, dialogue*. It is the only way for individuals, families, communities and societies to grow. Others always have something to give me, if we know how to approach them in a spirit of openness and without prejudice".

- 5. Be Happy:** The true Christian, says the Pope, exudes great joy. He says keeping this joy to ourselves "*will make us sick in the end. Sometimes these melancholy Christians' faces have more in common with pickled peppers than the joy of having a beautiful life*". Francis says, "*The Christian sings with joy, and walks, and carries this joy*". This joy, he reminds us, should translate to love of neighbor.

Sr. Susanne

Snippets of Ignatian Spirituality

Our Mother Foundress Anne de Xaintonge followed the Spirituality of St. Ignatius and today we too her daughters follow the same especially the Ignatian retreat. Desiring to go deeper into the Ignatian Spirituality, our Junior sisters studied and discussed it among themselves during their Junior course in December 2019. Here are their reflections which they



would like to share:

Ignatian Spirituality is one of the important Spiritualities that the teachings of the Church is based on. It consists of two pillars. The first is an experience and reflection whose end is praise and reverence. The second pillar is spiritual conversation where graces are multiplied when the experience is shared. We were given to reflect and deepen our spirituality through the exercises of St. Ignatius and through

which we were inspired and enriched to live a life of dedication and commitment namely:

- _ God's greater glory
- _ Union with Jesus
- _ Self - awareness
- _ Spiritual direction
- _ Detachment
- _ Finding God in all things
- _ Discernment
- _ Effective love
- _ Service in humility

Reflecting on the above we realized how different needs are present in each one of us in different proportions. Many of us were drawn to the exercises of Union with God, Detachment and Finding God in all things. The sharing was an opportunity for all of us to go deeper into the spirituality of our Foundress and to examine ourselves and find out where we are in our prayer life and in our union with Jesus. I would like to conclude with some sayings of St. Ignatius:

"Go forth and set the world on fire." ...

"Act as if everything depended on you; trust as if everything depended on God."

"Love is shown more in deeds than in **words**." ...

"To give, and not to count the cost. ...

"God freely created us so that we might know, love, and serve him in this life and be happy with him forever.

Sr. Dipika Macwan

Visitation of His Excellency Archbp. Giambattista Diquattro to the Diocese of Pune and opening of "The Year of the Differently Abled".

12th Jan. 2020 was a red-letter day for the Diocese of Pune when the Apostolic Nuncio Archbp. Grambattista visited the Diocese and had a day long meeting with different Diocesan Associations at different timings. From 5.00 to 6.15 p.m. he met the priests and religious of the diocese and interacted with them. In his talk the Nuncio stressed on the need for prayer, community life, regular confession and spiritual direction. When these are lacking in our lives then priests and religious easily ask for dispensation. Bishop Valerian said, "Jesus was a Man for others. He lived and died for others. So should we be".

We then had a solemn Eucharistic Celebration during which the Archbp. Grambattista closed the year of Ecology and a new curtain was raised by him on "The Year of the Differently Abled". Some of such children were present including our children at TARA. The



function was a grand success due to the meticulous planning of Bishop Thomas Dabre, Fr. Malcolm Sequeira the Vicar General of the diocese and all the committee members.

The Saint who inspires me

St. John Bosco popularly known as the 'Saint of Youth' was born to poor parents in Italy on 16th August 1815. His feast is celebrated on 31st January the day of his death. He was a priest and educator and the founder of the Salesian priests and sisters.

At the age of nine, the young Bosco had a dream which would later bring about a turning point in his life. He dreamt that he was in a field with a crowd of children who were fighting with each other. Bosco jumped into their midst and started to stop them. Suddenly a man radiant with light appeared in a white flowing mantle. He said to him, "You will have to win these friends of yours, not with blows but with gentleness and kindness. Bosco argued saying that he was just a boy, so how could he be ordered to do something impossible. The man replied, "What seems impossible, you must achieve by being obedient and gaining knowledge". John's life changed and he grew in humility, faithfulness and strength. This first dream led him to minister to the poor and the neglected boys, visiting prisons and the abandoned. He believed education to be a matter of the heart and said that the boys must not only be



loved but that they are loved. He placed his work under the protection of St. Francis de Sales and our Lady Help of Christians as patroness.

What can we learn from this great saint John Bosco who discovered his vocation in the upliftment of young boys. Let us take inspiration to work hard with joy and hope, to venture into new avenues and to take risks. Above all let us cultivate a deep interior life of prayer. May St. John Bosco help us in all our undertakings.

Sr. Sinthiya

Juniors' Course



22 juniors gathered in Shanti Ashram to renew, refresh and rejuvenate themselves from 27th - 30th Dec. 2019. It was a time to interact with each other and to share their dreams and aspirations. The topics chosen for their reflections were apt and inspirational. Mr. Shirish spoke on 'Servant Leadership'. He stressed the point that the call to religious life is precious and divine. We are not appointed but anointed by the Spirit which helps us to be effective missionaries.

We then had a session by Mr. Harold D'Costa who enlightened us on cyber crimes that are rampant in today's world. Through many examples he explained the advantages and disadvantages of using the Smart

phone. Our sisters Augusta, Pushpa and Marina gave us sessions on how we can be effective in our communities and places of work. We need to dream big for the Society and reflect on our personal call today. A debate on "Technology- a boon or a curse" was a great opportunity for all of us to know the advantages and disadvantages of it. The debate also instilled in us courage and confidence to speak out our thoughts. An outing on the last day was a time to relax and be with each other. We are ever grateful to Sr. Rita and Sr. Marina for their keen interest in our spiritual growth.

Sr. Diana

Visitation of Sr. Pushpa and Sr. Augusta - Strengthening Our Mission Stations

Annual Programme at St. Theresa School Hidkal Dam

On 19th Dec. 2019 the students of the School staged an excellent cultural Programme with the theme: "**We have a Dream**". Sr. Pushpa and Sr. Augusta were present as chief guest. The students communicated the message: ***We are the World, so let's save our World***."



Christmas Celebration at Tara

Our 'Differently Abled Children' at Tara had the joy of celebrating Christmas on 18th Dec. 2019 amidst our sisters Augusta, Pushpa, sisters, donors, Sofosh Staff and committee members. The Parish Priest Obedas Gaikwad gave a meaningful Christmas message, appreciating the sisters for their selfless dedication.



Confluence of Culture

Assisi English Medium School-Neruvambram in Kerala celebrated its Annual Day on 13th Dec. 2019. Bishop Alex Vadakumthala was the chief guest and Fr. George Painadath was the guest of honour. St. Francis of Assisi was a lover of nature. The theme '**Confluence of Culture**' highlighted the effects of different cultures and like Francis of Assisi encouraged students to love and protect nature.



Tribal Belt



Mission in Garja Simdega

It was a great joy for our sisters, children and people to welcome our dear Sr. Pushpa and Sr. Augusta to this mission in Garja on 29th Oct. 2019. They were welcomed with an Adivasi dance to the rhythmic sound of the Mandar which is an Adivasi instrument. Our sisters had great joy in interacting with the children. They taught them songs and even danced with them. It was indeed a very joyful and fulfilling visit for all of us.



Maria Sadan Jharsuguda

Our Sisters Pushpa & Augusta visited our mission at Maria Sadan on 2nd Nov. 2019. They were warmly welcomed by us all. Our hostel girls and the tuition children welcomed them in the traditional way by washing their hands and doing an arati. This was followed by a variety entertainment programme. Sr. Pushpa's message challenged the girls to dream big and have a goal for a better tomorrow. Sr. Augusta encouraged them to face the challenges of life and to go forward. We truly experienced their love and support.



Sacred Heart Convent- Pakertoli

Pakertoli in Jharkhand is our first mission station in the Tribal Belt. Our Sisters Pushpa and Augusta were happy to visit the sisters and people during their visit to India. The children in the school welcomed our sisters with a variety entertainment programme. A dispensary on the premises also caters to the sick and suffering people of the place.



Kamalnayan Bajaj School Annual Day

The Annual Day- 19th Dec. 2019 was woven around the theme, "**An indomitable will and an illuminated mind does the impossible**." Sr. Augusta was the chief guest and Sr. Pushpa- Superior General and Mr. Rahul Bajaj- Chairman of Bajaj Auto Ltd. were guests of

honour. The students of the primary and pre-primary section presented a mind-blowing performance depicting God's beautiful creation. The secondary section students enacted a biography of Dr. Raghunath Anant Mashelkar through skit, dance and music. It was a very enjoyable evening for one and all.



Premanjali Boarding Maan

Premanjali boarding has a strength of 40 girls ranging from 8 years to 15 years. They all come from the slums and streets of Andheri Mumbai. The study in nearby schools semi-English.

Four of them go to Don Bosco school. Our sisters Augusta and Pushpa visited the boarding and were very happy to see the good progress of the children. They are very well looked after by Sr. Nalini. The other two sisters in the community also help to give them tuitions.



St. Mary's Home For the Aged - Goa

Our sisters at Siolim- Goa take care of the old and feeble and those who have no one to take care of them in the 'evening of their lives'. This year we have 22 inmates. Some are

bed-ridden and others slowly walk around and trying to make themselves useful in whatever way they can. These precious aunties are a blessing to all of us as they never cease to pray for us. Our Sisters Surekha, Nirmala, Prerana and Theresa Akka take very good care of them.

CONGRATULATIONS

Provincial Team - 2020



L to R : Sr. Sophie, Sr. Gracy, Sr. Lissy, Sr. Marina (Provincial) Sr. Divya (Vice-Provincial) & Sr. Rita

Greening the Heart and Mind

The International Year of Plant Health (IYPH) is a once in a life time opportunity to raise global awareness on how protecting plant health can help end hunger, reduce poverty, protect biodiversity and the environment, and boost economic development. Keeping this in mind, the General Assembly of the United Nations passed a resolution on 20th Dec. 2018 to declare the year 2020 as the **"INTERNATIONAL YEAR OF PLANT HEALTH"**.

Mother Earth is so used, over-used, abused that unless all of us stop this death and destruction of our Mother Earth, the coming generations are going to pay a heavy price. Fr. Rappai SJ in the New Leader- January 2020 issue explains why UNO has declared this year of Plant Health. He says:

'Healthy plants constitute the foundation for all life on Earth. Plants provide food security, and make the Ecosystem function; they are key to sustaining life on Earth. Plant health is essential to the sustainable development of agriculture in order to feed the

growing global population. Sustaining plant health protects the Environment, Forests and Biodiversity from plant pests and supports efforts to end hunger, malnutrition and poverty, and boosts economic development'.



At our Provincial Chapter in 2019 we spoke at length about Eco-Spirituality and also made an Action Plan for the protection of the environment based on 'Laudato Si'. It would be good if we read these points regularly and put into practice whatever pertains to our communities and individually.

In conclusion **Pope Francis** proposed that caring for the environment be added to the traditional Christian works of mercy such as feeding the hungry and visiting the sick. He goes on to describe the destruction of the environment by human kind as a sin. Combatting this sin and all the associated sinful structures, could be one of our resolutions for the New Year. That would need a greening of the mind and heart.

Indian & Global News

Visitation - India



Sr. Pushpa and Sr. Augusta visited the Indian Province from Oct. 2019 to February 2020. During this time of their visitation we had the Provincial Chapter of Affairs in Oct. and Election in January. They also visited all our communities of the Indian Province. Thank you dear Sisters for your guidance, strengthening presence and support of prayer. May God bless you in all your endeavours and all that you do for our Mission in India.



We had the privilege of welcoming Sr. Cecilia a General Councilor who arrived in Pune in December 2019 for the Chapter of Elections. For the short time Sr. Cecilia was here, she stole the hearts of us all including the parishioners and children with whom she positively vibed very well. Thank you dear Sr. Cecilia for your joyful and happy nature and feeling one with us in this short time. All the best for your ministry in South Africa.

Romania



SUMMER CAMPS 2019

It was a wonderful summer with rich experiences. We had around 300 children who participated in five different camps, two of which were conducted in our campus and the others in three different village schools. The theme we chose for the small children was A SUMMER TOGETHER and for the big children THE BEAUTY OF BEING TOGETHER. According to the theme different activities were conducted to bring

out the best from every child.

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

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

Sisters Marie Therese, Joseline and Prerita

OBITUARY

Sr. Jyoti's father 86 years who expired on 4th December 2019
 Sr. Judith's brother and nephew who expired on 6th December 2019
 Sr. Jyoti's Mother 83 years who expired on 16th January 2020
 May God grant them His Eternal Peace and Rest.

Happy Birthday Dear Sisters

JANUARY

2nd Sr. Rani
 2nd Sr. Sushila
 5th Sr. Dipika M
 12th Sr. Betty
 15th Sr. Sophie
 16th Sr. Rejini
 17th Sr. Marina
 17th Sr. Lavina
 20th Sr. Mary

FEBRUARY

2nd Sr. Sarita
 3rd Sr. Archana
 7th Sr. Vinita
 14th Sr. Christine

15th Sr. Elsy
 16th Sr. Nirmala
 20th Sr. Anuja
 24th Sr. Chitra

MARCH

7th Sr. Pushpa
 11th Sr. Jacinta
 15th Sr. Valsa
 16th Sr. Fathima
 22. Sr. Deena
 25th Sr. Neli Rose