



Ursuline Links

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EDITORIAL Synodality and Mission

Papal, Austen Ivereigh, defines synodality as ***“a method and process of discussion and participation in which the whole people of God can listen to the Holy Spirit and take part in the life and mission of the Church.”***

Synod comes from the Greek syn and odos (meaning “with” and “path”) and refers to a way of living or working together. A biblical passage for synodality that Pope Francis gives is that of the disciples on the road to Emmaus, where Cleopas and his companion are joined by the resurrected Jesus, who walks with them and explains the scriptures to them. The biblical passage ends with a meal in which they finally recognize him in the breaking of the bread. Synodality is about walking together in a shared search for Christ in scripture, prayer, and common life.

Pope Francis has initiated a consultation process throughout the Church, first in parishes and dioceses and then in national and regional bodies, culminating in the Synod of Bishops gathering in October 2023.

During the diocesan phase, groups throughout the local church parishes, deaneries, religious orders, schools, youth groups, seniors' homes, mission teams, etc. will reflect on a “fundamental question” about journeying together as a synodal church: “How is this 'journeying together' happening today in your local Church, ***your community, your mission apostolate?*** What steps does the Spirit invite us to take in order to grow in our 'journeying together'?”

October was the mission month. We were invited again to reflect upon the Church and its mission. To do this reflection adequately, we need to rethink how we understand the word 'mission'. We are accustomed to identifying the mission of an organisation with nice words on a wall or a vision statement for a particular Congregation which puts it up for all to see and then forgotten. For the Church, mission is different. Pope John Paul II said in Redemptor is Missio:

“The Church is missionary by her very nature, for Christ's mandate is not something external, but reaches the very heart of the Church”

In this sense, the Church does not have a mission the Church is a mission, her very nature is missionary. She exists to be mission in the world in all languages, cultures, and places, to proclaim the love of God to all people.



Advent is a springtime for spiritual renewal. The experience of the Synodal process should bring about a new spring time for listening, discernment, dialogue, and decision - making so that the whole people of God can be then journeying together with one another and the entire human family under the guidance of the Holy Spirit. Synod is a call to Personal Conversion and Social Transformation. We need to repent both as individuals and as the Church as people of God or disciples of Christ. There is much that needs to be put in order in our homes, parishes, communities, dioceses, congregations as well as in our own personal lives. The paths have to be made straight and wicked and sinful ways need to be given up. Valleys of selfishness need to be filled with love and compassion for the poor. Mountains and hills of pride and arrogance need to be made low with humility and meekness. Rough and tough attitudes and behaviours need to be replaced with gentleness and patience. Without such personal and social transformation, we will not have much success and desired results from the Synodal Process.

A clarion call to begin the Synodal Process in our Communities:

Sr. Marina has beautifully chalked out a programme for our monthly recollections to help us prepare ourselves by a spiritual renewal journeying together as a Congregation. In her letter to the Province dt. 16/11/2021 she said, “We need to think, talk and act in the 'Synodal Way'- Journeying together, listening to the Spirit and to one another”

So dear sisters let us with enthusiasm and zeal prepare the recollection talks and inspire one another to go the Synodal Way.

Sr. Susanne

Advent - Waiting in Hope

The word "ADVENT" is derived from the Latin word, 'Adventus' which translates to "coming". Down the centuries, the season of Advent is known as a season of spiritual preparation for the coming of our Lord; God becoming human through his Son Jesus Christ. It is a time to meditate with eyes wide open and to ponder in our hearts, 'Mary's 'yes', Joseph's dreams. John the Baptist's cries in the wilderness. It's a time to purify ourselves for his arrival.

Its a season of HOPE. The people of ancient Israel, longed for the coming of the Saviour who would bring them New Hope, Justice, Peace and Dignity. The Liturgy of the season reminds us that we are a people called to live by God's promises. Prophet Jeremiah tells us, "The days are coming when I am going to fulfill the promise I made to the house of Israel and the house of Judah".

Luke 21: 25-36 is exhorting us to be alert to face the Son of God for when He comes, He will lead us to a better tomorrow. This is the blessing of the incarnation of Christ.

Advent is a GIFT. A time to behold the wonders that God is working for us through his Son Jesus Christ. We can hear God clearer in His message of love and salvation in the birth of his Son when we embrace hope, joy and preparation. This season therefore calls us to focus on, "Prepare the way for the Lord." In Mt.3:1-12; Mk.1:1-8 & Lk.3:1-6 John the Baptist & the Prophet Isaiah give the account of the coming of Jesus as an obscure child who will return to judge all things.

The coming of the Lord is for his action in the individuals and the community. He invites us to slow down and enjoy the hope and miracle that each day of life brings us and fill our deepest emptiness with God. This preparation teaches us the lessons in waiting, the joy in anticipation, the pricelessness of hope. This pause leads us to recapture those simple moments, - a smile, the twinkling of the candle, the laughter of children, the soothing melodies of the music we hear once a year. All these deepen our experience of Christmas. We do this both through our prayer and service. If we are attentive during this time of anticipation and waiting for Jesus,



God will surprise us with His presence. We will find Him in unexpected places. Honoring this time by good works prepares our hearts to recapture what we are seeking - **Emmanuel** - **'God with us'**.

The wreath holds four advent candles representing Jesus' coming as the light in the darkness. One candle is lit each Sunday of Advent until all four candles are lit each symbolizing an

aspect of preparation. The first purple candle stands for Hope. The purple Color within the Catholic church symbolizing penance, preparation and sacrifice. The second purple candle is for Peace, everyone reflects on their lives and works to become better for Jesus' coming. The third candle in Pink is the candle of Joy, representing anticipation and rejoicing for the near arrival of Jesus. The fourth candle is called the candle of Love bringing the message of endless, visible and tangible love that God has for everyone in the birth of God's own Son, Jesus Christ.

The Advent season which we always cherish, holds even greater meaning during the pandemic times. It has brought nations together in their search for a remedy for the COVID 19 health issues. Millions of people across the globe, the affluent, the poor, the young, the old, those in the west, those in the east, those of the first world, those of the third world, all in their struggle, helplessness, pain and suffering have waited in hope for helping hands to reach them to a hospital, find a bed with oxygen supply, to get some food, care, some even to reach them to a cemetery/crematorium and some lucky ones to get back home and start life all over again.

Let those suffering, lonely, mourning, those who lost job and those who are spared from COVID -19 together honour this coming season of Advent as gracefilled and fulfilled days. Even in the midst of our busy schedule, allow Christ to be reborn in the Bethlehems of our hearts, homes and communities. It is for me to be awake, to the Divine Mystery that unfolds in the hearts of each one of us, specially, during this coming Advent Season. --- Come Lord Jesus Come.

Sr. Judith

God's Gift Emmanuel - A Presence

Mathew 1:23 The Virgin will conceive a child. She will give birth to a son and they will call him Emmanuel which means 'God is with us'

The little Babe born at Christmas is God's gift laid in human hands. John 3:16 For God so loved the world that he gave us his only Son. Yes it was a gift of love and shared in great love. Mother Theresa said, "Its not how much we give but how much love we put in giving". God's love for humanity is beyond our understanding. So deep is his love for us that he gave us something what we would not even think of or even think of asking. He gives us his own, his only Son. God's Presence is felt everywhere, even when one is not aware. This Presence changes everything. e.g. the Burning Bush. The Power of God's Presence changed the life of Moses. God commanded Moses to carry out his Purpose in life and assured him of his Presence saying, "I will be with You."

In the example of the calming of the storm the presence of Jesus brought Peace and calmness into the troubled hearts of his disciples. The gift of Christmas, 'God with us' reminds us of its importance in life. The presence of Jesus makes everything worthwhile, meaningful and purposeful. The gift of Christmas the presence has the Power that brings about a transformation. When Jesus entered the life of Zacchaeus, a sudden transformation took place. At Christmas the angels brought the Good news of the birth of Jesus to the humblest and simplest the shepherds. It was the simple hearts the shepherds who on hearing the angel, ran to the manger to see the Saviour. Filled with great joy they went out to spread the good news.

Jesus too humbled himself as Emanuel 'God with us' and entered human history. He desired to walk with us and to be with us. Yes, the Presence of Jesus comes as a gift anywhere and anytime.

Gifts are a speciality of Christmas. Giving presents makes us think of the person. Presents are powerful and when thoughtfully selected then we give just the right one. Knowing how man is drifting away from Him, He knew what's best for us and so he gifts the most incredible and mind-blowing gift- **His Only Son**. This gift does many things for us. His presence, comforts, strengthens, protects, provides, heals and guides.



It's a Presence 24x7 anytime and everywhere.

The year 20-21 had been a challenging year with the COVID pandemic. During this time people questioned the presence of God and why did he will this to happen? It was a moment that robbed us of fun, excitement, parties, power security, prestige, money, and brought us down to closed doors during the lockdown. Sickness, pain, death, unemployment, fear, anxiety, financial crisis were problems that brought us stressful moments. These were hard times that brought people down to their knees turning to the Almighty with uplifted hands yearning for the Presence of the Lord to have pity on the situation and to put an end to the pandemic. Yes the power of this Presence worked in ways that brought people to work together to end this pandemic. People connected to one another by becoming good Samaritans to the needy. The powerful Presence inspired people to take up hobbies and, make good use of time and thus turning to be resourceful. The closed doors brought families together. The powerful Presence taught us to become comforters, protectors, guides and medical workers to ease away the pain. The power of Presence did make us realise the shortness of life, value of relationships, discipline and respect, and drew us closer to the heart of Jesus.

At this Christmas let us THANK God for the gift of his Son and carry out his command by gifting the others the Lord who dwells in me through my deeds and thoughts of love and kindness. May we become His agents in extending **Emmanuel 'God with us'**, anytime and everywhere.

Sr. Valery

A Joyous Christmas

Christmas a day of joy and happiness,
This day is held through its greatness.
Long ago on this day, Light of this world,
The Saviour of mankind arrived.

The Father of this creation,
So loved the sin laden man.
Out of His great love,
He gave his only Son.

The Son of light has come to us.
The peace of heaven granted to us.
He rules the earth and heaven,
He has freed us from the darkness and wrath.
Hark now, we hear the Angel sing,
Glory to the new born king.
Let all creation shout for joy,
The rivers, the hills and the mountains and plains.
Sing out for the new born king.



God's Dream : My Dream

A little boy looks up into the sky and asks his father, 'Take me up to the sky, I want to see God.' The father calmly replies, 'My child, we need not go up to see God. Our God comes down to see us.'

Yes dear friends, Christmas celebrates the fact that we don't have to climb up to the sky to get to God. God comes down to the earth.... God changes His residence from **HEAVEN TO EARTH** in total self giving love for the whole humanity.

Two thousand years ago, the Three Divine Persons had a dream as they gaze at all the circuit of the human race. They see the human condition of greed, self-indulgence, self-centeredness, exploitation, religious warfare etc. Notice God's anguish and pain, distress and agony. At the same time God looks with great compassion, restlessness, care and concern for His people. Seeing such cruel human act, there is a Divine Response for the redemption of the human race. The Trinitarian God fulfils their dream as they send the Second Person to save the humanity. Thus the fullness of time having come, they send **JESUS** to become **EMMANUEL**, God-with-us.

When God dreams, it is not only for each one of us but it is for the whole world. The dream of God's heart is being fulfilled through Jesus' incarnation. So, through Jesus' life-spirit lived out in an incarnate way, in the midst of the broken world fulfils God's dream of the world.

Today two thousand years later, the dream of God continues through me, through my conception in time and space. God invites me to magnanimous generosity and readiness to diligently fulfil the original purpose of His dream through my life. The incarnation of Jesus has touched and transformed many lives.

One such person is Martin Luther King. In September 1963, Martin Luther King electrified a crowd of over 2,00,000 people with his **"I have a dream"** speech. So totally influenced by the life and spirit of Jesus and of Gandhi, his words still stir the hearts and bring tears to the eyes when one reads or hears it declaimed.

He says, "I have a dream that one day this nation will rise up and live out the true meaning of its creed; 'We hold these truths to be self-evident that all men and women are equal.' I have a dream that one day on the red hills of Georgia, the sons and daughters of former slaves, and the sons and daughters of former slave-owners will be able to sit down together at the table of brotherhood... I have a dream that my four little children will one day

live in a nation where they will not be judged by the colour of their skin but by the content of their character." and so on.....

Doesn't the dream of Martin Luther King correlate with the mission mandate of Jesus? A challenging dream indeed! What's my dream? What is God dreaming through me?



Imagine God's dream for the world in these two years during the time of Corona pandemic. It's truly unimaginable as we lost our dear ones, lost our jobs, experienced economy crumbling down, transport

system slowing down, doors of the places of worship being closed and people staying indoors so on..... In such dark moments, gripped with fear, God's dream could bring light and hope through the generosity of many good people. The Government officials, Industrialists, medical team, missionaries, social activists and common man irrespective of any religion join hands together in fulfilling God's dream in caring for the world.

Similarly Pope Francis has awakened the Church with God's dream with the opening of the Synod. (2021-2023) The two year journey of walking together with people of all walks of life will open up God's dream, God's vision for the world. With God's perspective, this journeying will enhance the people of God to live in greater communion, to achieve better participation and to open itself to God's mission. The Local Church and the Universal Church are invited to voice out their concerns through dialogue and reflection in a synodal way. Thus the whole human family is open to fulfil God's dream for the world.

So we celebrate Christmas in our daily context, actively contemplating in and through this journey to touch and connect with Jesus' humanity and that of mine.... Just as God has chosen to fulfil the dream of God's heart through Jesus, so also God invites me to have an intimate knowledge of the Trinity's deepest desire for ourselves and for our world. Now it is for me to unfold the dream of God in my conception, the original purpose of my existence in our world today.

Jesus said **YES** to God's dream. Mary said **YES** to God's dream. Joseph said **YES** to God's dream. Thus the redemption of humanity was possible. Today as I walk along my journey of life, can I say a **YES** in making GOD'S DREAM MY DREAM.....?

Sr. Rita

Experiences of Courses

Renewal Programme for Jubilarians

It was a unique experience for us 6 golden jubilarians to attend a renewal programme at 'Prerana' in Bangalore from 11th - 30th October 2021 including an Intensive Journal Retreat. Since all six of us from the time of our novitiate till this day could attend the course, it was a wonderful experience being together and sharing all the joyful and painful experiences we have gone through down the years wherever we have been and whatever apostolate we have done. We are ever grateful to Sr. Marina for this God-gift opportunity to attend the course which was well organised with appropriate topics pertaining to our age by Fr. Prashant D'Souza and his team. Fr Jossie D'Mello was the opening batsman who spoke to us on '**Spirituality - a Faith Journey**'. The highlights of the talks:

i) Our life is a pilgrimage so we ask ourselves: Where do I come from, where am I going and who is God for me.? These were soul-searching questions which when we honestly answered to ourselves helped us in our inward journey.

ii) Faith is a journey not a destination. This realization helped us to continue our inward journey, by keeping abreast with the times, reading, reflecting, learning new skills, meeting and learning from people etc. a journey of relationship with God, self, others, and the cosmos.

"An Unexamined life is not worth living" said Socrates.

The next speaker was Fr. Kulandai Raj who gave us a course on 'Midlife Transition' Aging gracefully means accepting myself as I am.

Issues that affect us in Mid- life are:

1. Health: Body was strong, now not much strength left, movements slow.

2. Life becomes mechanical:- Every day is same work, ministry etc. Mass becomes mechanical, no zest. Depression setting in.

3. Loneliness:- Loneliness is felt by everyone. The heart is restless until it rests in God.

4. My relationships: Earlier had many friends, now not so sure. Relationships diminish, fall like dry leaves.

5. Questions of Mortality: Death awareness- death thoughts come bombarding, death news can be terrorising. What will happen after death. No more sure of heaven or hell.

6. My Contribution: What have I given to life? 'My contribution to the Congregation, country my own creation?'

7. Have I met my Dreams? Before joining I had many dreams. Do I have regrets for missed opportunities?

8. Unfinished Business: Hidden resentment, unhealed wounds. Repressed and suppressed materials come up at this age.

9. Time of Unpredictability: I don't know what will happen to me, family etc... therefore feelings of anxiety, insecurity creep in.

10. Time of New Beginning : New start..... unless you are born again with water and the spirit... deepen your spiritual roots and foundation.

These sessions were an eye-opener to us making us realize very deeply that we are at the sunset of our lives. Being grateful for the many years God has given us and wanting to make the best use of the time left.

Fr. Prashant D'Souza spoke next on Ignatian Spirituality: **Discernment in Daily Life**'.

This will be taken up in next issue.

The Golden Jubilarians



Experiences at Sumedha - Nainital- Sr Surekha & Sr. Perpet

Psycho-Spiritual Journey

“What thanks O Lord can I render Thee for all that Thou has given me”

As I look back on my days at 'Sumedha' my heart fills with gratitude to Sr. Marina and the Counsellors for granting me this free time to attend the course. For me I count this as a great blessing because after many years I could be away to work on myself, and to go deeper into my spiritual life.

My stay was really comfortable. We were all looked after well. Every topic has helped me and made an impact on my spiritual and personal life. I thank God for this psycho-spiritual course where I have learnt to live a healthier life and be more positive towards life. Prayer, silence and contemplation helped me to get in touch with the core of my being and silence and contemplation of the desire to know who really I am to be more connected to the whole Cosmos. Also to see the other person's point of view with a non judgemental attitude. I'm grateful for the awareness to be more human, compassionate and gentle. Above all to be a whole person and to celebrate wholeness within and around me, strengthening my relationship with God and others. I am ever grateful to God for this unique opportunity given

Sr. Surekha

An Inner Journey-From 'Wilderness to Paradise'

I began an inner journey of the exploration of the 'Psycho-Spiritual Journey' together with my 13 companions, so that we could live our lives in more fulfilling and satisfying ways and be more effective in our service.

The initial interaction with other participants helped in getting acquainted which is important for a 10 weeks journey. The whole setting of the course seemed appropriate. Regularly through self-awareness, we were asked to reflect on our purpose of coming and to see if we are able to connect all that is been done during the sessions by writing a short summary of each class.

Now having learnt about process spirituality, I do find meaning in my psycho-spiritual journey. Initially it was



difficult to sit quietly in one place, but when I began with centering prayer, it helped me to go deeper into silence and try to discern what God must be telling me through all that is happening in my life.

For me the invitation was to go down into the well of my being, the deep places of my psyche and soul- through introspection, reading, writing and drawing, my sharing in small and big groups. The inputs of different modules and the movies, my companionship, my prayer and meditation on the Word of God and Nature, in the existential realities of my everyday life, in sacred Scripture, my exploration in group therapy and retreat, have helped me to know myself better.

I have been able to discover through these processes the dynamics operating in my life, my dysfunctional life pattern, my identity, my shadows, my realized and unrealized dreams and ways, I have been and wanting to be generative. The insights I have gained about how things are in my life and how I would want them to be, as God has called me for deeper intimacy with him.

I am grateful to Sr. Marina for giving me such a wonderful opportunity to attend this course, and also Sr. Arkan who adjusted my work in the school, And all the sisters in the community. It was a very enriching experience and I integrate these to develop a healthier self so that like our Foundress Mother Anne, I can experience greater wholeness as I continue my journey bringing many to God.

Sr. Perpet

OBITUARY

1. Sr. Nilu's sister expired on 12th Nov 2021.

She was suffering from cancer. She was 40 years old.

2. Sr. Rekha's brother-in-law expired on 21st Nov 2021.

He was suffering from cancer. He was 78 years old.

May God grant them eternal rest and peace and console the family members.



Integral Transformative Programme

What you think that you become.

We have been privileged to attend seven weeks of Integral Transformative Programme at Don Bosco ITP Center in Trivandrum, Monvilla. We were 12 participants.

Right from the beginning we were given three questions to answer. Where were you in your life? Where are you right now? What would you like to be in future? We as a group as well as individually searched for an answer throughout the course. The various courses organized here with the support of therapy, various forms of meditations, holotropic breath work, emotional freedom technique, focusing therapy, positive psychology etc have helped us to become aware of our inner movements.. Intensive journal, ennogram, mental health, stress management, cognitive behaviour therapy etc have helped us to go back to one's childhood experiences and relive certain highlights of personal life and thus to cherish what was



good in ourselves and at the same time our drawbacks and limitations. Even if we have very prominent personality types, we can strive to move through our wings to achieve what is good and healthy in other personality types and thus to become an integrated person.

Sr. Betty & Sr. Mercy

Tanmaya Sadhana

Sadhana Institute run by the Jesuit fathers at Lonavala helps the participants to make an inner journey through a blended integration of psychology and spirituality. It is a centre that aims at the experiential and conceptual integration of psychology and spirituality. Sr. Elisha and Sr. Diya were privileged to attend this course along with eighteen others from all over India who made this journey together from 29th September to 26th November.

"Tanmaya Sadhana" which means to become aware of the inherent potential, was true to its name. It helped us to rediscover the wholeness in us and made us move towards becoming one's own unique self. The course made us to understand that everything that God allows to come on our way is always with a purpose. He uses us if we cooperate, even with deepest pain He moulds us and makes us better person.

The various topics connected to our life such as: Drawing from the depth, Human affectivity, Christian maturity, Communication and Inner process, enlightened us in bringing out the best in us and be in touch with our innermost being. The various programmes conducted, helped us to let go of our old ways and inculcated a new perspective about life such as behaviors, attitudes and enabled us to adapt to life situations. While offering to us have the possibility to



know the roots of responsibility, it also gave us the wings of freedom to discover oneself. It empowered us to understand that '*I am the engineer of my life*'. I own my life fantasies, my dreams, my hopes and my fears. It made us to take responsibility and own up all our triumphs and successes, all our failures and mistakes. It made the participants understand that because I own all of me, I can become intimately acquainted with myself. I can discard that which is unfitting and invent something new in place of that which I have discarded. We are ever grateful to Sr. Marina and the Society for this unique privilege of attending 'Tanmaya Sadhana'.

Srs. Elisha & Diya

News from India

Celebrating Milestones- Golden and Silver Jubilees



When the narrow and broad ways of life reach a certain level of understanding, awareness and attitude of life, one learns to look at life from a very different angle than the one we looked at life when the journey began. As Steve Jobs says, **“Looking back at life we begin to connect the dots.”** Celebrating a Jubilee has been such an occasion of looking back at life. The year 2021 has been the Golden Jubilee Year of the profession into consecrated life for Sr. Pushpa, Sr. Juliana, Sr. Lucy, Sr. Susanne, Sr. Nirmala and Sr. Clare. When these sisters celebrated their silver jubilee way back in 1996, Srs. Malini, Rejani and Lissy made their First Commitment. Thus this is their Silver Jubilee year. The golden Jubilarians attended a renewal programme for Jubilarians followed by a retreat at ‘Prerana’ in Bangalore. The Silver Jubilarians made the Trideum in Nadiad, Gujarat. It was a time of looking back at our consecrated life with gratitude to God for the great and small things He has done in and through our lives. It was not just going through life but growing through life. Thus the overwhelming response for the call we received and lived so far was **MY SOUL GIVE THANKS TO THE LORD.**

The culmination of the celebration was on November 4,

2021 in Shanti Ashram. The sisters, relatives and friends joined us in celebration, to rejoice with us on God's goodness in our life all these years. The celebrations began with the Holy Eucharist which was prepared and conducted in a very prayerful and gracious manner. Bishop Thomas Dabre was the main celebrant. During the homily he highlighted the joy of living the consecrated life authentically, stressing fidelity and faithfulness to the Lord and His mission. The renewing of the Vows during the Mass reminded us of the everyday 'yes' to God's plan in our life.

The felicitation programme followed in the school hall which was beautifully decorated. During the felicitation a brief sketch about each Jubilarian and her mission was given by different sisters. Adding to the solemnity of the occasion it was the golden jubilee year of the priestly ordination of Bishop Dabre and the birthday of the Vicar of the diocese of Pune, Fr. Malcolm. At the end of the programme Sr. Susanne thanked everyone on behalf of the Jubilarians. A sumptuous meal was served and the event ended on a very joyful and grateful note.

Sr. Rejani

Online- Recollection Talks on the life of Mother Anne de Xaintonge- 18th, 19th, 20th, Oct. '21

We thank God for the three days of prayer and silence where we could deepen our love for God. The Triduum was grace-filled. We thank Sr. Sunita, Sr. Gracy and Sr. Lissy for their valuable on-line talks given each day which helped us to go deeper into the life of Mother Anne and see God's work through her.

The 1st day Sr. Sunita spoke on Mother Anne's relationship with God. She was united with God through

her deep union with Him. For Mother Anne, prayer was the centre of her life. We could see that she received Communion as though it was her first and the last. This helped us to reflect on our prayer life. Many a time we realized that we go for prayer just out of our routine. We became aware of Mother Anne's life, how she prepared herself before going to the Church, before receiving Holy Communion. Thus Mother Anne gave first place to God.



On the second day Sr Gracy talked on the love of God and neighbour. We were inspired by Mother Anne who loved God above all things, that's why she could see God and find her neighbor in the poor, sick and the needy. Mother Anne's exemplary life and her words help us to forgive others. And do good to those who hate us by loving them.

On the 3rd day Sr. Lissy spoke on the humility of Mother Anne, who lived the virtue of humility. Thus she gave priority to this virtue which is the mother of all virtues.. We learnt that the greatness of a person lies in humility. Mother Anne always listened to what came from within her and did according to God's plan. As Mother Anne beautifully said, *"Our identity is not in the rules but by being true children of God"*. Mother Anne lived her life to the fullest.

We are ever grateful to God for giving us this opportunity to spend valuable time with the Lord in peace and quietness.

Sr. Chaitrali, Sr. Monika, Sr. Poonam

Quadricentennial (400) years) of the Death Anniversary of Anne De Xainctonge 1621-2021

On the occasion of the great Jubilee of the death of our Foundress, our dear sisters- Sr. Theresa, Sr. Sunita, Sr. Gracy rendered yeoman service to our Congregation by painstakingly compiling a book on 'Mother Anne's Spirituality and Spiritual Experiences. Thank you dear sisters for the hard work, reflections and your valuable time in gifting us this very valuable book. May we grow in the love of our dear Foundress as we read and reflect on her spirituality and spiritual experiences.



Sr. Pushpa's visit to Communities

Kannur, Kerala



On 22nd November the community had the privilege of welcoming Sr. Pushpa. It was a time of building up relationships, sharing and mutual understanding. We experienced in her, motherly affection, genuine love, care and concern for the mission. She spent time listening to each of us individually and shared her wisdom and life experiences with us which in turn motivated us. In the community meeting she urged us to create a positive warm and joyful atmosphere in the house. She said, "God will not ask how many books have

you read or what have you done, but only how much you loved. Be genuine and loving human beings and build a community of love". She took keen interest in meeting Sr Ejina and Sr Joicy's families and spent quality time with them and assured them of her prayerful support. It was an enriching and fruitful time with Sr Pushpa and Sr Divya who accompanied them.

Sr. Mercy

Dabhan

We the Dabhan Community were privileged to have Sr. Pushpa and Sr. Divya with us from 29th Nov. to 1st Dec 2021. They reached our place around 3.30 p.m., refreshed themselves had lunch and later met the sisters for tea. The sisters joined us for Adoration and prayer. The next day Sr. Pushpa met with the sisters individually. In the afternoon they were invited to school by Sr. Rejini. She met some of the 10th std students and spoke to them. The teachers welcomed her with a bouquet of flower. We had a short prayer and we had lunch together. Sr. Pushpa appreciated their commitment to the school and spoke words of



encouragement to them. In the evening we had Holy Mass along with our hostel children celebrated by Fr. Natu the Assistant Parish Priest. Fr. Tony the Parish Priest joined us for dinner. The next morning we all went to the Parish for Mass. Srs. Pushpa, Divya and Rejini were felicitated by the Parish in Mission Road, Nadiad. They remained in our community there and then returned to our Community in Dabhan in the evening. Our hostel children welcomed the sisters with an Arati and put up a lovely programme.

The next morning they left for Amod Community.

Sr. Jyoti

Amod

It was our joy to welcome Sr. Pushpa in our midst as she came to our community on 2nd Dec. along with Sr. Divya. We were very happy to see her after a long time. We all had a friendly chat as we had tea and then Sr. Pushpa began to meet the community members personally. We experienced a lot of love, personal care and concern which was very uplifting. She showed much interest and concern for the mission. She visited our sewing class, Dispensary and also met the boarding children. That same day a young girl from the village met with an accident and was rushed to the hospital. They sent her back home as the case was very serious. Sr. Divya, myself and the Priest rushed to her family and gave her the anointing of the sick. She died after 30 minutes. The girl was very much known to our sisters. After dinner Sr. Pushpa shared about her 50 years journey in religious life. It was very inspiring as she shared her achievements, her struggles and challenges. The next day - on 3rd morning we had Mass in our Chapel. Both the priests offered mass and prayed for us and our Society and its mission. After breakfast we said goodbye to our sisters as they had to go to Vyara.



The visit of Sr. Pushpa encouraged us to carry on our mission amidst all the difficulties and struggles. It was a time of mutual trust and building up relationships.

Sr. Priti

Nadiad



We were privileged to welcome Sr. Pushpa and Sr. Divya to our community at Nadiad on 1st Dec.2021. Both our communities Dhaban and Nadiad belong to the Christ the King Parish. They all came for the parish Mass and were felicitated with a bouquet of flowers. They then came to our community at Sharon Park and spent the day with us, meeting the sisters.

Sr.Pushpa's way of going about in simplicity and flexibility is commendable. It was a time of bonding together and sharing our mission. They left us that same evening due to their heavy schedule. We are truly grateful for them for their short but experiential visit.

Sr. Sunita

Vyara



Sr. Pushpa and Sr. Divya arrived at Vyara community on 3rd December 2021. 3rd and 4th they stayed with the community and shared our life and mission here. They also visited the village Baalwadis and Clinics and distributed snacks for children and made them happy. They also interacted with the people.

Sr. Pushpa's visit to our community was very good and enriching experience.

Sr. Prema



Maan



"Alone we can do so little, together we can do much"
(Hellen Keller)

We were privileged to have in our midst our dear Sr. Pushpa, who visited our community at Maan, on 5th December 2021. It was indeed a moment of joy being together and sharing. Though the visitation was very short, we experienced lots of love, care and concern, which will help us to build up our community bond. It was an inspiration for us in this year of the Synod, to discover God's presence and Salvific action in our mission.

This visit filled our hearts with lots of joy and peace and a sense of belongingness, as Sr. Pushpa motivated us through her encouraging and strengthening words to be fruitful in our mission'. We are grateful to God for His

blessings and graces that He continues to shower upon our Congregation.

Sr. Nalini

Andheri, Mumbai

Our General Sr. Pushpa accompanied by Sr.Divya visited our community Asha Sadan, Andheri on 7th December 2021.They were warmly welcomed by all of us.It was an enriching experience for each of us. Sr. Pushpa enlightened us on the aspect of Community Life. She said that we are like a tree .If one branch is affected the entire tree is affected, in the same way if one person is affected, then the entire community is affected. If the entire community is affected, the entire congregation is affected. So we need to live in peace and harmony, reaching out to one another in love, understanding and compassion. Taking care of common things as it is our own. Sr. Pushpa's visit and concern for us has been very strengthening and enriching.

Sr. Silvy



Recipes

1. Oatmeal cookies **Ingredients:** 280 grams oats, 800 gms groundnuts, 400 grams powdered sugar, 120 grams butter, 4 eggs, juice of 2 lemons. **Method:**

1. Mix the butter, sugar, and eggs.
2. Slowly mix the powdered groundnuts (roasted)
3. Mix the oats in the batter
4. Place spoonful of the batter on the greased baking tray.
5. Bake oat biscuits in a preheated oven at 120 degrees celsius for 30 minutes.

2. Date rolls: **Ingredients:** 200 grams maida, one egg, 60 g powdered sugar, 100 grams butter, 100 grams walnuts, 200 grams seedless dates. **Method:** 1. Cream butter and sugar using an electric beater. 2. Add beaten egg and add this mixture to the maida and knead into a soft dough. 3. Put a piece of walnut in the centre of the date. 4. Roll the dough quarter inch thick, cut into strips and further cut the strips into three or four inches, and roll a date in each. Apply water to seal the date. the edges. 5. Place the rolls in a baking tray, brush the top of the roll with egg yolk and bake in a preheated oven for 10 to 15 minutes at 160 degrees celsius.

Activities at Maria Sadan---- Jharsuguda

As we journey each day ,we come to know the will of God and He gives the opportunities to see situations and act accordingly for the glory of him by serving his people. The girls' hostel has been closed due to lock



down.

We have started tailoring classes for women and girls, support classes and extra curricular activities like dance ,drawing,motivation classes, Computer etc.

Different activities are done with women to improve their economical conditions.

- Two widows are provided with sewing machines.
- Flour mill [masalaetc]
- Rice husk removal machine.
- Women's SHG has taken up mushroom cultivation project as an income generating activity.
- Three women started goat- rearing.



- Seven lepers sick and old are provided with food .

For the youth

- Education and training program as well as finding jobs for them.
- Two girls are doing nurses' training.
- One girl is doing B-ed.



- Six girls and three boys are sent to Bhubaneswar for a business management course.
- Eight boys are sent to Gujarat for work in a rubber factory.

Housing - Three houses are built for the poor Tribals. One house for a leper, and four houses were repaired.

Prison ministry.

We have started net working with three prisons. According to Covid19 restriction, we visit from time to time and see how we can support them.

Celebration of Prison Formation Day and Human Rights Day at Sambalpur, Nari Bandan Niketan prison was celebrated.



We now plan to start income generating activities like detergent, soaps, LED bulb, etc. We also give counseling and motivation talks to those in need.

We are asking people to stop making rice beer and liquor and start some small income generating activities so that they will make a difference in their families, in the village, and in the society.



Sr. Maya & Sr. Mercian