



# Ursuline Links

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## EDITORIAL

### The Magic Of New Beginning



Beginnings are beautiful. Whether it be the first page of a new chapter, the beginning of a workout/diet program, the start of a new academic year, or job, or even a decision to quit a bad habit. They can be different from what we are used to, and it can be hard to adapt, but there's just something so liberating, so freeing, and so beautiful about new beginnings. Holidays have been chances to relax, and rejuvenate. Quiet times with the Lord have strengthened us to once again say a total yes to the Lord to begin anew with enthusiasm and zeal to whatever and wherever the Lord calls to work in his mission.

A new beginning can mean freeing yourself of what cages you in, of what makes you feel less whole. Sometimes, though, a new beginning can also mean saying goodbye and leaving behind the familiar places, faces, and getting adjusted to something new and exciting.

Life is full of moments of change, moments when things have to come to an end, moments when we have to begin anew, yet generally we don't like change. We feel change takes us into an unfamiliar and sometimes unknown zone. We get used to the way things are and we don't want to move on. The disciples and the followers of Jesus were called to be on the move to be in transition for we are pilgrim people journeying in faith.

June: A month of new beginnings. A new academic year, new faces in school, new teachers, classrooms etc etc. Transfers to new communities, change of environment, work etc. All these can be very challenging and yet when

taken in the right spirit and attitude we can see the magic of a new beginning.

You must learn to stop thinking in terms of beginnings and endings, successes and failures, and begin to treat everything in your life as a learning experience instead of a proving one. No matter how hard the past is, you can always begin again." Meister Eckhart a German Catholic theologian says: "And suddenly you know: It's time to start something new and trust the magic of beginnings." Taking risks comes easy for some. It's not easy for everyone. But taking risks, in some way, is like a magical beginning.

New beginnings can happen more easily than you can know. Let's dive into 2 ways to bring yourself forward in a more elevated energetic state. Anything is possible when you look at it in a new way...

1. Tap into Your Learnings: Think of how far you have



come what have you learned or discovered about yourself. Where were you a year ago, what have you experienced and what do you know now? What do you appreciate about your life and experience?

2. Elevate Your Energy: To begin something new, it's helpful to make the space in your mind by letting go of aspects or attitudes that you no longer want to bring forward with you into your future. Most of the time, these are just behaviors you've adopted as a way of handling stress. To really give yourself a fresh start, and elevate your energy, the invitation is to turn that critical voice into something kinder. We all have parts within us



that we don't love it could be the procrastinator, the one who doubts, the perfectionist, the scared part. So to let go and create a more elevated state, instead of

getting mad at yourself, accept and be tender with these parts.

3. See and Feel it: What are you saying YES to? What will you embrace what qualities within yourself? Is it more freedom, creativity, humor, empathy, love,

success as you define it? Take a moment and really PICTURE what that might look like, all the details and FEEL it already, easily, comfortably in your life put yourself there. You are elevating the positive charge.

In conclusion: The magic of a new beginning lies in the fact that you approach each day with a clean slate. Every sunrise opens the door to a new opportunity to start ...Forgive and forget the hurt others have caused you.

'Never let the sun go down on your anger' Ephesians 4:2627).

Sr. Susanne

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## Mother Anne De Xaintonge - My Strength and My Inspiration

As I look at the life and spirituality of our foundress Mother Anne, which was based on a deep God experience and was enriched by her loving response to Him. I found her as a person of depth and simplicity. A perfect example for interior life.. She compares her prayer life as an experience of a drop of water that is getting saturated under the sun. This attitude of Mother Anne, finding her greatest delight in being one with the infinite gave me a greater desire to enjoy my prayer time with the Lord.

I was very much touched by her view that, different spiritual exercises are different forms of conversation with the Lord. It inspired me to do my every spiritual exercise not out of duty but out of deep love for my Lord .Above all from her very life and spirituality I learned a great lesson that I can be a faithful Religious only by building up a deep emotional attachment with the person of Jesus. When I am close to Him I can learn from him how to be humble, prudent, sensitive, selfless and other -oriented. The greater confidence in his love and constant presence will enable me to go wherever He leads me and whatever he asks me to do.



Mother Anne's words on humility and respect have found an important place in my heart. Now I wish to be a humble person by giving up my false ego and be flexible, docile and open to everyone by being obedient to the will of God without grumbling. At first it was very hard for me to follow her teachings on mortification but now I know how to sanctify my

life through self- and selfless love. Her well- disciplined life encourages me to be prudent and wise to do the right things at the right time.

I am very much inspired by her life of fortitude. Her ability to bear up with the crucial moments of life with unfading hope and optimism. It gave me the insight to be cheerful at all times and to be optimistic and hopeful in all the circumstances of life

Mother Anne practiced what she preached. She never sought for applause or appreciation, but she searched the silent approval of her Divine Master. This great life of our Foundress challenges me today to live like her, to think like her, to speak like her and to act like her with deep conviction and courage.

Sr. Silvy Peter

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## Snippets of Ignatian Spirituality

'Roots and wings' is a month long program on spirituality of St. Ignatius. Sr. Elizabeth and I were privileged to attend it. The program was divided into four weeks, including a retreat on Ignatian spirituality.

Once we are deeply rooted in Christ, we get wings to fly. Fly high or low, fast or slow. It depends on oneself. The

deeper the roots the higher the flight, shallow the roots lower the flight. The quality of flying depends on our rootedness. The roots of St. Ignatius are his conversion, transformation and his family inspiration. We carry our own wherever we go. Our geography depends on our biography. Each one of us has a story to tell and we long

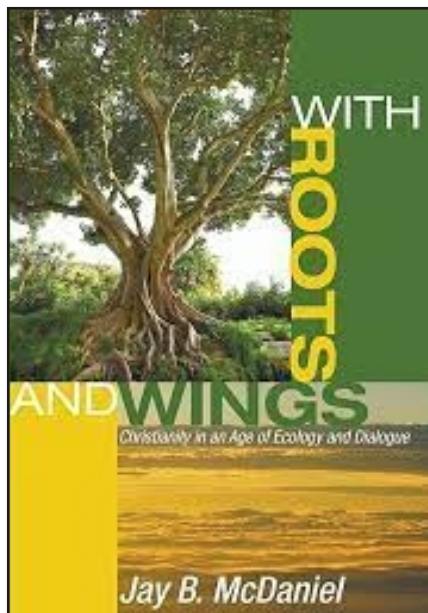
to tell our story.

Every input session spread the light on his spiritual exercises, spiritual journey, his pilgrimage, his light and shadows, how the Lord worked in his life, his disposition of heart, discernment, his openness, his deep faith, his generosity and his commitment to the Lord. It is his invitation to all of us to know his pilgrimage from selfishness to Christ-centredness.. He too had his ego, pride and attachments. He gave up every thing and was transformed fully and totally to Christ.

I learnt that no one in this universe can insult me without my consent. I am responsible for managing or mismanaging my ego. I need to evaluate my capacities, needs, strengths and limitations and try to live accordingly. Every one craves for attention, affection and appreciation. St.. Ignatius too had his ego of vain glory.

It was a beautiful experience for me to be born again in the spirituality and revisiting the foundation and recapturing the Ignatius legacy, to get re-rooted again in our charism and spirituality. It was a personal renewal I came for. I saw and I was touched by the course. 'When the disciple is ready the master appears.'

Through roots and wings I have got fresh energy and enthusiasm for the mission . Just like fresh anointing and transformation deep within. God communicates directly to the devout persons filling their hearts with love for God to serve Him better.



The understanding of spiritual exercises helped me to be inflamed with love to see everything in God and God in everything.

For Ignatius the disposed person is one who is.....

open-minded, available, desirous to be emptied of self and having a recollected mind .

To dispose oneself in order to seek God and find the will of God in our day - to - day life. We need to free ourselves from self-love, self - will and self - interest and remain oriented towards God. My heart must find meaning in all that I do.

**The Cardoner Vision :** In 1522 long after his conversion , Ignatius sat praying on the bank of the Cardoner River near the village of Manresa in Northern Spain. In his autobiography, he describes an extraordinary vision. While he was seated there, the eyes of his understanding began to be opened; though he did not see any vision, he understood and knew many things, both spiritual things and matters of faith and learning., and this was with so great an enlightenment that everything seemed new to him. It was as if he were a new man with a new intellect.

The cardoner experience for Ignatius is that everything comes from God and everything is going back to God. And that is the purpose of my life and of every person. Our mission is to help each person to attain the purpose of their lives and to join Christ in taking the whole creation back to God.

**Sr. Malini**

## **The Saint I admire and who inspires me the most- Saint Teresa of Avila**

***"Christ has no body now but mine"* Teresa of Avila**

Teresa was born on 28<sup>th</sup> March 1515. She was the daughter of Alonso and Beatriz De Ahumada. When his wife died he re-married leaving behind two children. From the second marriage he had ten children of whom Teresa was the third

Since there were no public schools in Spain at that time, Teresa received a rudimentary education at home until she was sixteen. After that her father Alonso entrusted his daughter's further education to the Augustinian nuns of Our Lady of Grace in Avila. In time Teresa began to consider the possibility of a religious vocation, but initially her father refused. So on 2<sup>nd</sup> November 1535 she 'ran away from home' to enter the Carmelite Monastery of the incarnation in Avila. Later her father acceded to her wishes and even provided a generous dowry for her entrance. Thus, began her life in the Carmelite Order as Sister Teresa of Jesus.

**1536-1538** After her vows in 1537, Teresa's early religious life is marked by an intense fervor for perfection and prayer. Her life and works deal with



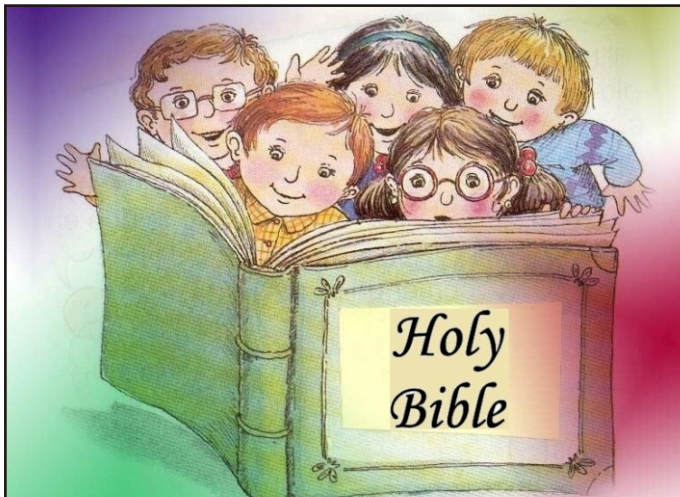
spiritual and mystical graces received by her. The way of perfection describes the way of life leading to union with God. The Interior Castle within, wherein the King of glory dwells in greatest splendor and there the very secret exchanges between God and the soul takes place. There possibilities of practical insight into the graced workings of God within the spiritual life grows as we seek knowledge of God. We grow in self-knowledge which deepens our knowledge of God and the

distinction between God and we His creatures. Self knowledge and God knowledge are never ending. The clearer we see and know who God is and who we are the deeper will be our humility, our awareness and dependence on God for all things. Thus self- knowledge is intrinsically bound to humility. That is why our own foundress Mother Anne, after experiencing and living it in her own life, thrust into her novices the importance of having humility as they grow in religious life. Our dignity and capacity as human beings are reflections of God's presence and activity within us, also of God's beauty and majesty and splendor. It is always present in the soul and nothing can take away its loveliness. The soul longs not to offend His majesty, even guarding oneself against venial sins. Such a soul is fond of doing penance and setting aside periods of recollections, silence and balanced in the use of speech, becoming more organized in dealing with everyday life. One becomes aware of one's weaknesses and limitations , yet one sees that there is a direction, a movement in what we are doing and have achieved a level of integration in the

spiritual life which gives one some insight and natural qualities for leadership among those along the initial pathways of the spiritual journey . As they are aging they realize that “worry over our health will not improve our health” and calls for endurance, acceptance and no more over anxiety, and complaints. Instead satisfied, contented, free of many illnesses and self -giving becomes a joyful part of the person. Thus one grows gracefully, ages gracefully and finally bidding a graceful goodbye to this world.

As I was studying her life while I was in Ryshivana for nearly a year, I was very much drawn in union with God. Teresa was very brilliant but she used it to become a friend of God. I am very much edified by her wisdom, intelligence, which is integrated in her holiness and God is the focus of her life. Our God be forever praised and blessed. The “Castle” is ours too, to explore. God's loving and merciful grace will lead and accompany us along the pathways of our spiritual journey of Religious life.

**Sr. Vinita**



Dear Sisters,  
From this issue onwards I have added another item entitled ' Bible Corner'. Here we will learn the Bible through: funny Bible Questions, riddles, jokes, anecdotes, art, quiz, puzzles etc. I do hope you will find these interesting and deepen your knowledge of the Bible.

### 1. Amusing Bible Questions

- a) How does Moses make his coffee?  
Answer: Hebrews it.
- B) When is medicine first mentioned in the Bible?  
Answer: When God gave Moses two tablets.
- c) Who was the greatest financier in the Bible?  
Answer: Noah -- he was floating his stock while everyone else was in liquidation.
- D) What did God say after He created Adam?  
Answer:"I can do better than that." And so, He created woman.
- e) Who was the greatest female financier in the Bible?

Answer: Pharaoh's daughter -- she went down to the bank of the Nile and drew out a little profit. Oops. That should read "prophet".

### 2. Bible Riddles

- a) I kept him steady and others away  
I kept them safe and showed the way  
Once thrown down upon the ground  
I came alive with a hissing sound  
I hit the rock as he was told  
And that was when the water flowed  
What am I?

**Answer: Moses' staff**

- b) She may have been sweet like sugar  
But her fate didn't leave her sweet  
Nowadays she could add flavor  
In olden days she would have preserved meat  
Who Am I?

**Answer: Lot's Wife (Pillar of Salt)**

- c) In the desert I was found  
Hotter than the sand on the ground  
A strange sight to him that was tending a flock  
He couldn't believe I can talk  
Who Am I?

**Answer: The Burning Bush**

- d. What is greater than God, More evil than the devil, The poor have it, The rich don't need it, And if you eat it, you'll die?"

**Ans.: " Nothing is greater than God.**

- e. I had many locks that didn't need a key. I was never to be shortened for a vow had been said. I was a symbol of strength that flowed from the head. But in a moment of weakness my secret was out when she gave the shout. I am in the Bible. What am I?

**Answer: Samson's long hair.**

### 3. Bible Quizzes (Multiple Choice)

#### A. Where did the 10 Commandments come from?

- i) God gave them to Noah
- ii) God gave them to Moses
- iii) Jesus gave them to us

#### B. How did Moses' mother save him from being killed?

- i) She hid him in a manger in the stable
- ii) She hid him in a basket floating in the river.
- iii) She sent him out of Egypt with a caravan of traders.

#### C. What happened to the three men Shadrach, Meshach and Abednego?

- i) They were thrown into a den of lions.

#### ii) They were thrown into a fiery furnace.

- iii) They were swallowed by a giant fish.

#### d. Within a short time, the number of Christian converts had grown to 5,000. How did these Christians demonstrate their devotion and unity?

- i) They built a magnificent church for worship.
- ii) They expelled the pagans from Jerusalem.
- iii) They shared all their possessions in common

#### D. Who were the parents of Moses?

- i) Aaron and Jochebed
- ii) Amram and Jochebed
- iii) Abel and Jochebed

**Ans Amram and Jochebed (Ex 6:19)**

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## Education is turning Mirrors into Windows

“The whole purpose of education is to turn mirrors into windows.” This is a famous quote by Sydney J Harris an American Journalist. A beautiful sentence indeed with depth.

Turning a mirror into a window means looking into yourself to see the world. It is like you see what you are. Mirror shows us what we are outwardly, but a window within shows us the whole world. The objective of citing this sentence is to enlighten the minds of people regarding the vast number of opportunities we get in life. Therefore, I need to ask myself, Am I self-centred or other-centred? Can I look at reality beyond myself?

The notion of education varies from person to person. All are unique; hence education is also unique for all. Education is a process of exploring one's views and ideas in learning. Education should be like a window which

helps to expand your horizons, while a mirror only shows what you already know.

Education is an ongoing process. It begins at conception in the mother's womb and ends in the tomb. It helps people to form, reform and transform themselves as literate persons in the society. Education enables people to know themselves and know the world beyond their comfort zones. The mirror not only acts as a barrier but also does not allow the individual to see beyond himself/herself, whereas windows act as various opportunities to see the world through different lenses.

In real education, students need not only bookish knowledge but also practical knowledge to face problems, difficulties, challenges and hardships in life. Teach and train them to live a purpose driven life. Rick Warren in his book 'A Purpose-driven Life says: “This book teaches people how to achieve spiritual growth by following Christian values. It tells them to think of the world as temporary and prepare for life in heaven, where they will be with God. We were made in God's image and are meant to share his love with others. This is what we as teachers need to understand and guide and accompany our students. Education means overall growth and development of an individual. Education should broaden our views on General Knowledge, knowing the culture and traditions of our country as well as others, and so on.

The main focus of education is to harness a person's natural talents by letting them study what they are good at rather than what their parents regard as prestigious. As a famous philosopher Lao Tsu said: **“Give a man a fish, and you feed him for a day. Teach a man to fish and you feed him for a lifetime.”** If this were the governing principle for education reform, the promise of a more prosperous future would be brighter. As Nelson



Mandela said, **“Education is the most powerful weapon you can use to change the world.”** He is a renowned world leader and he has proved his worth. From him we can state that education is very much needed to develop our country and thereby change the world.

As B.Ed. trainees we are encouraged to emulate on the practice of the teaching profession and to improve through reflective silence, committed study, hard work and perseverance, and much more self-critical. Now we are more prepared to find ways and means of bringing about a possible solution to help working on better quality education.

As a B.Ed. trainee, the student-teaching experience allows oneself to put into practice everything that is learned about education in the classroom setting. We have learnt many life skills to cope with various circumstances. We have obtained knowledge,

experience, methodology in systematic approach. All these learnings will be handy in our teaching profession. With self-introspection, we have realised that we can become a good educator who can understand the problems of a young learner. We are now equipped with various teaching skills and ready to plunge into the world to ignite minds and hearts of the young learners.

Eventually, can say self-help is the best help but helping others to help themselves is real service to humanity. This is being manifested through the opening sentence of this essay, ***'The whole purpose of education is to turn mirrors into windows.'***

We are very grateful to the Society of St. Ursula for this wonderful opportunity to complete our Teachers' Training to better equip ourselves to work in the educational field.

**Sr. Ranita & Sr. Sudhani**

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## News from India

### First & Final Vows

On 1<sup>st</sup> May 2023 five of our Novices- Provita, Neha, Maria Christy, Kripa and Preetisha made their First Commitment, and four of our Juniors- Sr. Karmela, Sr. Jyotika, Sr. Dipiti, and Sr. Agnesia made their Final Commitment in the Society of St. Ursula. Rev Bishop Thomas Dabre- Bishop Emeritus of the Pune Diocese was the main Celebrant. The Parish Priest of Divine Mercy Church Fr.Rajesh Pereira and some priests concelebrated.

Theme : 'To Be Ambassadors For Christ'



## A New Bishop For Pune Diocese



### Solemn Installation Ceremony of Rt. Rev. John Rodrigues

The Holy Father, Pope Francis appointed Auxiliary Bishop John Rodrigues (age 56) of the Archdiocese of Bombay and Titular Bishop of Deulto, as the Bishop of Poona on March 25, 2023. The appointment was made in Vatican, Rome after Pope Francis accepted Bishop Thomas Dabre's (age 77) resignation from the pastoral care of the Poona diocese. The provision was made public in Rome on March 25, 2023. The press office of the Vatican on its website stated, "The Holy Father has accepted the resignation from the pastoral care of the diocese of Poona, India, presented by Bishop Thomas Dabre. The Holy Father has

appointed Bishop John Rodrigues, hitherto titular bishop of Deulto and auxiliary of Bombay, India, as bishop of the diocese of Poona, India."



Sr. Susanne

## Graduation Day



Our two Sisters Ranita and Sudhani completed their graduation from at St. Aloysius Institute of Education Mangalore on 30<sup>th</sup> May 2023.

We celebrate our achievements, with immense joy and gratitude to God who has been a source of inspiration and guidance during this time of study. We are also grateful to our Alma Mater. This auspicious day was made possible through our Provincial Sr. Marina and the councillors who gifted us with this beautiful opportunity to become teachers.

Sr. Ranita & Sr. Sudhani

## We are created in the Image and Likeness of God"



30 of our Junior Sisters took part in a course 'Discovering the Inner Child' from 25<sup>th</sup> -29<sup>th</sup> May 2023 in Shanti Ashram. The resource person was Sr. Sonia and Sr. Marini.

The highlights of the course were:

1. Our life is a journey where we have many good and negative experiences.
2. We also meet many obstacles, hurdles and problems.
3. Through exercises and different activities we were taught how to overcome them.
4. God has a plan for each one of us and in due time He unfolds them, making life more meaningful.



5. This inward journey enabled us to look into our past and affirm ourselves with positive words and thoughts.
6. Repeating the word of God helped us to lighten our burden that we have been carrying all these years.
7. Experiencing the presence of God during our course helped us to understand and heal ourselves.
8. We now need to make a U-turn in our lives, to believe in ourselves and thus to live richer and fuller lives.

We are grateful to Sr. Marina for arranging this course which helped us to go deeper into our inward journey.

Sr. Jyotika & Sr. Maria Kripa

## Our Building Projects in Progress



St. Ursula School- Dabhan  
Extension of Classrooms and a New Hall  
Structure Engineer Jaimin Desai  
Architect Engineer Jaimin Patel



St. Mary's Home Goa  
Architect Mr. Jose L Noronha  
Contractor- Mr. Jose Mario

## School at Garja



Being at Garja reminded me a number of times of the sermon of Bishop Vincent Barwa at the inaugural Mass in July 2017. This is when the Bishop said, just as Moses liberated the Israelites from the hands of Pharaoh so also the Ursuline sisters have come to liberate our tribal children through the mission of education.

Five years down the line, I see the words of Bishop



coming true as we cater to the poor, remote and Catholic children of Simdega Diocese. These two years witnessing this growing mission makes me overwhelmed with joy and gratitude. I thank the Lord for the committed life of our sisters who play a great role in bringing up the children of the Diocese. In the midst of all challenges, may our sisters have the grace to continue the light of education and radiate it from the heart of Christ to the peripheries.

Sr. Rita

## Pune Catholic Charismatic Renewal Rally 50 years

**Theme: Called to be Witnesses to Jesus**

**Venue: St. Anne's School, Camp**

**Date: 28<sup>th</sup> May 2023- Pentecost Sunday**

On 28<sup>th</sup> May, the Pune Charismatic Team organized a rally. Many people attended it. The main speaker was Rev. Fr. Fio Mascarenhas - who first started this Movement in Bombay. Rom8: 14-17 "God's love has been poured into our hearts." That's our identity card- I am a child of God.

Bishop Thomas Dabre (Emeritus) was the next speaker. He said that Jesus did nothing but what the Spirit wanted Him to do. Mother Mary was filled with the Holy Spirit. The Spirit gives life and value. Pentecost is the feast of Freedom. Freedom for Truth and Freedom for Love.



We were then all prayed over individually. The Eucharist followed. Bishop John Rodrigues and Bishop Thomas Dabre (Emeritus) along with the priests who were present celebrated Mass. It was truly a Pentecost Movement where we all experienced the outpouring of the Spirit.

Sr. Susanne