



Ursuline Links

Vol. 8 Issue 3

July - September 2020

EDITORIAL

" Jubilee For The Earth: New Rhythms, New Hope"

This is the suggested theme for the 2020 *'Seasons of Creation'* by the Ecumenical Steering Committee to unify Christian communities in their celebration of the season. This year, amid crises that have shaken our world, we're awakened to the urgent need to heal our relationships with creation and each other. During the season this year, we enter a time of **restoration and hope**, a jubilee for our Earth, that requires radically new ways of living with creation.

Christians around the world will use this period to renew their relationship with our Creator and all creation through **celebration, conversion and commitment**. This year's Season of Creation is a time to reconsider the integral relationship between rest for the Earth and ecological, economic, social and political ways of living. As followers



of Christ from around the globe, we share a common role as caretakers of God's creation. We rejoice in this opportunity to care for our common home and the sisters and brothers who share it.

Each year, from 1st September, the Global Day of Prayer for the Care of Creation, to 4th October, St. Francis of Assisi Day, many Anglicans use the Season of Creation- also known as Creation Time - to pray and celebrate with creation, focus on the story of Earth, and commit to a ministry of healing Earth. The season of creation is celebrated by Christian churches around the globe who are united with one purpose to steward the earth. The Vatican's integral human development department highlighted the theme earlier this year in announcing a special year long celebration for the 5th anniversary of *'Laudato Si'*.

How do people observe the season of Creation?

Countless examples abound such as:

1. Special prayer services and liturgies that reflect on the sacredness of creation.
2. Traditional celebrations of the feast of Saint Francis of Assisi including a blessing of animals.
3. Some Catholics have used the Season of Creation as a time to commit to living out *'Laudato Si'*.
4. Many have taken to planting trees.
5. At the Vatican, Pope Francis used his 2016 message for the world day of prayer for the Care of creation to suggest Christians and "care for our common home" to both the corporal and spiritual works of mercy.

6. *The Season of Creation Logo*

The orb of the logo is planet Earth filled with the waves of God's Spirit. The veins of the leaf suggest the web of creation. The leaf forms a tree of life that is also the cross of Christ. Leaves from the tree of life are for healing (Revelation 22:2).



season of
creation

Why September 1st to October 4th.

In 1989, Demetrios 1, Patriarch of Constantinople decided to dedicate the first day of the Orthodox liturgical year (September 1st) to the protection of the environment. He then invited the whole Christian world to join in so that "every year on this day, we raise prayers of thanks giving for the great gift of the created world, prayers of supplication for its protection and salvation. In 2015 Pope Francis named September 1st, the World Day of Prayer for the Care of Creation.

October 4th is the feast of Saint Francis of Assisi. He is the patron saint of ecology in the Catholic tradition since 1979. He is a model of integral ecology, demonstrating that the love for the poor, the sick and for all creatures comes from the same Source- Jesus himself.

Reflecting on this theme: How can we as individuals, communities and Congregation at large actively participate in this venture?

i) Reflect and put into practice seriously the decisions taken on the 'preservation of the environment' at the last Regional Chapter.

ii) This issue of Ursuline Links brings you:

- some of these decisions in cartoon pictures to enjoy and also to make you reflect.
- A poem on ecology is written for you to read and reflect on the theme.
- We also have a quiz from the book of *Laudato Si*. You can check once you have answered all the questions.

Sr. Susanne

Season of Creation

*The heavens are telling the glory of God,
And all creation is shouting for joy,
Come dance in the forest,
come play in the field,
And sing, sing to the glory of the Lord.*

During the strict lockdown in April-May, Mr. Shashank Oak, the architect for the most of our new building projects who stays in Shukrawar Peth, the heart of the city of Pune said, "There is hardly any movement of people and vehicles around, but now I can see a rare novelty of birds chirping and resting in and around our residence society." I am sure this has been the experience of most of us during lockdown periods. Somehow in the hustle and bustle of our busy schedules, we have forgotten to care for our Creation. Frequent travels, fast food, bulk purchases, non-stop virtual communication, grand celebrations have been our priority in life. But everything came to a standstill with Covid-19. All human activities came to a halt with the pandemic. Indeed a memorable experience in our life time. For me, what is unbelievable is the rapid spread of the microscopic virus among the humans in the world and the unavailability of the vaccine so far in spite of all the scientific technology and advancements achieved. It has awakened us to our own vulnerability. Our own survival is at stake.

In this present context, Pope Francis reminds us of the Creator of our Cosmos. God, the Creator of life celebrates us in the flowers blooming, trees growing, rivers flowing, birds chirping, sun rising, winds blowing etc. To remind us of our Creator and His immense love for the Creation, Pope Francis has called to celebrate the Season of Creation from the 1st September to the 4th October. I deeply feel, this celebration needs to continue everyday of our life.

The Season of Creation is an opportunity to do a soul

searching with regards to our attitudes and behavior as human species towards nature and our environment. It is a time to listen to the Creator and worship our Creator in His Creation. In Genesis, we read, "**God saw everything that he had made, and indeed, it was very good.**" (Gen-1:31) When God created the Universe, He was pleased with it. The Creation was awesome! Every created thing living and non-living was an expression of God's love. There was a sacred purpose for every creature in the world.

But unfortunately down the centuries, human beings became its masters in squeezing out the planet's goods, as if it were an orange says Pope Francis. Planet's resources are being plundered rather than being shared in a just and



respectful manner. It's time now to realize that earth is our common home, our common heritage. Sin towards the Creation is irreversible. Creation reacts. The recent floods, untimely rains and landslides, global warming, pollution, incurable sickness etc are all its disastrous consequences. The poor are the ones who are most affected.

The Season of Creation is a universal call to reconcile and restore our Creation. Our well being is interwoven with the well being of the planet. We are the caretakers of the earth. Not just at the Diocesan or Congregational level but at personal level, we have a great responsibility of saving the planet's resources in and through our daily life experiences. Let me begin today!

Sr. Rita

Ignatian Spirituality

Ignatian Way of Praying



Pray always and do not lose heart (LK18:1). A person without prayer is like a body without soul (M. Anne). We have been taught to pray from our childhood and over the years we have learnt to pray using different methods. It is important to adopt the right way of praying in order to have a deeper God- experience. At the same time method of prayer one adopts depends on one's state of mind. The mode of prayer should help you to go deeper in God- experience for the essence of prayer is union with God. God does not need our prayer. It adds nothing to His greatness or his divinity but it brings us the awareness that we need God and our nothingness before our Creator. What is special about the Ignatian way of prayer is that he reflected on his own experience of defeat, depression in life and his own vain ambition. He brought them into his relationship with God. As he began to discern the spirit methodically through control of his memory, will power and imagination he discovered that in the seeds of his despair lay his future vocation. Ignatian prayer is reflective and personal. Ignatius encouraged people to develop an intimate relationship with God who loves them and desires the best for them. He believed that our deepest desire is to return to God's love. He was convinced that feeling of joy, sorrow, peace and distress were important indicators of the path toward a fruitful decision and deeper union with God. God is present in our world and active in our lives.

Above all He is present to us. Ignatius says our God is a 'laboring God.' So despite the fact that your life can be hectic at times you don't need to go to a deserted place but you simply need to make a transition of focus so that you can be in tune with God in your activities.

Examen or Examination is one of the most recommended prayers by him. It can be done before/after lunch, after dinner/ before going to bed. Begin with giving thanks to God our Lord for the blessings I have received. Ask the grace to know my sins/short comings and rid myself of them. Ask myself an account of my soul from the hour of rising to the present examen, hour by hour or period by period. Ask pardon of God for my faults. Then resolve with His grace to amend them. Conclude with an Our Father or any other prayer you may wish.

Meditation: In all prayers certain prior preparations are required. Commitment in prayer and control over senses are necessary to have God experience. When we humble before the almighty God (Holy Trinity) he in turn intervene in our life. Then we begin to hear Him speaking to us, prompting in and out of prayer. Before going to bed think of the matter to be meditated on the following morning, then on rising turn the thought to what is to be meditated and meditate as you go the place of prayer. Choose a comfortable posture and stick to the time fixed. We may imagine a Gospel scene. Meditating a gospel scene is not simply remembering the event but the spirit makes present a mystery of Jesus meaningful for me right now. Conclude with a personal conversation with God (Trinity). Ignatius called this **colloquy**. In this method our faculties of imagination, memories and will power are involved.

Contemplation which is the highest form of prayer none of the faculties are involved. They are closed down. Allow the soul to deal directly with God. God takes over our soul and we are not aware of what happens around us but experience the divine happiness, peace and joy unaware of the passing of time but conscious of God's working in my soul. The impact (consolation) will be lasting even for a week.

Let's pray for all of us for the grace to be praying persons for, a praying person as Ignatius says carries God in their heart even out of prayer and thus bears heaven with them wherever they go. So let's make a heaven on earth.

Sr. Sandhya

Answers to the Quiz

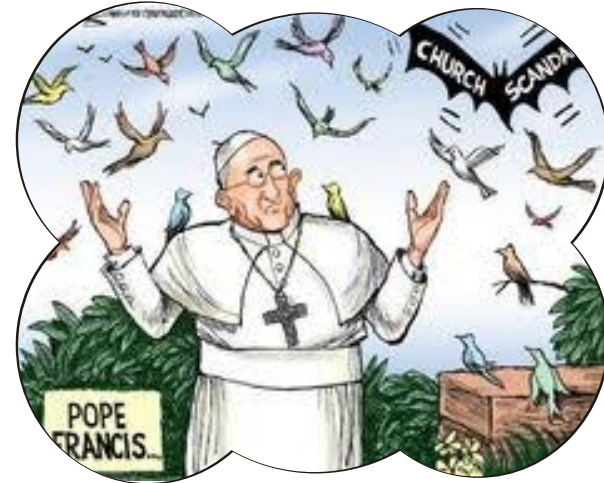
1. Pishon, Gihon, Tigris, Euphrates
2. Enoch
3. Ham
4. The Dead Sea
5. 24th May 2015
6. On care for our common home
7. It came from the 13th cent. hymn written by St Francis of Assisi
8. The Canticle of Brother Sun and Sister Moon
9. Fossil fuels
10. St Francis of Assisi
11. Green Faith, Creation Justice Ministry
12. No. It promotes solidarity among people and nation
13. Shaping Peace together
14. 11th March 2020
15. Kerala



Season of Creation



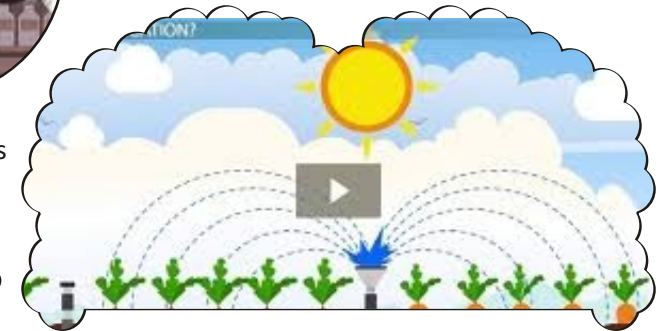
"All of us can co-operate as instruments of God for the care of Creation, each according to his or her own culture, experience involvements and talents".



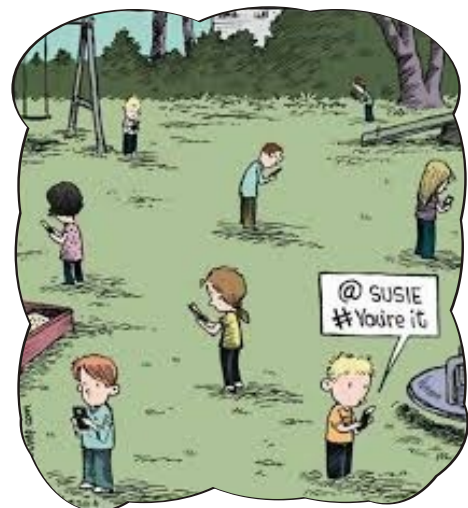
Water Harvesting



Couple shopping with friendly bags



Drip Irrigation



Avoid unnecessary use of mobile



Herbal Plants



Use organic manures



Mother Anne- My Inspiration

"When I kneel before God to pray, I am like a drop of water exposed to the sun....."

" God is the absolute Master of my person and destiny".

These and many other sayings of Mother Anne along with her life of prayer, sacrifice, obedience and mortification have touched me and I am inspired to live my committed life like her. As we celebrate the four hundred years of the foundation of our Society of St. Ursula, I am very happy that God has called me to be an Ursuline and to be a part of the tree that was planted 400 years ago and which is still very much alive and bearing fruit.

Reading through the different experiences of the life of our Mother Foundress, I have been touched by a few of them which has spoken volumes to me and which enables me to live my life fully for the Lord. These are:

1. When she was miraculously healed of the ear infection when she was twelve years old.
2. When she was put out of Mme Duzin's house.
3. When she had to face many hardships, temptations and even denied of the Sacraments.
4. When her own father tried to put obstacles in her way to accomplish God's will. All these only made her strong and determined to pursue her call.

Her total trust in the Lord paid rich dividends and today we are the fruit of that deep trust and surrender to the Lord.

I admire the courageous spirit of our Foundress who inspite of all odds that crossed her path never turned back. One need not be afraid of obstacles we may have to face. He is with us and will bring us safely to the shores of eternal life.

"Lord. Let me be a little lamp to shine wherever I am placed".



Sr. Junita

The Road Less Travelled

Everything in your Life is a reflection of a choice you make. If you want a different result, make a different choice.

Two roads diverged in a wood and I.....

Took the one less travelled by

And that has made all the difference. (Robert Frost in 'A Road Less Travelled')

Our life comprises of the choices we make every single minute of our existence.

I recall an incident in the life of Mother Anne.

Anne looked out of the open window. **How full of life were the boys at the Godran College. She felt deep down 'If only there would be some kind of similar education for girls ?**

This idea had been nagging her mind since she had stepped into the small school that lay along the route to St.Fiacres hospital. She made efforts to teach little girls the acts of God through her catechism classes. For 5 years, she tried to give something to them but deep down believed that this was different from Godran. At Godran, boys were trained to the moral and intellectual formation of the growing manhood of France. She always wondered who would teach girls ,the truths of faith ,habits of good virtue and a good living ? It was here her desire deepened to dedicate herself to the task of uplifting women .

As I reflect on this thought it makes me see how she desired not to be satisfied by just teaching catechism but chose to design a bright future for girls like at Godran. It was with this bold choice, she applied the rule of the Magis (the

more, the better, the greater), all done in Great Love. In forming young minds, and in my years of dealing with students, it is still this attitude of making the bold choice that always inspires me.

I feel satisfied seeing students performing well, school achieving excellence in academics ,sports and co curricular activities. But even today, if Mother Anne would be here among us, her eyes and heart would keep searching for those students who lag behind, the so called slow learners today, parents who are frustrated and worried because children cannot cope with the demands of academic learning. Once again even after 400 years her bold choice of the road once taken speaks volumes . Her belief and determination that every child can strive would surely involve in a lot of patience ,perseverance ,sacrifice of rest and relaxation from her part and with sitting by the child in encouraging and simplifying ways would make the child believe that he /she can make it through. Today, we her daughters are trying to actualise this spirit in our own mission through the choices we make in helping girls, women and children to achieve their dream and become a success. There is a continuous choice at every step of our journey. Choice has a companion - Responsibility. We need to feel responsible for the choices we make.

At every step Mother Anne too made choices and they were bold choices. The comfort at Dijon with the whole hearted support of her father or the road to Dole that was dark, deep and lonely. She chose the latter. It was indeed a road, where she faced insults from the people of Dole who

even mocked at her. Hardships when she was thrown out by Madam Duzin's house, her tough days living in the attic with no food, and a strong objection from her own father. But Anne had a strong will power, she took responsibility of these consequences by persevering, trusting in the Lord her beloved and the continuous strength she experienced from the Blessed Sacrament enabled her to accomplish the mission God had entrusted to her. It was those choices like only catechism or a school like Godran, Dijon or Dole, Parents or God's mission, that has brought about a great change down the centuries. It is that attitude of the Magis along with the choice that has made all the difference in the life of many girls and women today .

Today as we reflect on the past 400 years, we can indeed rejoice for that one candle that Mother Anne lit, has spread out lighting many candles and enlightening many lives. 400 years... and our mission has spread far and wide across the globe and highlights images of gratitude, joy, comfort and so on.....

And yet each of us have still to focus on our goal because there's plenty to do. May Mother Anne intercede for us with great courage to take the road less travelled and with great love (the principle of the Magis) fulfil God's work before its time we meet him face to face where he's waiting to bestow on us his Heavenly reward .

Sr. Valery

Quiz Questions

Questions from Genesis, Laudato Si, General

1. Name the four branches of the river that flowed out of Eden?
2. What did Cain call his son?
3. Who was the father of Canaan?
4. What is another name for the valley of Siddim?
5. When was the encyclical Laudato Si published?
6. What is the subject of Laudato Si?
7. Where did Laudato Si come from?
8. How do people refer to this hymn?
9. What does Laudato Si argue against?
10. Which Saint cared for the Creation?
11. Which is the Catholic Organisation working for the environment?
12. Does Laudato Si promote wealth and distribution? What does it promote?
13. What is the theme of "International day of Peace?



14. On which date did WHO declare the corona virus as a pandemic?
15. Which state reported the 1st confirmed covid case in India?

The answers are given in the Links. Check only after you have attempted to answer the quiz.

Sr. Arkan

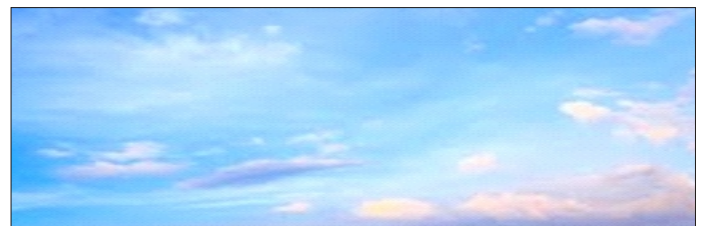
A Poem on Nature

*In the delight of this new dawn,
as I sit gazing at the pristine blue sky,
the sun seems to peep
into the privacy of the new dawn.*

*As I enjoy the freshness of the green fields,
I perceive the calibre of the blade of grass
crowned with a pearl of dew gazing up at me;
it seems to share a prodigy of its own,
an unsung melody so intimate to its heart.*

*The entire nature is still
as in a deep contemplation
absorbing the profound love of the Creator.
An array of birds sings in their own sweet refrain,
the melodies of their morning praise.*

*My heart exults with a profound bliss
as I relax in the lap of the mother earth.
Every being of creation magnify the glory of God.
Each flower and leaf raises its face and arms*



*towards the heavens to absorb
the beauty, love and goodness of God.
Some have received aplenty
and bend towards the earth
to bestow God's elegance and abundance to the rest of
the earth.*

*My heart still yearns for something deeper... higher....
a mystical union with God.*

*For my entire being is made for that...
and He has placed that empty space within me...*

*No power, position, possession, beauty or even human
love can fill that space, that emptiness except the fullness
of God's pure love.*

Sr. Lissy

News from India

1. In August 2020, the youth of our parish- Divine Mercy Church organized a competition '**Best out of Waste**'. We are happy that we could take part. Our novices and sisters bagged the 2nd prize. Congratulations for the innovative ideas that came up.



2. Our student sisters are busy with online classes and preparing for the exams. They study together, discussing and helping each other. Saving electricity when they study at night together is one way of putting into practice the action plan of the Provincial Chapter 2019. All the best dear sisters.



3. Solar Power Systems

We have installed Solar power systems in our 3 communities in Jharkhand and Orissa. We have 25 Solar panels in Sacred Heart Convent, Pakertoli that provides electricity to the whole Convent, Boarding and Dispensary. We have 12 Solar panels at St. Ursula, Garja that provides electricity to the Convent and boarding. We have 20 Solar panels at Maria Sadan, Jharsuguda, which provides electricity to the Convent and boarding.



4. Our sisters at Ratnagiri have built a huge water tank for water harvesting. This will enable them to have sufficient water for various purposes.



5. During the lockdown our sisters are using their time in learning the key board- theory and practice. They now play for the Sunday Mass. They are very enthusiastic in learning.



6. Gujarati course:

Realizing the need for effective communication with our parishioners, parents in school and neighbourhood, Srs. Sunita, Sandhya and Rejani are at present attending a two months crash course at the Diocesan Centre in Gujarat conducted by Fr. Siby Mathew.

