



Editorial Board

Sr Malar Joseph

Sr Lalitha Thomas

Sr Sylvia Christie

From the Editor's Desk . . .

Dear Sisters,

“Corona... Corona... Corona...” – perhaps it is the only word that reverberates every nook and corner of the world at the present time. Corona Virus and its impact on the world will go down in history for centuries to remember and reevaluate. The pandemic wrenched our hearts as it took away our Holy week, Easter and Festivities - a scenario which disturbed the whole system. Superiority of science and technology was simply overthrown by a virus. The world looked to God's KARUNA to deal with the pandemic CORONA. It is a stark reminder that there is more to human life and humaneness than the petty materialistic choices that one makes.

The sudden and prolonged LOCKDOWN unleashed creativity in people without bounds. Songs on Corona, jokes, TikTok videos, wedding invitations and innovative online teachings brought in some cheer and relief to the mundane life within the four walls. On the other hand, the plight and tragedy of millions of migrants walking thousands of miles unhindered by the scorching heat and facing dearth of food and water, has left a deep scar. The little Jamlo Makdom, a 12 year old who walked 150 kilometers collapsed tragically before her dream to be in the embrace of her loving mother got shattered on the roads and like her, there are hundreds who never saw the dawn of next day. The predicament and fight continues as lakhs of migrants are still waiting in hope to join their families.

Stories of tragedy, hunger, poverty, unemployment and death abound. The world is still reeling under the whirlpool of Covid 19. Humans have learned greater lessons to resurrect the long buried humanity and to help the poor, the needy and the destitute. The doctors and nurses set shining examples of selflessness worthy of admiration and emulation. Humans have learned to turn to God, not by running to churches, mosques and temples but by being with their families at home which has become a venerable place of worship.

The events clearly indicate that God is in control - we may not understand the mysterious ways of God yet we can derive the essence when we become a part of His plans by upholding our utmost faith instilled in Him. The apostles remained within the locked doors with fear but not without faith which brought in them a new lease of life. Let's not forget that there is light at the end of every tunnel. Though, the tunnel might be covered by darkness yet it has air to breathe and path to move forward. Let us keep walking with gratitude and faith to find meaning in our lives while remembering that the night seems to be the darkest just before dawn

The editorial team is grateful to all the sisters who contributed to the news letter with their personal experiences and inspirations. We look forward to more of your life transforming stories of your mission and ministry for the next issue.

I take this opportunity to thank Sr Lalitha Thomas who tirelessly served as an editor to keep alive the SJT News Letter for the past 16 years. The Provincial and the team along with all the sisters are thankful to Sr. Lalitha for her commendable accomplishments and wish her the best to continue inspiring all by being an integral part of the editorial team.

A Collection of Interesting information on Lockdown and Covid 19

L.O.C.K.D.O.W.N is a time to.....

Listen to God's voice and reflect.
Obey His word and His teachings.
Call on Jesus name and be calmed.
Know what is the purpose of all this.
Dwell in His presence. Do not panic.
Offer a prayer for everyone's safety.
Wait and be patient. This too shall Passover.
Nurture our personal relationship with Him



As you miss your morning walk...

As you miss your morning walk, can you walk this road with me...
I've helped to build your house dear sir, can you share my agony?
Just a few steps, not very far, as the blisters taunt my feet...
Can you share a sip or two with me, of hopelessness and heat?
No one cares, no second look, no plane to bring me back?
My child on hips, my future bleak, my life in one limp sack...
Unseen, unheard, no voice, and no vote - the stream unwanted flows.
No open arms, no petals fall, the sound of closing doors.
My child looks up, eyes question me, to this nation I belong?
No time for migrants walking home, but for spirit, queues are long?
And yet for those who labour low, we have no wheel or bus,
No train, no food, no care, no speech - no fancy words or fuss?
We walk the walk; you talk the talk, watch tragedy with ease?
Society sinks in symphony, don't miss the real disease.
"Oh give them cake, if there is no bread", ignore their whine and noise;
And they'll die down or disappear, a mass without a voice.
Snap your fingers when you need them next, and they will walk this path once more,
To build your home, or lift your load or mop your marble floor.
Migrant guest, you're like God himself,
Remembered only in our need,
All other times, not seen, not heard, just camouflaged by greed.
These images will haunt us, the visuals take a toll,
The hopeless eyes, the tired feet, a nation without soul!
Aatmanirbhar - too big a word tag along my path with me,
I'm vocal and I'm local, but no one seems to see.

- Anil Abraham



A foreigner asked:

Why no politician in India have tested positive for corona virus, whereas lot of politicians in the world and even some Prime ministers have tested positive for coronavirus?

Someone replied:

The politicians in India follow "social distancing" from people immediately after the elections are over.

Quarantine . . .

History will remember when the world stopped
And the flights stayed on the ground
And the cars parked in the street
And the trains didn't run

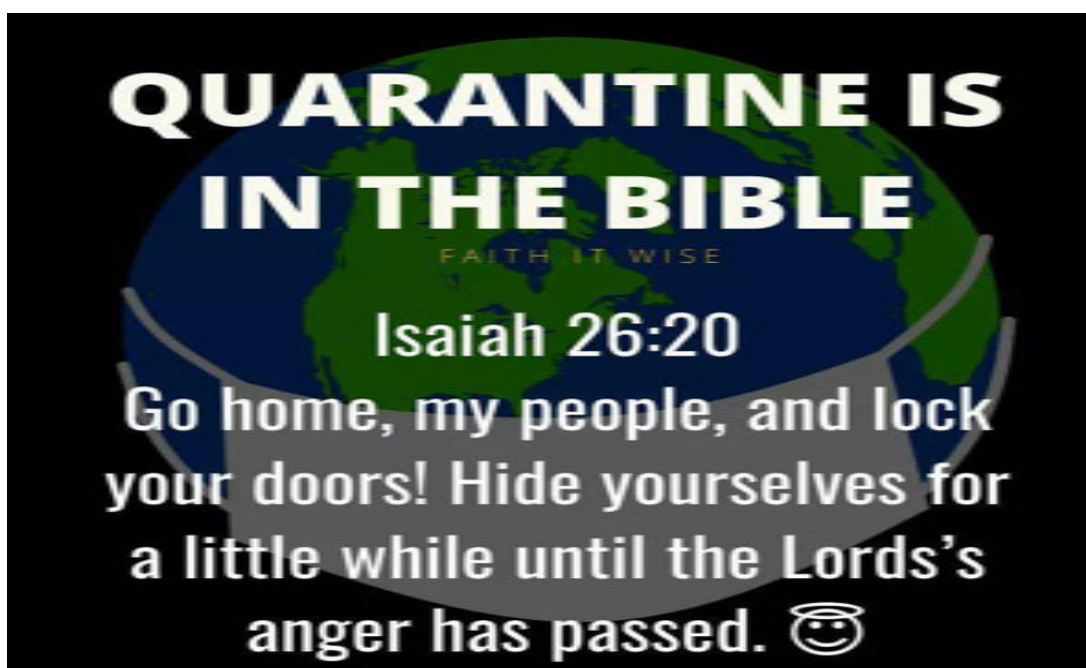
History will remember when the schools closed
And the children stayed indoors
And the medical staff walked towards the fire
And they didn't run.

History will remember when the people sang
On their balconies, in isolation
But so very much together
In courage and song.

History will remember when the people fought
For their old and their weak
Protected the vulnerable
By doing nothing at all.

History will remember when the virus left
And the houses opened
And the people came out
And hugged and kissed
And started again

Kinder than before.



LIGHT IN A DOCTOR'S DARKEST NIGHTMARE

From Dr. Julian Urban, a 38-year-old serving in a hospital in Lombardy, Italy:

Never in my darkest nightmares did I imagine that I would see and experience what has been going on in Italy in our hospital the past three weeks. The nightmare flows, and the river gets bigger and bigger. At first, a few patients came, then dozens, and then hundreds. Now, we are no longer doctors, but sorters who decide who should live and who should be sent home to die, though all these patients paid Italian health taxes throughout their lives.

Until two weeks ago, my colleagues and I were atheists. It was normal because we are doctors. We learned that science excludes the presence of God. I laughed at my parents going to church.

Nine days ago, a 75-year-old pastor was admitted into the hospital. He was a kind man. He had serious breathing problems. He had a Bible with him and impressed us by how he read it to the dying as he held their hand. We doctors were all tired, discouraged, psychologically and physically finished. When we had time, we listened to him.

We have reached our limits. We can do no more. People are dying every day. We are exhausted. We have two colleagues who have died, and others that have been infected. We realized that we needed to start asking God for help. We do this when we have a few free minutes. When we talk to each other, we cannot believe that, though we were once fierce atheists, we are now daily in search of peace, asking the Lord to help us continue so that we can take care of the sick.

Yesterday, the 75-year-old pastor died. Despite having had over 120 deaths here in 3 weeks, we were destroyed. He had managed, despite his condition and our difficulties, to bring us a PEACE that we no longer had hoped to find. The pastor went to the Lord, and soon we will follow him if matters continue like this.

I haven't been home for 6 days. I don't know when I ate last. I realize my worthlessness on this earth. I want to use my last breath to help others. I am happy to have returned to God while I am surrounded by the suffering and death of my fellow men.



This morning there was a long Q opposite the liquor shop. Among the crowd, one person went in the front. Persons in the front threw him back. He got up and went to the front... He was again thrown back... After he was thrown back a third time, he remained still on the floor... And Shouted ...You people, go to hell, Today, I won't open the shop...



Today morning I Heard an announcement in loud speaker outside my home, saying 'if you invest Rs.500/- just once, you can sit and eat for the rest of your life.' Out of curiosity I went out and saw, a person was selling chairs!!

A Family in 'Lockdown' Noah's Ark



If you are told to stay at home... think about Noah and his family.

About one year in the Ark without being able to leave, in the middle of nowhere and in the middle of a vast ocean, in an unprecedented construction that had never been done. They only heard the rain falling and constantly felt the ark moving. There were no windows, no balconies, no terraces, no internet, no phone, no video calls and no streaming. But you know what? God took care of them.

So, let us not doubt our Father God, He will also take good care of us because He is always, always with us.

Genesis chapter 7 is very encouraging for all of us who are quarantined:

Out there is an ocean of viruses but our God will be watching over us!

Life seems like a stormy ride, our God is watching over us!

Be faithful to Him and wait patiently. The rain will stop one day.

A rainbow will shine and all will be well again. Take courage!

BIBLICAL LOCKDOWN RULES!

- Wash your heart with Christ's blood. (Psalm 73:1)
- Keep a social distance from evil. (Job 28:28)
- Avoid the crowd of wickedness and wicked men. (Psalm 1:1)
- Cover your mind from being infected from the sneeze of sin and hatred. (Lev 19:17)
- Do not shake hands with abomination. (Deut 25:16)
- Do not hug heresy and false teachings. (2 Pet.2:1)
- Be safe so that you will be saved. (Jer 17:14)
- Sanitize your life with the Word of God. (Psalm 1:2).
- In case you notice any symptoms of sin, call the helpline of Christ in PRAYER. (Jer 33:3)

Always remember to boost your spiritual immunity with Faith and the Power of the Holy Spirit. (Jude1:20).



Stay blessed! Stay safe!

Thoughts to Ponder

Society : What about my plans?

God : My plans for you are always better than your own. Don't worry. I'm going to work this all out for your good.

Society : We're not going to get anything done!

God : That's the point. You know how you keep spinning your wheels—always working, moving, doing—but never feeling satisfied? I've given you permission to stop. I've cleared your calendars for you! Your worth isn't tied to busyness or accomplishment. All you have to do is take care of each other.

Society : What does this all mean?

God : It means I'm in control. It means you are human and I am God. It means I've given you a wonderful opportunity to be the light in a dark world. It means you are going to learn to rely on me.

Society : What are we supposed to do when we can't leave our homes?

God : Rest. You are always so busy and overwhelmed, crying out to me weary and exhausted. Can't you use a break from your fast-paced and over-scheduled lives? Go ahead and rest. Pray. Love your families. Be still and spend time with me.

Society : You mean we're supposed to stay home with our kids all day, every day?

God : Yes. And you're going to be just fine. This time together is a rare gift. The rush of daily life has come to a halt. Play games. Bake cookies. Work on projects you've never had the time for. Teach them kindness and grace. Show them how to endure difficult circumstances and steer them toward me.

Society : We better start hoarding anything we can get our hands on!

God : Prevention, yes. Precaution, yes. Preparedness, yes. But after that, it's time to put the needs of others before your own. When you see someone in need, help them. Offer up what you have. Do not worry about tomorrow! Haven't I always taken care of you? Now, go take care of someone else.

Society : Why is this happening?

God : To remind you that I'm in control. To bring your attention back to me. I'm bringing you together as families and neighbors. I'm showing you patience and perseverance. I'm reminding you of your purpose and priorities. Now is the time to learn and teach your children what this life is really about.

Society : We don't know who to believe.

God : Believe in me. Trust me. Ask me for wisdom and I will surely give it.

Society : We're scared!

God : I've got this and I'm with you.

Be Thankful!

Be Patient!

A movie theatre announced that an 8-minute movie won the title of Best Short Film in the World....

So, it was decided to display this movie in the cinema for free, so that the largest crowd could gather to watch it...

The movie began with a snapshot of a room ceiling that is devoid of any decoration and of any details; Just a white ceiling...

3 minutes passed without the camera moving and it did not move to any other scene, or any other part of the ceiling in the same room...

Another 3 minutes passed without the camera moving and without changing the scene...

After 6 boring minutes, the viewers started grumbling; Some of them were about to leave the theater hall; And some of them objected to the officials of the house because they wasted their time watching a ceiling...

Suddenly, before the majority became concerned and starting to leave, the camera lens slowly moved on a wall without any details as well until it reached down towards the floor, there a child appeared on a bed, who seems to be totally handicapped due to the spinal cord tare in his little body...

The camera slowly moved to the side of the handicap bed, showing a wheelchair without a back

The camera moved to the boredom location of the ceiling again; To show a sentence: "We showed you only 8 minutes of this child's daily activity, only 8 minutes from the scene that this handicapped child watches at all hours of his life, and you complained and weren't patient for only six minutes, you couldn't bear to watch it..!"

So, know the value of every second of your life that you spend in wellness, and thank your Lord for every blessing bestowed on you, and you will not feel its existence unless you lose it...

We suffer from quarantine and the curfew, which is, God willing, for a limited time, and we do not know that there are millions who lived their entire lives in quarantine...

Covid-19 has forced us to have the time to think about many privileges, and we thank God for the blessing of the freedom of movement and out of the house to see life, breathe the air, and practice activity in its various colors...

Praise be to God for what God has blessed us with of which we have not realized...

We thank God for the blessings ever and forever!



If school starts...

The following would be the Assignments:

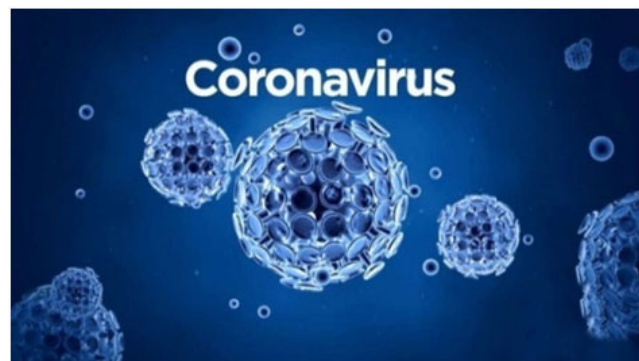
- English teacher** : Write an essay on Corona virus?
- Math teacher** : if COVID is equal to 1 then find the 9?
- Biology teacher** : Define Corona Virus and state two ways of avoiding it?
- Moral Instructions** : How many of you participated in the online services during the pandemic?
- Social Studies** : Define social distancing?
- Chemistry teacher** : State all your body reactions during the lockdown?
- Agric teacher** : Describe the importance of agriculture, during the lockdown against spread of Corona Virus?
- Physics teacher** : If Corona virus existed in 2020 then why was it described as COVID-19 instead of COVID-20, using Newton's law of motion?
- Fine art teacher** : Draw corona virus in your drawing book?
- Music teacher** : How many people composed music using corona virus? And play one on a key board.
- Literature teacher** : Which figure of speech was used most during the period of corona virus?
- Economics teacher** : Draw a curve to show how the rise of corona led to increase in demand for hand sanitizer and face mask?
- Accounting teacher** : How much was donated to fight Covid 19? How much was spent and how much is remaining?
- History teacher** : Covid-19 started in which year and what country?
- Geography teacher** : On an outlined map of the world, show the various countries affected by corona virus?



After 22 days of lock down there are 19 corporate terms redefined

But keep this list handy as it might be useful once you resume your work...

- 1) VC - Video conferencing - Vegetables Cutting
- 2) BG - Bank Guarantee - Backyard Gardening
- 3) WP - Work Permit - Washing plates
- 4) AMC - Annual Maintenance Contract - All Morning Chores
- 5) PC - Personal Computer - Part-time Cook
- 6) FM - Financial Management - Floor mopping
- 7) ISD - International subscriber dialing- Isolation & Social distancing
- 8.) PM - Project Manager - Paid Maid
- 9) CA - Chartered accountant - Corona Affected
- 10) LAN - Local Area Network - Locked Amidst Neighbours
- 11) QC - Quality Control - Quarantine Certificate
- 12) CFO - Chief Financial Officer - Confined for Family Only
- 13) R&M - Repairs & Maintenance - Ramayan & Mahabharata
- 14) PR - Public Relations - Practicing Retirement
- 15) CL - Casual Leave - Compulsory Lockdown
- 16) PL - Privilege Leave - Partial Lockdown
- 17) CSR - Corporate Social Responsibility - Compulsory Sanitizer Requirement
- 18) HK - House Keeping - Health Kit
- 19) CV - Curriculum Vitae - Corona Virus.



A wisdom to share

(The most intelligent public speech ever made during Covid-19)

Ugandan President's address to his nation

Uganda President KAGUTA MUSEVENI warns against people misbehaving during this COVID-19 period, "God has a lot of work, He has the whole world to look after. He cannot just be here in Uganda looking after idiots..." Below is his reported statement.



"In a war situation, nobody asks anyone to stay indoors. You stay indoors by choice. In fact, if you have a basement, you hide there for as long as hostilities persist. During a war, you don't insist on your freedom. You willingly give it up in exchange for survival. During a war, you don't complain of hunger. You bear hunger and pray that you live to eat again

During a war, you don't argue about opening your business. You close your shop (if you have the time), and run for your life. You pray to outlive the war so that you can return to your business (that's if it has not been looted or destroyed by mortar fire).

During a war, you are thankful to God for seeing another day in the land of the living. During a war, you don't worry about your children not going to school. You pray that the government does not forcefully enlist them as soldiers to be trained in the school premises now turned military depot.

The world is currently in a state of war. A war without guns and bullets. A war without human soldiers. A war without borders. A war without cease-fire agreements. A war without a war room. A war without sacred zones.

The army in this war is without mercy. It is without any milk of human kindness. It is indiscriminate - it has no respect for children, women, or places of worship. This army is not interested in spoils of war. It has no intention of regime change. It is not concerned about the rich mineral resources underneath the earth. It is not even interested in religious, ethnic or ideological hegemony. Its ambition has nothing to do with racial superiority. It is an invisible, fleet footed, and ruthlessly effective army.

Its only agenda is a harvest of death. It is only satiated after turning the world into one big death field. Its capacity to achieve its aim is not in doubt. Without ground, amphibious and aerial machines, it has bases in almost every country of the world. Its movement is not governed by any war convention or protocol. In short, it is a law unto itself. It is Corona virus. Also known as COVID-19 (because it announced its destructive presence and intention in the year of our Lord 2019)

Thankfully, this army has a weakness and it can be defeated. It only requires our collective action, discipline and forbearance. COVID-19 cannot survive social and physical distancing. It only thrives when you confront it. It loves to be confronted. It capitulates in the face of collective social and physical distancing. It bows before good personal hygiene. It is helpless when you take your destiny in your own hands by keeping them sanitized as often as possible.

This is not a time to cry about bread and butter like spoilt children. After all, the Holy book tells us that man shall not live by bread alone. Let's obey and follow the instructions of the authorities. Let's flatten the COVID-19 curve. Let's exercise patience. Let's be our brothers' keeper. In no time, we shall regain our freedom, enterprise and socializing."

In the midst of EMERGENCY, we practice urgency of service and the urgency of love for others. God bless us all!

We SALUTE this great leader.....



CORONA SONG

If you want to beat corona wash your hands (2)
Always wash with sanitizer or a hand wash or a soap
If you want to beat corona wash your hands

If you want to beat corona wear a mask (2)
Either wear a handkerchief or a clean and tidy mask
If you want to beat corona wear a mask

If you want to beat corona stay apart (2)
Always maintain social distance stay with one-meter distance
If you want to beat corona stay apart

If you want to beat corona stay at home (2)
Never think of going out or even run about
If you want to beat corona stay at home

If you want to beat corona say salaam (2)
Don't go shaking others' hands or touching eyes and nose
If you want to beat corona say salaam

If you want to beat corona do all five
Wash your hands, wear a mask, stay apart, stay at home, say salaam (2)
If you want to beat corona, If you want to beat corona,
If you want to beat corona stay... at... home...



Current Scenario of All Our Life

Never have we seen such a MESS IN our Life till date!!!

- The AIR is PURE but WEARING a MASK is MANDATORY.
- ROADS are EMPTY but it is IMPOSSIBLE to go on LONG DRIVE.
- PEOPLE have CLEAN HANDS but there is a BAN on SHAKING HANDS.
- FRIENDS have time to sit together but they cannot get together.
- The COOK inside you is CRAZY, but you cannot call anyone to LUNCH or DINNER.
- On every MONDAY, the heart longs for the OFFICE but the WEEKEND does not seem to END...
- Those who have MONEY have no way to SPEND it.
- Those who don't have MONEY have no way to EARN it.
- There is enough TIME on HAND but you CANNOT FULFILL your DREAMS.
- The CULPRIT is all AROUND but cannot be SEEN.
- If SOMEONE leaves this WORLD, he CANNOT be BID ADIEU!!!



Teacher: Write 10 sentences on Corona

Student: Corona is a festival that falls after Holi. It is of globally acclaimed. During Corona almost all the markets are shut down, all modes of transport are shut. Everybody stays at home. They have fun savoring different menus. No relatives are permitted. The schools too are given more holidays than Dussera. Students get promoted without giving exams. This is a National festival celebrated by all castes. They even use masks. Even temples are closed. This is the only festival that is celebrated for a long period. This festival is marked with the tradition of washing hands frequently and maintaining physical distance with one another.

Thank You Trump

This interesting prayer was given in Kansas, USA, at the opening session of their Senate. It seems prayer still upsets some people.

When Minister Joe Wright was asked to open the new session of the Kansas Senate, everyone was expecting the usual generalities, but this is what they heard:

“Heavenly Father, we come before you today to ask your forgiveness and to seek your direction and guidance. We know Your Word says: “Woe to those who call evil good”, but that is exactly what we have done.

- * We have lost our spiritual equilibrium and reversed our values.
- * We have ridiculed the absolute truth of Your Word and called it Pluralism.
- * We have worshipped other gods and called it multiculturalism.
- * We have endorsed perversion and called it alternative lifestyle.
- * We have exploited the poor and called it the lottery.
- * We have rewarded laziness and called it welfare.
- * We have killed our unborn and called it choice.
- * We have shot abortionists and called it justifiable.
- * We have neglected to discipline our children and called it building self-esteem.
- * We have abused power and called it politics.
- * We have embezzled public funds and called it essential expenses.
- * We have institutionalized bribery and called it sweets of office.
- * We have coveted our neighbor’s possessions and called it ambition.
- * We have polluted the air with profanity and pornography and called it freedom of expression.
- * We have ridiculed the time-honored values of our forefathers and called it enlightenment.

Search us, Oh GOD, and know our hearts today; cleanse us from every sin and set us free. Amen!”



Teacher : What is the full form of
COVID19?
Students : China Organized Virus in
December 2019!

An Apology to My Country Men

You are not birds or animals,
 You do not migrate.
 Therefore you are not migrants.
 You've only been named thus,
 By tyrants.
 So that you can be walked over.
 Hover the choppers above.
 Hailing petals.
 Sadly not for you my countrymen.
 But then,
 No one cares.
 They call you migrants.
 I did too. I am sorry.
 You are my fellowmen.
 Let us all call you that.
 You are human, with a soul
 With a heart. Like the MP,
 Or the actor or me.
 We shall cease to call you,
 Migrant.
 You belong to this country.
 You help build it.
 Brick by brick.
 You are the bricks,
 Of Modern India.
 My fellow countrymen.
 You deserve respect!

By Odil Medeira



CONSECRATED TO BE A PROPHETESS OF COMMUNION

“The Lord is good; his love is eternal and his faithfulness lasts forever.” (Psalm 100:5)

The Lord calls and qualifies the called for His mission... We, the young sisters Pramila Kanmani, Rose Coutinho, Sagaya Mariya Dass, Valencia Fernandes, Virjulia Kujur and Welinda D’silva came forward joyfully on 27th June 2020 to commit ourselves totally to Christ as a living sacrifice, through the Evangelical Counsels of Chastity, Poverty and Obedience and to dedicate ourselves through the service of the Church.

Having become fully aware of the challenges in carrying out the mission of the Lord during the formation, and amidst the ongoing lockdown, quarantine and all the calamities due to pandemic Covid-19, we the young sisters submitted ourselves in service to God and humanity as we pronounced our Final Commitment. Though we were eagerly waiting for this great day of total submission, yet we always believed that the ‘Yes’ pronounced on the First Profession made us to prepare ourselves adequately with the conviction that ‘we belong to God forever’.

June 27, 2020 will remain in our memories forever as we all experienced the grace of God through the prayerful blessings of our sisters all over the world together with our families and friends who participated in the great celebration with their spiritual presence by viewing online. The Holy Eucharist was presided over by Most Rev Dr Peter Machado, the Archbishop of Bangalore who expressed his gratitude to God for choosing the young sisters to continue His mission through their commitment to the charism of SJT.

We express our gratitude to our Superior General Sr Mercy Jacob, Superior Provincial Sr Benedicta Mary Joseph, our Regional Superior Sr Mary Kurian and their councilors for their great support towards the acceptance of us in SJT and for making this event a graceful one.

We are deeply indebted to our Formators and Animators of various communities where we were nurtured, sustained and supported in our efforts to grow in our convictions. Indeed, all your support and guidance have helped us to grow in our spiritual and human formation blended with God’s grace.

We express our gratitude for the sisters of the community of Amalaham for the lively backdrop and we do appreciate all their hard work. We thank Sr Hema, who coordinated in making arrangements for the choir, the electronic setup and sending the ‘live streaming’ link. Our special thanks to our four communities in Frazer Town who tirelessly gave their generous service in making the entire celebration meaningful.

We humbly request all your continued prayers and support dear sisters that we who have said that YES to the Lord might always remain committed and dedicated in carrying out the mission of the Lord effectively in SJT.



Do unto others as you would have them do unto you (Mt 7:12)

Saint James in his letter exhorts us telling that faith without good works is useless. In this time of the pandemic I found myself questioning my faith. I was shaken up by the miseries of the people all around. Every day I heard about people walking hundreds of kilometers trying to reach their destination without food without drink and some even dying in doing so. This made me think as to what I could do during the time of this lockdown. I was confined to the comfort of my four walls but within myself there was an agony, a voice saying I need to do something.

As I was contemplating about what to do, I heard about Mr Pritpal Singh, a parent of our school who was constantly reaching out to many people by serving food to them. I realized that here was an opportunity where I could contribute my penny in reaching out to the people. I reflected on my own life and my calling in Christ. Being a religious I could not just sit idle because my faith would not allow me to. This urge in me to reach out to the poor became a prodigious desire which needed fulfillment. Hence with my community members Srs Nithya and Jayaseeli, we united ourselves to service with Mr Pritpal Singh.



Sr. Sharmila

At first there was fear, but when we began there was joy among us as a community, to join in serving food to the poor and the needy. Our hearts moved with compassion to render help to the migrants and slum dwellers from Vashigoan and those who had their income snuffed out by the lockdown and to the old spinsters of our parish. I personally believe that compassion is the virtue, a grace and indeed a divine attribute. I was moved by compassion and this motivated me to do more. We contributed from our own community funds and also rallied people from our parish, teachers and ex-students, to contribute towards this mission. We continued to help in the serving of the poor. Indeed, our faith enables us to see the face of Christ in those who are suffering and to remember that what we do to others we do to Him. This powerful force of Christ and His assurance energized us and helped us deepen our commitment. Moreover, it helped us to move out of our comfort zone and help those who were in need.

The God living within and among us helped us to rebuild and to restore His image that we see in others. When we served food such as rice, packed fruits, biscuits, milk and water to the poor we could see the gratitude in the eyes of the people though their faces were covered with masks. It was so fulfilling to reach out to the people. There used to be a queue of approximately 200-300 people standing to receive these food packets and to see such a crowd itself led me to think of Jesus providing food for the hungry. More importantly, through such a service we all could feel a sense of fulfillment in participating in the mission of Christ.

It was a very unique experience for us to reach out to the suffering humanity. It was challenging to serve food to people knowing that the virus could affect us too, but our trust in the Lord helped us to keep going. Our relationship with our Lord has indeed deepened with a firm assurance that 'Whatsoever we do to the least of our sisters and brothers that we do unto Him'.

Vashi
Navi Mumbai.

“The lockdown never locked us, in fact opened our hearts”

Our own experience of exile through the corona virus pandemic, began with a massive sense of dislocation. Yet, we have learnt many things during the strange period of social isolation... we have learnt to do things differently...

This was a remarkable opportunity in the novel COVID-19 crisis. However, in the midst of fear and trauma, there is a resurrection of community spirit and a rejection of selfishness....

We also rediscovered the essential values of community living together - caring, sharing and loving one another. During the lock down, we have learnt to embrace simple pleasures like: admiring and spending time with the nature, nurturing plants in the garden, exploring creativity in cooking and time spent together with a hail and a hearty laughter.



Sr. Devapriya

“Pray but stay away” was the caption during the lock down...

The corona virus crisis has triggered a search for the Divine, where the online worship came as a reality with the live stream services through social media and television. We actively participated both physically and spiritually where we had formed a small church in our communities. The technology had created a holy ambience for us in our homes though the experience was unique of its kind.

The church might have closed its physical wooden doors but we found ourselves closer to God. The void created through the crisis eventually took us closer to God to pray for the needs of the sick world that became our frontline ministry within the four walls - the same experience that of saint Teresa of Child Jesus that became tangible which was partially unknown to us these many years of religious life.

Thus, the lockdown has offered us an opportunity to learn and unlearn certain things and be reintroduced to ourselves with different perspectives of life. This period has offered us space for growth resilience and reformation in our minds and thoughts as we emerged as new individual rebuilding our identity in Christ. The lockdown enabled us to build, to cope and to turn moments of anxiety and despair into one of hope and perseverance. Indeed, the thought of being together has blossomed in us now.

“What so ever you do to the least of my people that you do unto me”

We were moved to lend our helping hand to the most vulnerable among us in their time of need by sharing our Lenten sacrifices, providing medicines, groceries and through other charitable acts... We were able to reach out to the poor and needy in minimal way that was possible for us. This enriched us from within to be attuned to the silent whispers of the poor in and around us. We truly believe all these emerged as new norm, while we spent more time in adoration, praise and worship to our Triune God.

The corona virus pandemic and the lockdown had greater impact on us, but LOVE united us all. Indeed, we believe that

- Love never fails; even in the darkest moments love gives hope.
- Love compelled us to fight against Corona virus, where we were moved to help our brethren living in poverty.
- Love compelled us to stand together in prayer uniting our brothers and sisters far and wide

Though we prayed in our individual homes, but around the nation and around the world we were united as one family.

Summanahalli, Bengaluru

Pandemic Corona Virus - God is 'God of surprises'

With much hope and thrill trusting in the Triune God, we sisters of Bijapur community ventured into graceful year 2020. In the month of January and February, we did experience many surprises. The visit of our Provincial and Sr Jaya our councilor enthused us to be more dynamic and vibrant in rendering our service in and through our mission at Bijapur.

On March 24th, when we sensed there is going to be a lockdown due to Corona virus, we as a community had decided to help our staff by putting their salary into their accounts so that they may not be deprived of their salary. Everywhere we could hear about the spread of Corona virus. We felt the need to safeguard the health of our HIV boys and we closed down our hospital for two months.



Sr. Shanthi

We went to see the struggles of migrants in different factories. As we interacted



with them they expressed their miserable condition. They were struggling without food, shelter and other needs.

We made effort to distribute food items and toilet articles.

We appreciate the initiatives of SJ fathers who are working for the Bijapur mission. They supplied wheat, rice, sugar, dal and other ingredients necessary for their daily living. Since we are in the industrial area, we could approach the shop keepers and they were willing to give us the food grains. We, together with our HIV boys spared our energy and time to pack these things and supply to people by our ambulance.

Due to lockdown we were deprived of daily Eucharist which is the nourishment for our spiritual life. We participated in the Eucharist online by the redemptorist fathers. We made use of the opportunities to spend the precious time in retreat during the Holy week. Indeed, we were lucky to have the Eucharistic celebration on Holy Thursday, Good Friday and Easter by our SJ fathers.



On 17th April 2020, our sisters went to get the medicines. They saw a group of young men walking with their luggage.



Our sisters stopped the ambulance and enquired the boys as where they were going. They were very desperate and they were determined to walk 150 kilometers to Solapur and from there to Walk to Jharkand their hometown. Sr Shathi and Sr Linet took them in the ambulance and reached them to the DC office so that they could offer some conveyance to these young men to reach their hometown. Asst. DC, told them that it's impossible

for them to travel and they need to get the pass to travel which would cost them Rs 8000. They also had not got their salaries for two months moreover they were frightened to give the details of their manager.

We sensed many migrants who were working in different factories are left with no food, water and shelter. We made effort to supply food and water. We became sensitive to the pathetic condition of some widows in the nearby villages. We visited their little huts and gave them food items.

Lockdown was a time to be connected to God and to His people through our prayers, sacrifice, love and compassion. Often, we went back to the experience of our foundresses specially our Indian foundresses who lived a heroic life at Bowring hospital. Due to the unavoidable circumstances we had to close down our HIV hospital to safeguard our HIV boys from this Pandemic.



Our Provincial Sr Benedicta and Councilors encouraged and motivated us to be generous and compassionate to the HIV patients and migrants. We have started taking HIV patients from 1st of June though it is risky. We place our total trust in the Triune God who will lead us forward in our mission. We rely on your prayers and support to accomplish God's will in and through our mission.

Come and See

During the Lock Down an initiative was taken by the Archbishop of Bangalore Most. Rev. Peter Machado to live streams various programs on YouTube for the benefit of the people. One among them was the "Come & See" Program, A Call to Religious Life... Religious Congregations presented their charism and ministries in a creative manner. This initiative was to create awareness, as well as to invite the young boys and girl to appreciate and invite them to embrace the Religious Life. The Religious Brothers, Fathers and Sisters who work in the vineyard of the Lord brought out the theme effectively.

We, the Sisters of St. Joseph of Tarbes who are serving the Archdiocese of Bangalore were invited to present our Charism and Ministries through audio-visual presentation to promote Vocations. Our Charism and Ministry was presented by the melodious choir led by our Provincial Sr Benedicta herself. Two days were just sufficient for our efficient sisters. Kudos to the sisters.

Sr Hema



“Stay home stay safe” was the resounding slogan/reminder that we heard through media during the time of lockdown Covid-19.

“Was the time of lockdown all in vain, not at all” - It unfolded ample opportunities to introspect our life of consecration and deepen it through the retreat, to reach out to the needy and unfortunate brethren under our care.

“Be still and know that I am God” Ps. 46:10 - God did speak to us when we spent time in silence and solitude during the days of retreat. Though we found silence all around it was not an empty silence but an opportunity for constructive activities.

We were able to spend extra hours in prayers. It was quite different from usual retreat. The points which were given were very simple, inspiring and practical that motivated us to apply it in our daily life.

“Whatever you do to the least of my people, that you do unto me” - Reaching out to the poor was an opportunity to learn from the poor, to be one with them in their struggles and feelings. We became sensitive towards the struggling humanity of K.G.F by which we reached out to them in kind. We also motivated our staff and well-wishers for this cause.

- Accommodating and providing meals for the 2 migrant workers till date is a joy for us. Coming to know their struggles enabled us to be grateful always and trust in the Providence of God. The sisters not only nourished them physically but also guided them to live a good life through counselling.
- We kept ourselves busy in spending extra time in prayer, daily adoration, reading the Word of God, spiritual readings that focuses on our spiritual journey.
- The sisters engaged in attending to the needs of the community by keeping in order all community goods, library, chapel things, garden, maintenance of the house, etc.
- We found great joy in being together, working together in the kitchen as well as house cleaning, relieving our helpers for few days.
- We learnt to adjust with different situations; like during the first week of lockdown we were confused as how to cope with the situations to get the day-to-day requirements. We learnt to adjust with the help of the support staff whose love and care was amazing
- It gave an opportunity to tap our hidden talents, develop our skills in tailoring, handwork, cooking, craft work and language learning.
- With gratitude in our hearts, we the sisters of Champion Community praise the Almighty God for His providential care and his living presence amidst us. May the God the Trinity be praised.



Sr Arul Lilly

**Championreefs
KGF**

Covid-19 Pandemic Relief Work Sangraha Community

The rampant spread of Novel Corona Virus in its beginning stages were appalling and awful to each one of us as we witnessed the daily reality, the struggles of the people around us and the whole world. We the SJT Sisters at Sangraha were inspired by the words of Jesus, Mt.25:35 “For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me”

The words of Jesus stirred us from within and enabled us to shun all our fears and hesitations and step out with exuberant courage to assist and ease the pain of the needy. The inner power of Jesus enthused us to start involving ourselves in relief works. The first step we ventured to help the deprived made us witness the Providence of God flowing in and through us. This enhanced us to support the poorest people with survival kits and other essentials to support their daily living.



Sr. Erudhaya

We are immensely grateful to God and to our Benefactors Mr Edward Cutinha, Ms Sonia, Mr Arul Aman, Mr Ignatious Roy, Mr Daniel Pennamma, Mr Steven Judy and Ms Kokila who in due time reinforced our services by providing essential funds and materials to share with those who were left with nothing to survive and with those who had very little to carry on life with no employment.

We remember with special thanks our Benefactors Mr Rajeeve, Fr Praveen SDB, Fr Amarnath (Parish Priest) and Sisters of St. Charles who supplied essential ingredients to be shared with the less privileged to make their day.

Beneficiaries are Migrants, Slum Dwellers, Self-help Group, Parishners, Daily Wagers and many Poor and Needy who approached us in their need.

From the day of lockdown to date we were able to support:

Sl. No.	Date	Dry Food Kits	Cooked Food Kits	Vegetables
1	23/03/20 - 30/04/20	868	700	400
Total		868	700	400

Dry Food Kits : Rice, Dhal, Oil, Sugar, Salt, Masala Packets, Atta

Sanitary Kits : Washing and Bath Soaps, Vegetables, Cooked Food from private Canteen and from the Government.

**Sangraha
Bengaluru**

Beyond the Ordinary

Change can be big, scary and overwhelming but the same goes for routine. When we do the same things long enough, passion goes out and repetition begins to affect our creativity, energy and passion. So, it can be important to jump into new situations which make us brave, daring and creative.

Covid-19 pandemic brought about a very big change in our lives. The lockdown for seventy days touched every aspect of our lives. Those were the days of uncertainty, fear and doubt. Yet we believe that God walks with us on our journey of life in our every activity, event and situation. Seldom we see Him or feel his presence. In this situation the Lord invited me to experience Him deep within, to encounter Him and be transformed by Him.

As I grew up as child being very close to the nature, I have learnt powerful lessons from birds, flowers, trees, rain and so on. The silence around me during the lockdown made the nature to become so alive. I could hear the chirping of the birds, their sweet melodies that enabled me to raise my mind and heart to God during the early hours of the day.

We were bombarded with lots of messages from the media, WhatsApp in particular, as to how to build our immunity to keep the virus away. A wise doctor made a statement saying “be Kind hearted, be compassionate, meditate and spend time with God. ‘Love everyone and hate no one’ - this will build your immunity.

The lockdown coincided with the Season of Lent. It was a great opportunity to sit back and reflect on the passion of Jesus Christ. It was an appropriate time to make online retreat, unique experience indeed, to take personal responsibility for my prayer, reflection and meditation. Indeed, I benefited from it a lot and do appreciate this type of retreat as one could take sufficient time for prayer and plan the day at our own convenience.

At this juncture I would like to narrate an anecdote which I read in one of the books. A long time ago, a man started on a journey with lots of baggage that proved to be a burden. On the way, he found a man, drawing water from a well and drinking water by cupping his hand. The man thought that the glass he carried was unnecessary. Later on, he found a man eating from his hand as he had no plate. He thought that the plate he had was unnecessary. We could do without several things that we consider essential, material things, the baggage that I carry, be it emotional or psychological. It was a lesson for me to live with minimum things - detachment from all that is earthly and worldly. Covid-19 has taught us number of lessons to discover true values in life and direct our lives towards it.

Every day I listened to the news; it did disturb me as I saw day by day the plight of the migrants. I felt uncomfortable within me, looking at my helplessness in reaching out to the last and the least especially the migrants.

When we were asked to make some contribution from our personal allowance to help the poor, I did it with joy. One of my hobbies apart from reading is to use my time to do crochet work.

With a grateful heart I remember Sr Mary Bethany who taught me this art. During the lockdown I made two baby frocks, sold them for Rs.1000/- and the money was contributed to buy toilet requisites for the migrants, a tiny drop in the ocean.

I spent more time in prayer, reflection and read books. One book that I would like to mention is “consecrated life called to move beyond” by Sr Inigo. It is inspiring and informative. A call to be deeply rooted in Christ, to become God seekers and persons with God experience. To live for a purpose by sharing our love, concern and good works.



**Sr. Louiza
Mathias**

Thank you for giving me an opportunity to share my experiences during the lockdown. We pray that God may intervene and put an end to this pandemic so that normalcy may return.

- Nava Jeevan Community

Life line 8 days - Online Retreat (April 5-12, 2020)

Thank you Sr Benedicta for your immediate response to the letter of CRI dated 20th March 2020 from Fr Jow Mannath Sdb, National Secretary, CRI

Life line 8 days online retreat came on time to be with Jesus during his passion week. It helped us to be united with the sufferings of Jesus on his way to Calvary in solidarity with all who are distressed by Covid – 19.

All the Priests connected with the retreat involved put in a lot of thinking, and planning in bringing out this programme for us, by sending daily notes about the theme and what grace to ask for.

They explained very well the do's and don'ts - purpose of the retreat, life tips, helpful prayer methods in three phases for our daily review.

Thank you very much Fathers for all the trouble taken to implement this programme for us to be in touch with Life line to know the Divine Love and for helping us to share the same joyfully to others.

For the first time all the Sisters of the Bangalore Province journeyed together in prayer with sadness, pain, sorrow to see the struggles of those affected by the pandemic Corona Virus.



Sr. Susanna

I express my sincere grateful thanks to the doctors, nurses and to all others who helped the affected persons in every way. I thank Sr. Nalini for giving us the paper on time for our use.

Jesus you were Victorious over death. We are in dire need of liberation from the tragedy of Pandemic corona virus-19. Hasten to come, to save us, free us, console us, ease our pain and anxiety, comfort us and make us whole again. I am confident you will not let us down we believe in you and we trust in you.

This we ask you Father through Jesus Christ our Lord. Amen

Alleluia Alleluia Alleluia

Tarbes Nivas

JESUS OUR LIFELINE - "A Unique Experience"

Retreat is a time to revisit and review our life.

Lockdown during Covid-19 did not lock our spiritual journey. It was not a time to put Jesus the Lifeline out but to take Him as we were online with Lifeline.

We the junior sisters made our retreat in two batches guided by Sr Catherine Charles. It was all together a different experience for us. This retreat enabled us not only to journey with the Lord but also with the suffering humanity during this Covid-19 pandemic. We not only concentrated on the virus outside, but also became aware of the virus within each of us which breaks the relationship with God and others.

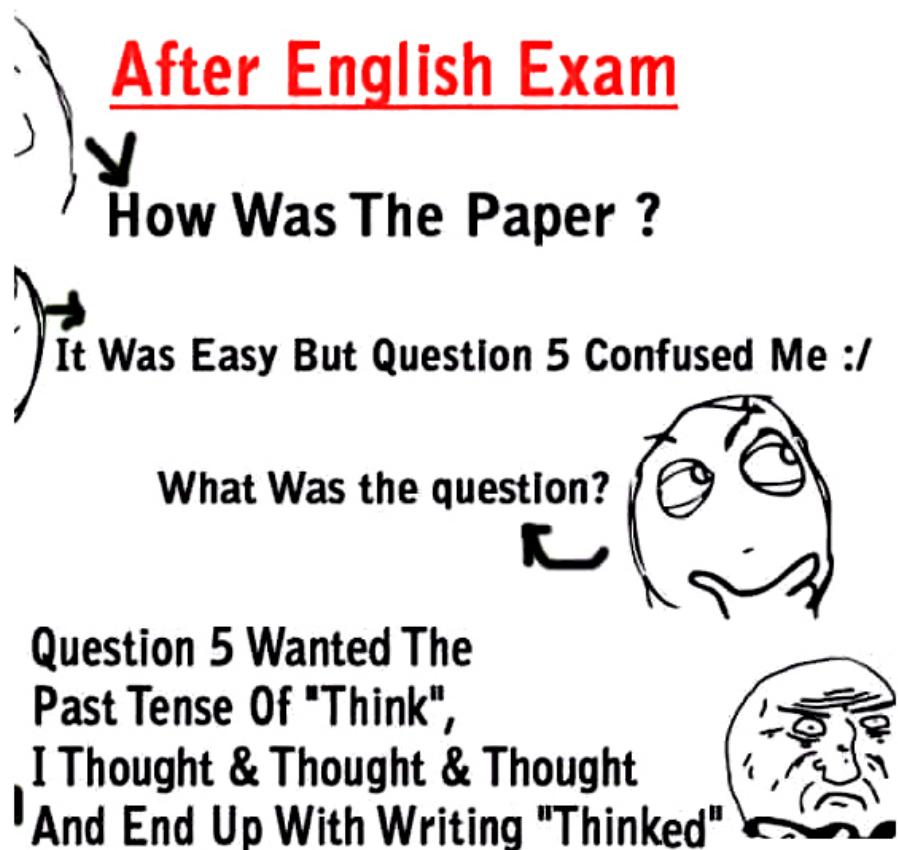
When the whole world was choked and speechless due to Covid-19 we experienced silence of hope in the Lord who is the powerful healer. We were made aware to reorient ourselves to the Lord and the purpose of our life for which we are called and consecrated. We journeyed through our call, our vows, our communities and the suffering humanity as we reconnected with our lifeline. We were challenged to ask ourselves as consecrated persons in what way we are responsible for this Covid-19? Yes, as consecrated SJTs when we fail to live the communion to which we are called, we contribute to the negative vibration around us. On the other hand, when we live communion, in our communities and in our ministries, we contribute to the building of the society and the world at large. As we went through the retreat online, we came to know many technological terms to re-link our life to Jesus our Lifeline through faith, hope and love in relation with our Constitution, our vows, community living and the apostolate that helps us to never switch off our lifeline with Jesus. This retreat was a unique experience for each one of us, to recommit ourselves with greater passion for Christ and passion for the suffering humanity. Thus, we were ready to Recommit, Reorient and Reconnect ourselves with the Lifeline and never to miss Him or lose Him.

Today as yesterday, God is calling us to follow Christ. Today as yesterday, receiving our yes, God consecrates us to His service and sends us to proclaim the Good News. (Cont Art.2)

With this continued hope in the Lord we the SJT junior sisters of Bangalore communities came forward to renew our vows to God on 29th April 2020 with a meaningful prayer service prepared by the Generalate and was conducted by the four superiors of the Mother House.

We express our heartfelt gratitude to our Provincial Sr Benedicta Mary Joseph and her council, our formators, superiors and all the sisters of our SJT family for accompanying and supporting us through their prayers.

- Junior Sisters of Bangalore Community



God will make your broken pieces and use them to make you better and stronger than before

The outbreak of coronavirus disease 2019 [Covid-19] has created an exodus experience when we had been and still battling to cope up with the shocking reality. The retreat had been an anchor to perceive the current happening with the eye of faith. The Retreat made us to realize the shepherding hands of God. Thus, we gradually started to accept that every single event in our life especially the difficult circumstances has a purpose. Hence, as a community we intensified our prayer, adoration, and faith sharing reflection from SAC.

The lent coinciding has enabled us to look at Jesus upon the cross. When we accepted the situation in faith the devastating consequence made us to open our inner eyes to the reality around, as we are placed amidst the slums and poor, we identified the poor around specially the apartment's daily wages who were refused admission for the work in the apartments which they had been toiling for many years. Some of them even not allowed to go near the gates of the owners in order to receive their previous month or weeks' salary as the owners felt these people will infect them with virus.

We as a community moved with compassion reached out to them through means of groceries and medicines. We also helped many migrants who were building the apartments near Holy Ghost church as they were stranded. We also joined once in a small way with Sr Leena to help the migrants at the request of our Archbishop.

Some members of staff were even afraid of distributing the packets to the slum dwellers. At this juncture, on May 13th as we were celebrating the heroic sacrifice of our Indian foundresses, we were inspired and moved from within to reach out to the needy and the helpless as our sisters after taking the necessary precautions distributed the packets and conscientized them the nature of corona virus and its implications.

We also contributed to an extent in joining the good works of the Parish Priest Rev Fr Antony Swamy CSSR Religious congregation monetarily as well as materially. Inspired by St Joseph, we witnessed to Christ by not going after publicity for our charity when others preferred to be recognized.

We joined the school management at the initiative of its manager and correspondent Rev Fr Dr John Mathew CSSR and began a series of charity drive for the family of the students who had minimal income. We were involved as a community in packing 10 items which was termed as survival pack as it consisted of essential groceries such as rice, dhal, sugar, oil, sooji, Maida, vegetables and biscuits. We had distributed 600 packets to help the people who are in need.

**Steve Maraboli says,
"A kind gesture can reach a wound that only compassion can heal"**



Sr. Amudha

Emmanuel : God is with us on our Journey

We generally draw strength from togetherness - showing love and sympathy to one another. Yet, during these extraordinary times, the best way to show that we are together and care for each other is to be willing to remain apart. I had to make a choice to be focused on God and His intervention. As I share this, I do not deny my brokenness, limitations, and my will, selfishness.....to be delivered.

For the last six months to six years I have been undergoing treatments, testing for what I and my family have known to be.... I have watched my mother handle the disease like superhero, literally. I had been on steroid infusion treatment, been on a host of medications for side effects, only to hope that I will be fine. God was with me.

At first, I was quite reluctant and fearful for yet another surgery (my third major surgery and treatment). When my treatment began my friend told me, “You will get through this one too” Even I did not know I needed it yet, God did it. I am thankful; I had the discipline to take part in it with Jesus, my parents, my brother and our early sisters. From that I know I needed a plan to ensure I would stay positive and keep my faith. He turns messes into messages every single day! And this is just the beginning of life’s testimony. We are not promised a life without struggles. We are promised a life with God. Stand in your faith and watch Him deliver, every.... Single.... Time!

During this time of pandemic God was asking me yet another greater sacrifice. At the sudden demise of my beloved younger brother, I was broken and sorrow filled my heart as I was unable to be present at the last rite. But there soon sprung the grace of God to console me as I expressed my gratitude for the 42 years of life of my brother in the family.

There are times we face battles with God but we don’t feel God. It is hard sometimes to let others see that we don’t have it all together. Therefore, we don’t share it with anyone, we don’t ask for prayers and we don’t want others to know. “Consider it pure joy, because you know that testing of your faith produces endurance” (James 1: 2). Indeed, it is simple to praise God through the celebrations of life, but praising him through the storms is where measure of faith is strengthened.

People asked me often as why God is testing your family? Why so many deaths one after another? Why are you getting sick often? Why lots of miseries in the family? I honestly thought that either I might be in denial or I do not know why things happen. But, all these have strengthened me as I held on to my faith in God who has the power over everything. As St Paul says, “Nothing shall separate us from the love of God” (Rom 8: 39), though the disease, deaths and the miseries of life could make life much harder, yet Gods love for us remains the same forever.

The act of kindness and the prayerful support of the sisters living in this big campus, Provincial House, especially “Shanti Nilaya” and Sisters from the Region has strengthened me. All that my heart can sing tirelessly is ‘Thank you Lord for everything’...



**Sr. Sudha
Lakha**

SJT and Kothapalli Mitta

The Pandemic and Our Service

The sudden imposition of a 21-day lockdown in India to stop the spread of the corona virus has thrown the lives of millions of people into chaos; as thousands went to bed hungry as the country shuts down to battle the pandemic.

It was a challenging experience for both Neelam and me, having absolutely no contact with the outside world had to face the lockdown days creatively along with the existing challenges.

Prayer was our source of strength, participating in online Eucharistic celebration and the Eucharistic adoration helped us to pass the days which seemed like months and years. It was during these days we were inspired to reach out to people creatively. We learnt to stitch face masks. We were excited ... we stitched almost 100 face masks and distributed to the poor people also created awareness to wear mask as a preventive measure for the covid 19.

It was also an opportunity to reach out to the most deserving people of KP Mitta. We distributed rice and dhal to the HIV/AIDS patients and to the poor families. This was SJT's as if the last bit of service to these people. Although emotionally charged we joyfully reached out to them.

On 17th we packed and loaded the materials from the community and from the hospital. People of KP Mitta were with us the whole day helping us to load all things. At 8pm we prayed along with the people, thanked God for His blessings, care and protection towards us for the past 14 years and thanked God for all the sisters who lived and rendered their selfless service. We also thanked all the parishioners for their love and support. It was a Unique experience of sharing the divine meal, after the prayer the Bread was Broken and shared... the consecrated host was a last meal we had as one family.

The people and parishioners were moved with tears in their eyes and appreciated our SJT presence. They bid farewell said good bye to us. We experienced the presence of God deep within us. (Ps 46:1 God is our refuge and strength an ever present help in trouble).

On 18th may 2020.... Not a remarkable day to recount but a sad day for the Province and for the people of KP Mitta and to the church as we closed the curtain of continuing our service. It was a painful moments to step out from the community as the people gave a tearful farewell. We left the place at 4 am and reached kuppam community at 8am Sr vinodha and the whole community and the junior sisters welcomed us with great joy.

All Glory to the Most Blessed Trinity to our holy foundresses and to our patron saint Joseph.



Sr. Rita Francis

Kothapalli Mitta

Joyous yes to work with the Poor

Every day is a gift of God to experience His Love and go out with this Love to share with our people whom we share in our ministry. We the sisters of Maitri Sagar (Sunanda) are greatly privileged to be chosen by God for the special mission of serving the people. Being the social work centre we are reaching out to people and children in 54 villages. Following are the various activities that are carried out through our centre: Community based rehabilitation of persons with disability, evening coaching for the children, serving midday meal for elderly people, tailoring, basic training in Computers, self-help groups for women, Family counseling etc.



Sr. Sonia Pinto

Every day when we rise from the bed it's a great joy to know that God has given another opportunity to experience His goodness through all these people. At the end of the day we have a feeling of satisfaction which is also a motivation to begin the next day with great zeal in our hearts. When we go in to the Presence of the Lord taking all these people, we are filled with gratitude to God which in turn creates in us a desire to surrender our lives to the Lord and a longing to Love Him much more. This gives a meaning to our call and consecration.



During these days when people are affected due to Pandemic we are not able to go to the villages. So we are trying to reach out to them through the telephonic call; giving counselling, awareness on how to protect themselves from being attacked by the Corona virus and about the various schemes that are available from the Government, networking with the local government to help the people in getting the provision. We also distributed provisional kit for 30 families which would be sufficient for 3 months. Demonstration on how to wash the hands, maintain physical distance, wearing mask was done in the nearby villages. We encouraged the people to grow herbal plants in their houses and also distributed the plants that were available in our garden.

As our commitment to the Lord invites us to build the kingdom of Love, Justice and universal Peace, we continue to strive in making ourselves to be the instrument of God in building His Kingdom in our mission.



SJT Reaching out in Whitefield with St. Joseph our Patron!

St. Joseph our Patron was with us making his “presence” felt strongly just before the ‘world lock-down’! The word we’ve never known before! “Go to Joseph” was resounding as in O T. It was a concrete experience for us here for all three communities of ours and the Five Congregations to come together along with our Parish Priest and his two assistants, religious priests to celebrate St. Joseph’s Feast together in our SJC Community. It was modest yet mutually enriching “coming together”. We, the three communities here put our heads together to visualize what/ how it would all entail, envelope or invade the humanity as a whole.



**Sr. Emma
Machado**

That was the last exchange we’ve had in person! We saw, we experienced, we heard, we felt, we prayed, we shared and we wept for the humanity and along with our world during these days of sort of “tunnel” experience: How do we reach out to our suffering milieu as did our founding Sisters in France?

Ever since the ‘world Lockdown’ we felt the joy of sharing among the 8 religious communities in our Parish. Charity was lived by sharing whatever we had with one another fruits, vegetables, eatables... just to express our brotherhood or sisterhood here.

30th March 2020 : The Community had set apart amount past 2 years of fasting and sacrifices made in Lent and Advent. We were able to identify few teachers and families known to all of us who were in drear need of our help. This was done discretely. Some of us senior citizens prepared a few “face-masks’ and presented them to our workers and sisters to help themselves.

Sr. Arogya, the Head Mistress of Kannada Medium was moved by St. Joseph to seek together with the community what the Lord wanted us to do at this moment. Together, with the support of the Community steps were taken:

- i) 10th April 2020 Some of us were involved in distributing one month Provision to 60 workers’ families. Each kit contained: Rice 15 kg; Dhal 3 kg; Oil 2 liters; salt 2 kg; Wheat flour 8 kg; Sambar powder, chilly, saffron and other ingredients ½ kg. Besides Bath soap= 2cakes; washing soaps=2.
- ii) 2nd to 4th May 2020: Around 80 families received food kits each for a month. Each kit contained: 25 kg rice; 10 kg wheat flour; Dhal 3 kg; Oil 2 kg; grouduts 1 kg; channa 2 kg; Sambar items ½ kg ; Soaps ½ kg.



We were helped very much by the NGO named “Kanasu” Dream-Foundation in all these above distributions. The enthusiasm and daring spirit of the youth to identify and reach out is what we treasure a souvenir from the youth. We are proud of them.

- iii) We also permitted, with the discretion of the Police personnel to use our School premises to issue the ‘pass’ required to cross inter-state borders for about 25 days. In all, around 12,000 migrants were hosted in our Campus -of both English medium and Kannada medium- while we also provided drinking water and Biscuit packets. Our Campus was packed with Social distance upto the Main

road up to Maria Ashram, with troops of police to maintain discipline, precautionary measures etc. We remarked, many youth of good will were around to supply food and water for so many migrants from all over our Country! Our toilet-facilities were available of course, taking care to disinfect them and the whole campus each day. Govt. took care to provide commuting facilities (about 40 buses) to transport/ escort them to Railway station.

Well, this was the Providence of God around us although we could not do much personally our sisters Arogya and Shashintha were at the service as and when needed for the smooth functioning and for the welfare of the migrants. We consider all this a drop in the mighty Ocean of humanity at stake. May the Lord make it a stream of Healing for all.

Our Community of Jyothi Nilaya, O’Grady’s clinic have listened to the cry of many poor around; for they have always rendered their loving services to their needs. Here is the voice of the Community:



The invisible Corona shook Whitefield when the first case in India was found to be closer to ECC! In the panic we discovered the Invisible Power of our God so real and concretely involved in the lives of all. It was



a “New Pentecost” All spoke the same language, cared for one another by taking care on oneself first, the same precautions, the same conditions all remained “home bound”, feeling, caring and admonishing one another to be careful! Suddenly all learnt Obedience, all turned towards our One True God the Almighty! There was an explosion of goodness and joy as young and not so young went around to seek the needy and the lost due to hunger, fear and helplessness. Where pain abounds goodness also springs up like a river watering all. Such was the experience of all of us here.

The Parish was active and alive through volunteers and we, sisters lent our hand in offering the bounty of good people.

We provided provision for those we knew in our contacts programmes especially HIV patients, the house-bound sick, blind and other disabled and migrants of Sadaramangala village.

From our community budget we helped 6 families and few others in need. Through the contacts we had built up, we were able to get the sponsors. They paid directly to the provision shops via on-line transactions.



We kept our Health Centre open for all emergencies day and night as other Super hospitals and Clinics were closed or sealed to cease from functioning. * We conducted the deliveries without distinction whether they were our regular ones or not. Persons in fear and panic received guidance and counseling either via ‘WhatsApps’ / sms messages or on-line phone calls. We rejoiced that in the midst of Pandemic invasion the Lord chose us the lowly. St. Joseph empowered us, the poor to help the poor!

Our hidden St. Joseph enabled us to give out of our poverty, our nothingness unto the poor and affected people in our milieu. We have learnt much from all generous and youthful volunteers who did silently behind the screen! That is St. Joseph; the Silent Teacher who made his presence felt these days of “Invisible Corona, our new Teacher of Humana Vitae”! Let us continue to learn from Life and in and through life, To be truly human is truly divine!

Communities of Whitefield

The Power of Now

“Everything happens for a reason, don’t question it, trust it.” Buddha. This is what my stay in Bangalore for three months have taught me. Whatever happens, we must always keep faith in the good. “What a lovely surprise to finally discover how unlonely being alone can be.” Elen Burstyn. Being alone gave me the opportunity to focus on myself better. I got enough time to think about versatile aspects, identify my hidden strengths and work on my weaknesses. “The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” Dut31:8 in silence and solitude I experienced the abiding presence of God, telling me constantly don’t be afraid and discouraged I will never leave you nor forsake you. I found extra quiet and peaceful time to be with the Lord. The cry and the pain of our brothers and sisters drew me close to God pleading for his mercy and love; for I believe prayer reaches where I am unable to reach. During this lock down I was enlightened that my mind is not a dustbin to keep anger, hatred and jealousy, but it is the treasure box to keep love, happiness and sweet memories.



**Sr. Mary
Kurian**

“If you shed tears when you miss the sun, you also miss the stars.” Rabindranath Tagore. If we focus only on the negativity, we might miss the brighter side of the things. The pandemic has cocooned us to the four walls of our community, but then how can we forget to notice how Mother Nature is healing by herself. Air and noise pollution has dropped, ozone hole is covered, river water have become clearer, rare animals are paying visits to the cities, chirping of the birds are heard and the birds are flying freely. What can be more beautiful than this, praise the Lord! Books are the plane and the train and the road. They are the destination and the journey. They are home.” Anna Quindlen I had lots of time to read various books. During these days I have read seven inspirational books. I am thankful to the sisters who advised and gave me the books to read. I have discovered that I have taste for reading.

Buddha says, “Every human being is the author of his own health or disease.” I had time to eat well, sleep, relax and take care of myself. Being, listening, talking and observing the lives of our elderly and sick sisters boosted my energy. I am well protected and surrounded by the love, care and affection of 50 sisters in Frazer town. Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunity into blessings.

“The Lord gives strength to his people: the Lord blesses his people with peace.” Ps29:11

Regional Superior
Jeevan Maithri



Teacher: “Kids, what does the chicken give you?”

Student: “Meat!”

Teacher: “Very good! And What does the pig give you?”

Student: “Bacon!”

Teacher: “Great! And what does the fat cow give you?”

Student: “Homework!”

First time in History you can save the humanity by doing nothing
You have only one chance. Don’t screw it!

SJT s with the MIGRANTS

I was homeless and you visited me.

The devastating effects of Covid -19 is felt by the whole world. It is a human, economy and social crisis. The corona virus which is considered as a pandemic is attacking societies at their core. The outbreak affects all segments of the population; particularly detrimental to members of those social groups in the most vulnerable situations; Evidences indicate that the migrants, urban poor, homeless, refugees and displaced people are suffering disproportionately from the pandemic. The poor are the worst affected due to longstanding segregation by income. Thousands of migrants who came to the city of Bangalore seeking employment were thrown out by their employers or left without food and accommodation on the streets with the hope of getting back to their hometowns.



Sr. Leena

The fear of uncertainty and the death around each one of us have certainly evoked a sense of sensitivity in us. It is in this context I had an opportunity to directly get involved in the lives of the migrants. During the lockdown period itself. I visited the areas around Majestic, Market , Railway and Bus stations to access the condition of the migrants. There were thousands of them stranded in an inhuman condition. And we joined hands with the Bishop of Bangalore Arch Diocese, who was already working for them with his priests.

On 13-05-2020 a day of curfew the migrants who got trains to go back (at 4 pm) needed food for the journey. Bishop asked me at 10. 30 am. to do what I can and get something for their way. Trusting in the providence of God I literally went on the road contacting the people to to help out with whatever they can, including Jyothi Nivas and Amalaham communities because I was passing that way to collect the things. The response was overwhelming to attend immediately by 7 centers. I got a big jeep full of juice, biscuits, buns, bread and water bottles, which was reached to the migrants by 2 pm at the palace ground.

Sharing the same experience with the Provincial and the community evoked a sense of action in them which made the migrants to bring in to our campus. Though all our schools in the campus were under repair and colour wash, we could spare two rooms adjacent to RTC Boarding and SJC High School.

It was a task with risk involving as we needed to meet so many government officials for the permission and procedures. The Joint Commissioner for East Zone was very considerate towards the case and gave the permission letter to accommodate the migrants.

Few sisters (Srs. Catherine, Leela, Tresa), directly got involved for this task. Others contributed with whatever they could. Sr. Georgina took an initiative to collect the essential things from the sisters and got nearly four boxes full of things for the migrants. Mr. Vinod the past student of our school supplied most of the meals. afternoon meals were cooked in the RTC Boarding We got provision from the Bishop and others also.

The migrants were frequently visited by our sisters and prayed with them instilling hope in them. They were happy and so very pleasant, as they were all from Manipur, the Bridge of the train root collapsed and they were not able to return. And unfortunately we needed to vacate them from our campus as our SJC school needed to get ready for the SSLC exams.

It was a hard time for me to find a place within a short time, neither I could abandon them because of the risk involved. It was a providence of God that through Dream India Network the CSST sisters offered place in their generalate campus. We needed to get ready within two hours. Again the providence of God came to our help as everything worked on time in getting a vehicle and police verification etc.

There are thousands of them still waiting for the trains and places to go back to their home towns. They have nothing with them. They are exposed to many dangers like communal violence, trafficking, rape and ill treatment. Though many institutions are extending their helping hand many are still left without any help. We can still do our best to pray for them and be considerate towards them.

Nava Jeevan Community

The Experience of the Eight days Online Retreat of April 2020

The annual retreat of 2020 amidst the onslaught of Covid-19, the Province decided to take up this Online Retreat, designed by Jesuits of India with the title 'Disposing Me to the Lifeline'.

The word 'Lifeline' brought to the mind the gospel passage 'I am the Vine, you are the branches' (Jn. 15: 1-10) This was a unique experience for us reminding us the necessity to live with Jesus our Master, listen to His word and walk, His way to Calvary as we were reminded often the distress of our brethren all over the world during these painful days.

The passages for prayer and reflection along with a daily prayer and Mantra were indeed a 'helpline' to spend each day in recollection. The reflections seemed to flow smoothly.

The retreat was a call to purify our thoughts and words, that they be life - giving to all those who came in contact with us. This experience reminded us of our loyalty to the ONE who kept us at His side allowing us to be conscious of His divinity to freely fill us day after day and of the necessity to be united always to our life-line. It was an opportunity to see ourselves as we are: our woundedness, sinful tendencies, attachments and negative dispositions, that we may seek ever the healing grace of our saviour to be purified. The days brought to our realization of our responsibility towards those around us that they too be given the taste of the divine sap and that the world be better because we passed by it. The overflow of Jesus' perfect righteousness pushes forward 'to live a life worthy of the calling' we have received, as St. Paul exhorts us.

Today as yesterday, we the sisters of St. Joseph, are called by our Lord, to hold alight the lamp of the charism of communion, avoiding the pits of duplicity, lethargy, laxity and seeking short-term gains. We are urged by our Master to carry His cross and follow His way of holiness through the narrow door of sincerity and integrity. The two strong columns of forgiveness and compassion will stand in goodstead in our pursuit.

May God help us in this our endeavour as we journey together with Jesus our 'Lifeline'. May all who hope in you Lord, rejoice !

We thank the Province for making this novel method of annual Retreat possible, during this Pandemic period.

Divya Jyothi Community



Sr. Sylvia Christie

Does God Surprise You?

We do experience surprises of God in our lives when we take a brief moment every day. We will see so many surprises from the time we get up till we retire to bed. I am going to share with you a true story of a person who experienced the surprise of God in her life through a painful sickness.

Glory is a girl from Chhattisgarh. She has six siblings and she is the third in the family. Glory is very loving, kind, cheerful, intelligent, God fearing, prayerful, courageous girl in her family and everyone in the family was very fond of her.



Sr. Sinteia Rebello

One day while attending the class in the college she suddenly felt giddy and did not know what was happening to her till she was conscious. After several tests done in the hospital the doctors told Glory that she has a brain tumor. She got frightened and did not know what to do, but she believed in the Lord that he would lovingly touch and heal her. She trusted and hoped in the Lord even when the doctors gave up. She was under medication for two months. One day her friend asked her to visit another doctor. She visited the doctor and did the entire test but to her surprise the report showed no signs of brain tumor, it had dissolved totally. She thanked God for this great surprise and now she is living her life thanking and praising God for giving her new life. She inspires many young girls through her life.

Like Glory we see in the Bible God surprised his chosen ones. For example David a shepherd boy became the king of Israel. Peter an ordinary fisher man became the first Pope of our Catholic Church. Jesus also surprised the people through his miracles. In the Gospel of St John at the Wedding in Cana when the wine was over the bridegroom did not know what to do but Jesus surprises them by changing water into wine. He turns their sorrow into joy.

The whole world is in sorrow due to corona virus pandemic. Due to this sickness many lost their lives, their jobs, belongings, many walked miles to reach their destination and many did not have food to eat nor shelter to stay. But even at this juncture we see surprises of God through this pandemic. Many families were brought together and relationships were deepened. We see God surprised us wherein many rich people came forward to help the other. We see many discovered their hidden talents, gifts of God through this pandemic. We see those who were far from God knelt before God praying for his mercy on the whole world. God did not leave us in sorrow but gave us joy to share with others through different ways.

- Food to those who were hungry
- Comfort for those who were discouraged in life
- Shelter to those who were shelter less
- To appreciate the goodness in the others
- Because of the pandemic many of us were seen in the garden, growing the vegetables, fruits and so on.

As Pope Francis says “God constantly surprises us, he bursts our categories, he wreaks havoc with our plans and he tells us trust Me, do not be afraid”. God is a God of surprises because he loved us first. God waits to surprise us. Let us allow ourselves to receive that surprise from God. Let not modern gadgets make us think we know everything.

God reveals Himself through surprises.
 God reveals His love through surprises
 God reveals His healing touch through surprises
 God reveals His mercy through surprises
 God reveals His comfort and strength through surprises.
 Do we believe and trust in the surprising God?
 Let's experience the God of surprises in our daily lives.

Sr. Sinteia Rebello

**MESSAGE BY SR. ELIZABETH C S, JYOTI NIVAS COLLEGE
AUTONOMOUS, BANGALORE FOR THE STUDENTS ON
THE ORIENTATION DAY AS WE INAUGURATED THE NEW
ACADEMIC YEAR 2020-2021 ON THE 19TH JUNE 2020 ON
THE FEAST OF THE MOST SACRED HEART OF JESUS**

Good morning girls and a very warm welcome to all of you. A strange way to be welcoming you back to the new semester. But we are living in strange times - strange, unprecedented, unseen, unheard of. The pandemic crisis has changed the global world order. It has changed our lifestyles, the way we think, feel, perceive things. It has challenged us as never before.

Who had imagined a day when temples, churches, mosques and other places of worship the world over would be closed to people, to devotees, worshippers, the believers, the faithful? A very holy, saintly man was disturbed by all this. He kept asking God all the time – why have you closed all places of worship? Why aren't you allowing man to come and worship you? Then God appeared to him in a dream. God told the man – Don't fret. The doors to places of worship have been closed. But I have not closed the doors to me. I have created a temple, a church, a mosque in every house.



Sr. Elizabeth C S

Dear girls, what a simple yet profound lesson the above story teaches us. The Covid crisis has created new human beings out of all of us. It has made us dig deep into ourselves and find resources, skills, reserves of strength and levels of resilience, that we never knew we possessed. At a time when you should be celebrating all the knowledge you've gained, you may be grieving over what you've lost in these few months – time, opportunities, the plans you had made, the experiences you were looking forward to. In tough times like these, it can be difficult to find hope.

But let me assure you of one thing girls - **You will sail through. You will come out on top.** The reason I know you will is because so many others have done it before you. Exactly hundred years ago, the class of 1920 graduated at the end of a deadly pandemic. There are numerous other examples like this. Students have graduated in the midst of wars, conflicts, floods, droughts, earthquakes and epidemics. They also had to face unforeseen problems and difficulties. But they also persisted and triumphed. History teaches us that we have every reason to be hopeful. So be hopeful my dear girls.

No doubt the pandemic has thrown a scare in all of us. We are afraid for our lives and for the lives of our dear ones. Fear is natural. No need to be ashamed of it. It only shows how much we are in love with life. It shows how much we love ourselves and our dear ones. **But we cannot let fear rule our lives girls.** We have to learn to overcome our fears, conquer them, and continue with the great gift of life that God has given us.

One big lesson the Covid crisis has taught us is **adaptability**. No longer can one claim I don't know this technique, or I don't possess that skill. Learn, adapt and move on – this has become the law of life now, the ruling principle. You girls are young, tech-savvy. But our generation grew up without much access to technology. You will be surprised at how technically competent your teachers have also become during this crisis. Your teachers have been busy throughout the lockdown period updating themselves with technology, **going digital**, to prepare themselves to overcome all obstacles that might come in the way of teaching and learning, in the path of your education, your future, to make sure that you are not deprived of the knowledge that is your right, to make sure you don't lose a year.

E content teaching and learning have become the norm now. In these demanding times, we met every challenge head-on and have made every arrangement to create **virtual classrooms** for you and start online classes.

Technology is playing a bigger and bigger role in our lives post Covid. “Online” is the new buzzword. “Portals”, “platforms”, have become household terms. Technology is no longer confined to industry and the corporate world. It has gatecrashed like anything into the academic world. The ongoing Covid crisis has changed the whole dimension and approach towards education. Academicians and students will have to embrace modern technology and digital pedagogy as learning mechanisms.

Dear girls, from today your classes for the new semester are starting. No doubt you are wondering how classes for the new semester can start when the exams of the previous semester have not been conducted. But that is in the hands of the Government. The Government will take a decision on the exams depending on the situation.

These are new experiences in changing times. There will be glitches because it is technology-driven. One has to learn to practice patience and restraint. Things will happen only if we make them happen. Even if everything is technology-driven today, remember that the one who drives technology is man. Have faith in the never dying spirit of man. Have faith in God. Ultimately, it is God and His great wisdom that drives everything. Things will work out. Be positive. Be enthusiastic. Be cheerful. Take every new challenge in your stride and turn it into an opportunity to learn new and exciting things.

My dear girls, your health and wellbeing in these stressful times is our topmost priority. As a psychologist myself I can tell you that the best way to tackle stress, to handle fears and anxieties, to cope with distress, to overcome depression, to handle tension, is to talk it out. Talking about it with someone you trust is the best way to get it out of your system. This is the reason we have appointed mentors for you. Girls, please be in regular touch with your mentors. They have been calling you, talking to you. Feel free to contact them whenever you feel the need for a friend and councilor.

No doubt sitting at home for so long must be frustrating for you and making you impatient. Never mind. It might lead you to discover some exciting talent within yourself. Be open, be patient, and be hopeful.

In a world divided by narrow insular prejudices, women can act as the great unifying force. In a world torn by intolerance, hatred and violence, women with divine virtues of mercy, compassion, gentleness and humanism, can change the world. make a more tolerant, humane, compassionate and peaceful world.

Our aim at Jyoti Nivas is to empower our young women to become beacons of love, courage, wisdom and communion, grow into women with determination, women with passion, women with intensity, women with wisdom, women with enlightenment. women who can be agents of communion, women who are socially committed, spiritually enlightened and morally upright.

God bless you all my girls. I wish you all the best in this new endeavor as we enter into the new academic year infused with hope and courage.

Sr. Elizabeth CS Sjt
Jyoti Nivas College Autonomous

ACADEMIC AND OUTREACH ACTIVITIES OF JYOTI NIVAS COLLEGE DURING THE COVID CRISIS

The world is facing a grave crisis today in the form of the Covid pandemic which has already claimed 1000s of lives, affected lakhs of people and impacted the livelihoods of millions the world over. The social, economic, emotional, mental and psychological impact of the pandemic is devastating. But humanity will weather this storm also, just as it has withstood innumerable other diseases, epidemics, wars, conflicts and natural disasters till today.

At midnight on March 24, India went into lockdown. All movement stopped to control the spread of the virus. But life cannot stop. Life has to go on. And it did. The virus is still at large; but life is slowly limping back to normal. People are learning to live with the virus and are going about doing what is necessary for their livelihoods, taking all necessary precautions.

I feel very happy that even during the lockdown period, Jyoti Nivas did not take things lying down. It was a hub of activity, while strictly following all guidelines laid down by the State and Central Governments.

The first need of the hour was to reach out to those poor, less privileged people – the migrant labourers, construction workers, footpath vendors, street hawkers – who were the ones most severely impacted by the lockdown. Jyoti Nivas was not behind in reaching out to them. Jyoti Nivas was in the forefront of a key area of its activities – one which defines the mission and the character of Jyoti Nivas – social outreach. Jyoti Nivas provided food grains and groceries to construction workers, migrant labourers, sweepers, pourkarmikas, garbage clearance workers; financial support and medical assistance to several families, Class IV workers and security workers; contributed to Dream India Network, St. Anthony's Parish, Little Sisters of the poor; the total amounting to the tune of Rs. 6,11,990/-.

Jyoti Nivas is the abode of light, a fountain of knowledge. It has always striven to build and enhance its knowledge potential. A huge roadblock came in the form of the lockdown. But in Jyoti Nivas, not working is like not breathing. We had to find ways and means of getting around this roadblock and continue in our quest of imbibing and imparting knowledge. We had to go the digital way, adopt technology in a big way.

The first task on our hands was to finish the remaining portions before lockdown was imposed. Staff went all out to complete their portions during the lockdown period, working from home, juggling between housekeeping, looking after family members and completing portions. They adopted various platforms and media for this – Whatsapp voice notes, Google classroom, podcasts, audio-video links, email. Correction of assignments and completion of CIA (Continuous Internal Assessment) was also done similarly online. By April 30, all these primary tasks were completed.

The mental health and well-being of our students being our topmost priority, during the lockdown period, the staff have gone all out to be in touch with the students. Mentors have been in regular touch with their wards via Whatsapp, phone calls and mails; talking to them, reassuring them, giving them advice, courage, hope; especially the ones staying in hostels and PGs who could not go back to their native towns.

Our staff started coming to work as per the Directorate of Collegiate Education directive from May 4. They have been working ceaselessly since then, gearing themselves up for the eventuality of launching into the new semester online. Jyoti Nivas is pursuing the trend of online classrooms and resources are being provided to all the students digitally. Jyoti Nivas aims to accomplish undisrupted teaching and learning and provide education that is as it always has been - high-quality, accessible and secure. Going forward from here, we will be using our virtual education programme for short as well as longer duration courses. Alongside this, we collaborated with technical service providers, and implemented new platforms to reach out to each and every one of our students, constantly testing these tools and platforms for scalability and robustness. Fortunately, we had both the methodology and supporting technology already in place. So, when the Covid outbreak happened and the lockdown was announced, it was a question of scaling up the operations in a very short span of time.

The staff underwent training for online classes via Microsoft Teams in a 5-day Faculty Development Programme from 9th June to 13th June. Microsoft Teams have been set up and 2500 logins have been created under Microsoft Teams.

We had a novel and meaningful online Orientation for the III and V semester students on 19th June with more than 2000 students logging in, during which the students were briefed about the current scenario

and the need of the hour and other pressing issues. There was an intensive Q&A (Question and Answer) session at the end and all the doubts, queries, anxieties, of the students were cleared. The response and appreciation of the students was overwhelming.

The ‘Novel Corona Virus’ has led to many novel things – webinars being one of them. Webinars have become the trend down, to facilitate continued exchange of ideas and expertise in spite of restrictions on physical proximity. Resource persons and experts in various fields from around the world are being roped in for this purpose. Several departments of our college have already conducted their webinars:

- June 16 – Department of Chemistry and Biochemistry
- June 17 – Department of Computer Science
- June 17 – Department of Physics
- June 18 – Department of Mathematics
- June 18 – Department of Commerce and Management
- June 18 – Department of History (Online Quiz)
- June 19 – Department of Commerce and Management
- June 19 – Department of Economics
- June 19 – Department of Zoology and Genetics
- June 20 – Department of Sociology and Public Administration

A second 5-day Faculty Development Programme and International Webinar is happening between June 23 – June 27. The rest of the departments have slated their webinars for the month of July.

Totally, with all 24 departments conducting their webinars and college conducting two 5-day Faculty Development Programmes and Student Orientation, the college would have conducted 35 webinars and put in more than 70 hours of online exchange and interaction, between faculty, experts from academia, researchers, principals, managers, administrators, industry experts, numbering more than 20,000.

Online classes for the III and V semester started on June 22. This is for Choice Based Credit Courses (CBCS) for final year students and value-added courses for second year students. This will be completed by July 6; after which online classes for the core papers for the second and third year students will commence. The staff have already geared themselves to cover more than 40% of the portions for the new semester online, and more depending on the situation. Online classes for the first year students will commence depending upon the situation.

Timely videos were prepared with messages of hope and faith were posted for the students to boost their morale and to keep their spirits from sagging in these troubled and testing times. The videos and messages were greatly appreciated by the students.

As we commit ourselves to give our students the best we can under the given circumstances, we surrender ourselves completely to God’s will, and humbly request Him to hold our hands and walk with us every inch of the way. Our students’ welfare and well-being being our topmost priority, we put us and our students in His hands, having full faith in His wisdom, His love and His strength which we hope, we trust and we believe, will guide us through these turbulent times and bring us to safe shores, regenerated lands, rejuvenated lives and redeemed spirits.

Sr. Elizabeth C S, SJT
Jyoti Nivas College Autonomous

FINDING MEANING AND PURPOSE IN THE MIDST OF THE PANDEMIC: Sr. ELIZABETH C S' MESSAGE TO THE PUBLIC

Jyoti Nivas College Autonomous is a minority Christian educational institution founded by the Sisters of St. Joseph of Tarbes and affiliated to Bangalore Central University. Since its inception in 1966, the college has remained steadfast in its aim of providing quality education in the Humanities, Sciences, Commerce, Management and Vocational courses by fulfilling the highest standards of intellectual excellence, code of ethical values, women empowerment, career advancement and social relevance. Education at JNC is also intended to develop moral and spiritual values while preserving the essence of Indian culture. We also strive to inculcate in our students a world view which will equip them for global citizenship and competence.

Jyoti Nivas College has completed 54 years of its glorious existence, crossing one milestone after another. Year after year, the College has seen state-of-the-art infrastructure development and introduction of courses that are relevant and challenging. Today the college ranks among the premier women's institutions in the State and in the country.

Today, we are living in times which can only be described as strange, unprecedented, demanding and stressful. We are living in times which are challenging us to go beyond our normal capacities, leaving behind our comfort zones. Times are forcing us to explore and equip ourselves with skills, which we had always considered as needed only in the corporate world and having little to do with academicians. Today, all these barriers are being torn down, boundaries are being crossed, outlooks are expanding, perspectives are changing.

Covid has taught us two important lessons of life - social responsibility and adaptability. These two life skills are being honed as never before. Adapting has become the **mantra** today. **Adaptability** is the new **avatar** of Darwin's theory of the survival of the fittest. If this new law of the pandemic makes it sound scientific and callously indifferent to human suffering, the second lesson that Covid has taught us balance the equation – and that is - **social responsibility**.

Covid has taught us an all important life-lesson which was always there in Indian philosophical thought - **Paropkaarartham Idam shareeram** - Others before Self. It's not enough if we are strong with high immunity levels. Others may not be so strong and may have low immunity levels and may be highly vulnerable. We have to think of them and make sure we don't become spreaders.

We **cannot** take the stand that Cain took when God asked him where Abel was – Cain says -I am not my brother's keeper. Covid has taught us that we are our brother's keeper. Covid has taught us to think beyond ourselves-to get out of our narrow, insular prejudices- and think globally. Again, this idea was always there in Indian philosophical thought – **Vasudhaiva Kutumbakam**. Each one will prosper only if all prosper, each one is safe only if all are safe.

The pandemic has thrown up challenges never dreamed of before. Technology is playing a bigger and bigger role in our lives post Covid. "Online" is the new buzzword. "Portals", "platforms", have become household terms. Technology is no longer confined to industry and the corporate world. It has gatecrashed into the academic world.

The ongoing Covid crisis has changed the whole dimension and approach towards education. The impact of this crisis is long term. Academicians and students will have to embrace modern technology and digital pedagogy as learning mechanisms. Informed and productive use of digital media is going to be the game changer for the field of education in the future.

It has become imperative to embrace new trends to make learning impactful for our students. Teachers are lifelong learners and our yearning to learn new things will never fade. In keeping with the recent

changes, we have adapted quickly the digital forum and have been organizing online webinars and faculty development programmes, to be academically active and progressive in our thinking.

My dear friends, while the pandemic continues, in addition to being responsible citizens and following the guidelines of Government and health officials for our own safety, it is imperative to also keep ourselves active, enthusiastic and academically inclined. In these testing times, it is not only necessary to boost our immunity levels, but also to boost our morale and keep our and our students' morale high.

Let us pray and have positive thoughts for one another. Let us pray that we will overcome this threat very soon and restore wellbeing in our lives, in our country and in the world. God bless all of you. Stay safe and healthy and pray that almighty God bless each one of us.

As we go through this pandemic crisis, let us ask ourselves “What is my purpose in Life?” “What are my post Covid 19 resolutions?” When I hear 1000s of people dying in my country, what is that I want to live for?

May the Spirit of Knowledge enable us to know ourselves and deepen our Faith in God

May the Spirit of Understanding
enlighten our minds with the light of Truth

May the Spirit of Counsel
help us to choose the surest way of doing God's will,
May the Spirit of Wisdom
guide us to aspire for the things that last forever.

I would now like to conclude with this prayer for all:

Sarvesham Swastir Bhavatu – May there be health, happiness and well-being in all

Sarvesham Purnam Bhavatu – May there be completeness, perfection and fulfilment in all

Sarvesham Mangalam Bhavatu – May there be success and prosperity in all

Sarvesham Shantir Bhavatu – May there be peace in all

Sr. Elizabeth C S, SJT
Jyoti Nivas College Autonomous

‘Lockdown’ – A Blessing in Disguise!

World embraced 21st century as the digital revolution that opened up newer avenues to mankind. Needless to mention one has to update oneself to maintain parity with changing times and technology. This period of “lockdown” can be best utilized to equip and be at par with the fast-paced era. Trying situations bring out the best in great institutions.

Every situation has a hidden opportunity. This unlimited time at home due to “lockdown” is no less than a boon for us. There will not be another opportunity like this in the foreseeable future to fulfil one's hobbies and interests, sharpen talents, skills, abilities and above all spend quality time with family.

Organizations and businesses are modifying their operating models to adjust to the new norm. The period of “Lockdown” has presented opportunities for “St. Francis Xaviers’ to evolve as a stronger and a more agile institution. The leadership has taken steps to ensure that the interests of all the stakeholders –staff, parents and students – are taken care of.



Ms. Maria Kathy

For many of us in self-isolation, it can feel like the Corona virus pandemic has put the world on hold. However, it has unleashed a revolution in the field of education; from now on, online teaching-learning process will be the benchmark for **empowering** both educators and children. Virtual classes allow teachers to experiment, expand ideas and creativity to teach the lessons. SFX is **specializing** in the field of online teaching-content creation, self-creation of videos, projects, activities, fun games and assignments. Once perceived to be cryptic and challenging, online training and learning has a growing fan base amongst the teachers and students alike. Teachers can teach from anywhere, irrespective of the physical location of the students. We thank the management for enriching and encouraging us to adapt ourselves with the advancing technology in the field of education.

Parents are very thankful to the school for having arranged online classes, for successful completion of the syllabus by **engaging children** productively. Online classes are helping the students to **not lose touch with the subjects** and to help them **utilise time** to progress in academics by learning newer topics.

Reaching out to the poor and catering to the needy is a pressing issue these days. In the wake of the Corona virus pandemic, lives of some of the most vulnerable communities across the country, such as **migrant labourers, waste pickers, single mothers, artisans** are affected. To cushion the impact of the crisis on these sections, and to ensure their access to essentials, SFX has embraced a **humanistic approach** to cater to the weak links of the society in all possible ways and our intention to deliver **moral responsibilities** towards the domestic helps, watchmen, guards etc. is reignited.

SFX is one of the few schools to start online classes for Preparatory section. Apart from study schedules, **dance, aero** are being taught to the students of Preparatory and Primary section so that they “grow healthier, grow stronger, aim higher.” It **breaks monotony** along with the benefit of both cardio and lucid dance moves coordinated with rhythm that focuses on a new level for mental and physical health.

At this point of time, all age groups, including the most active and energetic children would be affected. How to handle children their tantrums and keep them occupied alongside work could be stressful and is a million-dollar question. Lack of salaries and pay cuts have led to torment in managing daily expenses and **anxiety**. Online counselling has been introduced by the management in order to accommodate the above situations and is indeed a novel idea- the **need of the hour**.

Parents also immensely appreciate the initiative taken by the school for online counselling which helps in **de-stressing** and keeping up the **mental health** of those who are suffering from tension and emotional stress. Extending **psychological relaxation** through counselling is beneficial for elderly, children and parents to calm down and negotiate this phase smoothly.

The management has widened the spectrum of learning by introducing e-books, e-library and **online story telling sessions** by professional story tellers catering to students from grade 1 to 10. Online **SUPW** classes are one of the best **stress busters**. Craft, colouring, sketching, paper work, painting etcetera fabricate ideas of colour scheme, **artfulness, imaginativeness** bringing out the innate qualities of a child.

The major step taken by the management not to increase the **annual fee** structure of the school truly deserves a big applause. This has been initiated to relieve the parents of added stress and worry. The early disposal of **salary** for staff members has been a mammoth move that expresses **keen concern of the management** and is an initiative to ease off the problems that one may face due to financial crisis in these trying times.

Today we have attained digitalization in the truest sense. We distinctly aim at shaping every house into a learning and skill centre as we move into a world where **innovation presides with respect to pedagogical methodology and teacher-student communications**. Let this be a chance for children to smile and realize their dreams, fight the pandemic Corona virus intensely and welcome the lockdown as “**A Blessing in Disguise.**”

Ms Maria Kathy

Lockdown and Community College

The Novel Corona Virus (Covid -19) surprised the world with its deadly implications on human lives. Nobody anticipated the intensity of its impact on lives, livelihoods and lifestyle. It has literally brought the world to a grinding halt.

Tarbes Community College has always engaged in the overall development of its students. Various activities and programs are conducted through the year but the Graduation day which is held at the fag end of the academic year has become a hall mark and an event that everybody looks forward to. This



year was not an exception either. The graduation sarees were ready, the theme was finalised and the choreography and practice sessions had begun with full excitement. The sudden lockdown announced by the government as a precaution against this virus crushed our plans and the enthusiasm. Our students and staff took to much disappointment but we are still hopeful to see the light of that day.

The lockdown has posed numerous challenges, we at the community college are gearing up to meet and tackle every one of them. We too resorted

to the Zoom meetings format which has gained momentum during these lockdown days. Fr.Xavier Alphonse, the founder of community colleges has been addressing and consulting all the directors of all the colleges via zoom to discuss the handling of potential challenges viz., admissions, syllabus, integration of the NSDC with the regular syllabus.

In our endeavour to try new avenues for admissions, we have prepared an AV highlighting, our training program, infrastructure and the curriculum.

We have had several staff meetings to discuss and evolve a new module of our training program which will include all the new concepts like online training/teaching tips, health, hygiene, safety measures to equip our students to the new normal.



Lockdown and Community College

Tarbes Community College caters to the holistic development of its students. We conduct a host of many activities besides academics and our Graduation Day at the end of the year has become a hallmark. As in the past, this year too, we had begun our practice sessions on a scripted theme under the guidance of a professional choreographer. The enthusiasm was just building up when the deadly virus knocked on the doors of our country and the government called for a lock down. Life had come to a standstill for the entire nation but our students and staff took to much disappointment because preparations for the Big Day was almost through including the graduation sarees and blouses of our students. Well, our students are still hoping to see the light of that day. But with the surge in the number of cases



the challenges for the management and staff have multiplied. We are trying new avenues and strategies for enrollment of new Admissions for the current academic year. An audio video presentation of our college and it's infrastructure is one such attempt. Our teachers are synergising all their efforts to collaborate and integrate the NSDC syllabus with our ongoing syllabus. We are even contemplating introducing new concepts like online teaching tips, health, hygiene and safety precautions in line with the government guidelines for fight against this virus. At TCC, we want to rise to the occasion and



upgrade our training module to align with the the order of the day.



Let Us Remember in Our Prayers All Our Dear Departed



Sr Nakshatra Inasappa's Aunt
 Sr Julie's grandmother Ms. Mary aged 95
 Sr Josephine Hoover's First Cousin Sr Lucinda CSST aged 88
 Sr Roseline Mary's Uncle Mr. Rajendran
 Sr LourdsMary'sCousin Mr. Jayakumar aged 47
 Sr Philomena Cardoza's Elder Brother Mr. Cyril Cardoza, aged 76
 Sr Matilda Emmanuel's Sister-in-Law - Mrs. Philomena
 Sr Aliyamma's Grandmother - Mrs. Maratha Lakra, aged 103
 Sr Marie Lucy's Brother-in-law Mr. Louis aged 96
 Sr Josephine Hoover's Cousin Mrs Mary Hoover
 Sr Messiah's Grandmother Mrs. Therese Mary aged 80
 Sr Margaret Mary's Nephew-in-law Mr. Francis, the husband of Ms. Mary (her niece)
 Sr Ananthi's Uncle aged 81
 Sr Leela Pamplany's sister Sr Grace P aged 64 years and her uncle Mr. Mathew P
 Sr Catherine Charles's niece Mrs. Anusha, 34 years
 Sr Asha Rani's uncle (Mother's brother) - Mr. Anthony Raj, 64 years
 Sr Sintea's Cousin Mr. Antonio Costa aged 56 years
 Sr Philomena Lobo's mother Mrs. Juliana Furtado aged 89 years
 Sr SudhaLakra's younger brother Mr. Sudheer Lakra aged 45 years
 Sr Jaya's Uncle Mr. Mariappa
 Sr Evelyn's Cousin Mr. Patrick Mascarenhas
 Sr Maria Vaz's Aunt Mrs. CarminaVazaged 80 years
 Sr Violet's Mother Mrs. Stella Mary
 Sr Ritamma Uncle Mr. Abraham

We are grateful to our sisters who have contributed to this newsletter and made it possible for us to reach you in time.

Looking forward to your contributions for the next issue (25th July 2020)

Communities to contribute are

Please send them by the 25th of July 2020

***You can forward your news to
aikyatha20@gmail.com***