

Sl. No	Index	Page No.
1	Power Quotes	2
2	Editorial	3
3	Experiences: <ul style="list-style-type: none"> ➤ Sr. Arti Lakra ➤ Sr. Cecilia ➤ Sr. Sagaya Maria ➤ Sr. Louisa Mathias 	4 5 6-8 9
4	Celebrate Life – An Interview <ul style="list-style-type: none"> ➤ Sr. Celestine ➤ Sr. Margret Mary 	10 11-12
5	Eulogy: <ul style="list-style-type: none"> ➤ Sr. Felicity D’Mello 	13-14
6	Women’s Day – March 8th <ul style="list-style-type: none"> ➤ Sr. Deva Priya Pathianathan ➤ SFX – Ms. Esther Priyadarshini ➤ SJC- Sr. Josephine Mathew 	15 16 17
7	Year of St. Joseph <ul style="list-style-type: none"> ➤ My Personal encounter with St. Joseph – Sr. Delphina Mary ➤ Ms. Valentina 	18-19 20
8	Jubilee Celebration: <ul style="list-style-type: none"> ➤ Sr. Rita Francis 	21
9	Formation <ul style="list-style-type: none"> ➤ Srs. Aliyamma, Lourdha Mary, Natasha and Rose Ekka 	22-24
10	News Update <ul style="list-style-type: none"> ➤ Sangraha Community ➤ SFX Nursery and ISC – Ms. Srimathi ➤ Visit of Rev Fr Xavier Alphonse to TCC – Sr. Hema ➤ Global Prayer on St. Joseph – Sr. Hema ➤ Commission Report – Sr. Clara P V ➤ Protection of minors and vulnerable persons – Sr. Amudha ➤ SFX Parents Orientation – Ms. Patricia ➤ USM Peace Convention – Ms. Deepa ➤ SFX Farewell – Ms. Anuradha Rao 	25-26 27 28 29 30 31 32 33 34-35
11	Get Inspired	36 – 37
12	Story Time	38
13	Bible Crossword	39-40
14	Laughter	41
15	Did you Know?	42
16	Congratulations	43
17	Our Prayers To All Our Dear Departed	44



"I thought that words and books and pens were more powerful than guns."
- MALALA YOUSAFZAI



The power to question is the basis of All Human Progress
- INDIRA GANDHI



'You must enjoy the journey because whether or not you get there, you must have fun on the way.'
- KALPANA CHAWLA



"Don't let anyone tell you you're weak, because you're a woman."
- MARY KOM



"Dream with ambition, lead with conviction, and see yourselves in a way that others may not – simply because they've never seen it before."
- KAMALA HARRIS



Editorial Board

Sr Malar Joseph

Sr Lalitha Thomas

Sr Sylvia Christie

From the Editor's Desk . . .

Dear Sisters,

It is hard to believe that we are already in the fourth month of the New Year 2021. The uncertainties seem to be the only thing that is constant and permanent. But, we are coping well with all the challenges that the year has in store for us. The early Lent in the month of February and the approaching Easter in the month of April has helped us to embrace the confusion and dive in to the darkness with the hope of possibilities, spring and the light.

This year being dedicated to St Joseph instilled a special joy in our hearts. The Global Novenas which enabled us to be united with all His daughters internationally was a dream come true. May our beloved patron St Joseph continue to keep us under his protection and care, and take us through the year with the firm faith in HIS Son JESUS the RESURRECTED LORD.

A story is told of a child who began to read the Gospels. Like billions before her, she quickly became charmed by Jesus. Suddenly she ran out of her room crying hysterically. She ran into the arms of her alarmed mother and cried: "They killed him, they killed Jesus. He did no wrong. Why did they kill him...? Why?" Her mother comforted her and then whispered to her "Now go back and finish the story". The girl obeyed her mother and continued to read. Death was not the end of the story. There was resurrection. The child jumped with joy, 'Jesus is risen from the dead Jesus lives.' Yes! Jesus rose from the dead in all glory and majesty. Jesus is raised and will die no more. He will live forever Alleluia!

The resurrection of Christ makes explicit the good news that Truth is immortal. We can suppress the truth, accuse it of being a lie, condemn it, torture it, kill it and bury it in a grave but on the third day 'Truth' will rise again. As disciples of Jesus, we are not to give up on Truth, not give up on Justice, and never give up on doing what is right. Because, right will always remain right even if everyone is against it...and right will always be right even if no one does it.

The Resurrection teaches us that we must learn to believe in the sun even when it is not shining, knowing that by and by it will shine again. It teaches us that true faith does not ask for a sign. It teaches us that it is the end of the story that counts. That is why we need to keep our faith alive in the CROSS and rejoice when we go through difficult times by means of betrayal, discrimination and misrepresentation. We know that Christ has triumphed and we know the truth has overcome falsehood, deceit and lies.

John Donne the 16th century poet ends his poem in the following manner, "Death! Be not proud... One short sleep past we wake eternally, and death shall be no more: Death, thou shall die".

In the Resurrection, the good news in Jesus is that God loves all unconditionally and without distinction. Humanity does not have "to do" anything to merit or earn God's love but receive it with an open heart. In the resurrection the dark of Good Friday gives way to the light of Easter. Fear has been subjugated and replaced with love. And in Christ we will live forever.

I thank all the sisters who contributed towards the newsletter for the last issue and for the present. I join Sr Lalitha Thomas and Sr Sylvia in wishing you A very Happy and Spirit Filled Easter. Stay blessed always in the Risen Lord.

Christ lives forever Alleluia!

CONSECRATED FOR THE MISSION OF COMMUNION

Consecrated life means going to the very root of the love of Jesus Christ with an undivided heart and placing nothing ahead of His love (Pope Benedict XVI).



On February 2nd the whole church celebrates the day of consecration...the day when Blessed Mother and St. Joseph presented Jesus to the Father in the Temple. On this day every consecrated men and women are invited to dedicate their lives to God and surrender themselves to Him by recommitting themselves to walk on the footprints of Jesus, their Master.

Rooted in the love of the Father, Son and the Holy Spirit we are called together to be for God and to be for others to live and build communion in our communities and in the world. (Our Charism).

Dear sisters, I am very happy to share with you all, a glimpse of my joy and happiness that I experienced on the day of my Consecration...my First Profession. Sr. Sharmila Gregory and I made our first profession on this day. There was much joy and celebration all around and I was overwhelmed with the experience of belonging to my Lord fully. I was aware that the Lord is calling me to experience His unconditional love and to be His radical disciple to live the gift of my consecration through the SJT Family.

An attitude of surrender, inner joy, love and enthusiasm filled my heart. This day marked as the most joyful day in my life and filled me with an extra ordinary blessedness.

The joy of being set apart for God alone helped me to discover my new identity. I experienced the closeness of my God, who walks with me always and journeyed with me all these six and a half years of formation. I was filled with deep joy and profound gratitude for the "Almighty has done great



things for me". In return for His immense love this song was ringing in my mind and heart "The more I know you Lord the more I want to love you, the more I love you ,the more I want to serve you. As I pronounced my vows I asked my Master to keep me in the hollow of His hands always in humility and to have an attitude of surrender.



Sr. Arti Lakra

On the same day we were told that we will be going to our Mother house. Though there was a mixed feeling of sadness in my heart to leave the familiar place and people - Prem Nivas I was also happy to begin my mission with interior dynamism and joy. I thank my Formator -Sr. Rosy for guiding me, molding me and preparing me for this great day to imitate Jesus and resemble Him in my life. My sincere gratitude to all my sisters for their prayerful support. I am grateful to our Superior General Sr. Mercy Jacob, our Provincial Sr. Benedicta Joseph, our Regional Superior Sr. Mary Kurian and all the councilors for their constant love, prayer and support.

My joy doubled when I was told that I will be placed in the community of Shanthi Nilaya. The warm welcome I received, the love, happiness, care and concern the sisters expressed made me deepen my belongingness to the Institute. This is a very unique community with many elderly sisters, young sisters and many different type of ministries. I thank God Almighty for placing me in this community to experience and share fraternal communion. I am grateful to all the sisters for giving

me an opportunity to love and serve them. I extend my gratitude to Sr. Leela, our superior, who graciously and lovingly accompanies me in all my endeavors. I am so fortunate and blessed to have my first commitment to the Lord during this year, as this year is dedicated to St. Joseph our patron saint. I pray that I may become a true disciple of Jesus my Master, genuine daughter of our

beloved patron St. Joseph and follow the foot prints of our Holy Foundresses.

Shanthi Nilaya Community

CARACAS

26TH DECEMBER 2020

Sister Benedicta, and Dear Sisters of India:

Thanks to our good Jesus and your generosity we, the Sisters of Venezuela had a splendid Christmas night.

The Sisters of Caracas met at the Provincial House on the 24th, at 5 in the afternoon. We had a Holy Hour, then the Holy Mass celebrated by a young father of the Community of French Fathers, it was beautiful, an extraordinary homily, the songs of the Sisters were very beautiful, everything was wonderful, then we had dinner, that was exquisite and all very tasty, that would not have been possible without your contribution.

Then we went to the community room, in each stall we had two packages of gifts, one with sweets and the other with toiletries (toothpaste, shampoo, deodorant, soap, etc.). Then we played tombola: we were given numbered pieces of

paper corresponding to prizes that were placed on a table in the center of the room. When the raffle was over, we played the lottery, each Sister had a cardboard with different figures: policeman, tree, pear, ladder, etc. and with cards a Sister was saying the name of the figure and the first one that filled a vertical line, or the four corners or the whole cardboard won prizes, everything was very funny, really we spent a very happy night with a great fraternal atmosphere, thank God.

Sister Lilibeth, the Provincial, also gave me a bottle of insulin because I am diabetic. This was a great gift (thanks to your contribution) because this medicine is very expensive.

What can I tell you, dear Sisters? Thank you! Thank you! Thank you !!!! for your generosity.

That night we prayed for you and had you very much in our minds. Receive a big hug full of gratitude and may God bless and reward you.

Sister Cecilia (Teresa Hernandez M).
Community of Patronato San José de Tarbes



AN EXPERIENCE, EXPOSURE AND LEARNING

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom” (Marcel Proust)

I would like to express my sentiments of gratitude to the Provincial Sr. Benedicta Mary and her councillors for giving me an opportunity to attend the course on Finance Management and Compliances in Indian Social Institute, Bangalore.

In a special way I thank the community of Prasan Niketan and Sr. Clara the Principal of St. Joseph Girls’ High School for relieving me from responsibilities and making the necessary adjustments and arrangements, so that I may gain knowledge in order to be effective in my mission and ministry.

“ An investment in Knowledge pays the best interest” - Benjamin Franklin

Sr. Ananthi and myself attended this course for 5 days conducted by Fr. Alexis Gnanapragasam, SJ. The course dealt with many topics like Accounting and Financial Statements, Financial Planning and Management, Investment, Statutory Compliances, Temporal Administration in the church setup and the recent changes in many areas of Finance.

It was very good and informative. The course made us to appreciate our sisters involved in the financial team, for their hard work and generous contribution to the province. We applaud the hard work put in, to renew, update and incorporate the changes from time to time as per the requirements of the government.



Sr. Sagaya Maria

The course was residential. 60 religious fathers and sisters participated in it. We were able to freely relate with one another and had the opportunity to appreciate their Charisms as well.

Sr. Anandhi and myself took active part in the liturgy and it’s preparations, went out joyfully to help the elderly sisters who admired our simplicity, our care and concern and they felt free with us and explained their experiences in the field of Finance. We were able to gel well with all, without inhibitions and appreciated our prayer life. We feel we had the best of opportunity to live with the religious from other Congregations while we strongly retained our Identity of SJT Charism.



Be perfect as your Heavenly Father is perfect (Mt 5:48)

Success is a journey not a destination.....

A journey full of learning experiences....., a world to discover, dreams to chase, goals to reach and people to meet.

Success is not something you arrive at in one day it involves striving, hardships, choices you make and decision you take to reach the goals, and all this fits in perfectly for our dear Sr. Sagayamary Backianathan, for whom it has been a challenging journey, well-travelled with success.

Sister Sagaya B served for 20 long ceaseless years in this institution. 23rd February 2021 was a very important day in her life as it paved way for a higher responsibility, a new beginning in the vision and mission of SJT. On this day Sister Sagaya B handed over her responsibilities to Sr. Clara P.V., 409 files and documents consisting of St. Joseph's Convent High School, PU College and the Office Administration in the presence of Sr. Lalitha and the Management Committee Members. The records were maintained to the fullest of its perfection. This shows the accountability and transparency of minute details.



On 6th March 2021. The Management, Staff and students organized a farewell for sister, beginning with a Eucharistic Celebration by Fr. Christopher Vimal Raj. He reiterated all the wonderful qualities and specially the discipleship of oneself and others. An angelic Choir was conducted by Akshitha from class 10 and the music accompanied by Emmanuel from class 8. This was one of the dreams of Sr. Sagaya.B and was fulfilled before she could leave her office.

The cultural programme continued with a dance performance - organised by St. Joseph's Convent Girls' High School. Sr Sagaya B was felicitated by the Management, Teaching /Non-teaching/ retired staff/ students and the family members.

St. Joseph Girls' PU College which was a vision 10 years ago.....is a reality today, enjoying the status of being one of the most renowned institutions... it has not been an easy transition. Sister headed this institution with confidence and pride, having an illustrious career as a teacher and principal spanning- for 20 years, steered the institution to its excellence both in academics



and co-curricular activities. The college staff and students gave a standing ovation honouring sister for putting in all the hard work and perseverance in building the institutions to what it is today. They also presented a wonderful entertainment programme for sister.

An appreciation was conferred to sister for being competent, proficient, resilient, facing all the challenges sportingly with positive attitude. The fabric of this institution was woven into qualities of discipline, moral values and perfection by the dedicated services of Sr. Sagaya B, who was an epitome of values, integrity, generosity and had compassion for the less privileged.

Sr. Sagaya B used to motivate and encourage people, to push oneself beyond limit, to come out of comfort zone, to demand more of oneself, to commit and clear the mind of fear of self-doubt, to overcome all negativity to reach unimaginable goals. Sister is like a Phoenix bird.

As sister embarks on a new journey, to serve a bigger calling shouldering greater responsibilities, a chosen instrument of service to impact many more lives, her memories and legacy will be treasured and remembered in the hallowed



portals of this institution. As sister begins a new adventure of larger magnitude- Principal of St. Aloysius Degree College, the Management and Prasan Niketan Community extend heartfelt gratitude for all the generous services rendered to the Institute. You will be remembered for your towering presence poised personality, incredible passion to excel, diligence and commitment.

“We pray that you may continue to grow to the fullest, continuing the process of knowing, sharing and spreading the message of peace and joy all around, very specially in your new mission and ministry. May the Lord carry you on His eagle’s wings through all the years of your life.”

GOD’S GUIDING HAND

Each and every person who come into our life or whom we meet, are very unique and special. They are a blessing and a gift from God to us. God has chosen us and calls us Special people. That is why we say O Lord we thank you for the gift of Sr. Sagaya Sanjeevappa and Mr. Maria Prathaban-Physical Education Teacher. Through their lives and services we have seen and experienced God’s glory and power.

On the 04th of March 2021, we the RTC Primary School organized a felicitation ceremony for Sr. Sagaya and Prathaban Sir, to honour their untiring services, rendered in the field of education. The



programme commenced with a Eucharistic Celebration of Thanksgiving by Fr. Susainathan and Fr. Mohan Vincent the younger brothers of Sr. Sagaya. S.

Everyone were blessed and inspired by the meaningful homily. The school choir expressed their gratitude with their melodious singing. Various cultural programmes were organized to entertain them. The management in all gratitude felicitated them. It was an emotional moment where the management, staff and children were bidding farewell to Sr. Sagaya and Prathaban Sir,

“Life is a beautiful journey that is meant to be embraced to its fullest everyday. It is not how long but how well we have lived”. This quote is more appropriate to Mr. Maria Prathaban who served

in the institute as a Physical Education teacher with commitment and enthusiasm. He was an epitome of hard work, self discipline, sense of responsibility, kindness and punctuality.



The management also expressed their deep sense of gratitude for the services rendered to the SJT institution. A special prayer for God’s blessings, protection, happiness and peace was bestowed upon him and his family.

Bright shining light not only dispels the darkness but also gives itself without counting the cost of its own life. Similarly, the light of Jesus which Sr. Sagaya. S carried has dispelled the darkness of ignorance of many, by imparting the knowledge of light, for the past 33 years in the field of education. Sister’s dedicated and selfless service enriched and edified many. Sister has won the hearts of many people, earned their trust and respect through compassion. Sister was very approachable and understanding. Sister built that special rapport with the students and parents, knew each and every child personally and their background, which is highly commendable and admirable.

“We raise our hearts in gratitude and pray that the Lord may enfold sister with His love, protect and strengthen her with His power, guide and grant success in all that sister undertakes. May sister radiate the light of Jesus, bringing glory to Him through the vision and mission of SJT.



AMAZING FACTS OF NATURE

“Leonardo Da Vinci lived in Italy. He was a painter, draftsman, sculptor, architect, engineer, philosopher and historian. He was known mostly for his paintings of the Last Supper and the Mona Lisa. He had a great desire for knowledge which influenced his thinking and behavior. His great theme was observation. He was a great observer of nature, plants, fruits, landscapes, the country and above all human body.

Life teaches us innumerable lessons through nature, the experiences of others, our own experiences, one need to be awake, aware, accept, act and move on.

As the saying goes, nature is our best teacher. We the sisters at Nava Jeevan community had a unique and wonderful experience from an eaglet and its mother. Across the SFX school auditorium, we have beautiful rain trees, tall with spreading branches; their new and tender leaves draw a lovely outline against the blue sky. These trees are a home for parrots, eagles and other birds as well. Trees, whatever their kind are a source of



inspiration. Trees are a symbol of life and remind us to grow, spread out and serve others.

A beautiful message from Holy Father Pope Francis: says, “Rivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is...Life is good when you are happy; but much better when others are happy because of you.” Let us all remember then that every changing colour of a leaf is beautiful and every changing situation of life is meaningful, both need very clear vision. So do not grumble or complain, let us instead remember that Pain is a sign that we are alive, Problems are a sign that we are strong and Prayer is a sign we are not alone!! If we can acknowledge these truths and condition our hearts and minds, our lives will be more meaningful, different and worthwhile!!

As I continue to share the experience of Nava Jeevan Community, an eagle had built her nest on the rain tree. The little ones grew up there, but they were not yet ready to take their maiden flight... On a fateful day, “Sweetie” – the eaglet had a mighty fall; it was badly hurt and was unable to fly. It made its home amidst the pots. The mother eagle took great care to watch over her with her tender loving care; it would provide her little one with food at different intervals and perch itself on a tree to see that no one disturbed her little one. All of us grew fond of her, some of us gave her something to eat and others conversed with her. We were touched by the sacrificing love of the mother. It did not give up its efforts, until one fine day the eaglet disappeared. Wishing us good bye.



Sr. Louisa Mathias

We all missed our little friend “Sweetie” but we are happy for her. After all, an eagle is meant to soar high across the sky. We missed Sweetie so much that we would often look through the windows to spot her. Alas after a week we still find Sweetie cheering the Nava Jeevan sisters with her elegance and beauty. Eagles are impressive birds they respond to human love too.

In Exodus 19: 4 and Deuteronomy 32:11 the eagle represents God and His loving care towards Israel, God brings His people out of Egypt and into Canaan as if on the wings of an eagle.

During this Holy season of Lent let us cherish and relish the tender love of God, who loves us and cares for us immensely.

Thank you

Nava Jeevan community



AN HOUR WITH SR. CELESTINE – EPISODE - 2

This is in continuation of the last episode “An Hour with Sr. Celestine”.

In this edition we find yet another interesting encounter. I was extremely glad to listen to Sr. Celestine as she continued to share about her mission of reaching out to the poor in the remote areas as a bringer of Joy (Sunandha).

Sister was working in the school in Coromandel and was inspired by Mother Ann. It was here that sister took a radical step in caring for the people who were lacking the basic necessities of life. Sisters in the community supported and encouraged Sr Celestine.

Sr. Jude volunteered to journey with Sr. Celestine in Sunandha. Sister gratefully remembers

and appreciates the willingness of Sr. Jude in carrying out the ministry in Coromandel.

Sister chose to live in a small hut with minimum facilities to experience the life of the people in the village. They did not have civic amenities (no toilet/bath rooms). Gunny bags served as curtains for the windows, no proper doors and were left unlocked

Sr. Celestine accepted everything for the sake of Christ. She experienced disappointments, differences; division based on castes yet was very strong among the people. She surrendered every situation to God. Sister experienced the inner Joy of the Beatitude, for God used her mightily in spite of her weaknesses to serve His people. The sufferings of the people brought sister more closer to God and the people.

Special care was given to the widows and orphans. The little children who came to play were a source of inspiration to visit many houses and to be in touch with them. Sister’s presence made the people to experience the loving care of God. She tried to erase the discrimination based on caste although it was not an easy task. Sister wrote a few projects to provide food grains to the people, even to receive it, there used be two lines one for the upper caste and the other for the lower caste. But sister, was always guided by the Holy Spirit, she used to very diplomatically ask them

to stand according to their height, intending, for them to mingle with one another. Our relationship too should be built with all categories of people for which we need to have the mind of Jesus.

There were few houses built for Dalits to have meetings and the youth were a part of it. Gradually the sisters

began to work for them by joining the Dalit leaders and participating in different rallies for their upliftment. There were 13 villages under Sunandha. Sisters went that extra mile to go to these villages conduct meetings/awareness programmes, create self-help groups, provide help, counsel them, give tuitions etc.

The sisters endured a lot of misunderstanding, insults and negative comments from the people around. They took them as the consequences of the mission and accepted with joy. All these hardships were fruitful in a greater measure. Many people were benefited by sister’s services, received the light and life and are grateful to the sisters.

God is always calling people to reach out to His people in various ways. We need to be still, get attuned to His whispering voice within us. We need to draw inspiration from the very life of Jesus and the saints. We just have to humbly say “here I am Lord” and surrender ourselves to Him. God will use us according to His will and purpose and reward us with a crown everlasting.

We will continue to hear more interesting experiences from Sr Celestine in the next ‘an hour with Sr. Celestine’ in the next episode in the next edition.



Sr Celestine

Sr. Amali
Susaipalayam Community

GOD HAS A PERFECT PLAN FOR US. HE NEVER DOES IT ALL AT ONCE. JUST STEP BY STEP BECAUSE HE WANTS TO TEACH US TO WALK BY FAITH NOT BY SIGHT

Mary Ladis Laus was born in Kollam in 1934. She is none other than Sr. Margret Mary Pereira. Among 6 children, God chose her for his greater Mission. Step by step He molded the little Mary Ladis laus to answer His great call to religious life. She studied in the institution of the Carmelite sisters. She was inspired by the sisters in the school, but at the same time there was resistance within, which held her back. The self-talk, “all are not called to the religious life” kept her from confiding her desires to others. As a young girl her heart was filled with tender love for Jesus. It was that fullness of Love for Christ gave sister the joy of freedom and courage . She no more feared expressing her desires but came forward to offer her life to God.

Sr Margret Mary was attracted to Prayer life. Sr. Urban her elder sister was her great inspiration. Sr Urban’s letters to little Mary Ladis Laus was of great encouragement and support. Nothing could prevent Mary from consecrating her life to Christ and be His bride.

She fondly remembers her formation years which were for a short period of time, but they all [companions] experienced togetherness in spite of all the differences they had. During these years her source of inspiration was her personal prayer, spiritual reading and death of our sisters.

MISSION EXPERIENCE:

Kenya:1992-2010

Sr. Margret Mary expressed that her beginning was quite difficult with new culture, language and different atmosphere, but this did not deter her motivation and love for the people in the mission area. She found real joy in making her life more self-giving in the mission areas. She was open to learn from the people to be more patient, free from prejudice and accept new culture. Her heart always desired to work for the poor.

Experience of being in authority:

Sr. Margret Mary always believed that the ‘authority comes from God’ and it is the Holy Spirit who leads and guides. Sister Margret Mary experienced God’s intervention and power at all times, specially during difficulties and trials and confusions. She



Sr. Margret Mary

allowed God to work in every situation of her life. She is grateful and appreciates the sister’s cooperation and friendliness during her term of office. She believed that all things work together for good to those who love God. So whether small or big sister learned to do the job with great love.

Experience of silence and solitude:

- Shallow waters are noisy
- Deep waters are silent.
- Indulge in solitude
- Find peace in silence.

The best lessons in life are learnt in silence and solitude. This has been the experience in the life of Sr. Margret Mary. A silent Sister, she enjoys the eloquence of Silence in the process of life and in her relationship with God and others.

Concerns for the congregation:

Sr Margret Mary has big dreams for the sisters as well as for the Congregation. She envisages our Sjts

- To grow in the spirit of silence and solitude.
- Celebrate Life – Interview
- To live our charism of communion more consciously and creatively.
- Preferential love for the poor.

- The diminishing number does not deter her spirit to encourage sisters to be deeply rooted in the charism, sister wishes that we have quality than quantity.

Advice to the young sisters:

- To strive and cultivate their God given talents for the service of the mission.

Message:

Do's

- Whatever mistake or hurts come on your way “cling to Jesus”
- Don't give up prayer.
- Go out of yourselves and relate to everybody.
- Have concern for the poor in whatever ministry you are engaged in.
- Be gentle in all your dealings and in your interactions with others.
- Cultivate the habit of spiritual reading and secular reading.
- Be a peace maker or a builder in your ministry.

Don'ts:

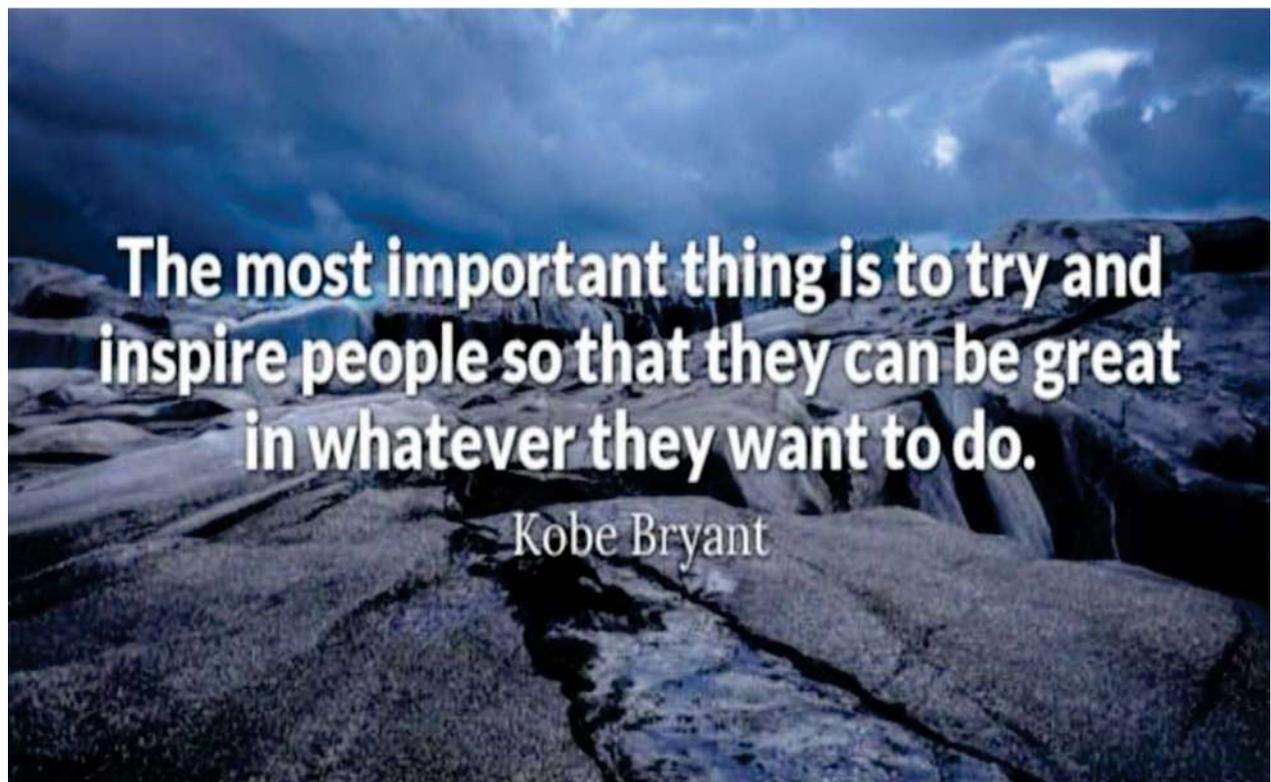
- Never have an enemy go out of your way.
- Never entertain resentments in your life.

We can sum up the life of Sr. Margret Mary with the following words,

THINK, BELIEVE, DREAM and DARE

Dear Sr. Margret Mary, we thank God for the gift of your life for us. Each time we think of you, we are being inspired to pray with joy.

Sr. Rex Dally



EULOGY OF SR. FELICITY 18TH JAN 2021

“The Lord is all that I have; the Lord is good to the soul that seeks Him.”

True, the Lord has been good to our Dear Sr Felicity all the time, and she was one such brave person who always sought the Lord on bended knees with outstretched arms lifting her heart in prayer. It is He who carved her on the palm of His Hands, set her apart, called her by name and consecrated her to be for Him in this Family of sisters of St Joseph of Tarbes for the past 53 years. And on an appointed day, the 18th of January 2021 at 9.50 p. m. He has received her back to Himself Sr. Felicity, nee Agnes D’Mello, was born on 18th July, 1945 at Aikala, in Mangalore. She entered our congregation as a Postulant on 4th July, 1965. Her first profession of vows took place on 9th January 1968.

After her Profession sister Felicity was placed in Bowring Hospital Community After her Profession sister Felicity was placed in Bowring Hospital Community where our pioneering Mission commenced in 1882, in India. She served in the hospital from 1968 to 1997 shouldering the responsibility of the hospital catering to the requirements and taking care of the linen of the patients. The Bowring Hospital was the first and the dear house of our Indian Foundation. However as years passed by, the administration in the hospital changed hands. The authorities were appointing their own candidates in the posts allotted to the sisters. Out of 9 sisters, only one of us, that is Sr. Felicity was made permanent. On the 31st of May 1987 the Bowring community was closed but Sr. Felicity was the only one who was permitted to continue her work in Bowring Hospital for some more years.

From 1990 to 1997 she was placed in Nava Jeevan Community. Staying at Frazer Town, she



travelled to the hospital daily to render her services there. Finally after ten years, on 4th April 1997 Sr Felicity too was withdrawn. Thus our Mission in Bowring Hospital ended after a fruitful service of a century, with Sr Felicity.

Further, Sr Felicity served us in various capacities at different communities like Jyoti Nivas College Hostel, Prem Nivas, Vile Parle - Mumbai, Shimoga, Tarbes Nivas and Maria Ashram White field.

In the journey of her life sister encountered many challenges but she embraced all of them with undaunted faith and courage. She had certain hidden qualities of deep affection and love which was translated into her loving service to the community and in her ministry. Her aim was to bring joy and love to others just as her name suggests – Felicitas which means Happiness. She was very hard working, courageous, and industrious. Often she would say, “Find happiness in being true to self and true to others”. She lived her commitment very faithfully devoted to our Lord and her prayer life till the end. That was the only inner strength and hope sister had to bear all her sufferings and struggles. She was open and spontaneous at any dialogue or discussion.

During the community meeting on Monday the 18th of January, she said “I am in the hands of God; He will lead me, guide me, protect me and take me one day to be with Him, the goal of my life is to be united with him.” Her words truly reflected her faith and commitment. She was regular for her Spiritual duties and community activities. She was very kind to people. She was involved in Catechesis for the rectification of Marriages.

All through her life Jesus was the only focus and centre of everything that sister did. She was a loving and understanding person who spoke her mind courageously.

Her preparation for the golden jubilee was outstanding. She gave up watching Television and spent the time in reading the Bible. The Word of God held her close to Jesus.

She cared tirelessly for the poor and needy serving her calling on earth. Now He has called her back. Because for all of us

“Heaven is our home, where our dreams are fulfilled, tears wiped away, burdens removed and hearts filled with Joy (Rev 21 : 1 – 7)”

Dear Sister Felicity

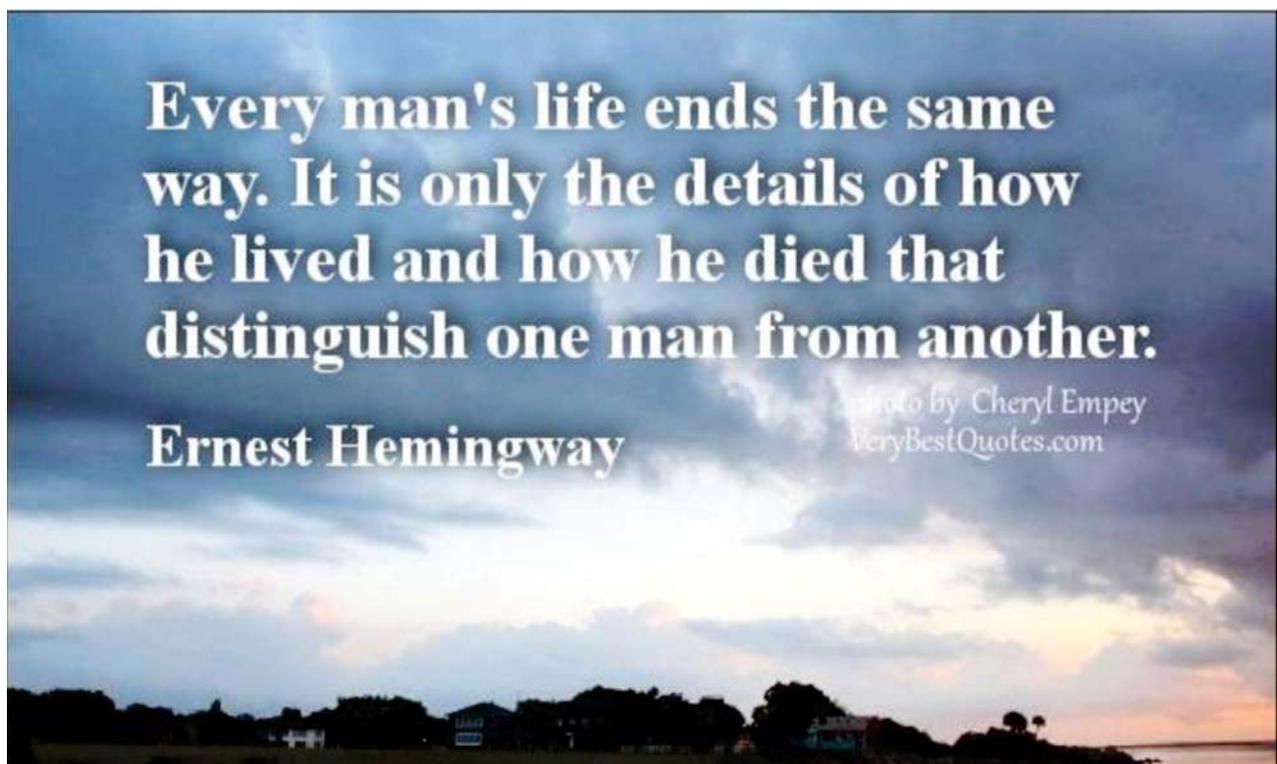
The Lord has already invited you to the abode of Joy Everlasting.

We are grateful to you for your unfailing allegiance to our province and your selfless services to fulfil our mission. You are our loving sister forever. We love you and salute you for your journey with us. We bid you farewell with a heavy heart and tears. We will miss you. You will be always remembered by us, your family, your own sisters of St. Joseph of Tarbes.

We pray that you May enjoy the reward -

For all the works of mercy that you rendered in Bowring Hospital and the different communities that you served for the past 53 years. We surrender you dear sister to the will of the Lord and thank Him for the gift of your life and your vocation as a sister of St Joseph of Tarbes. We pray that you rest in the Lord in Peace.

May you intercede for all of us sisters and all your loved ones. Good Bye our dear Sr. Felicity till we meet again in the eternal glory and Joy of the Lord. You will be always loved and deeply cherished by us your sisters



WOMEN THE ARCHITECT OF LIFE

International Women's Day is observed on March 8 every year. It is the celebration of the social, economic, cultural, and political achievements of women over the years. The importance of women in society is beyond any suspicion.

International Women's Day is celebrated in many countries. It is a day when women are recognized for their achievements regardless of divisions of nationality, ethnicity, language, culture, economic or political status. The campaign theme for International Women's Day 2021 is 'Choose to Challenge'.

A challenging world is an alert world. And from challenge comes change.

To mark this special day, we the Sisters of Sumanahalli community would like to describe the "woman" the most beautiful creation of God. as Women are the creative force of the universe in almost all its expressions.

Women have always been the life-force of the civilization and so are rightly regarded as the manifestation of its civilization values, cultures and traditions.

Life begins in her womb and it is in her guiding hands and tender loving care that it finds expression.

She is surely a superhuman a goddess and no less her varied qualities make us look at her in awe.

She rejuvenates us and make us come alive, she comforts us builds our confidence and makes us feel proud to be a part of her world. She guides to our goals, cajoling us into staying focused and when we achieve our dreams, she stands behind

in our shadow cloaked in the warmth of our success. She gives unconditionally, loves beyond reason and forgives time and time again. She puts her ambitions on the back burner, takes pride in our achievements and holds our hand through our disappointments, and it is in her faith in us that makes us want to rise like a phoenix.



**Sr. Deva Priya
Pathianathan**

She is the elegance, where she portrays the dignified grace to be strong in the midst of affliction, graceful to handle oneself in a noble manner, her elegance is the undeniable quality of the depth of her personality.

She is the synonym of sacrifice; she is a companion to man given by God.

She is a partner in life and a friend, woman are blessed with a kind heart, a sea of love and a bundle of affection. They are undoubtedly a symbol of love and a pillar of strength. They are always there like a beacon in the night.

"O Women" you are the most wonderful creation of God, a gift given by God to the humanity....." You are the architect of life

Let us thank God for the persons that we are as women. There is no limit to what we as women can achieve and accomplish. May we be instruments of God's love, peace and joy.

Thank you.



WOMEN'S DAY CELEBRATION - 8TH MARCH 2021

“God is in the midst of her; she shall not be moved; God will help her when morning dawn's”
Psalm 46:5

We at St. Francis Xavier Girls' High School celebrated women's day this year with much enthusiasm. We chose pink as our colour code, pink represents compassion and love. We started our celebration with a prayer service. A special prayer blessing was bestowed on all the women around the world.

International Women's Day is a global day to commemorate the socio, economic, cultural and political accomplishment of women. The theme for the year is “Choose to challenge”. A challenged world is an alert world and from challenge comes change. This year's theme befits the challenges brought in by the Covid – 19 pandemic. It is also a focal point in the women's right movement, bringing attention to issues such as gender, equality, reproductive rights and violence against women.

Women are an important part of the society whether in the form of a mother, sister, daughter, friend etc. Their importance was well known by every person during this period of pandemic.

According to the global theme “women in leadership” : Achieving an equal future in a covid-19 world, women have proved their worth by excelling in every field. They have made nations proud by being powerful leaders in the economic/ social/ political domains, in sports, entertainment and other categories as well.

The Sisters of St. Joseph of Tarbes are always a great inspiration for every teacher at SFX. They identify, acknowledge and motivate us to be the best. One of the objectives in education followed in our school is to enable every child to become the person she is meant to be.

Our dear Principal- Sr. Malar Joseph, while addressing us today, quoted -‘Feminism isn't about making women strong, women are already strong, and it's about changing the way the world perceives that strength,’ this is very much true. We women have shown the world the real strength within us.

To all the incredible women, shine on, not just today but every day, **Happy Woman's Day!!**



INTERNATIONAL WOMEN'S DAY

International Women's Day was celebrated on 8th of March 2021 in the school premises of St. Joseph's Convent Girls' High School at Frazer Town. The whole event was planned by students in collaboration with the teachers. The skit enacted by the 9th standard was very inspiring. It mainly focused on Women's Empowerment, created awareness about women's rights and energized every girl child to believe in oneself.

No one can replace the role of a mother, daughter, sister and wife relationship because women are very special and unique. Education is the strongest weapon to change the status of women and make a difference in this world. Education opens a way to shine in all fields of life and fulfill women's Dream, like doctors, police, teachers, nurse, pilot, IAS, scientist, lawyers, dedicated mothers, astronauts, etc.

Sr. Clara the Principal of the school, greeted the teachers and students on Women's Day and gave the theme of the year 2021 "choose to challenge." A challenged world is an alert world and from challenge comes change. So let's all choose to challenge. Women's day celebration was an eye opener to all the problems faced by women from ancient times till date. The Sati system, child marriage, sex trade, sexual abuses are hindrance to the development of women. The students prayed for various intentions

Oh! Women you are the beautiful creation of God.

You are the source and fountain of love.

Oh! Woman, can anyone replace you?

You are the precious pearls of the family.

Are you aware of your identity?

Or do you allow everyone to trample over you?

Come.... what may go ahead in life....
Never turn back.

You are the master piece of God, and you can do all things in life.

Oh! Woman you are not weak

You are the women of strength.

As woman let us believe in ourselves, dream big and dare to fulfill our dreams to spread the fragrance of love to everyone in this broken and shattered world.

Thank You

Sr. Josephine Mathew
St. Joseph's Convent Girls' High School.



Sr. Josephine Mathew

**Women are the largest
untapped reservoir of talent
in the world.**

Hillary Clinton

MY PERSONAL ENCOUNTER WITH ST. JOSEPH

“Knowing by experience St. Joseph’s astonishing influence with God, I would wish to persuade everyone to honour him with particular devotion. I have always seen those who honoured him in a special manner make progress in virtue, for this heavenly protector favours in a striking manner the spiritual advancement of souls who commend themselves to him”. – By St. Teresa of Avila.

The words of St. Teresa of Avila are true in my life too. This is my personal experience with St. Joseph. I am indeed blessed to belong to the congregation of the Sisters of St. Joseph.

I express my immense gratitude to our Triune God who called me and consecrated me for all eternity to live and to share the Charism of Communion in the family of S.J.T. I feel indeed proud to belong to this Congregation of St. Joseph.

My devotion to St. Joseph started in my early childhood when I would accompany my mother to church.Standing before the statue of St. Joseph she would pray fervently with eyes shut for a long time. At that age I did not know what to pray I would just imitate her with my eyes shut. Even at home as we had daily evening prayer, each day was dedicated to a particular saint. On every Wednesday we used to read the prayer of our dear St. Joseph followed by the Litany and the hymn. I am indeed glad to say that, the virtues of St. Joseph have been deeply imbibed in me and in my daily life; I strive to follow his examples each day.

It was already in my school days that I learnt about the hidden life of St. Joseph. As I was a Josephite of the same school, every year during the Month of St. Joseph, we used to have 9 days of Novena in preparation for the feast of St. Joseph. I actively took part in the prayer services. I always prayed to St. Joseph with all my heart for the various needs and intentions. I did receive a lot of favours. These experiences drew me more closely to St. Joseph. It was at that time, I came to know the hidden life of this great person St. Joseph and his holy life. The love and care that he showed to Lord Jesus and Mother Mary inspired me a lot. I felt the special love of our loving Lord Jesus.

All these inspired me to dedicate my life to God’s will, just as St. Joseph did. Supported by my family members, as well as by the sisters of St. Joseph, there was a strong desire in me to join the Sisters of St. Joseph of Tarbes. On joining the convent I was extremely happy and my love and devotion to St. Joseph increased to a greater extent.



Sr. Delphina Mary

During the formation years I came to know more about our Six Foundresses. I really appreciate their simple, prayerful and humble nature, akin to St. Joseph. They are indeed real role models for me to live my life. The most important thing that I have learnt from St. Joseph is to hold on to God in all moments, in all the ups and downs of religious life and to remain faithful to Him. Thus I am growing a little by little in my spiritual journey.

During this Pandemic, in particular, I have been led by St. Joseph to grow closer to Jesus. I have been able to spend more time in prayer. I have also been able to read many spiritual books which have nourished my life. Above all to be one with the people who are affected by Covid-19, to support them in my prayer, like St Joseph to be attuned to the cry of the people, and helping them in my own small ways.

We are indeed privileged to have this year of St. Joseph. In a new Apostolic entitled *Patris Corde* “With the Father’s Heart” proclaimed by our Holy Father Pope Francis. I strongly feel that it is a golden opportunity to increase our love and devotion to St. Joseph. As a community we the S.J.T Sisters at Vile Parle, Mumbai, collectively spend time in the hour of adoration, seeking God’s grace to imbibe the Characteristics of St. Joseph, also praying intensely for more vocations for our dear congregation.

In our mission we spread the Good news of Jesus to little children in our virtual classes. We also conducted 9 days of Novena culminating the feast of St. Joseph, on 19th of March. When we had a special prayer Service prepared by the Sisters and staff. In these ways we help the children in our school to be true Josephites in their own little ways. Above all we strive to inculcate in them St Joseph's quality of accepting life, as it comes, trusting totally in God's providence, particularly in these times of uncertainty.

Today, my strong devotion to St. Joseph stands firm in the fact that he is for me, the saint above all saints. Though we hear very little about him in the Gospel, the actions of this great and hidden saint speaks volumes.

I remain grateful to God the Almighty for gifting me the Congregation of St. Joseph, also to my parents and siblings who have sowed in me the seeds of faith in God and love and devotion to St.

Joseph. I also remain grateful to all the Sisters of my Congregation who have provided me, many opportunities to increase my personal love for St. Joseph.

In thanks giving I would like to conclude with the following extract from my favorite hymn of St. Joseph

We thank you Lord for St. Joseph

In Him we see the wonder of your love

You filled him with gifts of faith and of hope

To lead all people to eternal life

So my prayer is "May I follow St. Joseph, Living in

silence and serenity, Contemplating his life and love spreading hope and light".

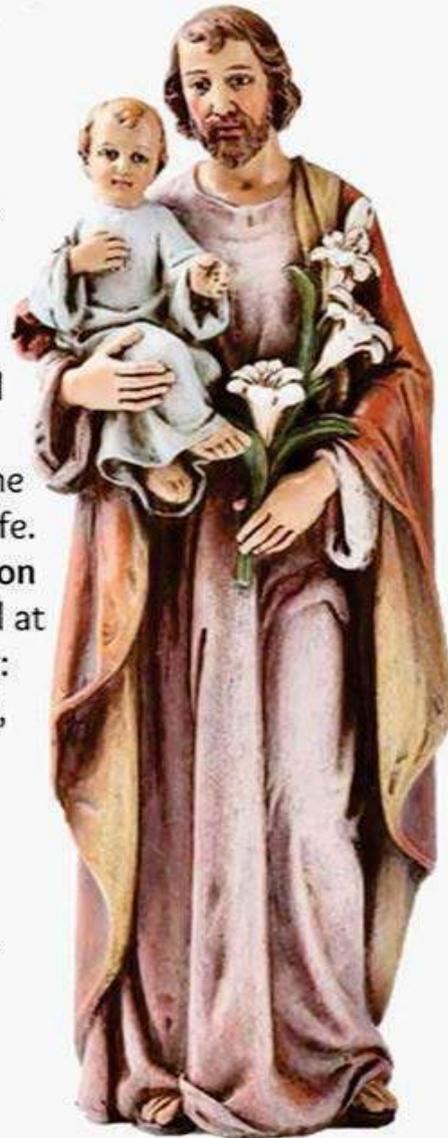
Thank You.

Saint Joseph, Pray for Us!



"He was chosen by the eternal Father as the **trustworthy guardian and protector** of his greatest treasures, namely, his divine Son and Mary, Joseph's wife. **He carried out this vocation with complete fidelity** until at last God called him, saying: 'Good and faithful servant, enter into the joy of your Lord'"

(St. Bernardine of Siena).



ST JOSEPH OUR PATRON SAINT

God sets a father in honor over his children”
Sirach 3:2

On The 150th Anniversary of the Proclamation of Saint Joseph as Patron of the Universal Church, Pope Francis proclaimed 2021 as a yearlong celebration dedicated to the foster father of Jesus. His apostolic letter very entrancingly explains that the Christians can discover in St. Joseph, who often goes unnoticed, “an intercessor, a support and a guide in times of trouble”. St. Joseph has always reminded us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation. St Joseph is a dear saint to our beloved Pope Francis and to many Catholics around the world.

The SJT Sisters of St Francis Xavier Girls High School have helped me to integrate devotion to St. Joseph in my prayer life which has shown a great deal of progress in my spiritual life too. I am privileged to be a part of an esteemed institution which has always assigned a special emphasis to its Patron Saint and the month of March is punctuated by the solemnity of St. Joseph. The teaching, non teaching staff and the students have always chosen to observe these devotional times in diverse ways. We would begin the novena for St Joseph efficaciously. The SJT sisters have instilled in me the thought, that novenas are about inner healing, obtaining special graces, transforming and growing in virtue and holiness. This thought influenced students to make their ordinary prayers with even more fervor and unite it with the practice of virtues, above all those of which Saint Joseph has given us such admirable examples. It would aid the students to be more contemplative, modest, and united in their work to Jesus and Mary. I was enlightened by the fact that St. Joseph is always there to listen like a patient father and to intercede for all of us to God, the greatest of Fathers.



The novenas conducted in school has taught me that the more we love, revere and honor St. Joseph, the more we dispose ourselves to receiving many graces from his Son through Mary. Just as Jesus and Mary depended upon him, we by praying to St .Joseph imitate them. His intercession for us increases as we love him, and so he facilitates our growth in the life of the Spirit making it easier as we surrender to his role here as our patron.



Ms. Valentina

Devotion to him does not lessen our love for Mary and Jesus, but rather supplements and increases it.

True devotion to Joseph does not end with him, but rather offers us new possibilities of loving his Son ,Jesus and Mary even more. The School has received many graces through the intercession of Jesus’ earthly father. His intercession is well known as a powerful instrument of God’s divine providence in the lives of many.

Every Catholic is called to develop the contemplative dimension of the Christian life. Perhaps most of us will never become mystics who experience many of the truths of faith but we can all become ordinary contemplators of our faith with the help of reason and grace, and grow more deeply in union with Jesus according to our specific vocations. St. Joseph, our father is a teacher of the interior life. Place yourself under his patronage and you’ll feel the effectiveness of his power in all causes, in every necessity and in very undertaking.

“GREAT IS YOUR FAITHFULNESS O LORD!”

Your Faithfulness O Lord our God is the Source of our faithfulness to you, in Your unceasing mercies all the days of our lives: For they are “new” every morning, every moment of every day. And we want to celebrate with Joy, the pilgrimage of our Jubilees in Your Sacred Presence O Most Holy



Trinity! Here we are! Lord in Your Presence, in the Heart of our Holy Mother the Church and at the heart of Our Institute as Sisters of St. Joseph of Tarbes to Celebrate Your Faithfulness with our deep sense of Gratitude and Humility with total self-Gift of Joy to You Alone and to build Your Kingdom here and now, amidst the darkness of Pandemic that affect our entire humanity. For, you have always walked with us as cloud by day and as fire by night all the days of our lives and we shall sing of your mercies Now and for ever more!

This is the day that the Lord has made to Jubilate, to celebrate and to sing our “Magnificat” of our past 60, 50, and 25 years of Your Mercies towards us. This is the Year of Grace granted to us by our Congregation to review and renew ourselves in the Holy Spirit who alone is the Source of Communion within us and among us building the Body of Christ in the spirit of Poverty, Purity and Obedience unto the



last.

Our first gratitude goes to God Our Most Holy Trinity who has called us, consecrated us and gifted us with the Charism of Communion to live our TOGETHERNESS in CHRIST in Prayer, in Community and in the world to bring His Good News to the Poor who awaits us in spite of our unworthiness and weakness of our nature. We have all the more reasons to sing of His Mercies and His Love towards us.



Sr. Rita Francis

We are indebted to our dear families who are our first Formators, who have nurtured our Vocation and have supported us with their Loving prayers to fulfill the Plan of God for us.

As we grow deeper in our Charism we are overwhelmed with gratitude to our Mother Congregation and our Authorities all through the years of Consecrated Life; Our present Superior General Sr. Mercy Jacob and her Council; Our Provincial Sr. Benedicta Mary Joseph and Councillors; all our Formators who have nurtured, guided and accompanied us to walk in the footsteps of Christ our Lord and Divine Spouse. We cannot forget our dear Communities where we belong, who have journeyed with us with love and Communion. Our Jubilation is in the Lord sharing His own Vision and Mission as one SJT Family in the Universal Church: “Father may they all be one in us”.

We are the Church. And today we live the “New Way of Being the Church wherever we are”!

FAITH FORMATION FOR TRANSFORMATION

Remain in the devout repetition of the Name of Jesus Christ, so that the heart absorbs the Divine Lord and the Lord captures the heart, both becomes one.

Every person has the duty and therefore the right to seek the truth and an attitude of gratitude, to the Creator. With this awareness we the junior sisters Aliyamma, Lourdha Mary, Natasha and Rose Ekka raise our hearts in gratitude to our Triune God for His wonderful plan and purpose of attending this Basic Theology Certificate Course in Visvadeep in spite of Covid-19 and its effects. We are grateful to our Provincial Sr. Benedicta Mary Joseph and our Formator Sr. Vinodha for their generosity and interest in our spiritual / personal growth and making it possible for us to do the course.

We began our course on 14th September 2020 with great zeal and enthusiasm to know theologically about God and the Church. Our course was organized with the following 18 subjects:

- Introduction to Sacred Scriptures - Fr. Sabu SDB
- Synoptic Gospels - Fr. Jince Kallanickal SDB
- Letters of St. Paul - Fr. Jince Kallanickal SDB
- Gospel of St. John - Fr. James Kadankavil SDB
- Introduction to Theological Reflection -Fr. Alex SDB
- Revelation and Faith - Fr. Alex SDB
- Sacraments in General - Fr. Alex SDB
- Christology and Trinity - Fr. Jose Kuttianimattathil SDB
- Mariology - Fr. Cyriac J. Thayil SDB

- Theological Anthropology - Fr. Cyriac J. Thayil SDB
- Ecclesiology - Fr. Cyriac J. Thayil SDB
- Eucharist - Fr. Moncy SDB
- Fundamental of Liturgy - Fr. Moncy SDB
- Fundamental Moral Theology - Fr. Thomas Punnapadam SDB
- Formation of Conscience - Fr. Moncy SDB
- Church Documents - Fr. Vergheese SDB
- Canonical Issues - Fr. Anothan Paul SDB
- Church History - Fr. Anthony Mahimai Dass SDB



Through these courses our minds are widened and our knowledge has deepened about the Word of God / Scriptures, and the church history. Our desire to read and reflect and live the Word of God





increased. Along with our studies we were happy to get involved in the activities of the community such as liturgy, gardening, community meeting, recollection, recreation, sport's day, games, maintenance of the house, leadership, group activities and participated in cultural programme. All the activities we carried out willingly and cheerfully.

As the days passed by our thirst and search for God increased and our faith deepened as we cherished our time being with the Lord.

It was an enriching experience to be with inter-congregation of 13 different congregations of both men and women religious. We experienced oneness, care, concern, love, support, encouragement and sharing.

“The Great Attitude is the Gratitude”

We remain grateful to our Triune God, Our Provincial, Councillors and the Formator for providing us with this opportunity and awakening our inner spirit with widened knowledge of God to become more responsible and committed religious. We also thank each sister of our Institute for supporting us through their prayers. We do request you to continue to pray for us.

***Srs. Aliyamma, Lourdha Mary,
Natasha and Rose Ekka
Kuppam Community***

Healing the Inner Child “Count Blessings like children count the stars”

It was a wonderful experience to recount and cherish, the healing of the inner child session as a part of juniorate programme taken by Br. Yuju (Montfort) along with Mysore province juniors and silver jubilarians.

This session helped us to revive, relive and count the blessings of God in our lives. We were given various helps psychological skills, games and group activities to boost our self-esteem. The techniques and the modalities of awareness meditative relaxation technique led us to experience the infinite eternal love of God. It helped us to accept the past with its condition and realities.

The professor affirmed us saying “Your attempt



may fail but never fail to make an attempt to do something new”, because God is ever creative in loving and renewing us in His love. We were enlightened that only through prayer, meditation and God’s

grace; one can receive healing to oneself and others. We express our gratitude to our dear formators Sr. Vinodha and Sr. Cecily for arranging this session. We have benefitted much from it.

Thank you

***Srs. Aliyamma, Lourdha Mary,
Natasha and Rose Ekka
Kuppam Community***



SJT SPIRITUAL EXERCISES

“The more we are connected to God in prayer, the more we are connected to each other”

We remain grateful to our Triune God for this golden opportunity, a unique experience of 40 days of retreat. We began our inner journey with SJT spiritual exercise on 20th January 2021. We invoked God’s blessings through the Holy Eucharist. We reviewed our spiritual journey by integrating the Christian and religious identity with the identity of SJT Charism of Communion.

When God touches the human heart there is a great experience of God’s love, joy, peace and enlightenment that gives clarity to one’s life. This God’s experience is felt only by fundamental principles of Faith and Hope. We journeyed through the Way of Faith unit to the Way of Contemplation. It helped us to deepen our relationship with a child like confidence to maturing in spousal love relationship and to taste the sweetness of God’s love.

We were drawn deeply to live the SJT way of life for threefold Communion. Our peak experience

of this inner journey was to embrace the CROSS the symbol of most perfect love and forgiveness and to share the same with our sisters. We felt strongly to live the threefold renunciation and self – emptying love that is to grow in humility, simplicity and meekness. Each one of us felt that our relationship with God has deepened through our openness and prayer. We also felt unifying force to live the community life by breaking ourselves to live the Eucharistic life.

We express our heartfelt gratitude to our dear formators Sr. Vinodha and Sr. Cecily who led us all through these 40 days of our inner journey with the Lord through their powerful breaking of WORD, life experiences, examples and by their prayerful presence. The group guidance of the formees were mutually enriching to one another.



We extend our gratitude to our dear sisters for their prayerful support and accompaniment throughout our retreat.

Thank You

Srs. Aliyamma, Lourdhu Mary, Natasha and Rose Ekka
Kuppam Community



“BLESSED ARE THE POOR IN SPIRIT FOR THEIRS IS THE KINGDOM OF HEAVEN”

COVID 19 is the most terrifying word in our day-to-day conversation since it is still affecting the life and the livelihood of all people. On the other hand COVID 19 is facing failure in stopping people to come out and help the poor and the needy who are on the top in the record of the affected. COVID 19 couldn't stop Sangraha from helping the migrants, the poor, the middle class and the sick



to provide 10 kg Rice, 2kg Dhal, 2liter oil, 2kg Sugar and a piece of cake to 100 families and with the help of Shishumandir that provided the same to 50 families.



On December 6th Sangraha along with Jeevodhaya Charitable Trust celebrated Christmas with 100 poor families. The day began with Eucharistic Celebration and followed by prayer service with few Catholic families who had come to receive the provision. In order to maintain social distance, the beneficiaries were allotted time to receive the food kit.

who knocked our door with devastating pain in their hearts seeking some help for their survival. On seeing their agony Sangraha started providing some financial, material and psychological support with the help of Sangraha well-wishers, Volunteers, sponsors, different organizations like Shishumandir, Kristhu Jyothi Social work Guild, Jeevodhaya Charitable Trust, New Mighty Grace Charitable trust and Dream India.

We are providing provisions for 25 families every month through Dream India, organized by Sr. Leena Lobo.



Thus we are grateful to God, for the positive responses we receive through generous souls through whom Sangraha continues to support and reach out to the needy.

The most beautiful community experience we had was that when people sought us for help, be it prayer, problems, educational fees, medical bill etc.... before we could approach others our prayers are answered.

Unlike last year, Sangraha celebrated Christmas this year by providing provision for the most deserving families with the help of Jeevodhaya Charitable trust that came forward

- Sangraha Community



SANGRAHA

“EMPOWERING TO EMPOWER”

Women are worst affected when it comes to unemployment and poverty. Without any income of their own, they need to depend on men for anything and everything. If the men are also unemployed, the matter gets worse. Women empowerment through self-reliance and financial independence can be achieved by providing vocational training, through which women can either start, something of their own or take-up a job. Sewing Training will help the women to be self-sufficient and confident. Stitching garments is one of the jobs that remain useful and relevant till the humanity exists. Further, basic tailoring skills enable women to work from home; they can continue in their traditional role as homemakers and yet earn their living. Tailoring is something which women can immediately start right from their homes upon completion of their course.

Women who show interest / talented, are trained for embroidery, arts and designing skills as well as tailoring. The course duration is six months for basic cutting & sewing, next the participants can progress to the next level which is a course in detailed art & creativity.

So Sangraha in net working with Dream India decided to empower women with skill based training programme 12 students in a batch. Dream

India provided 6 Sewing machines, material for the training and salary for the teacher. It is a six month course which will give the women confidence to be an independent entrepreneur. Six best students will be awarded with sewing machines and completion certificate to all.

Sangraha tailoring project was inaugurated on 17th of March 2021 blessed by Fr. Amarnath the parish priest of Holy family church. The representative of dream India was present for the programme. Inmates of Sangraha invoked God's blessings through prayer service/dance. Motivational talk was given to all by Fr. Amarnath, Srs. Achala, and Irudaya Mary motivated the participants to achieve their dreams and reach their goals.



Sangraha is net working with Dream India in four projects. This was possible only through the hard work and initiative taken by Sr. Leena Lobo. Sisters are grateful to her for enabling them to reach out to the poor families. The projects are tailoring, Sponsorship for the economically poor students, Foster Home, provision provided every month for twenty five families.



“Amazing things happen when women help other women”. Gaspos

We at Sangraha want to encourage and empower all women especially the poor and the marginalized. Every girl and every woman has the potential to make this world a better place. Let us join hands with one another and work tirelessly to enable the women to live a decent and dignified life.

GOD IS GOOD ALL THE TIME

The new Milestones set by SJT and SFX- 2020-2021

The year 2020-2021 has been a year of test for our Faith in God. Though the year was full of uncertainties and major outbreak of sickness and decline in the economies, God was in control of everything True to His promises God was very much with us in our times of trouble, according to 1 Corinthians 10:13 – “No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it,”

In fact it was a time to be still and experience God’s power in every situation and count our blessings. One such blessing for St. Francis Xavier Girls’ High School was the up gradation of the classes to Standard XI- ISC in 2021. The Council had instructed all the ICSE schools to upgrade to –ISC XI and XII standards.

This was a practical impossibility because the lockdown had just begun. But we were surrounded with the favour of the Lord and everything went well on online platform.

Again in the year 2021 – the year dedicated to St. Joseph, SFX set another milestone in the history of SJT congregation, by introducing Nursery Section. This truly reveals the Mighty Hand of God in all our endeavours and the constant intercession of St. Joseph and our Foundresses.

This brought great joy to the congregation and all the parents as their long awaited dream had come true.

*“All things are possible for God
All things are possible with God.”
The Highlight of Nursery Pedagogy*



Ms. Srimathi

SFX takes utmost care to equip the students with a curriculum that is enlaced with the unique blend of traditional as well as modern teaching-learning practices. The teaching approach is based on the principles of multiple intelligence frame work designed by Dr. Howard Gardner, a well known cognitive psychologist from Harvard University. We understand that every child learns at her own pace and interest. We go that extra mile to identify and cater to their interests and learning styles.

Our school campus is well designed and well equipped to create a place conducive for school children to play and learn in a safe and healthy environment.

The Management, Principal and staff are happy to collaborate with the parents in helping the child flourish in all aspects of life, welcoming the parents to be a part of this great institution of SFX family.



VISIT OF REV FR XAVIER ALPHONSE TO TARBES COMMUNITY COLLEGE

Teaching is a beautiful job, as it allows you to see the growth day by day of people entrusted to your care. It is a little like being parents, at least spiritually”.

Covid 19 had robbed all the educational institutions across the globe of their mundane schedule and the community colleges had to follow the suit. Having been inactive for almost a year, there seemed to be a fresh wave in the air with the visit of Dr. Fr. Xavier Alphonse SJ on the 4th February, 2021. This year the community college marks its 25 years of its existence across India thus celebrating its Silver Jubilee.

This time TCC campus hosted various other community colleges for this meeting. A review meeting of the ICRDCE team from Chennai to TCC brought about many views and exchanges. A revival of the community colleges in the post Covid era was the focal point of discussion.

The challenges faced by this alternative system of education, and how to revamp and restore benefits to our excluded student community was discussed at length. Partnering with the industry to provide job opportunities has to be our focus

on an overwhelming scale this year. Father Alphonse emphasized on the point of ‘making Life’ possible for all our students.

‘Skills’- not just a subject but has a major life building exercise for every student which actually carries the potential to fulfill the motto of community colleges ‘Fit for Job and Fit for Life’.

A demo class of life skills by Mr. Amalraj in open grounds opened the doors of expression for our NSDC students that day. After being confined to the class room walls, going outdoors and taking part in team building games instilled a lot of confidence and it was fun too.

We thank Fr. Xavier for this courteous visit despite all the Covid protocols, was a big encouragement to shake the fear and to move ahead and make a difference in the lives of the excluded.



Thangai Hema Rani S



Dear Sisters,

We were invited on behalf of “Thalir Capuchin Centre, in India”, information about the forthcoming online programmes from the Centre. And to make the best use of every programme. These programmes were totally free for the



participants from African Countries. All Religious and Lay people were also free to attend this programme, by Br. Nithiya OFM. Cap, Director, Thalir Centre, Villupuram, India mailtothalir@gmail.com.

It gave us a sense of belongingness to the Institute, where all the Provinces / Regions were able to participate. We were united in prayer through this streaming “Global Novena to St Joseph” and interceding his blessings for the Church, for our families, for each of us and for the entire world. Our sisters from Bangalore Province sang the praises of the Triune God for the Patron of St Joseph.

Dear St Joseph, you felt the tribulation and worry of a parent when the child Jesus was lost. Protect our families for time and eternity. May you be our father and counselor. Let all children, like Jesus grow in age as well as in wisdom and grace before

God. Preserve our families from the corruption of this world, and give us the grace one day to be united with them in heaven forever. Amen.

ACCTS FROM THE PROVINCES OF THE "HEART"	EVENTS FROM THE CONGREGATION OF	PRELATE COORDINATION	SPECIAL MESSAGE	KEY PRAYER PART
Day 1: 17 th March The tribulation of St. Joseph	St. Joseph of Chambéry	St. Anila SJC	Message from Bishop Alwyn D'Silva	St. Joseph of Chambéry
Day 2: 18 th March St. Joseph: A tender and loving father	St. Joseph of Anancy	St. Joseph SJC	Message from Fr. M. Amaladas SJ	St. Joseph of Anancy
Day 3: 19 th March St. Joseph: A tender and loving father	St. Joseph of Lyons	St. Joseph SJC	Message from Fr. Jerry S.J.	St. Joseph of Lyons
Day 4: 20 th March St. Joseph: A tender and loving father	St. Joseph of Cluny	St. Joseph SJC	Message from Fr. M. Amaladas SJ	St. Joseph of Cluny
Day 5: 21 st March St. Joseph: A tender and loving father	St. Joseph of Bardonecchia	St. Joseph SJC	Message from Fr. M. Amaladas SJ	St. Joseph of Bardonecchia
Day 6: 22 nd March St. Joseph: A tender and loving father	St. Joseph of Apparition	St. Joseph SJC	Message from Fr. M. Amaladas SJ	St. Joseph of Apparition
Day 7: 23 rd March St. Joseph: A tender and loving father	St. Joseph of Tarbes	St. Joseph SJC	Message from Fr. M. Amaladas SJ	St. Joseph of Tarbes
Day 8: 24 th March St. Joseph: A tender and loving father	St. Joseph of Cluny	St. Joseph SJC	Message from Fr. M. Amaladas SJ	St. Joseph of Cluny
Day 9: 25 th March St. Joseph: A tender and loving father	St. Joseph of Cluny	St. Joseph SJC	Message from Fr. M. Amaladas SJ	St. Joseph of Cluny

Wishing each of you dear sisters a very Happy Feast of our dear Patron St Joseph

Sr. Thangai Hema Rani S

YEAR OF ST. JOSEPH GLOBAL NOVENA

10-19 MAR, 2021 6PM-7PM (INDIAN TIME)

Sessions based on The Apostolic Letter *Patris Corde* With a Father's Heart

SPECIAL MESSAGES BY BISHOP ALWYN D'SILVA FR. M. AMALADAS SJ FR. JERRY S.J.

To join, click on this link or scan the QR Code
<https://forms.gle/yY2epw3U8shv668d4>

JOINT PRAYER SERVICES WITH REFLECTIONS BY THE GENERALS FROM THE CONGREGATIONS OF...
 St. Joseph of Lyons | St. Joseph of Anancy | St. Joseph of Chambéry | St. Joseph of Cluny | St. Joseph of Tarbes | St. Joseph of Apparition | Franciscan Sisters of St. Joseph | Medical Sisters of St. Joseph

ORGANIZED BY:
 Sr. Anila SJC (sr_anila@yahoo.co.in) +91 9936418306 8
 Thalir-Nithiya OFM. Cap (nithiyas@gmail.com) +91 944548000



“COMMIT TO THE LORD WHATEVER YOU DO AND HE WILL ESTABLISH YOUR PLANS”

PROVERBS: 16:3

Taking stock of the past efforts and achievements will always serve us to plan better for the future and to envision our future plans with greater vigour and zeal.

The annual reporting by various commission of the province was scheduled on 11.3.2021. The meeting was convened by Dr. Sr. Lalitha Thomas, the Assistant Provincial. The coordinators for the respective ministry such as Formation, spiritual animation, SJT, spiritual exercise, Lay Associates, ongoing formation for different age groups, Josephites, SJT website, Aikyatha, Pastoral ministry, Finance and Recruitment were present to report on the respective responsibilities entrusted to them. Listening to the programmes organised, accomplishments, challenges and future plans etc, enabled us to have an overview of our mission and ministry, its growth and difficulties. The members generally expressed their appreciation, difficulties, and suggestions to each of the coordinators.

There was a spirit of openness and freedom among the members. Sr. Lalitha coordinated the entire meeting acknowledging each commission's contribution and commitment. She was happy and appreciative of the efforts made by the various commissions in spite of the adverse effects of the covid-19 pandemic. She encouraged the coordinators to program the future plans with greater love, dedication and zeal.

Here is a brief report of the SAC Commission.

Our 17th Provincial Chapter with the theme **“Gripped by Jesus, the Poor we live Evangelical Poverty in Total Self- Gift”**, places an important responsibility on individual Sisters and communities to implement the chapter decisions in their personal life, community life and in the Apostolate, which calls for personal conversion. In order to facilitate this, after the chapter orientation, the Provincial Council asked the spiritual Animation commission to plan a program with guidelines, to help the Sisters to undertake this path of conversion and work on their personal ongoing formation, based on the theme of the chapter.

Paying special attention to the above, the SAC prepared a booklet with reflections and questions

based on the 17th chapter Acts, Vita Consecrata, the EGC document and our SJT history, to help Animators and Sisters to conduct regular community meetings. This was planned from November 2019 to April 2020. A summarized report of the meetings and a feedback from the communities were sent to the Provincial Secretary. The SAC scrutinized it in order to arrive at an opinion as to what extent this great work helped the Sisters to promote spiritual growth individually and collectively.

From the feedback from the Sisters and interaction with some of them in person, we came to know that many of them are appreciative of the booklet and did serve as an effective tool in organising community meetings regularly and encourage their Sisters to improve the quality, and depth in their sharing. However some feedback was not very encouraging. The SAC is getting ready with their own suggestions, insights, and data presentation of the evaluation of the booklet.

The commission prepared a second booklet with materials for 32 meetings to use in communities from October 2020. Apart from these two booklets, the Commission also sent out a Questionnaire to the Animators and individual sisters to take stock of their faithfulness to personal and community prayer. Answers to these questions are being scrutinized. The consolidated answers will be presented to the Province midterm Assembly.

Reflection for lent 2020 on “Spiritual Warfare”, Advent 2020 on “Silence, Lent 2021 on “Holy Spirit”, prepared by Sr. Marie Lucy, are the additional help for our spiritual growth given by the SAC. These reflections are very deep and rich and can be used for a longer period. The Commission remained grateful to her for this initiative.

Our heartfelt gratitude to our Triune God, whose grace and inspiration guided us in our efforts to help us to be gripped by Jesus, the Poor and commit ourselves to make our life a total self-gift in the service of our mission.

My heartfelt thanks to all the members of the Commission for their whole hearted support and cooperation in whatever has been done so far.

We have done our best in the work entrusted to us and we hope this will help us in our ongoing formation.

Spiritual Animation Commission: Sr. Marie Lucy, Sr. Esther, Sr. Sabina, Sr. Basil, Sr. Sagaya. S & Sr. Clara P.V.

THE REPORT OF MINOR PROTECTION

Children are the other faces of angels.

Jesus said, "Let the little children come to me, for theirs' is the kingdom of heaven."

A baby is God's opinion that life should go on.

Children are precious gifts let us create an atmosphere of love, peace and equality for them.

But in reality, protection of children has taken a back seat of priority in our society which is a crucial global crisis. Adequate care and protection of the children are indispensable.

Integrity is the most valuable and respected quality of leadership on one thing, the most important thing and they stay at it until it's complete.

Our Superior General Rev. Sr. Mercy Jacob, who is full of new insight and has compassion for the minors and vulnerable person recognized the burning issue of minor children's struggle to protect them in our institutions. She has sent a document to our Mysore and Bangalore Province. SJT manual for protection of minors and vulnerable person 2020. She has done lots of spade work in the essential documents of the church, legal perspective of safeguarding the minor in the light of our Charism.

She has emphasized that all the SJT sisters in India have a great obligation and responsibility to protect the rights of children and vulnerable adults, to ensure their safety.

Therefore, sister recommended to the SJT in India to come up with the document, SJT guidelines for protection of children and vulnerable adults 2021.

Hence our Provincial and team set up a committee to work upon it.

The committee consisted of :

- Sr. Lousia Sebastian – Co ordinator.

- Sr. Malar
- Sr. Jaya
- Sr. Selvi
- Sr. Arul Amudha.

We discussed and referred various documents in line with the Church regarding child protection. We also had studied various NGO policies regarding the same. It was a time of reflection, analysis entering the new arena of the agony of the children, parents and the relatives who were subjected to trauma of child abuse and vulnerable adult.

The inter province protection of minors and vulnerable person, team met in stuti Ramya on Feb 13th 2021. It was a synthesizing experience of exchange of ideas, reflection insights and contents.

Members from both the provinces shared with one another the task which was allotted.

Within short span of time with such an efficacy the whole document was compiled. Then it was submitted to the respective provinces for approval.

We appreciate the contribution made by each and

every sister towards compiling this document. It was a great learning experience for all of us. It motivated us to work for the protection as well as the welfare of the vulnerable children. We also thank Sr. Lousia Sebastine for her initiatives and incredible support.

We are grateful to Sr. Pauline for her prompt correspondence and stupendous sharing.



Sr Amudha



SFX- PARENTS' ORIENTATION - 2020-2021

“A good education is a foundation for a better future.”

“Parent involvement is the number one predictor of early literacy success”-Elizabeth Warren. A Virtual Orientation program for the parents was organized on the 9th, 11th, 15th and 16th December 2020, from 4pm to 5.30 pm. to help adapt with new normal during this pandemic.

Mrs. Alphonsa Joseph, was the esteemed speaker for the programme. She is an Associate professor, Student counsellor, NSS Officer and head- Psychology Unit at DR. S.R. Chandrasekar Institute of Speech and Hearing, Bangalore. School, teachers and parents play a vital role in the holistic development of a child. They have an immense contribution and responsibility in shaping a child’s personality.

“Strengthening Emotional Skills for Academic Learning,”- the topic for the day was presented well with clarity and understanding. Parents and teachers had raised issues faced in the present scenario that were discussed at different levels during each interactive session.

Parents are the child’s first role model. Children imitate their parent’s behaviour and react in the same way. Parents play an important role in encouraging and motivating their kids to learn. Children acquire skills at the very early stage of their life if the parents are responsive and understanding.

- Children are influenced by environmental factors such as: Family values, socio economic status and culture.

- Parents need to help the children gain an understanding of their feelings through the use of books, board games, puppets, interactive storytelling or role-plays and to verbalize them.
- Teach children to set limits, teach them waiting time, teach the difference between wants and needs, teach them to accept failures and not always success.
- Teach children Self-Control and Delayed Gratification- A skill to work under stress.
- Monitor if the child is spending time in front of the screen in a balanced way. Parents should be aware of the child’s social media activities and train them to be safe from the negative impacts of social media.

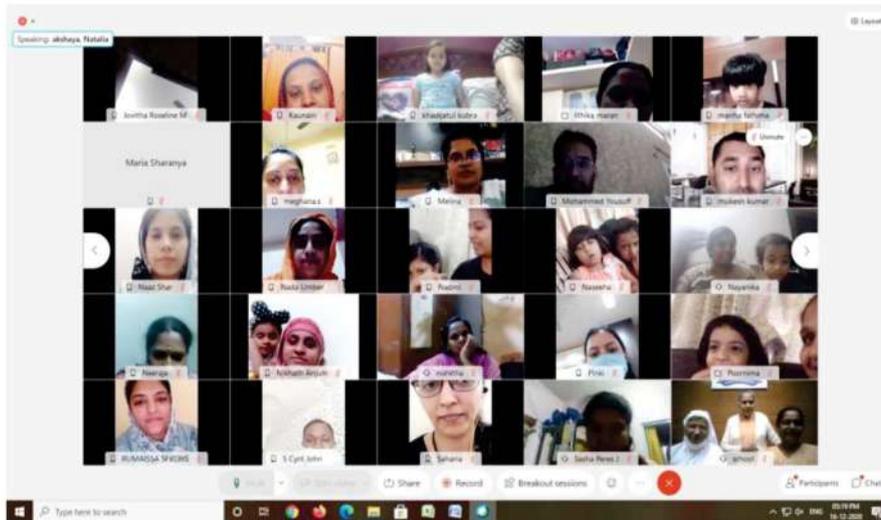
Have a vision for students-Parents need to make a conscious effort to keep children engaged in order to develop skills for physical and mental health, emotional, social and cognitive development skills that will help them achieve academic success. Children should be trained to develop positive coping skills in developing and demonstrating individual emotional assets such as resilience and self-esteem. Good relationships are vital

for children to strike a balance between social and emotional learning.

Develop positive skills to strengthen family bonds, pursue hobbies, work hard, express feelings, and develop friendships, balance leisure and work. Find

purpose and meaning for life.

“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents.” Jane D. Hull



PEACE - CONVENTION

NATIONAL PEACE MOVEMENT FORGIVE, FORGET AND MOVE ON TO BUILD PEACE

The 7th National and the first global convention was held online from 30th January to 1st February 2021 in remembrance of the father of our nation Mahatma Gandhi. His ideals of non- violence, satyagraha, equal respect for all faith, a simple life tune with nature and rejection of greed etc were discussed in the speeches delivered.

Taking into account and limitations caused by covid-19 national peace convention 2021 was held online and this provided the opportunity to convert the national convention into global convention with 750 people registering from 15 states of India and 20 countries of the world.

There were total seven sessions including inaugural and valedictory function which comprised of four panel sessions and one session for open discussion.

The participants were professionals from various fields Rotarian, educationalist, social activist, principals, teachers and students.

The process of convention consisted of talks by experts and experiences of persons from different areas of social involvement, sharing by persons who have made a difference in the society, sharing ideas on peace by students and discussion with the participants for preparing action plans.

A variety of songs and dances related to peace and cultural diversity of India presented by peace club members of different schools reinforced the noble social, ethical and spiritual ideas that were shared by many speakers and added beauty and charm to the convention.

The themes for reflection and discussion were:

1. Preserving the heritage of unity in diversity and to sustain peace and harmony.
2. Peace and development.

3. Mahatma Gandhi and world peace.
4. Mahatma Gandhi and the 20th century pandemic.
5. Role of rotary in promoting peace.
6. Empowering women for peace building.
7. Role of youth in peace building were the few highlights of the session.



Ms. Deepa

There were eminent speakers from abroad, Rotarians and students from various schools across India.

Universal Solidarity Movement (USM) team Indore, under the leadership of Father Varghese, was in charge of arranging and monitoring the online peace convention.

Around 20 teachers participated from St. Francis Xavier Girls' High School. It was indeed a great platform to learn, experience and practice the ideals and principles of Mahatma Gandhi.

FELICITATION

It's a great day – We are celebrating the Feast of St. Joseph, the Patron Saint of the Congregation of SJT and especially so as this year 2021 has been declared by the Church as the year of St. Joseph.

My tryst with St. Joseph of Tarbes began 45 years ago when I was a student of the first batch in Jyothi Nivas College- when it shifted from the SFX campus to Koramangala.

Destiny brought me to St. Francis Xavier Girls' High School 34 years ago.

Thirty four years has walked me along with the kind guidance of my Principals, unstinted support of my colleagues and the love of my students and today I stand here to express my deepest appreciation for all that you have been to me all these years.

I am deeply touched and overwhelmed on being felicitated on this great day. My heart is filled with deep respect and gratitude to all the Sisters of the congregation of St. Joseph of Tarbes.

Thank you for reposing your trust in me and giving me the opportunity to serve in St. Francis Xavier Girls' High School.

In the Bhagwad Gita, The Lord suggests we should cultivate the attitude of gratitude. Be thankful to nature, fate, destiny, God or whatever you want to call the higher or mysterious power. Be grateful for what you have, and see your actions as a way of expressing that gratitude. In fact the Lord states that we need to do our duty so that the circle of life remains intact.

It has been an amazing learning experience and journey and an incredible honour to serve this great and esteemed institution.

I have indeed been very fortunate to have served under dynamic and visionary principals who have been instrumental in preparing young girls to be strong and confident to meet the challenging world.

Mighty Xavierites marching forward with Faith and Courage.

Be it the warm and compassionate Mother Benedicta during whose tenure I began my career the elegant and accomplished Mrs. Christine Colaco, Quintessential, fair and consistent Sr. Basil, Sr. Emma Machado, innovative and who believed in making the world as dynamic as it can be.



Ms. Anuradha Rao

Sr. Josephine Hoover who believed in setting and achieving high performance goals.

Sr. Louisa Sebastian who strongly believed that hard work and heart is all that life requires.

Sr. Esperance who always maintained a calm demeanour, possessed a deep well of patience and was gifted with an eye for detail.

Sr. Malar Joseph been instrumental in making many a Cherished Dream into a Happy Reality Words cannot qualify, nor quantify how helpful your guidance and advice has been. I am forever grateful for all your love, support, encouraging words and sincere appreciation.

God has been kind upon me that I got to work with special people. Dear Sr. Susanna, Sr. Rose Marie,

Sr. Clara Pinto, Sr. Maureen, Sr. Catherine Charles, Sr. Mary Sophia Frank and Late. Srs. Sr. Aurelian, Sr. Helen Marie, Sr. Isadora and Sr. Anselmina. I owe it to them all. Your kind words and words of appreciation are great souvenirs to keep with me.

Thank you for everything!!

So now it's a new beginning for me, a new journey, the time that everyone calls retirement. It will be a difficult transition for sure, as my career has been a passion for me all these years, but I have been giving it a lot of thought, appreciating this new lease of life which is now available to me.

Dear teachers, some of whom have been my companions for the last 30 years!!! We have had fun times, challenging time and everything in between. Today I am officially leaving you!

Its bitter sweet to leave a workplace you've enjoyed. I realize I have been very fortunate.

This hallowed Institution, the work and its people have meant so much to me. I am proud to have been a member of the team here. Thank you for your belief in me, your support and your friendship. None of us can achieve in isolation and the successes we've enjoyed together have been the result of our mutual cooperation and collaboration. It was a pleasure and privilege to have worked alongside colleagues who understand how to bring the best out in each other. Thank you for your trust in me, for your humour and all your hard work. I am going to miss you all .You've been part of my journey for a long time.

To my dear Children,

One thing I tried to teach you
To last your whole life through
Is to know that you are special
Just because , you are you!!
In each thing, be all

Give all you are

In the least you ever do.

Dream big! Hope big ! Love Big!

For when you do,

Who knows It may come true

Wishing you all the very best that life can offer.

Together let us all strive to achieve a common goal--- that is to impart the best in education to our young learners. I pray to the Almighty to instill in us the strength to fulfill this task.

Then seek not sweet the If and Why

I love you SFX till I cry

For I must love because I live

And life in me is what you give.

I've already packed memories of fun and friendship into my heart to treasure.

Thank you for all the beautiful farewell messages and wishes you have showered on me.

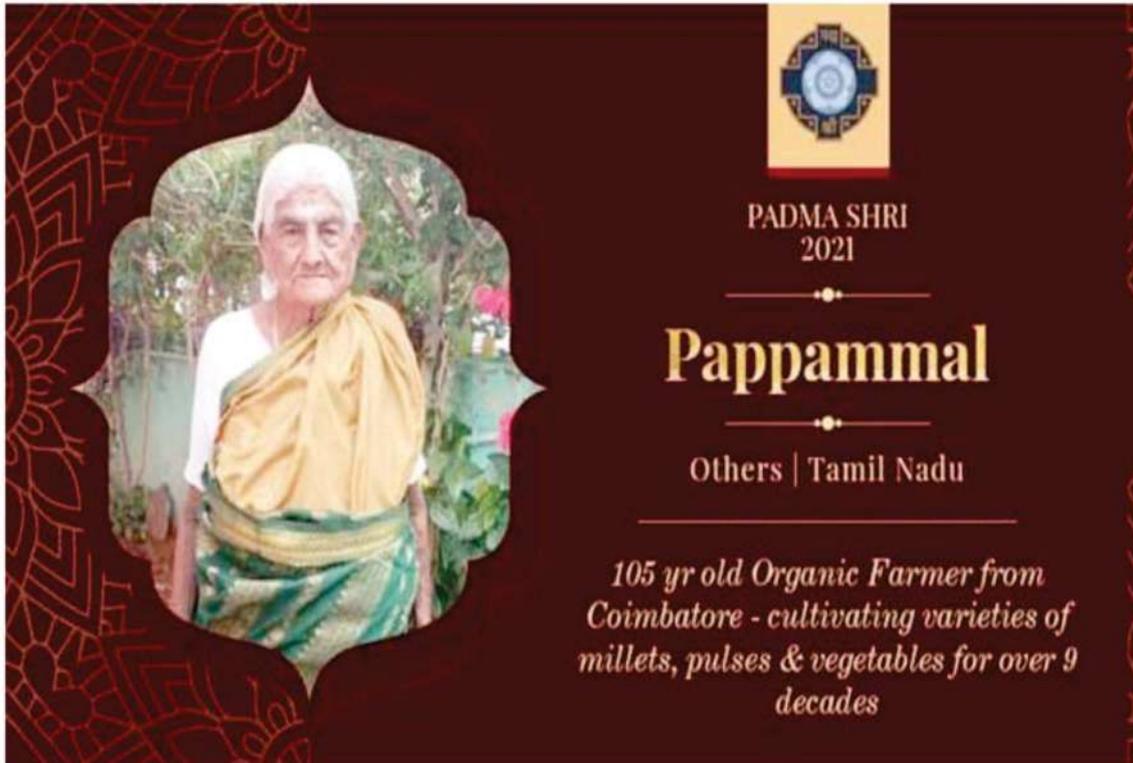
Goodbye and good wishes for the future.

God bless each one you abundantly!

Ms. Anuradha Rao

THANK YOU FOR
YOUR SERVICE

MEET 105 YEAR OLD PADMA SHRI AWARDEE PAPPAMMAL, THE FARMER WHO WANTS PEOPLE TO TAKE UP FARMING



The news of conferring Padma Shri Award to Pappammal spread far and wide. Farmers and people from Thekkampatti in Mettupalayam, Coimbatore, have been thronging to congratulate 105-year-old Pappammal, also known as R Rangama.

“She is thoroughly enjoying the attention,” says her 45-year-old grandson R Balasubramaniam, who is also a farmer. He adds, “She is now receiving invitations for delivering guest lectures about farming at educational institutions.”

A proponent of organic farming for more than seven decades, she started working on a 10-acre plot she bought when she was in her 30s, from the savings she made running a store in the village.

Pappammal says it’s the right time for everyone to get back to farming. “We need more farmers. I hope many more people take up farming after

hearing my story and work as hard as me. One should never sit idle,” she states.

The centenarian, who is now a local celebrity, said, “I am really happy and proud to have received this honour. The whole world is surprised that even after crossing the age of 100, I do farming.

“I have been getting 50-100 visitors every day, who have come from far to congratulate me. It feels good.” Pappammal’s day begins at 5am, when she heads out to her 2.5-acre farm and monitors the work going on there.

Pappammal has earlier collaborated with the Tamil Nadu Agricultural University (TNAU) for organic farming sessions. She has dabbled in politics as well, with a stint as a councillor of the Thekkampatti panchayat.

FORMER LIBRARIAN CLEANS HOTEL'S TABLES

The mother struggled to bring up the one year old Palam Kalyana Sundaram after the demise of his father. Since there was no school, electricity, bus or even proper road in his small village of Mela karivelam julam in Tirunelveli district of Tamil Nadu, the small fellow had to walk up and down ten kilo meters every day to school. No other child was going to school from his village, since they had to pay five rupees as monthly fee.

So from her hard labour, his mother gave other children's fees, books and even clothes so that they too would go to school with him. Thus from childhood Kalyana Sundaram learned to share with others.

He desired to learn his rich Tamil culture and history by taking Tamil literature for his Master's degree. Seeing his interest, the founder of the MTT College, not only introduced the subject, but also sponsored his education. So again Kalyana Sundaram saw others' generosity in his education.

During the Indo-China War in 1962, the Prime Minister Jawaharlal Nehru appealed to the people for donations, Kalyana Sundaram

was inspired by the radio speech of the P.M. He went to his the Chief Minister Kamaraj and offered his thin gold chain for the defense. The Chief Minister was very much impressed by this generous act of the young lad and felicitated him on 1963 May Day.

Kalyana Sundaram earned another Masters in Library Science and bagged a Gold Medal. He worked as a librarian in Srivai kuntam's Kumar Kurupara Arts College for 35 years. Kalyana Sundaram donated all his monthly salary, his one

lakh rupees salary arrears, his pension of Rs. 10 lakh, the money from the sale of his ancestral property – all towards the education of poor children. Not wishing to spend his money for his family, but to donate to the poor children, he remained a bachelor. He had donated more than 30 crore rupees. "I simply do not wish to own anything," he says.

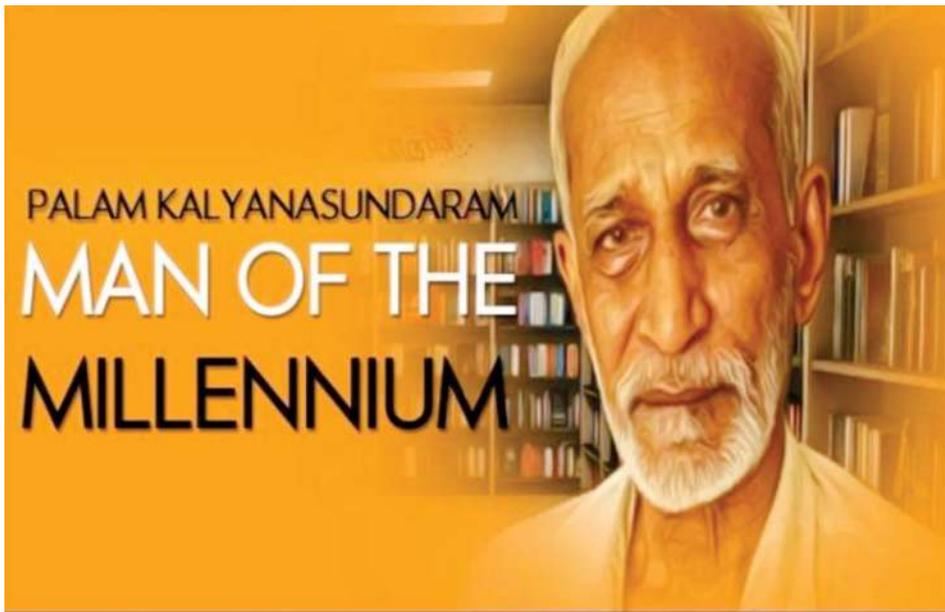
After his retirement he formed Palam Foundation to meet the poor children's educational needs. One can become its member by contributing one rupee a month or Rs 100 as life membership. They also accept anything like old newspapers, clothes and utensils to help the needy.

The Union Government awarded him the country's best librarian. The International Biographical Centre of Cambridge honored him as one of the "noblest men of the world" of the 20th century. An American organization felicitated him with

the Man of the Millennium Award, the Rotary Club of India credited him in 2011 with Life Time of Service Award and The United Nations recognized him as one of the most outstanding people of the 20th century.

Looking like a common, poor man, Kalyana Sundaram has never kept a paisa for himself. The 80 years old frail man with a shy smile works as a waiter in a hotel for his two meals and to meet his simple personal needs.

Kalyana Sundaram says, "We cannot sustain ourselves unless we contribute to society in some way or the other. Finally what do we take with us when we leave the planet earth?"



AN INSIGHTFUL STORY

I boarded flight from Bangalore to Mumbai, economy class. I put my hand bag in overhead bin and took my aisle seat. There was an old person sitting next to me on the window seat.

I had a presentation in Mumbai, so took my documents and started going through them for the final time before the presentation. After 15–20 minutes I was done with my documents, so I put them away and started looking out of the window, and suddenly I looked at the face of this person sitting next to me. I thought I have seen him somewhere.

He was old, his face, the suit was not very expensive, and he was replying to some mails or going through some documents. I exactly don't know. I noticed his shoes, they were average quality.

Something stuck me and I asked him:
“Are you Mr. Narayana Murthy?”

He looked at me, smiled and replied, “Yes, I am.”
I was shocked !

For one second I had no idea what to say next. I looked at him again. His shoes, his suit, his tie and his specs. Everything was average. This guy was worth \$2.3 Billion and co-founded Infosys.

I always wanted to become super rich so that I can buy all the luxury and travel business class. He could buy the whole airlines and yet he was sitting next to me in economy class!

I again asked: “Why are you travelling in economy class and not business class?”

He replied:

“Do Business class people reach early?”

And then introduced myself, “Hello sir! My name is Mayank Gupta and I am a freelance corporate trainer and I work with many MNCs PAN India.”

He then put his phone away and started listening to me, he also asked few questions and answered the questions I asked. We both went down deep into the conversation until I asked a question which was about to change my life entirely.

I questioned:

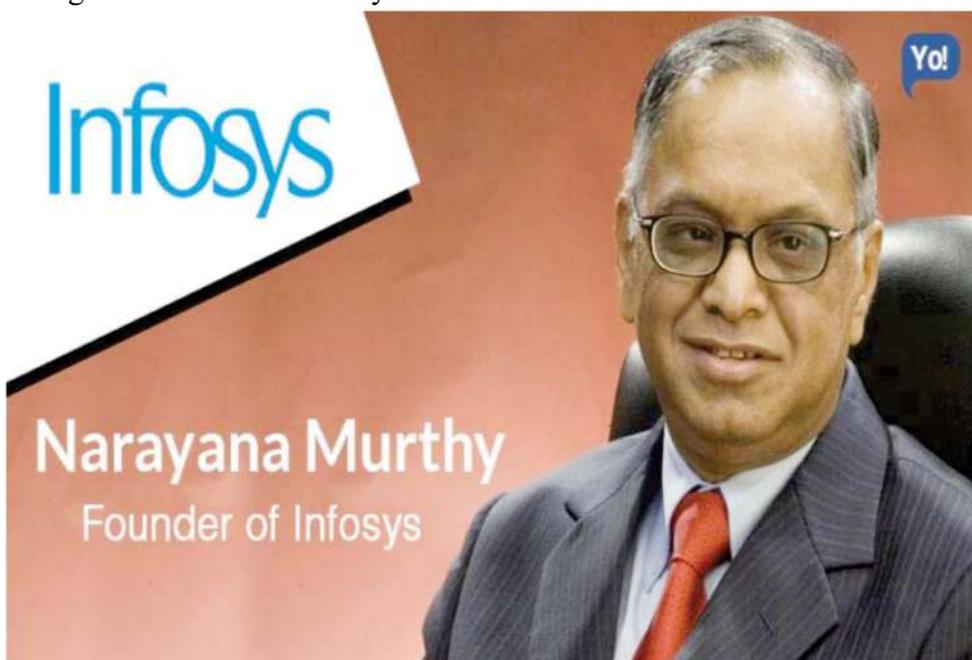
Sir, You are so successful and have made so many good decisions in your life. Is there something you regret?”

He got intense look on his face, thought for a while and answered,

“Sometimes my knee hurts, I should have taken better care of my body. When I was young I was so busy working that I never got time to take care of myself and now even if I want to work more, I can't. My body doesn't permit.”

“You are young. You are smart and ambitious but don't repeat the mistake I made. Take proper care of your body and take proper rest. This is the only body you have got!”

That day I learned two things, one that he told me and another that he showed me!



Being rich is not about owning things.

I had got what I needed.

What a great and down to earth human being he is, no doubt he is so successful! Nice reflection of success with values and great learning from a humble human being . An insightful message to everyone.

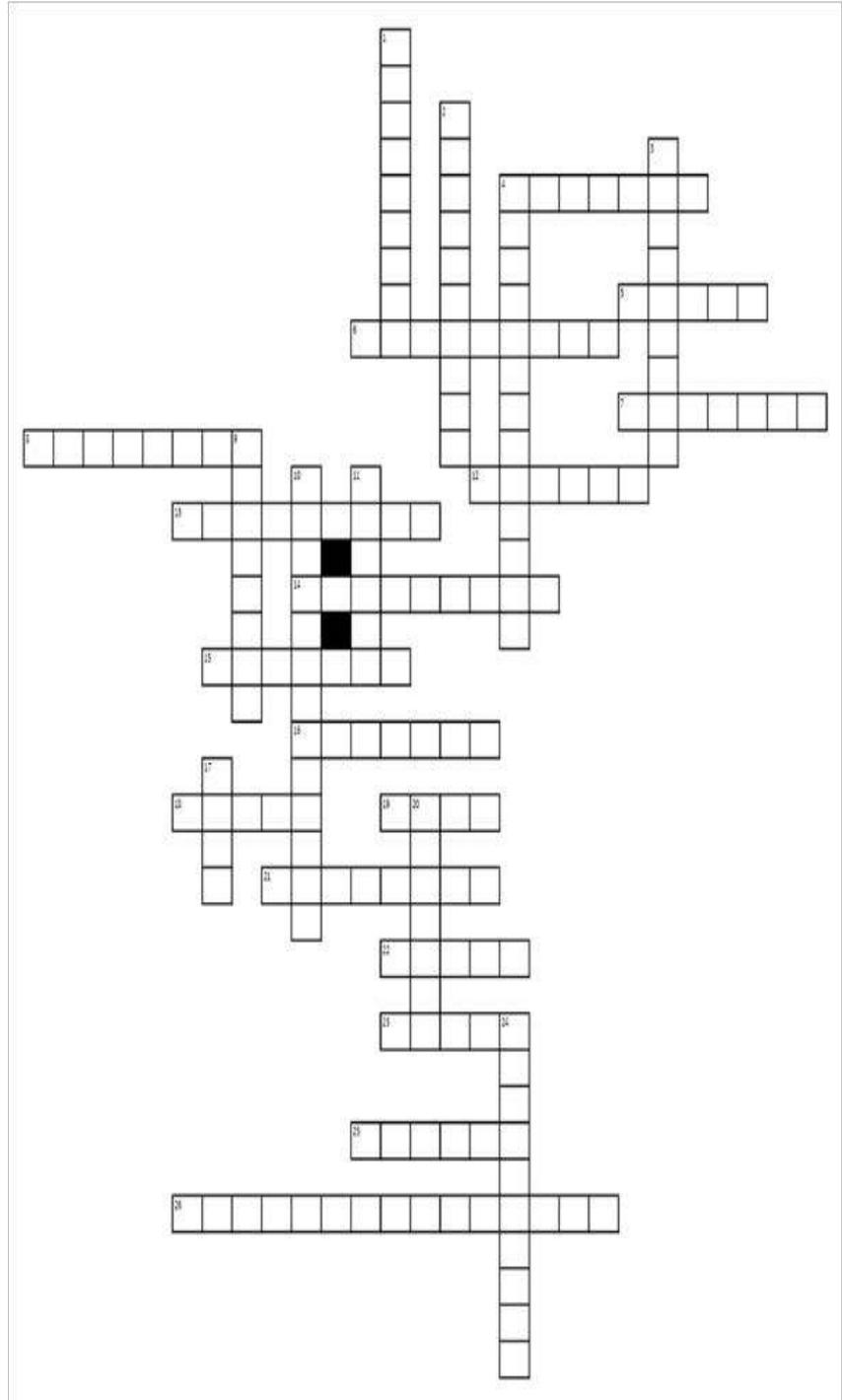
THE PASSION ACCORDING TO MARK

Across

4. The title which Jesus accepted
5. The title with which Judas addressed Jesus before kissing him
6. The name of the place from which Joseph who buried came
7. The name of the woman who anoints Jesus
8. The one who was released in place of Jesus
12. The name if the prophet whom the people thought Jesus was calling to from the cross.
13. The roman official who proclaimed Jesus as God's son
14. The kind of jar in which the nard was stored
15. The place where Jesus told Peter he would appear after being raised
16. The name of the hill on which Jesus was crucified
18. He denied Jesus
19. The Aramaic title by which Jesus addressed his father in prayer
21. The name of the hill (in Hebrew) on which Jesus was crucified
22. One of those whom Jesus took with him to the Mount of Olives
23. This was mixed with the mine offered to Jesus which he refused
25. The name of the one who buried Jesus
26. The feast on the first day of which the lamb was sacrificed.

Down

1. The name of one of the sons of Simon of Cyrene
2. The name of the garden in which Jesus prayed before his arrest
3. The place from which one of the Mary's who witnessed the death of Jesus was
4. The place where Jesus went to pray after the supper
9. The title of the one whom Jesus said would come with power
10. The one who betrayed Jesus
11. The governor who questioned Jesus in the Praetorium
17. The part of the body on which Jesus was anointed
20. The name of the place at which the woman anointed Jesus
24. The official who questioned Jesus in the Sanhedri



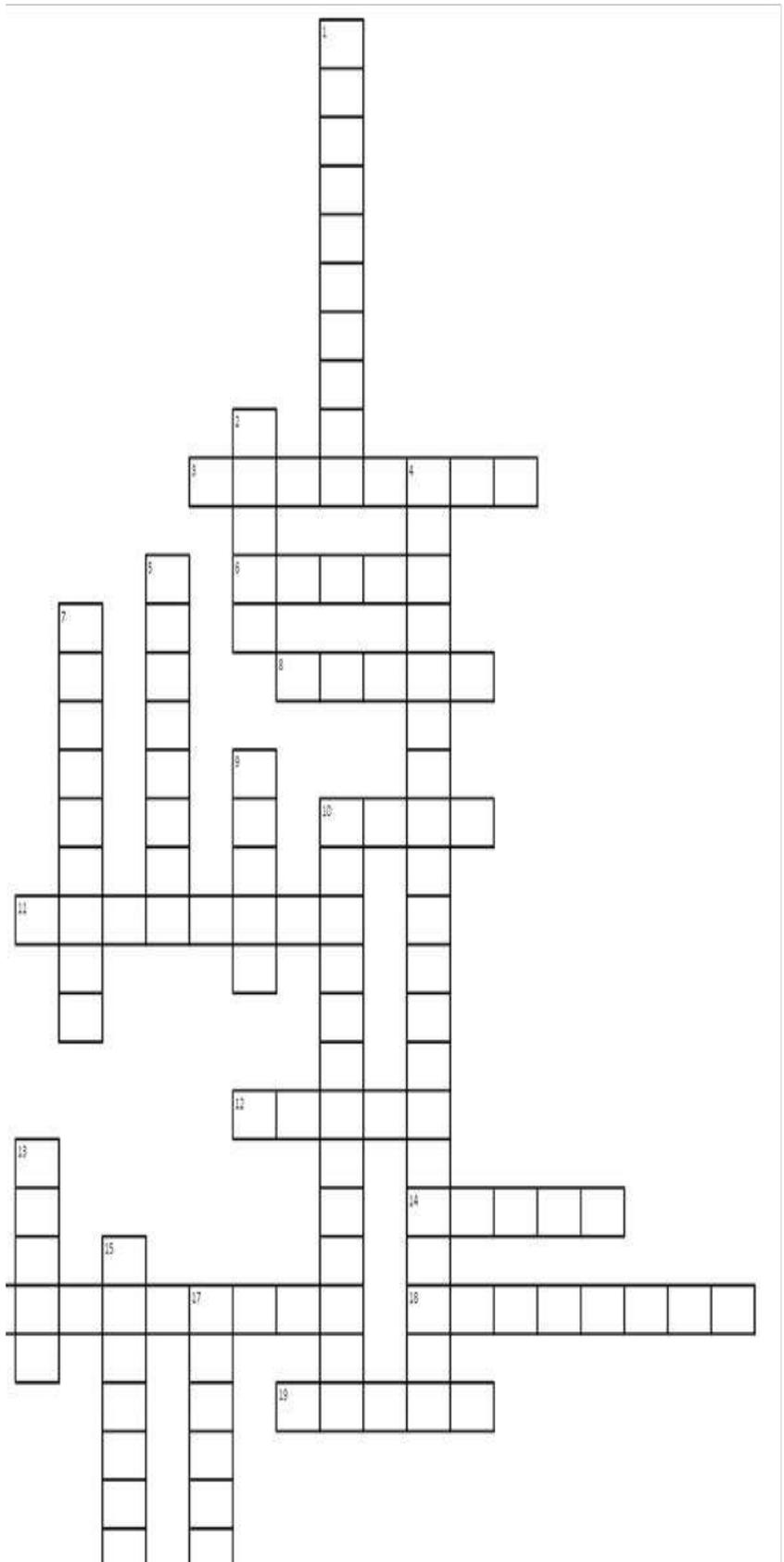
THE RESURRECTION ACCORDING TO JOHN CHAPTERS 20-21

Across:

3. What kind of fire did they see when they came ashore?
6. How many times did Jesus ask Peter to feed his sheep?
8. After she had answered the angels whom did Mary see standing there?
10. Who stood outside the tomb weeping?
11. Whom did Mary think Jesus was?
12. Which side of the boat did Jesus ask the disciples to cast the net?
14. How many times did Jesus ask Peter if he loved him?
16. What did Peter and the beloved disciple not understand?
18. With what Hebrew term did Mary address Jesus?
19. Whom did the disciple whom Jesus loved tell that it was Jesus?

Down:

1. Besides the beloved disciple who else did Mary tell her story?
2. What was the colour of the clothing of the angels?
4. How many fish did they catch?
5. By what action did Jesus give the Holy Spirit to the disciples?
7. What meal did Jesus invite the disciples to have?
9. What had been removed from the tomb?
10. Who came to the tomb early on the first day of the week?
13. What wish/gift did Jesus give the disciples when he first came?
15. By which sea did Jesus show himself to his disciples?
17. Which disciple was not with the others when Jesus came?



A man posted in the group "Today is my marriage anniversary

Instant reply from a member of the group
Please do not put your personal problems in the group



Joke of the day:

Teacher : How many letters are in English alphabets

Student : 23 without GST
26 with GST

Exchange of Text Messages:

Husband: You are negative.

Wife: And you are stubborn, arrogant, a low life, care about no one but yourself and your friends, all you are interested in is your own self, all your life not fulfilled even one of your promises. It is only I who is putting up with such a miser and insensitive man. You good for nothing, fat, ugly man. Even your hair transplant failed.

Husband: I was just informing you that your Covid test is negative.

Wife: Oh.....sorry!



AGING STARTS FROM THE FEET UPWARDS ! KEEP YOUR LEGS STRONG !!

- When we are old, our feet must always remain strong.
- When we gain ageing / grow aged, we should not be afraid of our hair turning grey (or) skin sagging (or) wrinkles.
- Among the signs of longevity, as summarized by the US Magazine "Prevention", strong leg muscles are listed on the top, as the most important and essential one.
- If you do not move your legs for two weeks, your leg strength will decrease by 10 years.
- A study from the University of Copenhagen in Denmark found that both old and young, during the two weeks of inactivity, the legs muscle strength can be weakened by a third which is equivalent to 20-30 years of ageing.
- As our leg muscles weaken, it will take a long time to recover, even if we do rehabilitation and exercises, later.
- Therefore, regular exercise like walking, is very important.
- The whole body weight/load remains and rests on the legs.
- The foot is a kind of pillar, bearing the weight of the human body.
- Interestingly, 50% of a person's bones and 50% of the muscles, are in the two legs.
- The largest and strongest joints and bones of the human body are also in the legs.
- "Strong bones, strong muscles, and flexible joints form the "Iron Triangle" that carries the most important load on the human body."
- 70% of human activity and burning of energy



in one's life is done by the two feet.

- Do you know this? When a person is young, his thighs have enough strength, to lift a small car!
- The foot is the center of body locomotion.
- Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood flowing through them.
- It is the large circulatory network that connects the body.
- Only when the feet are healthy then the convention current of blood flows, smoothly, so people who have strong leg muscles will definitely have a strong heart.
- Aging starts from the feet upwards.
- As a person gets older, the accuracy and speed of transmission of instructions between the

brain and the legs decreases, unlike when a person is young.

- In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures.

- Bone fractures in the elderly can easily trigger

a series of complications, especially fatal diseases such as brain thrombosis.

- Do you know that 15% of elderly patients will die within a year of a thigh-bone fracture.
- Exercising the legs, is never too late, even after the age of 60 years.
- Although our feet/legs will gradually age with time, exercising our feet/legs is a life-long task.
- Only by strengthening the legs, one can prevent further aging.
- Please walk for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

Congratulations



*Dear sisters on your
Silver, Diamond Jubilee and on your
First Profession*



Let Us Remember in Our Prayers All Our Dear Departed

Sr. Sophie Frank's sister-in-law Mrs Elizabeth, 81 years
Sr. Libie's Sister Mrs. Maria Eutemia Imez Fernandes, 60 years
Sr. Deepthi's Father's brother Mr. George, 75 years
Sr. Lilly Pinto's first cousin Mr. Rozario Pinto, 54 years
Sr Pavitra and Sr Jayasheela's grandfather , 80 years.
Sr Reethamma's brother- in-law, Mr Joseph aged 81 years
Sr Sophie Frank's cousin, Mr Joseph Prasad, 65 years
Sr Jwana's father and nephew of Sr Juliana and Agnelo, Mr. Clement, 59 year
Sr. Sabina's Cousin Mr. Mathew, 64 years
Sr. Anne Britto's uncle
Sr Andrea lost her aunt Mrs Louise Roberts, 107 years
Sr Ezhilarasi's cousin Mr. Paul, 43 years
Sr Elsamma Devasia's elder sister Mrs Rosamma, 73 years
Sr Louisa Sebastian's aunt, mother's sister
Sr. Arul Lilly's Father Mr Rajarathinam, 91 years
Sr Josephine Hoover's cousin, Ms Louisa John, 62 years
Sr. Rose Marie Pinto and Sr Clara Pinto's elder Sr Loretta Pinto
Sr Leena Pashine Lobo's nephew, 24 years
Sr Elizabeth C's Nephew Mr. Devaraj, 49 years
Sr Samadhanam's sister_in_law Mrs Saleth Mary,86 years
Sr Asha Rani's uncle Mr Rayappa,68 years
Sr Sylvia Christie's brother_in_law Mr Udhaya Kumar, 58 years
Sr Catherine's sister __in__law Mrs Susheela Charles, 59 years
Sr.Sintea's aunt Caetana Rebello (father's sister), aged 82 years
Sr.Ananthi's uncle,Mr. Gnanapragasam, 65years
Sr Irudaya Rani's uncle Mr Rajendra, 73 years
Sr Alexina's brother-in-law Mr Joseph Stanistaluas, 72 years



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 May 2021)
Communities to contribute are**

**Bijapur Community
Chitradurga Community
Chikballapur Community
Chingleput Community
Goa - Dicarpale Community**

Please send them by the 25th of May 2021

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