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The church right now has more fashion than passion, is more pathetic than prophetic, is more superficial than supernatural.

- **LEONARD RAVENHILL**



Don't read success stories, you will get only message..  
Read failure stories, you will get some ideas to get success..!!

- **DR. A.P.J. ABDUL KALAM**



"If you judge people, you have no time to love them."

- **ST. MOTHER TERESA**



In a gentle way, you can shake the world.

- **MAHATMA GANDHI**



"The beauty of a person lies in simplicity and confidence; so live life for yourself and not for others."

- **SUDHA MURTHY**



## **Editorial Board**

**Sr Malar Joseph**

**Sr Lalitha Thomas**

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## **From the Editor's Desk . . .**

In my life experiences, one of the sisters who had an outstanding faith in St Joseph was Sr Marcella Frank. She, like Mary, always pointed to St Joseph "Go to St Joseph". Nothing could have been more exuberant for SJTs than the announcement of Pope Francis who declared 'A year of St Joseph' on Tuesday 8th December in honour of the 150th anniversary of saint's proclamation as patron of the universal churches.

On November 8th 2017, Pope Francis had popularized the devotion to sleeping St Joseph. He said, "I love St Joseph very much because he is a strong and silent man". The year of St Joseph begins on Dec 8th 2020 and concludes on December 8th 2021. When enquired about this degree Pope Francis said that His desire to do so increased during these months of Pandemic. St Joseph is a "Protector" because he is able to hear God's voice and be guided by his will; and for this reason, he is more sensitive to the persons entrusted to his safe keeping. The Pope referred to the saint as "a father in the shadow" and extended plenary indulgence to the elderly, sick and the dying.

The pandemic has crippled in every possible way the normal life and infused in the life of people untold tragedies the world has never witnessed before. We are still gripped by the onslaughts of the pandemic and its effects on every family, child, sick and the old. At end of the year, the proclamation of the year of St Joseph brings such comfort and hope. Our world today needs fathers not tyrants who dominate others to compensate for their own needs. Let's thank God for the gift of St Joseph who is taking care of the church, every family and his daughters. Joseph is "an accepting Father," because he "accepted Mary unconditionally" which is an important gesture even today, in our world where psychological, verbal and physical violence towards women is so evident. St Joseph kept trusting in the Lord, accepted everything in his life even the events that he did not understand, he set aside his own ideas and reconciled himself with his own history. We have a powerful lesson in St Joseph during this Pandemic to place our unconditional trust in the Lord and get reconciled with our past, present and the future to our Loving God. May we learn to emulate the qualities of St Joseph in our lives by seeking his intercession and by being obedient to the plan of God.

Finally, 2020 is drawing to a close. Though we might want to forget this year from our memories due to the Pandemic Covid-19 yet it will never be forgotten as it'll be registered into the history books for generations to remember. But, wait! All is not finished. The Christmas is drawing near to bring us a blessed gift of hope and love that will make the world move forward.

"A little child  
A shining star  
A stable rude  
The door ajar  
Yet in that place  
So crude, forlorn  
The hope of all the world was born".

May St Joseph and Mary give an experience of 'Emmanuel' this Christmas.

**Wishing you a Very Happy Christmas and a grace filled New Year 2021**

## TRIUMPH OVER TRIALS

Most of us are battling an illness of some kind-physical, mental, spiritual or emotional. Especially during the pandemic of Covid-19, where there is no medicine for the virus, Prayer is the only powerful medicine and an effective weapon against all sickness and trials. We would have come across many people testifying on WhatsApp about divine healing. I too would like to share my testimony of God's healing power experienced by me.

Isaiah 53:5 says, we are healed by His wounds and stripes.

The Holy Father, Pope Francis has requested everyone to say this prayer- "I am vaccinated by the precious blood of Jesus Christ and no virus can touch me."



**Sr. Juliana D'Souza**

This inspiring faith of the Pope Francis edified me to a great extent. I had an experience of Jesus shielding me. More than three times I had landed in ICU. Even when I was on the ventilator, I had felt the hand of God healing me. I asked the Lord to grant me one more chance to extend my life so that I may become His personal witness in proclaiming His word to others.

In the light of the physical challenges that I have faced, it is obvious that I had derived strength from the Lord, who constantly assured me of His presence. I keep renewing my consecration and He revives my spirit. In fact, it is my joy to reach out to others who reflect the image of Christ in them.

Although there is a fear of second wave of the pandemic, I trust in His promises, an assurance given through His word every day - "fear not.... for I am the LORD, who healeth thee."-Exodus 15:26, His faithfulness is from everlasting to everlasting and His mercies are new and fresh every morning.

I pray that God's healing hand may protect all the frontline Corona warriors, our sisters, family members and others who are directly involved in service with the corona virus infected patients.

A cheerful look brings joy to the heart, good news builds good health.

So, let us be cheerful as it is in John 16:33..... "be of good cheer I have overcome the world" and 3 John 1:2, "Dear friends I'm praying that all is well and that you enjoy good health in the same way that you prosper spiritually."

This is my Prayer for you dear Sisters,

Dear Lord, I know that you are a God who heals all manner of sickness and illness through the power of Your Holy Spirit. I pray for divine healing and wholeness to all who are afflicted at this time with illnesses and diseases.

Send comfort and strength at this time of difficulty. In Jesus' precious name, Amen.

*By Sr. Juliana D'Souza*



## Senior Novices share their experience.....

**Romans 8:28 says, “And we know that in all things God works for the good of those who love him, who have been called according to His purpose.”**

Due to Covid-19, I was privileged to have the community experience in two communities: Ambikapur and Konmenjira for a longer period of time. I felt at home. The sisters are simple, loving and caring. I admired their prayer life, dedication and commitment to the mission of God, reaching out to the needy. I was happy to share my life with them. I felt the Charism of Communion there as everyone feels accepted. Being in the community enabled me to have a deeper experience of joy in living with different age group of sisters. At the beginning I felt sad to be out of the Novitiate for a longer period but later accepted it. Sr. Rosy kept in touch with us and guided us through online classes. Sisters in the community also contributed to my formation through their guidance and various classes. The sufferings of people taught me a lot: to be grateful to God for every good thing and blessing that is bestowed on me. Though we were unable to go out and meet people, we as a community reached out to a few families and helped them with provisions. During lockdown every day we spent half a day in adoration praying for the people who were infected and affected by Covid -19. I had sufficient time to grow in silence, for spiritual exercises and to relate closely to the sisters of the community. The sharing of different experiences of joy, hardship enabled me to know more about the mission in the North and this increased my zeal and love for the mission of God.

*Novice Arti*

**“I will praise you, Lord, with all my heart;  
I will tell of all the wonderful things you have done”. (Psalm 9: 1)**

I was sent to the Community of Konmenjira for two months for community experience. It was God's plan that my community experience took place during the lockdown. Initially it was painful for me to be separated from the Novitiate and missed the classes, but Sr. Rosy arranged in the best way possible to continue my formation and attend different classes. Sr. Elia also helped me through classes and guidance.

It was a different experience altogether; I admired the different cultures of people. As a community we shared vegetables and whatever we cultivated in the garden with the people around.

I experienced the love, care and concern for the community members. More time was spent in relating with the sisters and living the Charism of Communion. I was happy to be a part of the community and involved in all the activities. We also had special adoration every day during this lockdown and prayed for the suffering humanity due to the pandemic of covid-19. My longer stay in the community helped me to understand my strength and challenges in living the community life and the areas where transformation is required.

Along with my companion Arti, I express my gratitude to our Provincial Sr. Benedicta Joseph, Sr. Mary T.k, the Regional Superior, the sisters of the community of Ambikapur, Konmenjira and our Formator Sr. Rosy for their support and accompaniment during our stay in the communities.

*Novice Sharmila*



## Trust the memory of God

A little boy once came to his mother, saying, “mummy I am as tall as Goliath! I am nine feet high”. “How do you say that?” asked his surprised mother. “Well, I made a little ruler of my own and measured myself with it and I am just nine feet tall.” The little fellow considered himself to be huge and tall but by having a measuring scale that he himself had devised. How often is our own style of assessment and measure the same. We make “our own” yardsticks to measure others’ actions and to find a way of criticizing others.

We make “our own” measuring tapes to determine the deeds of other people and thus find ways to put down other people. Advent is a time of conversion.

“Trust the memory of God: his memory is not a ‘hard disk’ that ‘saves’ and ‘archives’ all our past. His memory is a heart filled with tender compassion one that finds joy of ‘deleting’ from us every trace of evil” said Pope Francis. God loves us; He never gives up on us. He sees the best of us which we often don’t see it for ourselves. He knows what our future can be from His perspective. He paid the price of His own Son, Jesus for our freedom. He knows us; He knows our pain, our problems and our potential. This is the message of Advent to each one of us this year.

During the Advent, the Church exhorts us to pray. Prayer is the greatest weapon that can overcome every obstacle that comes our way. It’s a call to live a life of love, a life that is pleasing to God. Life is a journey. It is a path, a journey to meet Jesus, at the end, and forever.

A journey in which we do not encounter Jesus is not a Christian journey, moreover to say not a religious journey.

**Keep going. Keep loving. Keep reaching out. Keep hoping. Happy grace filled Advent.**

**Sr Mary Kurian**  
**Jeevan Maithri**



**Sr Mary Kurian**



## An hour with Sr. Celestine

I deem it a great opportunity and it's truly God's providence that I could spend an hour with Sr. Celestine. It was a beautiful experience listening to her faith Journey- life in God, with God and His people. God's call is eternal. He called her and consecrated her from eternity and for all eternity.

Sr. Celestine's pious parents played an important role in the walk of Christian faith in her life. Her mother nurtured this seed even as she carried her in her womb. She taught her to pray, to be charitable in her words and deeds, mortify the senses, make sacrifices/penance and use them as an offering to Jesus.



**Sr. Celestine**

She grew to be a loving child of God who was always backed by her mother's prayers, raised in a spiritual realm of family atmosphere. Her mother would always tell her that she was privileged to be baptized twice and that she was very special to God. Her magical words - "Love Jesus, for if you have Jesus with you, you have everything" made her to love Jesus in anything and everything. She used to be the first person to meet the Lord in the Church especially during the winter season. She was instilled with deep concern for the poor and the less fortunate. This made her to identify herself with the poor and lead a simple life, drinking cold water, sleeping on mat, living with minimum things, eating what is offered without complaints, being grateful for every little thing, having sense of wonder, humor and always full of praise and thanksgiving to God.

It was a practice in their parish to make confession on every Saturday. Once she told her Father that she did not commit any sin and that there is no need to go for confession. Her father who was also her spiritual guide brought to light the reason behind confession by giving her an example, 'If a well cleaned room kept locked for few days, when opened again, will not remain the same?' In the same way, our soul too needs to be cleansed in order to remain close to God". Then little Sr. Celestine went and made her confession.

Sr. Celestine began to identify herself with Jesus and here is one such sharing where sister turns her humiliation as a sacrifice to God with a positive attitude. During schooling, sister used to be slow in solving the mathematical problems. Once it so happened that she solved a problem very fast and went to the teacher to get it corrected. But the teacher could not believe that sister worked out the sum correct on her own. She was harsh with her and asked little Sr Celestine to show her hands. With no resistance sister stretched out both hands, whispering in her heart "Jesus, this is how you too were punished when you were innocent, therefore I am willing to receive this beating joyfully for your sake."

After the completion of tenth standard with much desire and prayer she joined the convent. Sr. Celestine decided to follow Jesus never to turn back. She loved Jesus and never missed a single opportunity to endure and to accept everyone as her own. She went through the years of formation with a spirit of faith and obedience. She imbibed the spirit of our foundresses 'living for God alone'.

Sister was always encompassed with the sisters, who had great love for God and they were a source of inspiration. Soon after Sr. Celestine's First Profession, she was put in a school with Mother Anselm. Mother Anselm used to have her lunch quickly and pay a visit to the Blessed Sacrament. This intimacy of Mother Anselm with Jesus, deepened Sr. Celestine's bond with Christ.(will be continued in the next issue)

*Sr Amali Rosaline*



We the sisters of Divya Jyothi proudly present in Ayikiatha, the article that appeared in the book of Achievers about our dear Sr. Mary Mascarenhas. We praise and thank God for her selfless services rendered to God in love.

“Service to mankind is service to God.” Though we all have been listening to this since childhood, it’s not likely that everyone puts this into practice. We prefer worshipping God but fail to see God in fellow humans. Very few people may be one in a thousand dedicate their lives for the service of others. Sister Mary Mascarenhas has pledged her life for the service of people suffering from Leprosy. Read this story to know why she is called the “Bangalore’s Mother Teresa”.



In the year 1977 the then Archbishop Arokiaswamy circulated a letter inviting all the Sisters to work for the newly opened leprosy project in Sumanahalli. Mary worked as a teacher in Chickmagalur School for some time before joining the Sumanhalli. Later, she joined the Sumanhalli project as a teacher in 1978 and taught children with Leprosy as well as the children of the Leprosy-hit patients. Later, she moved to the rehabilitation section of the project and made sure that the Leprosy victims are not just cured but also got shelter and jobs once they were out of society. Social stigma made it harsh for the Leprosy-hit people to live normal lives in the society and this disturbed Sister Mary who went on to work tirelessly by getting jobs and houses for the Leprosy-hit people. Above 500 people who were cured of Leprosy are now working in various government sectors and are living in their own houses in Bangalore.

### **Not Just a Doctor, Not Just a Nurse, She Is a Saviour and a Life-changer:**

Sister Mary’s touch not only healed them but gifted them new lives. She understood the amount of social stigma they have to undergo once they are sent back to their original habitats. Only if the patients are taught to live independently with the income of their own, they will be able to lead decent lives once they are out of society. Else, they can fall a prey to societal victimization. Keeping this in mind, she ensured that every child gets an education. Though she failed in getting admission for the children in the nearby schools, she made sure that they received education in schools outside. Such important was education for her.

She ensured that those who go out of the Sumanahalli must have a job so they don’t have to depend on anyone. She became a warrior to achieve this cause and made her way like a warrior queen through every government premise. Right from the Chief Minister’s residence to the Governor’s office, she set her foot on every powerhouse of the state. She toiled hard and could finally convince the government to create job reservations for the leprosy-cured. The result is that more than 500 Leprosy patients are in good positions in various government sectors earning good incomes. Thus, she became instrumental in securing the lives of these people for a lifetime.

Sister Mary didn’t stop there. She also went on to speak up for creating the reservations in the housing project of the Government. When the fight is for a noble cause, who will be denied the victory? Her efforts paid off and about 800 houses were built for the Leprosy-cured through different schemes like Ashraya Yojana, Slum Clearance Board and Jawaharlal Nehru National Urban Rejuvenation Mission (JNNURM).

**“Sister Mary has changed Sumanhalli society with her dedication. The society would have never been the same without her.”**, says Fr. George Kannanthanam, Director of Sumanahalli Society



## Sons of Sister Mary

Everyone who was blessed by Sister Mary's love and care affectionately call her "amma"(mother).

Mr Babu, an attender at Bangalore Municipal Corporation recalled his experience with her and said that he was picked up from the Majestic railway station in 1990 where he was starving to death. **"I can never forget that affectionate touch on my head by amma. Noticing that I was eating a banana peel, she lifted me up and took me to Sumanahalli."** "I was shocked when she touched me and asked if I was willing to come to the Sumanahalli Society. I am also grateful to Sister Louisa, who had cleaned my wounds. After completely cured of leprosy, Sister Mary took me to the then BMP Commissioner Raju Premkumar in 1996 seeking a job for me. Now, after marrying Ratnamma, leprosy cured woman, I am as happy as I could be," Ramesh Kumar, another Leprosy-cured said.

## "Amma" - The Mother's Love Recognized

Sister Mary's efforts in getting jobs for the cured patients of Sumanahalli society were applauded at the National level and the Government of India conferred the Best Placement Officer Award in 1989 on her. The then President Shri Venkataraman had presented this to her. In 1988, she received the Sree Seva Samithi award. Kalasa Award was conferred upon her in 1991 and in 1992, she was honoured with the Kempe Gowda award and the Rajyotsava award. Sree Seva Samithi award adorned her again in 1996 and Kuvempu award for social work came to her in 2003. Above all these awards, the one that her children gave on her 75th birthday is so dear to her. Around 500 cured patients who are serving in various government and private-sector jobs had contributed to buy a Nano car for their "amma" - a gift she will cherish forever

What more can we write about an individual who is an epitome of endless love, kindness and generosity? Is she an achiever whose accomplishments can be counted by the number of awards received? Nay! Is she an achiever in the world of human's materialistic victories? No! She is an angel herself. A gift in



herself to mankind. This story is not to inspire or motivate you to work like Sister Mary Mascarenhas. Not everyone can. This story is to tell you that we don't have to do big things and sacrifice our lives for the cause of others. At least if we can recognize the God we worship in humans next to us, then the purpose for which such people take life on earth is served. Salute, Kudos, and any such words fade out in front of the glory of personalities like Sister Mary. She is 80 plus still continues to help when the need arises.

*Contributed by: Sr. Euphrasia*

## IN DIWALI - IT IS TIME TO REMEMBER 'THE LIGHT OF THE WORLD - JESUS OUR SAVIOUR'

We are in the mid-season of Diwali, the festival of lights. Millions of lights are lit throughout India and around the world. Fireworks are set off and the festival is full of joyful celebration. Many Indians know this ancient prayer: "Lead me from falsehood to truth. Lead me from darkness to light....."hoping that one day the light will win over the darkness.

This festival of lights reminds of God's first creation in the Bible, that is 'Light'

Genesis- 1:3 and could be linked with the '**Feast of Tabernacles**' celebrated by the Jews.

Remembering the mighty works of God bringing the Israelites out of the slavery of the Egyptians and how the Lord went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light - **Exodus- 13:21**, for forty long years. This was recorded in the Bible in the Old Testament. During this journey they lived in tents, or 'tabernacles', in the desert. That's why it's called the 'Feast of Tabernacles'.



**Sr. Thangai Hema**

In the New Testament it is celebrated in a different way. When Jesus lived on this earth, it was a time of great joy and celebration in Jerusalem. Four huge lamps were lit in the temple courts, men of devotion, holding burning torches in their hands sang praises to God. At this moment, Jesus said, '**I am the Light of the world**'. This was a huge claim because the Jews saw the light, as coming from God himself. Jesus goes on to say, '**Whoever follows me will never walk in darkness, but will have the light of life.**'- **John 8:12.**

Most of us know that the light exists. But in our busy life style, we don't seek it. Jesus invites you and me to come to Him, and walk in His Light. When Jesus died on the cross, darkness covered the earth for 3 hours. But on the third day, Jesus rose from the dead like the light of a new day and defeated the darkness. He is the victory of good over evil. He is the one who answers all our prayers.

During this pandemic, the darkest time of our lives, darkest time of our faith, worship, health, finance, relationship, etc., let us experience the true light of Jesus in our lives and radiate it to the whole world.

**"...let your light shine before others, that they may see your good deeds and glorify your Father in heaven."** - **Matthew 5:14-16**





**“A voice of one calling in the wilderness, ‘Prepare the way for the Lord, make straight paths for him” - Mark 1:3**

I was asked to write an article for Aikyatha! I was wondering as to what to write.

In fact it is a joy and privilege to share something in Aikyatha, though we have various materials available for reading, reflecting for personal meditation like our SJT literature History of our Congregation, its origin, etc. Above all constitutions part I and II for our reflection, personal and community, booklets from SAC and

Sr. Marie Lucy’s points on preparation for Advent season. All these materials keep our hearts/minds engaged and help to spend time fruitfully. Due to pandemic, extra holidays are at our disposal.



**Sr. Susanna**

Thank God that there is plenty of time to spend in prayer for the current issue of Covid -19, which we read from the news papers. We watch the T.V. news at night, for 15 minutes in Kannada and most of the time I do not understand. Luckily, I have the translator Sr. Rosaline next to me, a real blessing in disguise.

As we would be celebrating Christmas very soon, I thought I will share something pertaining to the Season of Advent. Advent is a time of preparation, waiting and hope.

On the eve of First Sunday of Advent. The four Candles were placed before us to

- Remember Israel’s hope for the coming of God’s Messiah to save, to forgive, and to restore.
- remember our hope for the second coming of Jesus
- remember our need for a Saviour to save us from our sins
- Prepare ourselves to be worthy to welcome Christ at Christmas into our hearts, our homes and the world....

The First Candle symbolizes Hope and is called the **“Prophet’s Candle”**

The Second Candle represents faith and is called **“Bethlehem’s Candle”**

The Third Candle symbolizes Joy and is called the **“Shepherd’s Candle”**

The Fourth Candle represents Peace and is called the **“Angel’s Candle”**

The Fifth Candle represents light and purity and is called **“Christ’s Candle”** to represent pure light and victory.

This is only symbolic and routine rituals being prepared for Advent Period.

Jesus wants us to give a dwelling place within our hearts. He wants us to remove all that are unclean like our ego, pride, jealousy, selfishness, injustice, insensitiveness, refusal to forgive and make ourselves ready to welcome the ‘Messiah’.

This coming of Jesus will surely surprise us with many blessings, dreams, new discoveries. It will also remind of the past and present dreadful experiences of Covid-19, to overcome with Hope, Courage and positive attitude and to live the future joyfully.

Wish all of us a fruitful preparation of Advent and a blessed moment of grace and peace.



## Days to remember and rejoice!!

### St. Joseph the worker, 1 May 2020

When we read the story of creation in the Bible, we see that God Himself was the worker. He sent Adam and Eve to take care of creation and make it grow. So, God is the source of all works. He has given dignity to all on earth. All workers are co-creators with God, making good use of God's creation.

All human beings are created in the image and likeness of God, and gifted with various talents and abilities to be creative in taking care of God's creation and in making use of it for the well being of everyone.

St. Joseph as a carpenter was honest, hardworking and creative in his trade.

Contemplating God our creator and St. Joseph the worker, the Sisters, Novices and the Candidates celebrated "St. Joseph the Worker's day" in a unique way.

We began with the celebration of the Holy Mass, praying for all workers, our domestic helpers, gardeners, our families. . . . .



Then the Novices, the Candidates and some of the Sisters went to the garden and planted Ginger and Yam; each one planted a row with great excitement and a sense of responsibility to take care of it.

Pope Pius XII instituted the Liturgical Feast of St. Joseph the worker and assigned it to May 1st He assured all working people of the entire world saying, "You have at your side a Shepherd, a defender and a Father". This day is also called "Labours Day".

Whatever may be our work, we are called upon to bear fruit with our hands, hearts and minds for the ultimate purpose of building up of the Body of Christ and doing all for the Glory of God.



### World Environment Day, June 5th

"We have only One Home"

"Our House is on Fire"

"Don't Mess with my Future"

"Earth is not to Use and Throw Away".

This year June 2020, the theme of International Environment was: "Plant Health".

Plants are so unwell that they need global concern and care to restore them to good health? Sad, but that's the truth. We in the Novitiate Community did quite a bit to make the young aware of the seriousness of climate change and how it is going to destroy their / our life soon.

The preparation began by giving them a sketch picture of the Environment on a global level and with special reference to India.

On the day proper- 5th June, the Novices spoke on what they can do to save the earth.



The Candidates were quite vocal as they spoke in Hindi. They were told about Greta Thunberg the young climate activist and her courage to speak to the heads of states, and the number of young students and others who have joined her world over.

How do we empower young people (our students) in climate activism today, as things are getting out of control?

On the next day, half a day was spent in being creative. WOW! Wealth out of Waste. The novices and the candidates created things from waste material which were novel.

**Reduce**  
**Re-cycle**  
**Reuse**  
**Renew**

**How can you and I do this in our daily life?**

They had many suggestions and creative ideas which they shared.



We got inspiring posters prepared to tell the public, the need to care for the Earth, who walk across our main gate. These posters spoke of the theme of the year, and also asked some soul-searching question.

In the evening, time was dedicated for planting as each candidate and novice were given saplings of fruit trees, flower plants and vegetable plants to be planted.



What we need most urgently today is “ecological conversion”. God gave us this beautiful Earth for our happiness. But we are destroying it, and destroying ourselves as well. Isn’t the pandemic a way of nature telling us humans to be less exploitative?

## Foundation day of the Institute, August 15th

Celebration of the foundation day gives us an experience of reliving and renewing ourselves in the Spirit of our Foundresses and early Sisters. The Triduum was well prepared by the sisters and formees reflecting and praying on various themes concerning the life of our Blessed Mother, Mother land and our dear Congregation



The day began with the Eucharistic celebration in our Chapel. A quiz program for the formees on the History of our Congregation and common recreation marked the day.

## Celebration of the Regional Feasts



In view of promoting interculturality we celebrated the feasts of Pongal, Onam, Monthi Fest, Nayakhani and Deepawali with a prayer service, games and a delicious meal.



## Whatever you do to the least of my people you do unto me.....Mt.25:45



Today's complex world has, for many, turned their "normal life" upside down. These challenging times of the pandemic, resulted in serious health concerns, isolation, unemployment, food shortage, uncertainties about the future and has brought fear and confusion.

In response to this current scenario, we the Sisters and formees looked for ways and means to lift up the spirit of the poor and the marginalized, specially the migrants. We conscientized the rich around us whom we know and also our lay associates, with their support and our little mite, we were able to reach out to the above in various ways

- Food packets for 50 migrant families from northern states
- Travelling expense for one to return home
- Medical expenses for the sick
- Provision for poor families

## Cloth Bank Vs Food Bank

We also joined the "Cloth Bank Vs Food Bank" initiated by Fr. Chirammel and sent a parcel of clothes, where the amount received from the sale of these clothes could be used to feed the poor.

During the Extra ordinary Missionary month of October 2020, our novices and pre-postulants prepared quilts with used saris and distributed to the destitute who sleep on the pavements.



*Sisters and Formees  
Premnivas  
Kammanahalli*



## CHILDREN'S DAY CELEBRATION at SFX 2020

The virtual celebration of the Children's Day was organized by the management and the teachers on 13th November, 2020. The celebration commenced with a warm welcome. The teachers conveyed and showered their unconditional love on us. God's blessings were invoked on all the children across the world through a vibrant invocation dance and meaningful prayer service.

Everything that we are blessed with has the hand of God. The young and the old are all children of God and Children's Day would not be complete without offering gratitude to the Almighty God. From the Scripture readings to the joyous hymns sung the prayer service set our hearts soar high with love and gratitude.



Endearing words spoken by our Principal, Sr. Malar Joseph, were a major source of our delight. We too share the same sentiments as of Sr. Malar, the staff and management for there is nothing we wish for more than coming back to school as soon as possible.

The highlight of the celebration was the skit which was an ingenious comedy portraying the conventional classes versus online classes. It captured the mischiefs of the children hilariously and how our teachers endure all of that.

The world is facing a crisis in the form of the Covid-19 pandemic but with the management and teachers by our side, who always cheer us up and have taught us to search for the silver lining in the cloud, we the students, will face any difficult situation bravely. The programme conducted by them was so incredible that it lifted our spirit!

The online Children's Day programme, conducted by our school, was one of the most delightful events that happened during this academic year. It will always remain a memorable event for all of us as it was something that brightened our visages and was like a ray of sunshine after days of monsoon.



Each one of us sincerely appreciate the hard work and the relentless efforts put in by our teachers and the management in order to make it a special day for us, despite their busy schedules. It was a programme that incorporated fun and laughter, making us feel like we were back in our classrooms.

On behalf of all the students, a big thank you to our Principal Sr. Malar Joseph, the management and the teachers for the lovely programme, this was definitely far above our expectations. We are very grateful to be members of this Great institution and Xavierite family.

**By: Tamanna Marak 10B & SyedaMadiha 10**

## Children's Day Celebration at Sumanahalli in its Novelty

“Children were the world as it was meant to be and they were a light within the world”. Monday the 16th November 2020 was a remarkable day and a heart touching experience for us the Sisters in Sumanahalli community. We celebrated Children's day and Diwali with our children from the nearby slum in collaboration with IDF (Indian development Foundation). Sumanahalli Society works in close network with this NGO since many years. The main mission and focus of IDF is to educate the handicapped, the poor and the marginalized children/students in rural areas. They have been providing various assistance to Sumanahalli Society, in particular to our Students in St. Joseph's Convent



**Sr. Mary Leena**

High School – a project of Sumanahalli Society. In the Parable of the Great Dinner according to St. Luke Chapter 14: 23 we read, “Then the master said to the slave, ‘Go out into the roads and lanes, and compel people to come in, so that my house may be filled.’” We had a similar experience as well. The invitation to be part of the Children's Day celebration was offered to them



a week before. On the actual day no one turned up. Sisters in the community took it as an opportunity to go to each house in Devaraj Urs slum which is situated just opposite to Sumanahalli Society. These children are from Leprosy and HIV background, from less privileged and broken families, construction workers, and physically challenged parents and with other

disabilities.

They were filled with joy and excitement to see us standing near their doors and gather everyone to go with us. We admired their simplicity and innocent smile on their faces that was glowing and gleaming. We motivated them to come in for the celebration that was arranged although they were unprepared, for it was a rainy day and they had just got up from a long sleep. Few parents helped them to wash their faces and comb their hair but most parents had already left for their daily coolie work and the children were left raw without any preparation. But were enthused to see us and ran along with us as they were to be part of the day's celebration. We had no say completely but to welcome them yet more joyfully remembering Jesus' words: “Let the little children come to me and do not stop them: for it is to such as these the Kingdom of God belongs.” (Lk: 18: 16) To our surprise more than one hundred children gathered at Sumanahalli in a matter of a few minutes. To put them into order was a challenging task since they were from different age groups ranging from 2-15 years. Sr. Selvi with the help of a few volunteers chosen from among the invited children were able to discipline them conducting few interesting activities.





We began the program with a short prayer service. The children maintained pin-drop silence throughout the prayer. Sir Adisayanathan the coordinator of SET staff of Sumanahalli introduced Mr. Frankline the EO (Executive Officer) of IDF and his team members to the gathering. He also enumerated the various activities undertaken by them for the development and growth of the poor children throughout the year especially during the pandemic. Mr. Frankline was requested to address the children. He in turn enlightened the children on the importance of Children's Day celebrated throughout India and the true meaning of Deepa in each one's life. The staff and the ambassadors of IDF performed a song on stage highlighting the values of education and thus expressed their love and wishes for the children.

It was a joyful moment in our hearts to look at each child with dignity, respect, love, care and their spirit of togetherness in sharing their presence with one another. They were also presented with a small token of love to mark the day's celebration. A loving act that touched all the elders gathered there was: A three-year-old boy after receiving his gift saw another kid crying beside him. He in an instant readily sacrificed his own gift by offering it to the crying kid without giving it a second thought. A boy of 3 years old with no Christian formation reminded us once again the words of Jesus: "Give and it will be given to you." That was a great message for all to take back home and cherish it all day long.

The program with a happy note and impressing the heart of all who gathered there came to an end as SrSelvi appreciated and acknowledged the acts of love of IDF, SET staff of Sumanahalli and the kids who were the true celebrities of the day. The occasion was indeed a fulfilling and contended one for us SJT sisters in the community as it was one of the enriching activities during the pandemic specifically for children while all the schools remain closed till date. The evening prayer drew us to God to be grateful for such a pleasant and enriching experience which was novel of its kind for the years of service in Sumanahalli.

*Sr. Mary Leena Louis  
Sumanahalli Community*





## Children's day celebration - at Kottur



Children are innocent, children are mischief, need to be cared about, but children are a blessing for the family, society and the nation. They bring a smile on every one's face. They are one of the most treasured possessions on earth; children are loved by all. Thus the children's day is commemorated for the healthy growth and the happiness of children.

Every nation has one day dedicated to children. We know that while the international children's day is observed on June 1st and universal children's day on November 20th across the world. But in India,

children's day is celebrated on the birth anniversary of its first Prime Minister Padit Jawaharlal Nehru on November 14th.

In this period of pandemic where the children are scattered without any regulations of life, we had the opportunity to gather our village children on this auspicious day. We were blessed to have the children of our village in our midst. Their innocence, the warmth, and their smile boosted us. This small celebration took place in our parish church. The parish priest Rev: Fr. Antony Raja was the chief guest of this programme who began the day's celebration with a short prayer dedicated for the children. Several interactive activities were organized



for the kids on this day. Choosing the island, filling the bottle with water, lemon and spoon, passing the ball, lighting the Agarthay, eating bun and so on the prizes were distributed for all the winners as well as for every participant.

While we try to make them to participate in all games and activities, we learnt from them a lot. Many a times we used to worry about what these children will become tomorrow but they showed us on that day what they are (someone) today.

**Children are the world's valuable resource and its best hope for future.**

We thank you sisters for giving us this opportunity to deliver our experiences. Thank you, Sr. Malar.

*Kottur Community*



## Children's Day-Holy Angel's Higher Primary School

The Schools remains closed...  
 Yet the learning continues.  
 The classrooms are empty...  
 But not the heart of a Teacher.

Yes! it's very true that a teacher's heart can contain all the students from years together and batches after batches fondly remembered in her memory, she hopes that they shine always and climb the ladder of success.

Even in this crucial period where the world is going at a slow space due to the Pandemic, we the educators find alternative and creative means to impart knowledge and virtues to our learners. Online classes don't end with the syllabus, but this trending year has digitalized and brought a technological twist in our annual school celebrations. Most of the schools have shifted to virtual celebrations and so do we at Holy Angels Higher Primary School. The task was allotted to Holy Angels House for the children's day celebration, under the able and efficient guidance of Sr Sylvia Christie, our captain of the school ship.



**Sr. Rose Coutino**

A teacher is the one who lays the basic foundation of all experts hence she has a responsibility to make herself expert in all the aspects. Thus, our crew - the teachers, showed much interest and enthusiasm in expressing their love to the 'Angelites' by preparing a fun-loving entertainment titled "Twinkling Stars of Holy Angels" with their dazzling dances and melodies singing in multi-languages. Their dramatic presentation of story gave the children a wonderful lesson for life that is "Love and Kindness always makes a difference and service to humanity is service to God. Each class teacher presented a card to their respective classes in a very innovative way that touched the heart of their students and made their day more special, unique and loved. The pastoral team conducted the prayer service invoking God's blessings upon our twinkling stars so that they may shine bright as a whole being and radiate their lives with the gifts of God and unveil the glory of God by their success, goodness and achievements. The support staff greeted the children with all their love and affection, blessing them with goodness in their life.

Our school prepared a presentation on recognizing and awarding the children who contributed in rendering their voluntary care for the environment and welfare of the society which added a 'thrust of service' to the occasion thus exhibiting their extraordinary talents. The celebration was graced by the presence of our chief guest Miss. Nalini Joe, presently working in Bartimaeus School for the blind: She lost her eyesight in 1988 while traveling in a bus. She says, "As a child and teenager I was able to see the world with my physical eyes but with this incident I lost my sight. This impediment did not diminish my dreams but I am equally happy for I feel my life is more meaningful as I have an opportunity to gel with the blind students and help them to find an identity in the society which is a question mark for many blind students". She further completed her studies by pursuing MA in English literature. She is dedicated to work and a born organizer. A helpful source for The Information and Technology Centre. Being the Ex- Student of Holy Angel School, she conveys her immense gratitude to Sr Anselmina and to her teachers. She owes her success to the values learnt in our school namely prayer, punctuality, respect to the elders and hard-work. The education received at Holy Angel School, she says, "Has sharpened my communication skills and made me efficient to reach out to the rural blind students".

Through the activity of making something productive out of crushed papers, she teaches us a great lesson for life that even though at times we are faced with impediments in life, God uses them to shape something new and useful.



She teaches us two concepts for life:

- I can't – If you say that I can't you will never achieve what you wish
- I will try - if you say I will ..... Even if you were not able to do, you will surely win over your challenges by this positive statement.

**So whatever comes your way  
Never say no to challenges  
Try to win over those challenges  
By saying "I will" and "I can try"**

I conclude with an inspiring message from Sr. Sylvia, the Head Mistress: When a kid smiles God smiles upon us. Children are the world's most valuable resources and the best hope for the future. Everything about the children's day is pretty special, sparking eyes, innocent speech, unlimited energy, treasure of happiness, wonder world of fun, pure and a clean heart which never fade, boundless joy on their happy faces and miracle of nature God's workmanship.

My joy is that each and every little Angelite of Holy Angel School grows to be a blessing and a twinkling star to their family and to the society.

We love you, miss you in our school campus. Without you, our school campus is nothing but an empty vacuum, a starless, moonless and sunless sky. Let the dark cloud pandemic disappear soon and you appear joyful as before. My wishes to all the children of the world, specially to the lonely, orphans, hungry, sick and sad, abused kid in this world.





**“CHILDREN ARE LIKE BUDS IN A GARDEN AND SHOULD BE CAREFULLY AND LOVINGLY NURTURED, AS THEY ARE THE FUTURE OF THE NATION AND THE CITIZENS OF TOMORROW.” (Pandit Jawaharlal Nehru)**

Pandit Jawaharlal Nehru was very much fond of children; it was his love and yearning for children that made Indians to celebrate Children's Day on his birthday i.e., 14th November.. He emphasized the importance of giving love and affection to children. They are innocent, mischievous, but they surely bring a smile to one's face. One of the most treasured possessions on earth; children are loved by all. Thus, Children's Day is celebrated to commemorate the healthy growth and happiness of the children every year.

Unlike other years, the year 2020, the year of pandemic, made children to miss their peers, the warmth of their teachers celebrating children's Day for them. In spite of this drawback, and most of our aided staff being on Covid-19 duty, those who were present at School thought of wishing students in a unique way. With great joy and fervor, the teachers exhibited the enormous efforts to set up an artistic backdrop with a quote, “EVERY CHILD IS A DIFFERENT KIND OF FLOWER AND ALTOGETHER MAKE THIS WORLD A BEAUTIFUL GARDEN.”

Sr. Clara P.V conducted a meaningful prayer service by imploring the blessings of God upon the children and praying for their wellbeing. The prayer dance and lighting of the lamp, invoked God's presence within and around us, and we prayed for the students from the depth of our hearts.



**Sr. Shashintha Monteiro**



We presented a song to the students, wishing them for the children's day. There was dance by the teachers and a recitation of a poem in Hindi. Our Principal Dr. Sr. Sagaya Mary .B addressed the children and expressed her love for them. Children were motivated to face the challenges of life. This was illustrated through an example of a tree. Like the trees children should take deep roots of faith, to believe in themselves, and to be complacent and use the resources available to lead a successful life. She urged them to take responsibility, to grow as a good human being and a responsible citizen of our country. The entire program was sent to the students.

**Sr. Shashintha Monteiro**  
St. Joseph's Convent

## ALL GLORY TO GOD

The life and growth of an institution is a journey on the road and every event is a milestone inviting us to celebrate the faithfulness of God and this calls us to reaffirm and re-experience the warmth and goodness of the Lord. 26 October 2020 was indeed an unforgettable and a remarkable day in the history of St. Joseph of Tarbes School at Kundoor, a mission assigned and commissioned by God and blessed by the Divine Providence.

This day takes us back to the journey which began in the year 2007 taking its root to grow as a fruit bearing tree. Today is a splendid day to rejoice as we take a stalk of the mighty works of the Lord in granting us the CBSE Affiliation ... A long-awaited dream ....

We are highly indebted to our Religious Family, Sr. Mercy Jacob our Superior General and the Council, Sr. Benedicta Mary Joseph our Provincial Superior and the Council, Sr. Mary T.K and the Council and every member of our SJT Family for their whole hearted support and assistance. Thank you for the trust and the confidence you placed in us.

From the very day of its foundation for the past thirteen years the school was in the process of its growth. Days and months of uncertainties, challenges and difficulties came on its way. In the year 2019 5th September the Government of Kerala sanctioned the approval of our school by granting our school the NO OBJECTION CETIFICATE and approved our existence in the State.

The approval of the state was not sufficient; we were in need of getting the approval of CBSE (Central Board of Secondary Education) Delhi to function as a CBSE School. God in His graciousness blessed us with the CBSE Affiliation on 26 October 2020 with the Affiliation Number 931401. With this approval we have become a full fledged CBSE school which can function independently in collaboration with the CBSE Board and make our students write their exams in the name of St. Joseph of Tarbes CBSE School.

At this juncture, we gratefully recall the service, commitment and dedication of all our sisters who had worked generously in this institution for the past years. Today we remain ever grateful to God and to the Spirit of our Charism which united our hearts and minds as a community to receive this undeserved gift in a very mysterious way. We experienced the powerful intercession of St. Joseph our Patron and our blessed Mother in all our endeavors. We wish that this institution may continue to glorify the blessed Trinity.



*With gratitude in our hearts,  
Srs. Anies, Deepthi, Linda & Asha*

## Meeting of the Provincial Team and Formators

A one and a half day session on Discernment was organized for the Provincial team and formators, at Prem Nivas on 7th and 8th November 2020. The resource person for this session was Fr. Jossy Lobo SJ. Here are some highlights of the Session.

Discernment is a way of life for those who are not satisfied with just doing good and avoiding evil, but desire to search for what is pleasing to God and to do it with love.



**Sr. Rosy N.R**

### What is discernment?

- Discernment is a sifting of one's inner experiences to discover their orientation and hence recognize their origin
- Discernment is a question of learning to put 'head', 'heart' and 'faith' together in the affairs to daily life.
- Discernment really makes sense only when it is situated in the context of prayer. Unless there is a corresponding desire to seek and find God continually in our lives and to deepen our awareness of His reality and presence, discernment can end up just being talk.

### Personal discernment

- a. Discernment in decision making is neither from the emotional level (I like to do this therefore let me do it) nor from the intellectual level (carefully weighing pros and cons and opting for the choice of highest pros), but from the heart level.

### Process of common/ community discernment

- Personal discernment takes place in dialogue with God, the self-as-graced, and the circumstances. Group discernment adds the social dimension. It can be imagined as a pyramid. Those involved have a common base, the dialogue is with God, one another, and the circumstances, searching for the point where all of these converge into the greatest union possible
- This is different from group discussion because it takes place in a whole new order with conscious and constant reference to the communion with God and with one another in the Spirit.

### Inner dispositions

- \* A common vision and goal shared by all
- \* Respect for each one in the group, including respect for each one's liberty to hold and express his/her opinion
- \* A trust in and acceptance of each one in the group
- \* An openness to search for the truth, not alone, but along and together with others
- \* A non-judgmental attitude, not attributing unworthy/ unwarranted motives to others
- \* Frankness in sharing what one thinks and feels
- \* Listening to others with attention and empathy, to what is said and what is not said
- \* Trust in God that He will guide us
- \* Ensuring sufficient time without undue hurry or rigidity

Gathering of the data/ information about the issue at hand; well-studied, clarifications are asked for if necessary

### Help to cultivate habit of personal discernment

- a. Being in touch with oneself
- b. Learning to identify interior movements



- c. Practice of indifference
- d. Wanting to do what pleases God alone
- e. Developing a sense of God in life
- f. Distinguishing pleasant from meaningful; immediately gratifying from what is truly helpful in the long run
- g. Constantly clarifying one's goal/purpose of life, purifying it, keeping it before one's eyes.
- h. Becoming deeply aware of the context within and the context outside

## Examen of Consciousness (EC)

EC has to be seen in relationship to discernment. Hence absence of EC is the beginning of great tragedies of life especially that of a religious. EC is usually the first practice to disappear from the daily life of a religious, because of the lack of understanding of what it is.

**What it is:** a process of daily discernment as to recognize how God is dealing with us, His call, his promptings in the Spirit, to recognize how we are being possibly misled, to grow in God-consciousness, finally, to be able to find God at every moment, in everything and everything in God. **Examen of consciousness** deals with the dispositions (pulls and pushes) that emerge in our consciousness before we set out to act morally. The ultimate aim of the exercise of EC is to develop a 'heart' with a discerning vision.

**What it is not:** an evaluation of the day; listing of sins; preparing for sacramental confession.

**Examen of conscience** is that which we do before the confession to become aware of the moral rectitude (or lack of it) of our actions.

## Steps of Examen of Consciousness

**1. Prayer for enlightenment:** it is not simply an exercise of memory and analysis; it is a Spirit-guided insight into my life and a responsive sensitivity to God's call in my life. That the Spirit may enable me to see myself as a bit more as He sees me Himself

**2. Reflective thanksgiving:** Becoming conscious of the pure giftedness of our very existence and all that we have. This is the attitude of a truly poor man

## 3. Practical survey of actions:

General Examen	Particular Examen
<ul style="list-style-type: none"> <li>• What is the uppermost feelings, mood and urges?</li> <li>• Where do they come from and where do they lead me?</li> <li>• Is the action prompted in keeping with my Christian/ religious commitment?</li> <li>• What does God want to tell me in and through all these?</li> </ul>	<ul style="list-style-type: none"> <li>• How have I lived my Core grace today? (My Christian &amp; religious identity)</li> <li>• How is my core sinfulness active today? (my basic weakness)</li> <li>• Have I overcome my core sinfulness?</li> <li>• Core sinfulness can also be understood as lack of 'God-orientedness' in life and mission. This can be a deviation from our fundamental option.</li> </ul>

**4. Contrition and sorrow:** this is not a depression due to our weakness but a faith experience as we grow in our realization of our Father's desire that we love Him in the very depth of our being. It follows naturally from the third step.

**5. Hopeful resolution for future:** if the preceding steps are done properly then this last step is the natural outflow. It is done being filled with gratitude at the Father's loving call and hopeful trust in His grace for a growth in the Spirit

*Contributed by Sr. Rosy N.R*

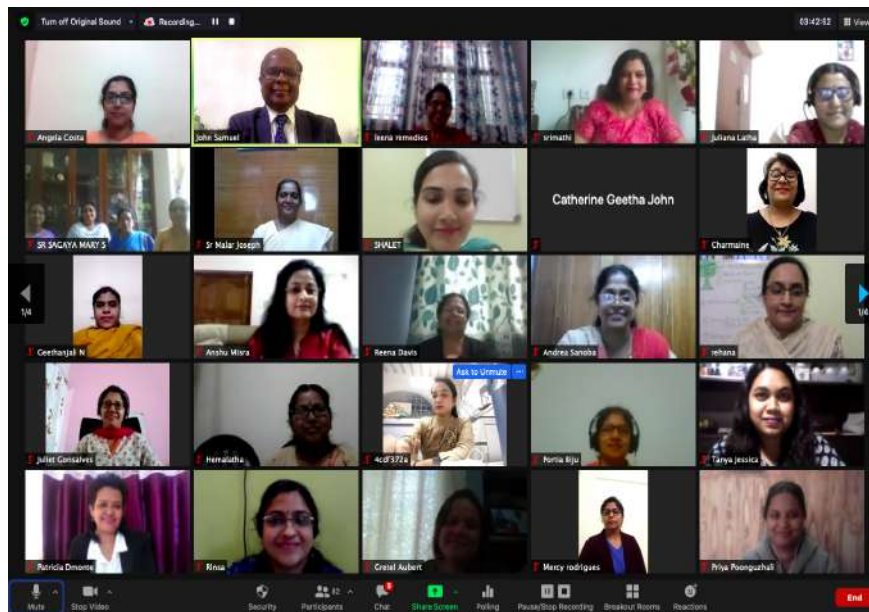


## EXCELLENCE IN TEACHING & LEARNING

The staff orientation program of St. Francis Xavier Girls' High School was held on November 27, 2020. It was an online session due to the ongoing pandemic. The resource person was Dr. John Samuel, Former Chief Post Master General, Govt. of India. It was indeed a privilege for the staff to interact with such a great personality as him - **“The man behind the launching of speed post in India.”**

The ice-breaking session was in fact a ringing bell for the teachers to challenge their thinking. The point that was brought home in the session was that knowledge is limited but ideas and imagination are not. The first and foremost role of a teacher is to give the students a dream and the thought process to pursue that dream.

The main session began with an extract from the “Tale of Two Cities” by Charles Dickens.



**It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way—in short the period was so far like the present period.**

A great opening paragraph that resonated with our thoughts in the present times of the pandemic. It is only **faith and courage** that will guide us to believe that life will again bounce back to normal. Nevertheless, we needed to be prepared to teach the future generation with a vision and a mission.

Dr. Samuel's Session consisted of **3 Modules**

- i) **The Joy of Teaching**
- ii) **The Joy of Learning**
- iii) **The Joy of Impacting**

### The Joy of Teaching

The main focus of this module was that --- **“Teaching is a calling and not just a profession.**

“The 7 Habits of a Highly Effective Teacher” by Stephen Covey was briefed out through the slides. Teachers need to inculcate and blend these habits with their own to know the students' goal and enhance their courage and confidence at every stage of learning. Character building at any time should not be ignored. For a unified and better world, students should be motivated by peaceful world leaders like Mahatma Gandhi and Nelson Mandela.

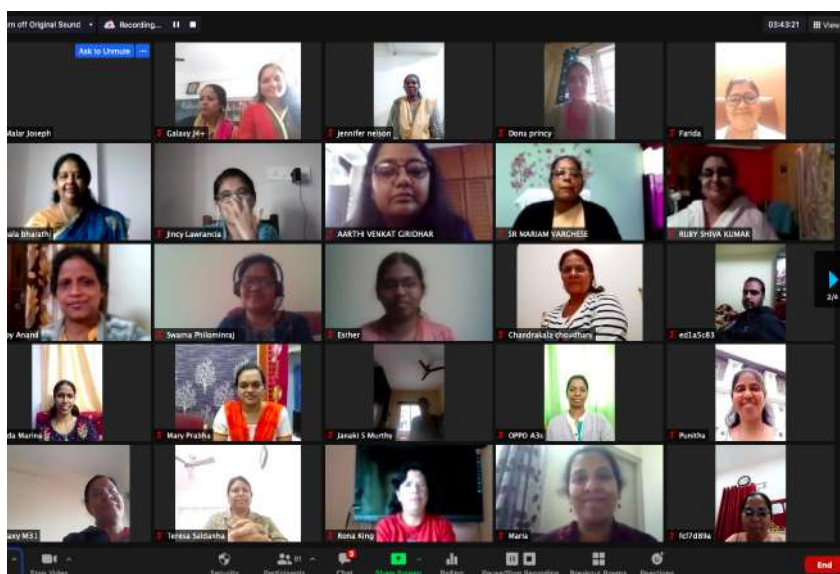
## THE JOY OF LEARNING

“The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn and re-learn.” Alvin Toffler

The methods of teaching should be at par with the developing strategy of a country relative to the already developed countries. We are in the fourth industrial revolution—Industry 4.0 which is the current trend of automation and data exchange in manufacturing technologies, including cyber physical systems, the internet of things, cloud computing and cognitive computing and creating the smart factory. With coding classes being accessed privately by students in an “Atmanirbhar Bharat Mission” --- teachers have to go that extra mile to cope up with students learning.

Learning is a continuous process and should not be limited to only the textbook method. A brief explanation of the following methods of teaching was put across and which could be easily adopted in the normal classroom.

- i. 7 Learning Systems
- ii. The Feynman Technique
- iii. 8 Learning Methodologies
- iv. Empowered Faculty
- v. Super 30
- vi. Flipped Classroom
- vii. Brainstorming
- viii. Group project
- ix. Simulation
- x. Hackathon
- xi. Case study
- xii. Student learning



### The Joy of Impacting

“The Law of Victory requires you to live life in an unconventional way.”

The above thought was beautifully highlighted by an excerpt from the Bible. When the people were unable to bring the paralytic to Jesus to be healed, they decided to remove the tile from the roof in order to lower his bed. Thus, we were asked to be a ‘roof tile taker’ at times when situations demanded.

The session ended with some thought-provoking inspirational slides about common man who achieved outstanding feats. The staff were indeed inspired by the session and charged up to begin afresh and ready with a new mindset and futuristic vision of dealing with students entrusted to them.

**Excellence** comes by way of habit and is a continuous process. Let us in our own way, EXCEL and TRANSFORM the lives of people we teach.

*By :Juliet Dominic*



## “PERSONALITY DEVELOPMENT FOR GLOBAL LEADERSHIP”

In a period of pandemic like this, a motivational webinar was organized by St. Francis Xavier Girls' High School for High and middle school on the 4th December, 2020 on the topic “Personality development for Global leadership” by Rev. Fr. Varghese Alengaden

Fr Varghese is the Founder and National coordinator of the universal solidarity movement of value education for peace.

In this webinar, Fr Varghese stressed on the concept of authenticity and the importance of prayer in a person's life, to aim high, dream big, to live with tolerance towards each other and to respect environment was highlighted.

By quoting “You be your own brand” Fr Varghese inspired many. One should aim to reach a vision, become aware of one's duties & responsibilities as an individual and live a life with good moral and social values were spoken about.

Real life examples cited by father gave everyone an insight to put the best foot forward accepting the challenges thrown by life and work hard towards achieving each one's goal.

The webinar ended with a question and answer session where our students actively participated.



## Experience about participating in Cadence 2020

Amid the pandemic, we nearly thought it impossible to take part in any competition or event this year. The students who took part in this competition are immensely grateful to Sr. Malar Joseph, Miss Portia, Renold sir and all the teachers who had put in all their efforts in spite of their busy schedule to ensure students' participation in Cadence with all the necessary precautions.

All the students are genuinely happy to have participated in the event. It helped us exhibit our talents and encouraged us to do much better. This was a new exposure to so many students that would definitely encourage them to participate in many other competitions in future.

Thank you so much Dear Sr. Malar and all the teachers for your constant guidance and support.





## NJC's DAY OUT

**“Love turns the ordinary into extra ordinary.”**

NJC's day out was a wonderful experience, a day to remember and cherish. Nava Jeevan Community went to Whitefield to visit our sisters. Our first visit was to Jyothi Nilaya community. We were given a warm welcome by our sisters Stephanie, Elizabeth and Placia. Colorful cosmos flowers greeted us with fragrance and beauty and to raise our minds and heart to God the creator.

On a cold rainy day a hot cup of tea and delicious snacks were served with so much love and affection that energized us to go round the garden. We made a good collection of plants, seeds and fruits. While sunny days are the most convenient for outing, monsoon showers added their charm to enjoy the outing to its full. A break from the monotony of life not only infused a sense of tranquility in our mind, but also helped each of us spend quality time with each other, something we do not get in the routine schedules. Routine life is dull and boring. We need change to dispel this dullness.



**Sr. Sagaya**

We were welcomed by the sisters of St. Joseph convent White field community with 'tilak' and Aarathi. It was indeed an elite welcome; the sisters had taken immense trouble in pinning the Broach prepared at midnight. We were captivated by the Joy present in Our Sisters Lucilla, Jacintha, Emma, Delphina, Arogya, Manju, Rita and Rebacca. After the creative and loving welcome we gathered in the Community room and a Welcome Melody in different languages were sung for us. It was composed by Sr. Emma. After the welcome, we had a short entertainment program. Sr. Lucilla our young energetic Diamond Jubilian gave a very beautiful/graceful dance performance for a Kannada song.

A fun packed morning ended and we headed for lunch. The dining hall, filled with fragrance of food triggered our hunger and we all relished multi-cuisine food prepared by our chief chef Sr. Jacintha assisted by Srs. Delphina, Manju, Rebacca, Arogya and Rita. The exciting ride was to Sadara Mangala. Accompanied by Sisters Arogya and Rebacca. We were welcomed by Mrs. Amai Amma who works with our sisters for many years.

It is such a beautiful place that we had missed to see it before with greenery all around. We gathered fruits, vegetables, and greens and enjoyed the beauty of the fresh air and lush greenery away from home, noise and pollution. of the city.

We enjoyed our trip to the farm and if at all we get a chance to visit again, we wouldn't miss it for the world. Our last visit was to Maria Ashram, our dear sisters Suma, Mercy and Cleona welcomed us with joy. For some of us Maria Ashram was a formation house. We exchanged happy memories of the past with each other. We were excited to see varieties of fruit trees and fresh vegetables. Sisters' generosity filled our baskets to the brim.

“Count Blessings, like children count stars.” Dear sisters we cherish every moment spent with you, our togetherness has brought joy and laughter. God bless you abundantly all the days of your lives.

It has always been said that the smallest things make a big difference. I believe that the path to better health and wellness lies in small things too. Literally, these small things can mean the seeds we may give to farmers, or those that we may all plant in our very own homes and schools. But in a deeper sense, these small things can mean little steps we take on our own and as one nation, towards health and wellness everyday--- the little seeds of generosity, awareness, creativity and team work.

Agriculture is the backbone of Indian Economy. 85 percent of the population is directly or indirectly dependent on Agriculture where as 26 percent of GDP comes from Agriculture. Let us join and support the agricultural community for we live and earn because of them.

Thank you...



### National skill development certificate

Nobody foresaw that a Pandemic would set foot on this globe and change the course of life for the entire human race. There is not an ambit that remains untouched by this virus. When everything took a beating - lives, livelihood and the very life itself, the stream of education also had a transition from real to virtual.

Tarbes Community College caters predominantly to students from below poverty Line of the society. It would be but inexcusable to go virtual and meet the big demands of electronic gadgets and streaming it online. In the given context, we have derived an alternative course, but to pursue the regular course became inevitable. We have come up with a 3 month Certification Course (National Skill Development Certificate) recognized by the central government of India. The course is likely to commence between the last week of November 2020 and end of March 2021.





**“ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” - John 3:16.**

God always cares and protects the humanity. God sent His only Son to save us and reestablish the relationship that was breached by our first parents Adam and Eve. God is in control of every situation in our lives.

History repeats. We feel that even the outbreak of the pandemic- Covid-19, is a way chosen by God to gather His people and bring them back/ closer to Him, allowing certain situations/challenges to prevail in our life.

Covid-19, taught us many lessons, opened new avenues to love and care and share with our own and other people.



**Sr. Shanthi**

As a response to our call and the need of the covid infected people, our Community came with a proposal to open a Covid Isolation Centre in Bijapur. The same was discussed with the Provincial and the council initiated by Fr. Anthony Dass, the Mission Superior Of Bijapur and Fr. Teyol the director of CNFE. The SJ fathers discussed this in CRI Bijapur, and all the religious congregation came forward to help financially.



We have furnished the six full fowler bed Covid Care Centre and named it as St Joseph's Isolation Ward. It was inaugurated and blessed last month with a prayer service. We converted an old hall with new facelift

into an isolation centre. We have all the necessary lab equipment such as: MISPA-i2 (HIV & amp; Covid testing Machine) Oxygen Cylinders, PPE kits. We got a part time lab technician. This lab is registered under the Lab Association of Vijayapur. Many are making use of the lab as the charges are minimal, just to cover the lab maintenance and payment to lab the technician. This Covid care centre will also be used for the religious and clergy when they show early symptoms for Covid-19. We will make available these facilities to our target groups such as slum dwellers, devadasi women, transgender, widows, poor farmers and migrant workers.



The Isolation ward would not have been possible without the financial assistance of the benefactors and well wishers. We are ever grateful to them for their generous contribution as Covid care centre would have only remained a dream and not a dream come true. Our special thanks to our dear Provincial Sr. Benedicta Mary Joseph who always stands for the poor and keeps the mission close to her heart. We also thank our councillors who were like pillars supporting us to have this centre in our campus. Our sincere thanks to Jesuit fathers specially Fr. Anthony Dass who was the soul person for the covid centre to come up.

**By: Sr. Shanthi**



## YULEDITE 2020

Christmas is truly celebrated when we when we give the light of love to those around us. Life is God's greatest gift to us and what we do out of it is our gift given back to God.

Many years back, the concept of Choral singing was translated under the able guidance and leadership of the then Principal Sr. Emma Machado and the members of the Parent Teacher Association- Mr. David Brown, Mr. Peter Vander Veen, Mr. Fiaz Ahmed and Mr. Ashok Kumar. The intention was to bring together the choirs of different schools from the neighborhood in order to spread the message of Christmas. Thus was born the Xavierite Annual Choral Festival – “YULETIDE”.

The spirit of Christmas should not die during the pandemic. Like every year this year too St. Francis Xavier Girls' High School celebrated Yuletide under the able guidance of Sr. Malar Joseph on the 19th December 2020 virtually with the theme:

**“ SING YOUR HEART OUT  
BEHOLD IMMANUEL...  
IGNITE HOPE!!!”**

Christmas message was delivered by Fr. Sandeep, Director of Candidates at Sadupadesha and Secretary of Redemptorist Youth and Vocation Ministry. We had \_\_\_\_\_ participating with lots of enthusiasm and fun.

SFX wishes each and everyone to get into the spirit of Christmas to share happiness and illuminate each other's life with radiance.

## MERRY CHRISTMAS!!



## RECOGNITION DAY (12 - 12 - 2020)

No pandemic can stop St Francis Xavier Girls' High School from recognizing the outstanding contributions of our outgoing students and some brilliant wins of juniors.

A WINNER NEVER STOPS TRYING was the theme for the Recognition Day.

The chief guest for the day was Rev. Fr. Sandeep Menezes, Director of Candidates at Sadupadesha and Secretary of the Redemptorist Youth and Vocation Ministry. Sr. Lalitha Thomas - Assistant Provincial and Director of post graduate centre Jyothi Nivas college, Ms. Premila Nazareth Satyanand, Mr Saifulla Khan and Mrs Ifath Siddiqua, parents of our topper Sidrah Saif graced the occasion.

"There is no substitute for hard work" Thomas A. Edison and that's what the Xavierites have proved in their board exam, Sidrah Saif, Anshika Misra and Manisha Venkatesh grabbed top three ranks respectively. Students who have excelled in music, arts, debates and sports were also recognized.

Whatever the situations are, SFX always taught her students to face the world bravely. During this pandemic also she never restricted the opportunities in front of her. Utmost importance was given to health and safety while organizing the event in pandemic time.

SFX junior and senior choir took part in the Cadence 2020 Inter School music fest an initiative of St Joseph's Boys High school and emerged as winners in different categories. "Well done Xavierites"

SFX has always endeavored to impart virtues to students which is very important and indispensable parameter in their holistic development. We continue our journey with the next batch of students with the same enthusiasm and zeal.





## VIRUSES THREATENING RELIGIOUS LIFE TODAY

The world has gone 'viral'. That's the hot topic all over today.

Well, viruses are of many types. Some attack people – our throat and lungs. Others attack our computers and gadgets. And some others attack politics, institutions, societies and nations.

So, let us have a look at the viruses that seem to threaten Religious Life as it is lived today. Remember, a virus is almost invisible. But when it catches you, it's effects can be fatal!



1. **Preoccupation with Numbers:** We keep star statistics – how many in information, how many professed members, how many retiring, how many have already died this year?

What is the underlying fear? We are worried about our personnel, who are seen as 'hands'. How many able-bodied persons do we have in order to keep our activities and our institutions going? It is the "Atlas Complex": We feel we are holding and are responsible for the whole world!

The actual preoccupation is not because fewer persons seem to be attracted to Religious Life, but that, at this rate, we may have to let go of some of our 'works'.

We could ask ourselves a question: Do people join a Congregation for the work, or because they feel drawn to dedicate themselves to God? Put differently: Do I enter Religious life because I want to be a teacher, doctor, nurse, social worker – or because I am seeking a closer and more committed union with God?

2. **Motivation:** So much depends on the motivations with which one entered Religious Life. Wrong or inadequate motives can be camouflaged and may surface only later in life. The person may not even be aware of these latent motivations. Or, such motivations may be picked up along the way by the formee from the "contaminated air" one is exposed to within the congregation itself. After the formation period and when one is already immersed in the 'apostolate', these dormant strains may become evident.

How else can we explain the rat race for power and position? When we humbly asked to be admitted as a postulate or a seminarian, did we also state that we hoped to be Principal or Superior or Rector or Parish Priest some day? From where and when did those 'ambitions' come? Why the subtle competition among members? Why then the comparisons with who the others are or what they have, and what I am or what they have, and what I am or what I receive? Did I come to 'shine' or to 'let Jesus shine'? The earlier purer and total giftedness to God is hard to keep in grasping environment. One needs to be a saint to be able to withstand the tide and to keep one's bearings firm!

3. **Unhealthy Independence:** Sometimes we discover traits of 'independence' which seem contrary to that absolute availability, humility and generosity for 'anything, anywhere' that we had when we opted for Religious life. Now, as professed religious, we are not as docile and malleable as we were then. Have we slowly taken back all we generously offered to God one day? When we are entrusted



with some responsibility, do we accept it as member of the Congregation releasing that we are working and acting in its name and for its goal and purpose? Or perhaps we feel we must give all we do an individual stamp, and get personal attention. The community aspect of our apostolate becomes less evident. It looks like one-person job. I am in charge and maintained word is law! The others are just cog in the machine, subdued... but they too eagerly wait for their turn at the helm.

4. **Exercise of Authority:** Even the way authority is exercised could do with some sanitizing. We need to remind ourselves of the Saviour's words: 'But it shall not be so among you...' Some of our authoritarian ways may make life seem more like a suppressive regime, where fear and suspicion abound, and where one is expected to toe the line and ask no questions. That does not make for a free, willing, joyous and loving following of the Master! Moreover, in religious life, authority is always a temporary service. The mandate is for a specific number of years, after which someone else takes up the job. You remain who you are before, during and after a service in authority. You don't become 'bigger' or 'smaller' according to the chair you are sitting on.
5. **Lack of Transparency:** Loopholes may appear in our way of functioning. Transparency becomes so transparent that it can be seen no more. Abuses creep in, and nobody dares to question some movements. No wonder then that a transfer becomes a tragedy or a disaster. We feel misunderstood, underestimated, unjustly treated... the victim of gossip or jealousy or...who knows what. Where did that initial 'total availability and detachment' go?
6. **Craze for Glory:** I am counting the viruses in the air. They may not have affected us yet. But they are buzzing around, ready to string! Even globally, as a group – there is the craze and craving for "excellence," to make the headlines, to become an institution prized for its efficiency and 100% results, with some rank-holders, too. The poor and the underprivileged our founders had in mind are inadvertently forgotten. We have our admission policies and our merit lists. We have yield to outside pressures, for survival! People have to be not only good but excellent to have a chance to enter into our hallowed precincts. And, of course, they should be able to pay for what they receive.
7. **Love of Comfort:** Then the desire to embrace a life of sacrifice and service gradually slouches into the couch of seeking for comforts. We develop so many needs. We feel we must have whatever others have. Religious life or community life loses its ascetical character. As a consequence, we want people to serve us and be at our beck and call. "I came not to be served, but to serve" is not the practice of many.
8. **Leaving All Behind:** We have not really left our family and the things we said we were leaving behind. Our cell phones and the frequency of our calls and home visits assure us that they are present to us, more than ever before. If we have had to cancel our home leave because of the lockdown this year, we might feel justified to have a longer period for it next year! The virus prompts: Take as much as you can get!
9. **Weak Community Life:** The community, which was meant to be a spiritual support, a sounding board and a forum for discernment, sometimes becomes a hindrance and a burden. We may prefer to work alone. Yes, a community is necessary so that we may have a place to sleep in, a table set and a house that is kept clean. For the rest...? A praying, caring, listening, encouraging community- do all of us have it?
10. **Tragedies:** No wonder then that there can be conflagrations, emotional entanglements, frustrations, depression, burn-outs...and even a few suicides! Sometimes 'raging fires' and sometimes just 'smoke and ashes'. Little life or enthusiasm! Mind you, all this can happen in any state of life. It is not specific of religious life. Everyone must battle with these at some time or other in life.

11. Whom do we attract? – In such situations, what kind of vocations will we attract? Sorry! What kind of vocation can God send us? How much can He rely on us to spread His kingdom? What kind of disciples and what kind of apostles will He have? Whose kingdom will we be promoting?

I know that all this sounds very, very negative. I am only enumerating the viruses in the air we breathe. We need to recognize them and call them by their proper names if we are to resist and destroy them. The Kingdom of God suffers violence and the violent take it away. Either we decide to live more coherently or we drown in the tides that are dashing against our shores.

We need to build up our immunity system to resist these viral attacks. We need to take the precautions necessary, don adequate masks, wash our hands off the dust of allurements not in keeping with what the Lord demands, and keep a safe social distance from these tendencies. It is worth the trouble.

### **Vaccines Against These Viruses:**

Fortunately, we have the vaccines to combat these viruses.

- We have already taken the courage first step of leaving all and following Him. All we need do now is to cultivate and grow in the commitment we have already embraced freely.
- We can and must keep alive the spirituality and mission of our congregation, and pass on it's spirit in all its richness to the generations that come after us.
- If we have slipped from the initial intentions of the founder/ foundress regarding its specific mission, we must make earnest efforts, individually and as a body, to move in the direction the Spirit shows us. This requires discernment and fidelity
- If we are earnest in our discipleship, the Lord will fill us with His spirit and power. He is never outdone in generosity.
- The battle is not lost. The Captain is still in command. He is ever willing to pick us up again if we have turned away from Him. He has told us that His grace is sufficient for us.

He is the Good Shepherd. He leads us on and even designs to use us to shepherd His flock.

We are not going to look back with nostalgia at the things we have left behind. We hold a pearl of great price in our hands. Someone has looked at us with great love and invited us again: Come follow Me!

***SR ESME DA CUNHA FDCC***  
***Contributed By: Sr Sabina Chaco***  
***MAGNET***



## POPE FRANCIS PROCLAIMS YEAR OF ST. JOSEPH

The decree released Tuesday also said that Pope Francis had granted special indulgences to mark the year. Pope Francis announced a Year of St. Joseph Tuesday in honor of the 150th anniversary of the saint's proclamation as patron of the universal Church. The year begins Dec. 8, 2020, and concludes on Dec. 8, 2021, according to a decree authorized by the pope. The decree said that Pope Francis had established a Year of St. Joseph so that "every member of the faithful, following his example, may strengthen their life of faith daily in the complete fulfillment of God's will."



It added that the pope had granted special indulgences to mark the year. The Dec. 8 decree was issued by the Apostolic Penitentiary, the dicastery of the Roman Curia that oversees indulgences, and signed by the Major Penitentiary, Cardinal Mauro Piacenza, and the Regent, Msgr. Krzysztof Nykiel. In addition to the decree, Francis issued an apostolic letter Tuesday dedicated to the foster father of Jesus.

The pope explained in the letter, entitled *Patris corde* ("With a father's heart") and dated Dec. 8, that he wanted to share some "personal reflections" on the spouse of the Blessed Virgin Mary.

"My desire to do so increased during these months of pandemic," he said, noting that many people had made hidden sacrifices during the crisis in order to protect others.

"Each of us can discover in Joseph -- the man who goes unnoticed, a daily, discreet and hidden presence -- an intercessor, a support and a guide in times of trouble," he wrote.

"St. Joseph reminds us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation."

Pope Pius IX proclaimed St. Joseph patron of the Universal Church on Dec. 8, 1870, in the decree *Quemadmodum Deus*. In its decree Tuesday, the Apostolic Penitentiary said that, "to reaffirm the universality of St. Joseph's patronage in the Church," it would grant a plenary indulgence to Catholics who recite any approved prayer or act of piety in honor of St. Joseph, especially on March 19, the saint's solemnity, and May 1, the Feast of St. Joseph the Worker.

Other notable days for the plenary indulgence are the Feast of the Holy Family on Dec. 29 and St. Joseph's Sunday in the Byzantine tradition, as well as the 19th of each month and every Wednesday, a day dedicated to the saint in the Latin tradition.

The decree said: "In the current context of health emergency, the gift of the plenary indulgence is particularly extended to the elderly, the sick, the dying and all those who for legitimate reasons are unable to leave the house, who, with a soul detached from any sin and with the intention of fulfilling, as soon as possible, the three usual conditions, in their own home or where the impediment keeps them, recite an act of piety in honor of St. Joseph, comfort of the sick and patron of a happy death, offering with trust in God the pains and discomforts of their life."

The three conditions for receiving a plenary indulgence are sacramental confession, the reception of Holy Communion and prayer for the pope's intentions.

In his apostolic letter, Pope Francis reflected on the fatherly qualities of St. Joseph, describing him as beloved, tender and loving, obedient, accepting, and "creatively courageous." He also underlined that he was a working father. The pope referred to the saint as "a father in the shadows," citing the novel "The Shadow of the Father," published by the Polish author Jan Dobraczyński in 1977.

"In his relationship to Jesus, Joseph was the earthly shadow of the heavenly Father: he watched over him and protected him, never leaving him to go his own way," the pope wrote.



Pope Francis said that the contemporary world required examples of true fatherhood.

“Our world today needs fathers. It has no use for tyrants who would domineer others as a means of compensating for their own needs,” he wrote. “It rejects those who confuse authority with authoritarianism, service with servility, discussion with oppression, charity with a welfare mentality, power with destruction.”

“Every true vocation is born of the gift of oneself, which is the fruit of mature sacrifice. The priesthood and consecrated life likewise require this kind of maturity. Whatever our vocation, whether to marriage, celibacy or virginity, our gift of self will not come to fulfillment if it stops at sacrifice; were that the case, instead of becoming a sign of the beauty and joy of love, the gift of self would risk being an expression of unhappiness, sadness and frustration.”

He continued: “When fathers refuse to live the lives of their children for them, new and unexpected vistas open up. Every child is the bearer of a unique mystery that can only be brought to light with the help of a father who respects that child’s freedom. A father who realizes that he is most a father and educator at the point when he becomes ‘useless,’ when he sees that his child has become independent and can walk the paths of life unaccompanied. When he becomes like Joseph, who always knew that his child was not his own but had merely been entrusted to his care.”

The pope added: “In every exercise of our fatherhood, we should always keep in mind that it has nothing to do with possession, but is rather a ‘sign’ pointing to a greater fatherhood. In a way, we are all like Joseph: a shadow of the heavenly Father, who ‘makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust’ (Matthew 5:45). And a shadow that follows his Son.”

Pope Francis has promoted devotion to St. Joseph throughout his pontificate.

He began his petrine ministry on March 19, 2013, the Solemnity of St. Joseph, and dedicated the homily at his inauguration Mass to the saint.

“In the Gospels, St. Joseph appears as a strong and courageous man, a working man, yet in his heart we see great tenderness, which is not the virtue of the weak but rather a sign of strength of spirit and a capacity for concern, for compassion, for genuine openness to others, for love,” he said.

His coat of arms features a spikenard, which is associated with St. Joseph in Hispanic iconographic tradition.

On May 1, 2013, the pope authorized a decree instructing that St. Joseph’s name be inserted into Eucharistic Prayers II, III, and IV.

During an apostolic visit to the Philippines in 2015, the pope explained why he kept an image of the saint on his desk.

“I would also like to tell you something very personal,” he said. “I have great love for St. Joseph, because he is a man of silence and strength.”

“On my table I have an image of St. Joseph sleeping. Even when he is asleep, he is taking care of the Church! Yes! We know that he can do that. So when I have a problem, a difficulty, I write a little note and I put it underneath St. Joseph, so that he can dream about it! In other words I tell him: pray for this problem!”

At his general audience on March 18 this year, he urged Catholics to turn to St. Joseph in times of adversity.

“In life, at work and within the family, through joys and sorrows, he always sought and loved the Lord, deserving the Scriptures’ eulogy that described him as a just and wise man,” he said.

“Always invoke him, especially in difficult times and entrust your life to this great saint.”

The pope concluded his new apostolic letter by urging Catholics to pray to St. Joseph for “the grace of graces: our conversion.”

He ended the text with a prayer: “Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man. Blessed Joseph, to us too, show yourself a father and guide us in the path of life. Obtain for us grace, mercy and courage, and defend us from every evil. Amen.”

## Paatima's Rs.1 Idlis, a crowd-puller in Coimbatore

From the outside, the 30-year-old eatery looks like any other nondescript building in a village. Home to octogenarian M. Kamalathal, in Vadivelampalayam on the outskirts of Coimbatore, visitors arrive here from near and far for her sought-after idlis — priced at Rs. 1 each.

Ms. Kamalathal wakes up at 5 a.m. every day, and prepares her idli batter and chutney for side dish using a traditional grinding stone. She opens the doors for diners at 6 a.m. and closes at noon, sometimes sooner, depending on how much batter she is left with.

"I use eight kg of rice for the batter," she said. When asked how many idlis she steamed every day, she replied, "I don't have a count for that!"

According to paatima (grandmother), as Ms. Kamalathal is fondly known among her customers, she is 82 years old. Despite her wrinkled, bespectacled face, a bony frame and a slightly hunched back, she appears as sprightly as a middle-aged person, running the cramped eatery all by herself.

With her son taking to gardening work, it is P. Aarthi, wife of Ms. Kamalathal's grandson, who keeps her company during the day time. "She likes to do everything by herself," the granddaughter-in-law said, adding that Ms. Kamalathal even chooses the firewood to be used. On paatima's age, Ms. Aarthi, who intends to continue running the eatery after the old lady, remarked, "She might be even 90 years old."

With the number of customers visiting the eatery steadily increasing from 7 a.m. onward, Ms. Kamalathal cooks without a pause in her traditional idli vessel, on an earthen stove with firewood. "I don't know how to use a gas stove," she chuckled.

Among her customers are children from the Panchayat Union middle school, who have their breakfast here before heading off to school. S. Nishanth, a student of Class VIII, said he had been frequenting the shop since he had been in Class III. Another customer, a youth named S. Sathishkumar from the nearby Nathegoundenpudur village, said he has been a regular for nearly two years. When asked what drew him to Ms. Kamalathal's idlis, he said, "It's her kai pakkuvam [unique taste]."

From children to adults, M Kamalathal is fondly known among everyone... She works not just for profit but for 'Punniyam', which means religious merit...



*M Kamalathal is an inspiration for everyone*

## Solapur Zilla Parishad teacher Ranjitsinh Disale bags \$1-million Global Teacher Prize 2020

A primary school teacher from Solapur district of Maharashtra – Ranjitsinh Disale – who redesigned textbooks for Kannada students, has won the Global Teacher Prize on Thursday.

Disale (32) works with the Zilla Parishad Primary School at Paritewadi in Madha in Solapur district.

“I am overwhelmed...it is a great honour for me and India,” Disale told DH over the phone from his home in Solapur hours after the awards were announced at the Natural History Museum in London in a virtual ceremony.

“One of the major aspects of the award is that it reposes faith in education in government’s schools,” he said, adding that he had been teaching for nearly a decade. “Teachers were game-changers, are game-changers and will remain game-changers,” he said.

The Global Teacher Prize is an annual award given away by the Varkey Foundation, in partnership with UNESCO, to a teacher who has made an outstanding contribution to the profession.

The award carries a purse of US \$1 million (Rs 7.37 crore). Disale has decided to share half the prize money with the nine other finalists.

This is the first time in the Global Teacher Prize’s six-year history that the overall winner has shared the prize money with other finalists.

Disale initially wanted to be an IT engineer, but after engineering college did not work out as he anticipated, his father suggested teacher training as an alternative. Disale enrolled himself in a teachers’ training college after he gave up on engineering dreams. He saw that teachers are the real change-makers in the world, and decided to become one.

The first school he taught in was in a dilapidated building, sandwiched between cattle shed and a storeroom.

Most of the girls were from tribal communities that did not prioritize girls’ education, and the practice of teenage marriage was common. Additionally, the curriculum was in Marathi and not in the students’ primary Kannada language, which meant that many students were unable to achieve expected learning outcome.

Disale learned Kannada and redesigned all the textbooks of Grades 1 to 4 for better comprehension, along with unique QR codes that embedded audio poems, video lectures, stories and assignments in Kannada.

“The impact of Ranjitsinh (Disale’s) interventions has been extraordinary: there are now no teenage marriages in the village and 100% attendance by girls at the school. The school was also recently awarded the best school in the district with 85% of his students achieving A grades in annual exams. One girl from the village has now graduated from a university, something seen as an impossible dream before Ranjitsinh arrived,” says the official citation on the GTP website.

In terms of his wider impact, Microsoft CEO Satya Nadella has recognized Disale’s work as one of three stories from India in his book Hit Refresh. The central government had named Disale as Innovative Researcher of the Year 2016. He also won the National Innovation Foundation’s Innovator of the Year award in 2018.





## Stories for RADIANT LIVING

### Detachment

One day a proud self-made businessman showed Socrates around his spacious house and all his expensive jewelries. He had bought everything that money could buy. At the end of the guided tour, he asked, “Tell me, Socrates, what do you think of my house and furnishings? Don’t you think that I’ve done well for myself?”

To which Socrates remarked, “Yes, you really have it made. It’s all highly interesting to look at.”

“In other words.” Chided the proud businessman, “you are a bit envious of me, aren’t you?”

Socrates shook his head and said, “No, I’m not jealous. In fact, I’m just the opposite. Here all around me I see once again the thousands of things I don’t need to make me happy.”



### Father of the Child

Two English sailors on leave in Germany went to church. They didn’t understand German, so they decided to do everything a well-dressed young man in front of them did.

During the middle of the mass the priest made some kind of announcement, and the man in front of the sailors stood up. The sailors quickly got to their feet and the people present in the church started laughing.



After the mass the sailors were greeted by the priest at the door. They discovered he spoke English and asked him what caused the laughter.

“Oh,” replied the priest, “I was announcing the baptism and asked the father of the child to please stand.”

### The Three Vessels

Once a king summoned into his presence his three sons and set before them three sealed urns—one of gold, another of amber, and the third of clay.

The king bade his eldest son to choose among the three urns the one which appeared to him to contain the greatest treasures. The eldest son chose the vessel of gold on which was written the word ‘Empire’. He opened it and found it full of blood.

The second son chose the vase of amber, whereon was written the word ‘Glory’. When he opened it, he found it full of the ashes of men who had made a great name in the world.



The third son chose the vessel of clay and on the bottom of this vessel was inscribed the name ‘God’.

The wise men at the king’s court voted that the third vessel weighed the most, because a single letter of the name of God weighed more than all the rest of the universe.

## Test Your Knowledge

1. Who came as a witness to the light so that all might believe through him?
2. What did Jesus give to all who received him, who believed in his name?
3. What answer did Jesus give when the two disciples asked him where he was staying?
4. When Nathanael confessed that Jesus was the Son of God what did Jesus promise him?
5. What does John 3:16 say about the love of God for the world?
6. Why do all who do evil hate the light and do not come to the light?
7. Why did many Samaritans believe in Jesus?
8. Where did Jesus go after curing the royal official's son in Capernaum?
9. What would those who have done evil get at the time of judgment?
10. Why did the people of Jerusalem not arrest Jesus when he was speaking openly?
11. What does a shepherd of the sheep do when he brings out all his sheep?
12. Which was the festival that was celebrated in Jerusalem in winter?
13. What did Thomas say when Jesus told the disciples, "Let us go to Judea again"?
14. Why did Jesus and his disciples go away from Jerusalem and stay in Ephraim?
15. What did the voice from heaven say when Jesus prayed to the Father to glorify him?
16. "You are clean, though not all of you." Why did Jesus say this to Simon Peter?
17. What is the greatest love anyone can have?
18. Where in John's Gospel, do we find Jesus praying for his disciples?
19. What happened to the soldiers and the police when Jesus said to them, "I am he"?
20. What was the rumour spread in the community in the post resurrection days regarding John?

Check the answers page no : 45

A man who say sorry when he is wrong is called Honest...

A man who say when he is not sure is called wise...

And a man who say sorry even when he is right is called

HUSBAND...



## Pray for My Hearing

On a Sunday, a stranger approached the pastor during service and said, "I'd like you to pray for my hearing."

The pastor placed his hands on the man's ears and said a passionate, earnest prayer. And the congregation joined him in invoking the spirit of God for the man's hearing. After intensive prayers, still the eyes closed, the pastor said, 'I have faith and I pronounce that God has healed him'.

Then the pastor opened his eyes and told the stranger, "My son! God has healed your ears. Believe it and claim it. How's your hearing now?"



Looking surprised, the man said, "Well, Pastor! My hearing is scheduled for tomorrow in the court." (Court Hearing)



Doctor: I do not understand the reason for your illness; it may be due to intake of too much of alcohol.

Patient: Never mind Doctor. I will come again for check-up when you are Normal !!!!



## INTERESTING FACTS ABOUT CHRISTMAS

### 1. Christmas wasn't always on December 25

While Christmas celebrates the birth of Jesus Christ, there is no mention of December 25 in the Bible. Most historians actually posit that Jesus was born in the spring. And his birthday itself didn't become the official holiday until the third century. Some historians believe the date was actually chosen because it coincided with the pagan festival of Saturnalia, which honored the agricultural god Saturn with celebrating and gift-giving.



### 2. Candy canes originated in Germany



The National Confectioners Association says a choirmaster originally gave the candies to young children to keep them quiet during long church services. Grandmas who still dole out sweets during droning sermons, you've got history on your side. But it wasn't until a German-Swedish immigrant decorated his tree with candy canes in 1847 that they became popular as a Christmas candy.



### 3. Hanging stockings started by accident

According to legend, we hang stockings by the chimney with care thanks to a poor man who didn't have enough money for his three daughters' dowries. Generous old St. Nick (remember, that's his trademark!) dropped a bag of gold down their chimney one night, where the girls had hung their stockings to dry. That's where the gold ended up, and how the tradition began.



### 4. Christmas wreaths are Christ symbols

The Christmas wreath originated as a symbol of Christ. The holly represents the crown of thorns Jesus wore at his crucifixion, and the red berries symbolize the blood he shed. So when you see a wreath this season, you'll remember the reason for the season.

### 5. Celebrating Christmas used to be illegal

By the time the Puritans settled in Boston, celebrating Christmas had been outlawed. From 1659–1681, anyone caught making merry would face a fine for celebrating. After the Revolutionary War, the day was so unimportant that Congress even held their first session on December 25, 1789. Christmas wasn't proclaimed a federal holiday for almost another century, proving that the Grinch's notorious hatred of the holiday was alive and well long before he was.



## MARANATHA COME LORD JESUS, COME!

T'was a Month Before Xmas 2020  
T'was a month before Christmas,  
And all through the town,  
People wore masks,  
That covered their frown.

The frown had begun  
Way back in the Spring,  
When a global pandemic  
Changed everything.

They called it corona,  
But unlike the beer,  
It didn't bring good times,  
It didn't bring cheer.

Contagious and deadly,  
This virus spread fast,  
Like a wildfire that starts  
When fueled by gas.

Airplanes were grounded,  
Travel was banned.  
Borders were closed  
Across air, sea and land.

As the world entered lockdown  
To flatten the curve,  
The economy halted,  
And folks lost their verve.

From March to July  
We rode the first wave,  
People stayed home,  
They tried to behave.

But outside my window  
The snow gently falls,  
And I think to myself,  
Let's deck the halls!

When summer emerged  
The lockdown was lifted  
But away from caution,  
Many folks drifted.

Now it's November  
And cases are spiking,  
Wave two has arrived,  
Much to our disliking.

Frontline workers,  
Doctors and nurses,  
Try to save people,  
From riding in hearses.

This virus is awful,  
This COVID-19.  
There isn't a cure.  
There is no vaccine

It's true that this year  
Has had sadness a plenty,  
We'll never forget  
The year 2020.

And just 'round the corner -  
The holiday season,  
But why be merry?  
Is there even one reason?

To decorate the house  
And put up the tree,  
When no one will see it,  
No-one but me.

So, I gather the ribbon,  
The garland and bows,  
As I play those old carols,  
My happiness grows.

Christmas ain't cancelled  
And neither is hope.  
If we lean on each other,  
I know we can cope.





## PROTOCOL FOR THE ESTABLISHMENT OF CRIBS FOR CHRISTMAS 2020

1. A maximum of 4 shepherds will be permitted in the Crib.
2. All will have to wear a mask and observe social distancing
3. Joseph, Mary, and Baby Jesus will be able to stay together as they form part of a family bubble
4. The donkey and the ox will have to obtain a declaration of non-contamination certified by the Department of Agriculture
5. The Three Wise Men will be subject to a 15-day quarantine, regardless of whether or not they have tested negative for Covid as they come from a non-Schengen Area
6. The straw, moss, palm branches, and other decorations must be disinfected with alcohol
7. The angel flying over the Crib will not be allowed due to the aerosol effect produced by the batting of his wings
8. The choir will be restricted to one person because of the risk of contamination
9. No shepherd shall be more than 65-year-old or in a vulnerable category
10. All nonessential participants (Romans, sinners...) are forbidden
11. Pilate will explain to all authorized participants how to wash their hands.

### Bible Quiz:Answers

1. That the disciple whom Jesus loved would not die (Jn 21:23)
2. They stepped back and fell to the ground (Jn 18:6)
3. Chapter 17 verses 1-26
4. To lay down one's life for one's friends (Jn 15:13)
5. Because he knew who was to betray him (Jn 13:11)
6. "I have glorified it, and I will glorify it again" (Jn 12:28)
7. Because the Jews were planning to kill him (Jn 11:53-54)
8. "Let us also go. That we may die with him" (Jn 11:16)
9. The festival of the Dedication (Jn 10:22)
10. He goes ahead of the sheep, and the sheep follow him because they know his voice (Jn 10:4)
11. Because his hour had not yet come (Jn 7:30)
12. The resurrection of condemnation (Jn 5:29)
13. To Jerusalem (Jn 5:1)
14. Because of the Samaritan woman's testimony (Jn 4:39)
15. So that their deeds may not be exposed (Jn 3:20)
16. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."
17. "You will see heaven opened and the angels of God ascending and descending upon the Son of Man" (Jn 1:51)
18. "Come and see" (Jn 1:39)
19. The power to become children of God (Jn 1:12)
20. John the Baptist (Jn 1:7)



**“Love cannot remain by itself---Love has to be put into action and that action is service.”- By Mother Teresa.**

A simple expression of thankfulness can go a long way in relationships and communication with others. It not only changes our own lives but makes other people feel appreciated.

St. Francis Xavier Girls High School organized an outreach program for two days 14th and 18th of December 2020. “If it is serving, then serve: If it is to encourage, then give encouragement; If it is giving, then give generously, and If it is to show mercy, do it cheerfully.”

## **On 18th December Christmas was celebrated with the children of God**





## Our Lord Emmanuel in pandemic

### A unique Celebration of Christmas at SFX. 21.12.2020

The celebration of Christmas at St. Francis Xavier Girls' High School started with a prayer service followed by a power packed Christmas Message by the Manager Sr. Catherine Charles. There were various games and programmes for the staff. The Christmas Message of hope Emmanuel in pandemic was portrayed by different sections of the school in a very creative and meaningful way through a tableau and skit. The outstanding efforts of the staff were recognized and awarded with trophies and prizes. The staffs were overwhelmed with gratitude for the generosity of the Management.



### Let Us Remember in Our Prayers All Our Dear Departed

Sr. Sr ElsammaCheruvil'selder brother MrKuriakos - 69 year  
Sr. Sr.Georgina'ssister\_in\_law- 72 years  
Sr Reethamma'smother Mrs Elizabeth – 96 years  
Sr Matilda Emmanuel's sister\_in\_lawMrs Mary – 85 years  
Sr Elsamma Jacob's neice- 25 years  
Sr. Esperance's mother Mrs Piedad Fernandes – 97 years  
Sr. Lourdumary'sbrother\_in\_law Mr.Suasimanikam – 91 years  
Sr. Emilia's nephew Mr. Vijay – 53 years  
Sr. Jovita's nephew Mr. Clifford Noel Rodrigues – 65 years  
Sr. Leena Lobo's cousin Mr. Gilbert Sequiera - 58 years  
Sr. Mary T K's cousin's son Mr. Aajo - 23 years  
Sr. Rexi's aunt Mrs. Arogya Mary - 65 years  
Sr Sudha Lakra'scousin MrGodensius - 54 years  
Sr. Anne Britto's father Mr C J Britto



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

Looking forward to your contributions for the next issue (25thFebruary 2021)

Communities to contribute are .....

**Nava Jeevan Community**  
**Prasan Niketan Community**  
**Sangraha Community**  
**Shanthi Nilaya Community**  
**Sumanahalli Community**

Please send them by the 25th of February 2021

You can forward your news to  
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