

Sl. No	Index	Page No.
1	Power Quotes	2
2	Editorial	3
3	Experiences <ul style="list-style-type: none"> <li>Sr. Euphrasia</li> <li>Sr. Georgina</li> <li>Sr. Lilly Pinto</li> <li>Sr. Matilda Emmanuel</li> <li>Sr. Sagaya Sanjeevappa</li> </ul>	4 5 6 7 8
4	Celebrate Life - an interview <ul style="list-style-type: none"> <li>Sr. Clotilda</li> <li>Sr. Seraphine Menezes</li> </ul>	9 10-11
5	Tribute to my teacher <ul style="list-style-type: none"> <li>Sr. Rose Coutino</li> <li>Sr. Josephine Mathew</li> </ul>	12 13
6	Eulogy <ul style="list-style-type: none"> <li>By: SJT Sisters of Bangalore Province</li> <li>By Sr Amudha</li> <li>By: Manager St. Aloysius Degree College</li> <li>By: Sr. Elizabeth C S</li> </ul>	16 17 18 19-21
7	Anecdotes of the Great	22-23
8	Beautiful Messages	23
9	Be Inspired	24-26
10	Points to Ponder	27
11	Laugh	28-29
12	Vatican	30
13	Did you know?	31
14	Education	32-35
15	Bible <ul style="list-style-type: none"> <li>Quiz</li> <li>Sr. Leena Lobo</li> </ul>	36 37-38
16	News Update <ul style="list-style-type: none"> <li>The Nativity of the Blessed Virgin Mary</li> <li>Year of Juniorate 2020-2021</li> <li>Ongoing Formation Batches 1987-2002</li> <li>Webinar on NEP 2020</li> </ul>	39 40 41 42-44
17	Inauguration of ISC - SFX	45
18	Teacher's Day Celebration	46-47
19	Our Prayers to All Our Dear Departed	48



Knowledge is power. Information is liberating.  
Education is the premise of progress, in every  
society, in every family.

- KOFI ANNAN

Nearly all men can stand adversity, but if you  
want to test a man's character, give him power.

- ABRAHAM LINCOLN



Mastering others is strength.  
Mastering yourself is true power.

- LAO TZU

We don't heal in isolation, but in community.

- KELLY HARELL S



If you realized how powerful your thoughts are,  
you would never think a negative thought.

- PEACE PILGRIM



## **Editorial Board**

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**Sr Lalitha Thomas**

**Sr Sylvia Christie**

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

**"Do small things with great Love"**

Every year the month of August and September places before us the two lofty personalities who loved and served God without any reservations. One is Mother Mary and the other being St Teresa of Calcutta. The feast of Assumption (August 15) calls us to direct our thoughts towards heaven, whereas the Birthday of the Blessed Virgin Mary (September 8) reminds us that we are in God's plan and further invites us to journey with God in faithfulness. Indeed, the whole world has never failed to uphold these devotions in order to receive the blessings of God through her intercession. One person who followed the footsteps of our Blessed Mother closely in our country is St Teresa of Calcutta.

Mother Teresa often referred as the saint of the gutters was a living saint. She showed the world what it really takes to love the poor among us. She is a person who did all for love; her love for Jesus moved her to embrace everyone with love which was exemplified through her service. In the wake of the century's worst Pandemic Covid 19, this is being replayed in the lives of Scores and Scores of people who are doing their bit to impact lives. Thus, from the prominent front-line workers (ministries) to others behind the scenes and from every responsible citizen to people across the globe are 'living what Mother Teresa believed' – i.e., Love cannot remain by itself; it has to be put into actions and that action is service.

Mother Teresa of Kolkata looked to our lady for guidance, strength and hope. God chose Mary because she was full of grace yet full of humility. The most wonderful part of redemption began in such a humble way. Mary was so humble that she neither dwelt on the joys nor on sorrows as she believed that God does the best though God's ways are different. Therefore, she only thought of how to serve and to fulfill the vocation as the hand maid of the Lord.

Mother Teresa of Calcutta, no doubt, committed herself to God in service. She lived her faith and therefore was able to say, "Spread love everywhere you go and let no one ever come to you without leaving happier". Indeed, she lived her conviction that there are no great things; only small things with great love.

Do we look for opportunities to extend a helping hand? Are we preoccupied with the thought of service to humanity? Are we doing everything with great love? Let's never forget that we are called not to be successful but to be faithful. For the fruitfulness of our mission resides on our faithfulness to God and not otherwise!

## The Lord has done great things for me

All things are possible for God...The mandate was given to me to be the 9th provincial of the Sisters of St Joseph of Tarbes which I least expected. The saying goes that “uneasy lies the head that wears a crown” was apt in my situation. Till then I was enjoying a carefree life that was happy-go-lucky without much responsibilities. I was assigned the job of a lecturer which I enjoyed and was satisfied. After I was elected, my laughter just vanished and my mind was preoccupied with lots of things. I quarantined myself to be with the Lord for a graceful 40 days of spiritual exercise retreat. It was here that I came to the realization that I was chained by too many concerns and worries.



**Sr Euphrasia**

Suddenly, I felt that the task of animating the province was too much as I did not even have any responsibility of animating even a community as superior. In my helplessness I turned to the Lord for his help. I surrendered myself to Him to discern the will to accept my new role as provincial.

A grand Eucharistic celebration followed the election. Sisters from the neighboring communities were invited and there was plenty of laughter, music, noise, good food... The whole place turned to have a festive look. Fr Jayanathan who was the main celebrant, looking at the entire ambiance, commented that it was like “Mattu Pongal” - meaning it is a customary practice once a year to organize a feast for the cows and bulls by way of expressing our gratitude to them for all their hard work throughout the year. They get a good wash and were given good food. The next day they are back to their drudgery. He used the term Mattu Pongal metaphorically to depict the fate of any leaders i.e., ‘Today they receive bouquet and tomorrow brickbat’.

I must confess that I had a low self-esteem. This prevented me from saying yes to any leadership position that was asked of me. In 1990, I had attended one-month leadership training program which gave me an opportunity to recognize my dormant potentialities. After this course there was no turning back. The vocabulary ‘no’ that was so dear to me till then was permanently replaced by ‘yes’. This paradigm shift brought me to the limelight and I found newness of life.

Being the animator of the province, there were lots of tasks awaiting ahead: planning, community visits, interviewing sisters, transfers, putting out the bush fire here and there and to face unforeseen situations such as personality conflicts in the communities, sickness and death of sisters.

The transfer of sisters was the toughest job that sapped all my energy apart from any other responsibilities. I used to spend sleepless nights as to how to approach the sisters and how to convince them to accept the mission. After one encounter with a sister, I heard her saying to another sister, “I gave her properly.” Such maneuvers happened behind the closed doors. As days turned into weeks and months, I got used to the shoes. I could feel the strength and support of my Lord leading me in all difficult situations.

Although my term of office had its own share of ecstasy and agony, the Lord was by my side as a mighty warrior. He carried me through every storm of life to rejoice along with Mother Mary - “The Lord has done great things for me holy is His name”.

At this juncture, I must say that all I was able to accomplish was due to the support I received from my sisters. I am grateful to all my councilors and friends who readily walked the extra mile to shoulder the burden with me. I bow before the almighty for challenging times and difficult situations which made me stronger and to rely on the providence of God. Thanks to all the sisters for your trust and cooperation. May the works of our hands continue to bring praise, honor and glory to the Triune God.

I sketch my experiences quoting the 1st letter of St. Peter 4: 10 & 11 - "Serve one another with gifts each of you received, thus becoming good managers of the varied graces of God. If you speak, deliver the word of God; if you have a special ministry, let it be seen as God's power. So that, in everything God may be glorified in Christ Jesus."

Yes! I fully and sincerely believed in these words of St Peter when I was chosen to animate the province of Bangalore with Jeevan Mythri – the region and the sector of England. Though I felt unworthy to shoulder this big responsibility, yet I accepted the same by considering it a mission and an act of obedience.

The team of provincial councilors were very co-operative, supportive and understanding as we worked as a team. I experienced the power of the spirit of God inspiring, guiding and leading us in all our deliberations. I was fully aware that I was only a steward of the province and it was only for a short period of time. My aim was to exercise my stewardship for the welfare and spiritual growth of each sister in our province and to spread the ministries of the province far and wide to sow the seed of charisma of communion in the hearts of people we serve.



**Sr Georgina**

Though the decisions to be made seemed very tough at times but my prayer life and the prayers of others had provided enormous strength and support towards the same. The one prayer that I prayed constantly which I continue even to this day is, "Jesus, Thy will be done". In my personal experience, I can recall about the several problems that were solved with prayer and various difficulties / situations were overcome with ease when it was surrendered to the Lord in faith.

I can easily recall the power of prayer that had brought transformation in me as I made my canonical visits. I could carry out those responsibilities not as a fulfillment of my duties but to establish a closer relationship with each sister which I cherish to this day. And, no doubt that I consider this experience as a real achievement in my religious life. Though, at times I had to battle hard with my ego which was a herculean task that had sent me even to the ICU yet the grace of God took control over everything. Not to forget that life had taught me many lessons and made me to become aware of myself.

I do admit in humility about few surprising decisions that had really hurt some sisters but most other sisters were patient as they submitted in obedience to the authority. Author John Powell in one of his books says, 'When a consecrated person is entrusted with the service of authority, she or he is given a particular grace which ceases once the person lays down her/his responsibility or the service of authority'.

Having completed my tenure, I thank God as I am fully convinced that if it were not for His grace, I would have not gained the desired response towards the realization of His mission. All glory to God as the relationships are kept intact and the contacts with the general government remains positive.

## Impediment is not a barrier to service

“Our Charism is revealed in our connectedness to God and others”. This became true of myself as I experienced the presence of God among the people during six years of my pastoral ministry at Robertsonpet in KGF. It was an enriching ministry as, took every care to nurture with love and prepared both children as well as adults in receiving the sacraments. It was the time that I experienced the hand of God guiding me through and through. It was the time when I was convinced that languages cannot become a barrier if we set our priority on language of love.



**Sr Lilly Pinto**

The various responsibilities - being community bursar, pastoral and educational ministries helped me to keep myself occupied for the Lord. The first secret for the success of the various ministries is the community itself. We remained connected and maintained the unity regardless of the uniqueness which provided immense strength and joy to remain faithful to the mission. Secondly, the love of the people motivated to remain committed to the given task. Thirdly, not to forget the younger ones in whom the future rests. Their energy, talents and openness to learn something new had personally challenged me to be forward looking. It was a great joy to render service in the school to impart the right knowledge and values to the young generation.

Our Charism – being for God and others motivated me to live and serve selflessly. The call to share the resources enthused me to inculcate the values among the younger ones to be intellectually enlightened, morally upright, spiritually inspired, emotionally balanced and socially committed. Our education ministry, not only is academic oriented but concentrates on the holistic growth of the students.

### *Thoughts from Sr Lilly:*

We must remember that Love alone can transform and shape the mind, heart and soul of a person. Let us transmit that love to our children who are capable of spreading love.

I love a flower,  
I nurture the plant,  
I enjoy its beauty and fragrance;  
And allow others to do the same.

Being part of the nature is the best way to remain connected to God. The admiration and love towards nature is a best way to remain young at soul. Let us render our praises to God unceasingly just like the flowers and plants.



## CALLED TO SERVE JOYFULLY

“Believe in your dreams. They were given to you for a reason”. - Katrina Mayer

The spirit of God blows where it wills. In the year 1953 it blew over Chikamangalore Philomena, a young girl then, nurtured her desire to consecrate herself to God in religious life after a dramatic scene which she visualized in her mysterious dream.

It goes like this.....she was surprised to find herself as one among many young girls called by God. With great joy and longing she responded with a loud ‘yes’ to God’s calling. Her mother heard her talking in sleep and she enquired about the same when she woke up. She explained her dream enthusiastically and expressed her desire to be the bride of Christ which her parents welcomed with great joy.



**Sr Matilda Emmanuel**

Philomena, the last of her eight siblings was brought up in an atmosphere of tender love and affection by her parents and siblings. She carried every rich values and memories in her heart and upheld the same as a chosen one. The call of God demanded great sacrifices which she willingly embraced in good faith. This enabled her to offer her entire life to God alone as she left behind her fond and cherished memories of her childhood. And there was no turning back... She clung to God always to experience His presence in her ups and downs, success and failures, good and bad times, and in every undertaking in the SJT family.

Philo... Philo... Philomena... she is none other than Sr Matilda Emmanuel. She is a living example for humility who tirelessly carries out her responsibilities. Not to forget her joyful service in the kitchen for 45 years which is famously known in our circle as Sr Matilda Kitchen at Nava Jeevan. She is like a mother who first serves all at home joyfully with delicious food and then has her meals at the end. Indeed, Sr Matilda is a mother who extended her joyful service and hospitality not only to sisters alone but also to the helpers, watchmen and vendors. Thus, she is also known as “Matilda Thai” as all who came in contact with her experienced her motherly affections and she brightens them with a smile of hope and courage to face the realities of life. Her strength is recognized in her very own trusting words: “As long as the loving hand of God is on us, no sickness can harm us.”

Indeed, Sr Matilda is an inspiration for all, especially the young sisters to accept any kind of responsibilities given to them in faith. She is also a living proof for the saying, “service and hard work does not have any age.” No matter how big or small the responsibility is, let us never forget that God desires the faithfulness and acts of charity from his chosen ones.

Thought from Sr Matilda:

*“Always take courage in the Lord.  
Do everything for the greater glory of God.  
We should never remain in our fallen nature, but rise up to face the truth,  
Let’s believe there is someone who is praying for us  
Let us never grow tired of doing what is right  
For God loves the humble.”*

contributed by

**Sr Rex Dalli**

## **“A teacher takes a hand, opens a mind and touches the heart.”**

This quote speaks loud and clear in the life of Sr Sagaya S. She rendered her valuable service as a teacher for several years. She has inspired her students to do their best, helped them to strive for their goals, instilled in them discipline and love.

Sr Sagaya felt the call to religious life at the age of ten. She was inspired to serve the Lord during a sermon preached by the Priest during the Novena to St Francis Xavier which she discerned well to join the religious life.



**Sr Sagaya Sanjeevappa**

Sr Sagaya, having seen the face of Jesus among the poor, opted willingly to serve them. She was enthusiastic, dynamic and full of zeal as she helped her students to grow holistically, giving them love and affection to grow in their faith in the Lord. She was drawn towards slow learners to tap their potentials in order to achieve their goals.

**“The best teachers in world are someone who teaches from the heart and not from the book.”** She worked as a teacher in Summanahalli Leprosy Centre where she gave her service for the poorest in Balwadi and offered coaching classes up to standard seven. In Chitradurga, Chickballapur, KGF, Champion Reefs and Whitefield, she taught with love and dedication. She also taught the students of St Joseph’s Primary and Higher Primary School - Bangalore where she is currently placed. She continues to offer her untiring service to the students giving a special focus on character and faith formation. She also serves as an administrator of the institution.

**Teaching is a noble profession. Teachers are selfless as they share the knowledge to educate and inspire the children. Her happiness emerges when the students become the achievers.**

As a Religious teacher she was a mother, mentor and a friend to students. Sr Sagaya S, used every occasion to share the love of Jesus with her students, teachers and office staff. By her very presence she inspired them with her care and affection.

As a headmistress she faced many challenges courageously and diligently especially from the Education Department. She worked very hard to bring up the school to a greater height by giving the poor and the marginalized good education. Indeed, she had special concern for all their needs - physical, intellectual and spiritual. She had willingly dedicated extra hours to coach the slow learners to enhance their self-confidence and to bring out the best in them.

### **HER MESSAGE TO THE BUDDING TEACHERS:**

LIVE FULLY YOUR CALL BY LOVING THE LORD AND OUR NEIGHBOUR.

BE COMMITTED TO THE GIVEN RESPONSIBILITY.

SERVE WITH WHOLE HEART, MIND AND SOUL.

THE LORD WILL TAKE CARE OF THE REST.

FOR WITH HIM ALL THINGS ARE POSSIBLE.

Contributed by Sr. Valencia Therese Fernandes



## An Interview with the Youngest Sr Clotilda (102 and counting...)

No one is too young or too old to be used by God,  
You are always the perfect age...

No matter who you are... she hits you for a six with her sweet smile. And that is the secret behind her '102 and Not Out...' Her smiles are not only sweeter but also contagious. No doubt, it is the reason for her glowing joy that keeps her young. It was her smile that moved me with eagerness to know the secret for her joy and she began sharing her Vocation story.



**Sr Clotilda**

Her vocation is a unique love story between her and Jesus - her beloved spouse. She recalls about an incident that deepened her longing for Jesus which also moved her to offer her virginity to Christ. She shared the incident with vivid memories, with great enthusiasm and with a light heart.

She was pursuing her 8th Standard then in St. Mary's boarding, Bangalore when she experienced turns and twists in her life. She was told by the sister in-charge of the boarding to pack her things to go home as requested by her mother. She was panic stricken but obeyed as told by the sister. On reaching home, she had the shock of her life as her mother had arranged her marriage without consulting her father and against her will. But she took courage and sternly refused knowing well that her life belongs to God to whom she made a promise of her virginity. Her father was a great support as he came to her rescue and obliged to send her elsewhere. The whole episode was narrated to Rev Mother Lawrence who recognizing her aspirations to nun hood made her complete her 10th class. Although, life was tough at school as she found difficult to follow the English medium learning from Kannada medium yet nothing could deter her goal. She successfully completed her 10th class and joined the Sisters of St Joseph of Tarbes.

Few incidents of her life that will inspire us in living our consecrated life more committed

It was a great joy to know Sr Clotilda and no doubt that she is a sheer inspiration to many. For sure, the following incidents will help us to ponder on many aspects of our lives.

A sister shared an incident about her that really touched me. When this concerned sister had asked Sr Clotilda as whether she would like to have her watch since she liked it, she showed the watch on her hand and replied, "I am contented with the watch I wear and I don't want to own another. Just because I like it, I cannot have it"

My observation brought about lots of surprises as I saw her being so punctual for the prayers amidst her pain and sufferings due to health issues. She always prioritizes her encounter with God as she strongly believes that the Eucharist brings strength and healing. She exclaims, "Just when I hear the bell at 5:30a.m., I quickly wake-up to be ready to meet the Lord".

Personally, I can never forget that day of my life when I was troubled to the core. I had specially requested her prayers when she asked me with a motherly concern, "Are you worried about something?" Though I did not reply anything yet she sensed that something was wrong and continued, "surrender your worries to the Eucharistic Lord and you will be strengthened."

Words of Inspiration from Sr Clotilda: "The sufferings of Jesus are her only strength to bear her very sufferings, aches and pains".

By: Sr. Rose Coutina

## YOU ARE BECOMING

Sr. Serephine: Good evening God.

God: Good evening , Serephine. How are you?

Sr. Serephine: I am not too well God. I'm falling apart. Can you put me back together?

God: No Serephine. I will not.

Sr. Serephine: Why My Lord?

God: That's because you're not a puzzle. You are my child.

Sr. Serephine: What about all my pieces that have fallen on the ground?

God: Don't worry. Leave them there for a while. They have fallen for a purpose.

Sr. Serephine: Lord! You don't understand. I am breaking.

God: No, you don't understand my dear. You're evolving

And transcending. What you feel is just a growing pain. You are getting rid of the things and people in your life that are holding you back. The pieces that have fallen down are being put together in place. Relax. Take a deep breath and let those pieces you need no longer fall down. Stop clinging to those pieces they are not good for you. Let them fall. Let them go.

Sr. Serephine: Once I start doing that, what will I have left of me?

God: Only the best pieces of yourself.

Sr. Serephine: I'm afraid to change, My Lord.

God: I keep telling you that YOU'RE BECOMING.

Sr. Serephine: Becoming? Who? What? My God

God: Becoming who I created you to be...You are becoming you. A person of light, love, charity, hope, courage, joy, mercy, grace and compassion. I made you for

so much more than those shallow pieces that you decided unknowingly to adorn yourself with and cling to so much. Let those things fall off you. I love you, my child.

This was the conversation Sr Serephine had with the Lord when she was merely a 16 year old girl. Today we see her becoming what the Lord wanted her to be in the Family of St Joseph of Tarbes. Sr Serephine



Sr Seraphine Menezes

lost her mother at a very young age. This was the first piece of herself that she lost. But God continued to make her what He wanted her to be. Sr Serephine touched many people's lives and hearts through her compassion, humility, simplicity and love. She became a sower dropping a seed of love, care and compassion especially to those neglected by the society.

Not to forget that incident which I witnessed when Sr Serephine gave new life to an orphan Amin and his sister. One day sister Serephine saw Amin Shaikh and his sister at the railway station. She told them to come with her, promising them that she will provide them with everything but Amin did not listen. Instead he threw a stone at sister but she did not give up. She went once again to meet them and told them to come along with her. This time Amin noticed something different in sister and both the siblings went to stay with her at Snehasadan. Amin's life completely changed thereafter. Today Amin is the owner of the Bombay to Barcelona Library Café.

There are many more like Amin who have become great in their life. Thanks to the compassionate and loving heart of Sr Serephine who still continues to touch the lives of many people. Even though she is in her old age yet she remains very active till date just like she was at her 16.

Sr Serephine draws her strength from the daily Eucharist and radiates the love of God through her smile. She spends her precious time in prayer, reading and meeting people both children and the staff in the school. She does not retire to bed without enquiring from sisters about the Mass timing/place for the following day. And she never fails to meet her Spouse in the chapel each morning even if she is unwell.

As Robin Sharma in his book "Who Will Cry When You Die" says "Everyone who enters your life has a lesson to teach and a story to tell. Every person you pass during the moments that make up your days represents an opportunity to show little more of the compassion and love that define your humanity". This is very true of Sr Serephine. She became a face of God to the unloved, a mirror of God to the rejected one, a body of Christ to the hungry and a mother to many orphans. We thank God for giving Sr Serephine to St. Joseph of Tarbes' garden to be a flower to spread the fragrance of love, kindness, joy and a hope to the sisters, children and people.

"Love is always at the service of others.  
Because love is seen in actions, not words". - Pope Francis

- Sr. Sinteia Rebello

### Silent admiration costs me to become what I am today.....

*The dream begins with a teacher who believes in you, who tugs, pushes and leads you to the next plateau, sometimes poking you with a sharp stick called "truth".*

This was the truth in my life where I had my dreams but barriers came across - the rich and the best were always chosen... the attention seekers always got their way through... the so-called favorites, the clever ones were upheld all the time... those who remained silent due to various problems went unnoticed regardless of the talents they possessed... I came to understand that many needed a gentle touch, others needed a push, still others required financial support, some others

needed a guide who will give an appreciating word or an encouraging touch. Though, I was confused yet a small incident changed my life to boost my confidence and provided the needed courage to face life and grow in faith.

I want to share with you Lanora's experience with her favorite teacher Mrs. Melanie. She liked Mrs. Melanie because she always found something precious in her which she herself was unaware of. She illumined Lanora's inner self through her tender loving, listening, understanding and encouraging words. Mrs. Melanie found something good in her and ignited within herself the buried confidence; although Lanora by nature was a silent and timid girl but had her own dreams which was kindled and observed by Mrs. Melanie that she remembers even today with gratitude; when she was in class 8, Mrs. Melanie offered her a small role in the skit as a Bishop with the elegant dress for the role she had to act. She felt so happy as, it was the first time she was on the stage facing a big crowd. Moreover, someone had recognized her capacity and made her feel important. This experience changed her life completely. She started to take part in various activities of the school, later in college and also took active part in Church programs. She remained ever grateful to her teacher Mrs. Melanie who awakened her inner self through her kindness, support, encouraging words. Now she is doing well in her life.

Like Mrs. Melanie there are many teachers who help their students to discover what they are: their true image of God, preciousness, gifts and talents. These students remember their teachers all through their lives.

It is like dropping a little seed which seems a very small thing to do; but a wonderful, multi-branched tree can spring from it. One seed planted in a heart by someone, may be unconsciously, which not only saves a soul for eternity, but starts a series of divine influences which will touch thousands of other lives.

We see in the Gospel where Jesus awakened the inner beauty of Mary Magdalene. This encounter with Jesus changed her life totally and she became the first disciple of Jesus carrying the Good News of the resurrection, to the rest of the disciples. Let us in our day-to-day life, go on sowing seeds into as many hearts as we can. We may not know what becomes of them, but from any one of them may spring a history of blessings that will reach thousands of people like Shania, Mary Magdalene and so on.

A teacher is the one who helps us to see the silver-lining behind dark clouds. It is through her, that we can see the beauty of the star-studded sky and read the wisdom of the man on the moon.

A teacher with a caring heart with which she/he can see the innocence of the children and beauty of the old people from whom we learn the lesson of true love.

It is through a teacher we learn strength and courage that is always dormant in us. With this strength we can face any failure and disappointment and begin again building our world of dreams.

*"Teacher affects eternity; no one can tell where her influence stops." - Henry Brooks Adams.*



Sr Rose Coutino

## Fence of God's Love

Fence of God's love has hovered my home,  
My house is the power house for you and me.

Love and care is the package it contains,  
Sharing and serving is the message it echoes.

Living for God alone and humanity is SJT motto  
Plans and decisions are taken for the growth of the mission.

Simplicity, commitment and humility that others can witness  
Upholding each other that I and you can experience.

Trials and difficulties always challenged us on our way,  
Respect, understanding and dialogue freed our way.

My sisters are specialists in creative love,  
Absorbing the goodness and talents to shine brighter

My home is a loving home; we rely on each other,  
A model home to inspire one other.

Praying for each other is our undivided strength,  
All things are possible when we are fenced by God's Love.

This is not just a poem or an imagination,  
It's an experience of my joy in living together.



**Sr Josephine Mathew**



## AWAKE...

Awake, my soul!  
Awake, harp and lyre!  
I will awaken the dawn.  
I will praise you, Lord, among the nations;  
I will sing of you among the peoples.  
For great is your love, reaching to the heavens;  
Your faithfulness reaches to the skies.



**Sr Philomina Cardoza**

This Psalm-57: 8-10 sums up the entire life of Dear Sr Philomena Cardoza as she faithfully lived her self-offering of her life like a fragrance rising up to God.

Day after day, O Lord of my life, shall I stand before Thee face to face. With folded hands, O Lord of all worlds, shall I stand before Thee face to face. What can be more painful than a loss of a pious, benevolent and serene human; her arched eyebrows for surprises.... her satisfying smiles... her simplicity...her self-effacing attitude... and appealing and enchanting gaze has left scars in many of our hearts.

Sr Philo was born on 9th March 1952 in Mangalore to her beloved parents Diogue and Teresa Cardoza. She was last of her six siblings and was deeply loved by her family members who were her great support and solace. She joined the SJT family in 1969, made her first profession on 10th May 1972 and her final commitment on 13th May 1981. She played a pivotal role in the field of Higher Education starting with the women's education in JNC college, as a professor in economics from the year 1981 to 2010. During these years, sister served the institute with utmost love and dedication making a difference in the life of every student. She began her career as a Lecturer and went on to become a Principal for more than a decade. She was a syndicate member of Bangalore University, Member of a NAAC peer team, member of UGC committee for autonomous colleges, Vice President of Principals Association Karnataka representing minority institution, member of Board of Directors of XIME, St. John's College, Hasanath college and a few others, Senate member of St Peter's Pontifical Seminary, animator, province councilor and two terms as Provincial. These did not alter her attitude, demeanor values, commitment and concern for us. Indeed, she was a faithful steward accountable to God and to the society.

When Sr Philo smiled, we had no choice but smiled too. Her Smile literally stretched from ear to ear and like the rainbow, embraced everyone with 180-degree arc.

One of the JNC staff recalled her first meeting with Sr Philo. She said... ‘the image of Sr Philo who knelt at my feet, trying to fix my broken sandal, is the image that strikes me always which typifies the entire life of this humble sister.’

Fr Jerry, a Franciscan friar minor said, ‘there is no doubt that Philo is a saint, not after her death but as a living person. She was a woman who reached out to the sheep that were without shepherd. If death has taken her away, she is the happiest person today for she lives without pain and loves without conditions. For each and every one of us Christ is the bridegroom and we are His bride. Sr Philo after the wedding has gone to the bridegroom’s house to live eternally.

Another friar expressed, ‘Sr Philo is a simple, humble and committed religious, who without any pride and prejudice went out of her way selflessly to be faithful and obedient to her commitment to Jesus and her congregation. I am sure that God plucked this beautiful flower off from the family of SJT to adorn and beautify the heavenly home with her beautiful presence.’

Whoever was fortunate enough to know Sr Philo would have certainly experienced the exceptional compassion and love from her. Yes! indeed she was an extraordinarily exemplary religious who was meek and humble at heart. Her complete fidelity to her vocation and devotion to the Lord, the tenderness with which she treated the poor made many people consider her like a saint. The responsibilities and positions bestowed on her would not and did not change in anyway her spiritual virtues and she as a person. She remained always as a gentle, genuine and caring soul who was always hardworking, austere, selfless and sacrificing. She was a rare gem and a treasure that we will cherish forever.

The last two years of her was on this campus (St. Joseph’s Convent, Fraser Town) while serving as the Principal of St Aloysius College Bangalore. The Lord had blessed her with a worthwhile life, she was a tree that was laden with fruits that others enjoyed. To herself she was a strict taskmaster. Her ways were astonishing. She would return from a tiring journey, a sleepless night or exhausted, yet she would be on time for prayers or to work. Never rested, never late, never indulged herself, busy as a bee, always on alert to listen, to help out others, a wonderful sister, her legacy will certainly live on. We have a lot to imbibe from her life, like total allegiance and unwavering dedication to the congregation, perseverance in the little and big tasks that she undertook to assist others and steadfast faith in God. She held on to our Lord, tenaciously and never let off His feet. She loved “us” her sisters, deeply. There would be a good many people from all backgrounds and all walks of life, who would have numerous moving incidents to narrate about Sr Philo’s noble traits, kindness, finesse, charity and persistent efforts to uplift those who are downtrodden and suffering.

Dear Sister,

- you always ran to feed the hungry;
- you have walked miles literally even if your feet are hurting to lend a lifting hand to those who were suffering,
- you dedicated every minute of your life.

We can't believe that you who were so sensitive to the needs of everyone around you, departed so unexpectedly leaving us in shock. You have been snatched away from us too soon. It is the Lord's doing. Yet this agony of losing you is too much.

We little knew on Saturday morning that God was going to call your name.

In life we loved you dearly/ in death we do the same.

It breaks our hearts to lose you but remember you've not gone alone.

For parts of our hearts went with you the day God called you home.

You have left us moving memories / your love is still our guide.

And though we cannot see you, you'll be always at our side.

You'll never be forgotten our dearest Sr. Philo

Your light will always shine.

No matter what the future brings or what may lie ahead.

We know that you will walk with us along the path we tread.

One day we'll join your glorious flight for all Eternity.

The lessons of kindness and love you taught us

The good things in life you have brought us

Linger on....as lasting legacies.

She suffered for decades with a weak heart and underwent more than one surgery for it, yet she was a bundle of energy, never walking... if she could run, never resting, if she could work. Her heart, weak in her tiny too thin frame beat strongly for the Lord and for His people. Now her heart rests in His heart. We bid farewell dear sister Philo. Rest well and rest in peace. Heaven must be at dazzle today with a new bright light, the light of that warm and wonderful smile.

Lots of love and immense thanks for all that you have been dear Sr. Philo.

By: SJT Sisters of Bangalore Province

*“A compassionate person knows that choosing a unique higher road in life is an option for the poor”*

## **A fond tribute to our beloved Sr. Philomena Cardoza SJT.**

Sr. Philomena was a compassionate person, with genuine love dwelling in her.

She was lovingly called as Sr. Philo by everyone. After Sr. Philo 's term of office as a provincial of the congregation of St. Joseph of Tarbes, she was given an opportunity to choose her place to continue her mission. Many sisters in the congregation expected Sr. Philo to choose a comfort zone in order to spend her life time smoothly that will be less challenging after the laborious work which she had triumphantly and fruitfully accomplished to the SJT congregation. It was at this juncture Sr. Philo recognized the special call which was assigned by the Lord to serve the poor and the marginalized and also focused on the vision and mission of the SJT congregation. Sr Philo willed to it deliberately, chose to serve the less fortunate students at St. Alphonsus High School and lifted them up to great heights.

Then Sr. Philo had set a vision to establish the life of the students of St. Alphonsus High School by lifting the poor and the less marginalized students by providing them good education and monetary help.

As the saying goes: “Be a light that helps others to see”.

Sr. Philo was such a light in the lives of many students of our school, she brought great joy in each student by providing them some refreshments, free stationary and spoke to them with the language of love. She also retained harmony among the staff and teachers. Sr. Philo brightened the life of many who met her during her tenure at St. Alphonsus High School. She would tell the teachers that ‘we are all here to help our students to build and mould them to be better citizens.’

The students of our school admired Sr. Philo 's radiant appearance, enjoyed her gentle touch and the inspiration she would share with them enabled the students to soar high which was the vision of Sr. Philo.

Sr. Philo would encourage volunteers to lend a helping hand to provide a little refreshments for the students, identify the problems faced by the students and worked on it, motivated the dropouts, inspired them to take up vocational training, insisted the students to pursue their higher studies at reputed colleges and provided necessary help for the deserving students.

Sr. Philo's intake would be very little but was always found to be energetic and enthusiastic. Everyone would wonder how this is, her strength was the Almighty God whom she revered every day and the great passion she had to serve the poor.

There would be a lot more to tell about Sr. Philo, but in short:

She had a heart that cared completely.

She had a smile that brought so much pleasure.

She had the love that brought joy beyond measure.

Above all she had an unshaken faith in the Almighty God.

In a nutshell Sr. Philomena Cardoza was a **Philanthropist, Harmonious, Intelligent, Loyal, Optimistic , Methodical, Enthusiastic, Noble, Angelic, Compassionate, Amenable, Responsible, Devoted, Obliging, Zealous, Affectionate**

A beautiful flower which bloomed in the garden of St. Alphonsus High School withered spreading the fragrance of love and compassion among the Alphonsians.

With great reference we owe her a big “Thank you, Dear Sr. Philo!”

- By Sr Amudha

## Tribute to Sr Philomena Cardoza SJT (1952-2020)

“You carved your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you.”

At the outset I would like to thank everyone present here, who have come to honour and pay homage to this great person Sr Philomena Cardoza SJT. Sr Philo, as she was fondly known by most of us, will be remembered and cherished for multiple reasons.

Upon reflecting my association with her for over two years now, there are various anecdotes running through my mind and each of them serves as a reminder of her nobility, selflessness and simplicity. If I have to describe her in a single phrase it would be ‘great things in small packages’. When sister took on as Principal of St Aloysius College in February 2018, she brought with her glorious experience of heading one of the most prestigious institutions of Bangalore Jyoti Nivas College. She also was the Provincial of Sisters of St. Joseph of Tarbes. Undeniably, the college has made remarkable progress under her leadership. She worked tirelessly for the upliftment of her students. She was relentless in her pursuit of building and moulding young lives. Tributes have been pouring in since the time of her demise and hundreds of youngsters of the institutions whom she’s worked with, have vouched for this.

Sister has pioneered many schemes and certifications to elevate this college to higher levels and has many accomplishments to her credit, the NAAC accreditation of this college is one such feather in the cap. Introducing the midday meal for our students was yet another one. She was always available to her students and staff, ever willing to lend ears to grievances, concerns and needs. Her perpetual infectious smile was passed on to everybody she met. She was a constant source of hope and courage. All of this is an affirmation of her considerate and compassionate nature. Indeed, she was a meticulous and empathetic educationist.

I remember our first orientation with Sr. Philo as our Principal where each one of us was asked to define ourselves in one word that would begin with a letter of our name. She said ‘P’ for Philo and ‘P’ for precious which sums up her true self. I am not alone in this endorsement; my colleagues and students echo the same. The staff of St. Aloysius Degree College will always remember sister as a gentle, kind, hardworking, humble, helpful, energetic and enthusiastic person. An inspiration to all and an irreplaceable loss for the Aloysian family.

Our students are so fond of her and have so much to say about her. I would like to quote what one of our former students said – ‘God saw you getting tired and so He put His arms around you and whispered, “Come to me”’

A golden heart stopped beating hard, working hands at rest. Our hearts broke, God proved to us that He only takes the best. She was the best Principal I have ever met till now! You will be missed sister and I will always cherish every memory in my heart.’

Sister we will miss you but the legacy you have left for us through the administration of this college will always remain as footprints for all of us to walk on. We love you dear Sister, May your soul rest in peace.

**By:** Manager St. Aloysius Degree College



## “Through long years of selfless service . . .” A loving Tribute

In the early hours of Saturday, July 11, 2020, at a time when the world was, and still is, battling the deadly pandemic, we the Sisters of St. Joseph of Tarbes and every member of the Jyoti Nivas family, had to endure another deep loss – the loss of one of our dear

sisters Sr. Philomena Cardoza. When a person who has lived and worked and served in this world so selflessly and for so long, departs, it leaves behind a void, difficult to fill except with fond memories.

The first thing that strikes us when we think of dear Sr. Philomena Cardoza (Sr. Philo as she was affectionately known) was her bright dazzling smile that spread all over her face, reached her eyes and warmed our hearts.

Sr. Philomena was a dedicated Sister, a responsible leader, a committed teacher. The thousands of people whose hearts she touched, whose lives she changed with her unconditional love and generosity, knew her as a person who never spared a thought for herself. Nor did she spare herself when it came to reaching out to others - those in need of her help, her love, her care and concern, her warmth and affection, with which God had blessed her in abundance.

She lived her life in the spirit of our College Anthem - “Through long years of selfless service . . . .” “Long” not in the sense of the number of years – she was only 68 when she left us for her eternal home, but how she packed those 68 years with service to others. It is not the length, but the quality of life lived, that makes a difference to the world. And Sr. Philomena’s life was out of the top drawer – a life of the highest quality, an exemplary life, an inspirational life, a life richly lived in living for others, never for herself. She lived the saying: Others before self.

A humble and caring religious, Sr. Philomena went out of her way to be faithful and obedient to her commitment to Jesus, dedicating herself in body and mind, in spirit and matter, to the Lord and society. Leading a spiritually rich life, she enriched the lives of all those around her - her staff, as Principal of Jyoti Nivas College, her students, as teacher and lecturer of Economics and sisters as a sister of St. Joseph of Tarbes.

Sr. Philo was a born teacher and started her career as a school teacher in Chickmagalur. As a teacher she always went the extra mile to help students especially those from deprived backgrounds. Legions of her students will testify to her exemplary teaching and her love for Economics.

Sr. Philomena was part and parcel of Jyoti Nivas for 32 years. During her tenure as Principal, Sr. Philomena held several important positions such as Senate Member, Member of the Academic Council and Committee Member of Bangalore University Degree Examinations, Governing Council Member of XIME, Member of the Selection Board of NCC Officers, Member of the UGC Expert Committee on Conferring Autonomy to colleges and Member of NAAC Peer Team for the Accreditation of colleges. She carried out each of these responsibilities selflessly and with total dedication.

The CBCI Commission appointed Sr. Philomena as a member of a committee to write a book for Christian college students at the national level – ‘Dare to Discover’. Sister was relieved from her duty from Jyoti Nivas from July 1994 to March 1995 to be part of this prestigious project.

She was gentle, yet firm when the situation demanded, determined to do the right thing, yet compassionate and understanding, frail-looking, but with great strength of character, courage, conviction, integrity and fortitude. Everyone remembers her simple, down-to-earth attitude, her calm demeanor, but always firm in her values and a person who is so self-effacing.

With inexhaustible energy, she worked as if there was no tomorrow. A people-friendly Principal, the doors of her office, like the doors of her heart, were always open. Sr. Philomena was a mentor, friend and guide to young colleagues. A patient and empathetic listener, confidante to many, she spent long hours listening and advising.

It was under her stewardship that our college applied for and was granted Autonomous status in 2005. This milestone was followed by yet another milestone when our college was conferred the status of ‘College with Potential for Excellence’ by the UGC in the year 2005. She also led the college during the 2nd cycle of NAAC Accreditation in the year 2004.

She was a visionary who understood very early the significance of vocational courses and played a vital role in encouraging it among the students in the college. She knew the emphasis that NAAC places on research activities and worked towards this vision. She was instrumental in setting up the Research Cell in the College. She took personal interest to encourage and support the staff to do Faculty Improvement Programmes.

Her concern for the underprivileged is well known. It was this concern that led her to enter into a tie up with the Ford Foundation-funded FAEA (Foundation for Academic Excellence and Access) to help equip students from disadvantaged groups perform better academically and secure gainful employment.

Prof. V R Mehta, former Vice Chancellor, Delhi University and President of FAEA, paid rich tributes to Sr. Philomena as the Cluster Coordinator of FAEA activities in Karnataka and Andhra Pradesh. He says how Sister firmly believed in the philosophy of FAEA of access to quality higher education to the poorest of the poor, yet the brightest of the students. She impacted the lives of FAEA scholars with help and support to them in their education and placement. She was a great source of strength to FAEA, pursuing the FAEA mission with zeal, zest, energy and vision. In her we have lost an excellent woman leader committed to empowering the most disadvantaged.

Anand Babu Kadiyala, former FAEA scholar and now lecturer in Chemistry, paid glowing tributes to Sr. Philomena as the driving force behind FAEA. Though he speaks for himself, what he says about Sr. Philomena is applicable to scores of students who passed through her hands. He says, “Sr. Philomena deserves to be thanked at least once per day throughout our lives for being mentor, motivator and a great inspiration. Sr. Philomena cultivated the souls of her students through her love, care and understanding during the FAEA workshops”. He has also written a little poem in her honour –

On the Sands of Time You have left your foot prints with glory  
Everyone around you will know your name and shall recall your story  
If Love could have saved you - You would have lived forever

Akbar C, a visually – challenged former FAEA scholar and now lecturer in English recalls

Sr. Philomena's commitment, vision and humble approach. He recalls how during a one-week training conducted by FAEA for Civil Services, Sr. Philomena, a highly respected academician and scholar, was present throughout, constantly encouraging and giving positive strokes to the trainees.

Humane and generous, some of the students who have passed through the portals of this institution will vouch for the help she rendered them quietly and in a timely manner. She was deservedly awarded the Best Citizen of India Award for Social Service.

Sr. Philomena was all this and more. Jyoti Nivas College stands testimony to her relentless pursuit of excellence, her unwavering vision for betterment, her indomitable will to serve society and humanity in spite of failing health. The word 'retirement' didn't figure in her dictionary. Later as Provincial of Bangalore Province she rendered her selfless service to the sisters and the mission of the province with humanity and generosity. As a Provincial she continued to render service in the educational field and was the Principal of St. Aloysious College, Bengaluru, when the Lord called her to her eternal Home.

An aura of warmth and compassion surrounded Sr. Philomena which drew people from all spheres of life towards her. Such was her magnetism that even persons with limited association with her would go to her for advice and support. She was not just Sister. She was a mother to all who knew her and were blessed to be in her presence and experience her love. What can be more painful than the loss of such a benevolent and fine human being?

We will miss you dear Sr Philo. May God grant you eternal rest and peace in His Kingdom. The message of Jesus the Light, that you exemplified in thought, words and actions, will continue to light the path for us.

Adieu dear Sr. Philomena. The seeds you have planted in the field of education will continue to sprout and bear abundant fruit.

Till we do meet again on eternal shores, never to be parted, dear Sr. Philo, rest well. Rest in God. Rest in peace.

**Sr. Elizabeth C S, SJT**  
**Jyoti Nivas College Autonomous**  
**Bengaluru**

## Wonderful success Story: Tribal IAS

Hi, I am Dr. Rajendra Bharud. I was born in Samode Village in Sakri Taluka. A Bhil tribal. My father had passed away before I was born and there was no man of the house, so to speak. We were steeped in poverty. There was no money even to take photographs and so till date I don't know how my father looked. No land, no property. We used to live in a hut made of sugarcane leaves.

But, Maay (mom) was made of sterner stuff and never sat brooding over our condition. She had two sons to take care of and so she started working towards that.

She started making liquor from flowers and selling it. Men used to come to our hut and consume the liquor. She later told me that, as an infant, sometimes when I cried, she used to give me a couple of drops of the same liquor so that I would sleep off. Because it was business time and she didn't want to disturb the customers. As I grew up, I started running errands to get peanuts or such snacks for the customers.

Maay was a determined woman and she ensured that both of us went to school. I used to go to the Zilla Parishad school and though I had no pens or books (no money to buy) I enjoyed studying. We were the first kids from our tribe/village to go to school and nobody gave education any importance.

Once, during exams I was studying and a customer asked me to get him some peanuts and I bluntly refused. He laughed at me saying 'as if you are going to be a doctor or engineer'. I was hurt. But Maay retorted telling him that I will. Maay's confidence gave me a certain will and determination to pursue studying and I decided to give it all I can.

Later on, I got admission for CBSE in another school, in Akkalkuva Taluka, 150 kms. away from our village and I had to move there for further studies. Maay had come to drop me and both of us cried a lot as she bid me goodbye when going back home.

Being on my own was difficult but I realized that I should not waste this opportunity. That gave me more determination to make it good, made me study harder and that resulted in me getting 97% in 12th. I got admission in Mumbai's G S Medical college on merit and received several scholarships. That took care of my education and hostel fees and Maay used to send me some money for my sundry expenses. She continued her liquor business as that was the only source of income for us.

As studies continued, I also decided to appear for UPSC exams and so in the final year of MBBS, I was studying for 2 exams even as my internship was on. As far as Maay was concerned, she knew I was studying to become a doctor. She had no idea about anything else. What is UPSC, or why one gives that exam, how it will help etc.... was all beyond her small world. I wanted to be a collector and she didn't know about even the local officials like a Tehsildar.

Finally, as the year ended, I had my MBBS degree in one hand and the results of having cracked the UPSC in the other hand. And as I came back home to our small village,



quite a few important people had come to welcome me home. Political leaders, the district collector, local officials, all coming to congratulate me. Maay was non plussed and didn't understand what had happened. I told her that I had become a doctor. She was really happy. I also told her that I would not be practicing medicine as I had also become a Collector now. She didn't know what that was but realized that it was something big. In fact, none of the villagers realized what it meant. Though all of them were happy that 'our Raju' has become big and some even congratulated me for becoming a collector!

I am now posted in Nandurbar district as a District Collector and Maay is now with me. There's a lot to do here as this is a fairly backward district with lots of adivasi and tribal population. And I look forward to building all the necessary infrastructure for their development.

A lot many times I am asked as to how I reached here in spite of all the hurdles in my path. Right from childhood it was a struggle. Eating twice a day was a big deal. Our toys were mango seeds or sticks. Swimming in the river and climbing the hills was how we spent the childhood. That made me physically and mentally strong. Who was with me? My strength - my Maay. And the locals, who were all equally poor. They too went hungry like us, they too played the same games. So, the concept of being poor never really touched me till I came to Mumbai for studies. The difference was stark. But I never envied the well off or cursed my luck. All I realized was that if my situation or condition had to change, I will have to do it myself. And I studied, exercised, studied. Yes, I missed a lot that normal kids or teenagers get in life, but I prefer to look at what I have got now.

A Bhil tribal boy, Rajendra Bharud, an IAS officer at the age of 31, first from the tribe, my village, my area. Today I have everything that I could have dreamed of.

And most importantly, after seeing me rise from the small village to this position has created an awareness among my people of what they can do or achieve. That itself is a huge reward.

>>>>> \_Interviewed by Madhuri Pethkar\_

## Beautiful Messages

1. Stay away from Anger, it hurts only you! It doesn't solve anything. It builds nothing, but it can destroy everything.
2. If you are right then there is no need to get angry, and if you are wrong then you don't have any right to get angry.
3. Patience with family is love, patience with others is respect, patience with self is confidence and patience with God is faith.
4. Never think hard about the past, it brings tears... Don't think more about the future, it brings fears... Live this moment with a smile, it brings cheers.
5. Every test in our life makes us bitter or better, every problem comes to make us or break us. The choice is ours whether we become victims or victorious.
6. Do you know why God created gaps between fingers? So that someone who is special to you comes and fills those gaps by holding your hand forever.
7. God has sent us all in pairs, someone somewhere is made for you. So wait for the right time and right moment.
8. A satisfied life is better than a successful life because our success is measured by others. But our satisfaction is measured by our own soul, mind & heart.

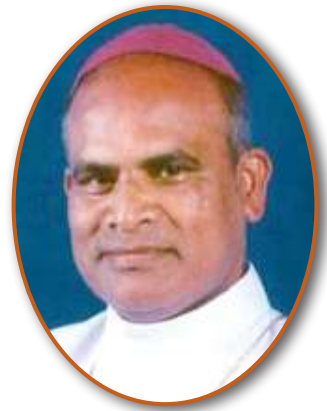


## MODEL OF SIMPLICITY AS A BISHOP

(FROM BISHOP TO AN ASSISTANT PARISH PRIEST NOW)

**1. Dear Bishop Singaroyan, even before your dramatic decision to resign and become an assistant parish priest, you were known and admired for your simple lifestyle (walking or cycling to visit Anbiyams and families, keeping your personal life very simple, etc.). What led you to love a simple life?**

I hail from a simple agricultural family. From childhood I have been engaged in the agricultural works along with my parents and my brothers. Two hours of work in the field in the morning before going to school and two hours of work after returning from the school in the evening was the daily schedule. Being brought up in an ordinary life situation, it has gone deep in my personality to be simple, down to earth, people-friendly and hard-working all the time. I have remained what I am made up of, even in different situations later during my priestly ministry in parishes, higher studies in Rome, pastoral ministry in foreign countries, being a professor of theology in a major seminary and later being the Bishop of Salem Diocese for nineteen years. It is an inborn simplicity, preserved consciously all along.



**2. Does the life-style of leaders (bishops, major superiors etc.) matter much for our ministry? How?**

In case of ministry of a leader in the Church (bishops, major superiors etc.) his / her life-style is most effective— and more eloquent than his/her knowledge, efficiency and talents in leading the church communities. What is seen is more attractive than what is said. We have seen that several people in leadership with exceptional talents and extraordinary intellectual capacities have performed very poorly because of their inappropriate life-style. Hence lifestyle is an important hallmark of Christian leadership.

**3. You must have been inspired by some particular persons or by some deep personal experience. Who are they and what are they?**

In my schooldays I had a mathematics teacher in my school, who inspired me to live for others. Later, as a priest and bishop, Pope John Paul II, whom I had the chance to meet personally several times, was my inspirer. His deep spiritual life, hard work, zeal for evangelization, clarity of thought and great human qualities set my heart on fire to be and do at least something of what he was and what he did. My three short meetings with him during the preparation of my doctoral thesis in Rome on the ongoing formation of priests, inspired me to dedicate my life for the wellbeing of priests.

**4. What are the main expectations of the people from Church leaders?**

People expect church leaders to be living examples of what they are called to preach and do. Every church leader should be able to say like St. Paul: “Be imitators of me, as I am of Christ” (1 Corinthians 11:1). They expect church leaders to demonstrate good human virtues, like honesty, humility, fair play, transparency, availability and commitment to the cause. The deficiency in these human qualities destroys the effectiveness of the great works the church leaders do with excellent wisdom using all modern techniques.

### **5. What are we doing well as the church personnel (bishops, major superiors, priests and religious)?**

There is so much spiritual, personal and material good that the Church leaders have been doing all along. It cannot all be narrated here. I mention a few in our context. Exemplary faith, committed life and effective

ministry of many church leaders are to be appreciated. Our leadership in the field of education, health care, socio-economic development of the downtrodden people, is to be given credit. Pioneering efforts in the people or community-based ministries like insertion communities in the midst of the poor and vulnerable people are relevant. Liturgical and pastoral celebrations strengthen the life of the people.

### **6. Where are we failing and need to change?**

Our ministry and leadership is still to a great extent institution- and structure-based. When the structure functions to their expectation, the leaders seem to be satisfied, without seriously assessing whether the structure has served its purpose for which it was established by the founders. The Church (diocese or congregation) seems to be working for its own wellbeing, and not for the wellbeing of the people they serve. Most of the church leaders still seem to operate on the model: “I give, you receive.” Collaboration and co-responsibility of the laypeople in the decision-making bodies and mechanisms is still lacking very much in our church leadership.

### **7. What led you to submit your resignation before time and ask to be an assistant parish priest?**

The only reason for my submitting my resignation from the office of the Bishop of Salem before the age of seventy-five is my deteriorating health condition. Hectic travel in the first ten years of priestly ministry, sedentary work routine for the last thirty years in the Seminary and as Bishop, have caused considerable damage to my backbone and spinal cord. It forces me to reduce the speed of my work and causes severe disturbances during public liturgical and other functions. I realized that I am not able physically to function fully as required for the good governance of my diocese. In this situation, in order to provide for the effective administration of my diocese by another qualified leader, I decided to propose to the Holy Father my resignation from the Episcopal office. I take it as God’s will that my resignation is being accepted by the Holy Father. Being basically a pastor all along my life, I chose to continue my pastoral ministry in a small way as much as my health permits. I proposed to my Superior to permit me to reside at Kruppur, a sub-station of Suramangalam Parish, a village with thirty-two Catholic families and a large non-Christian population, so that I may be able to do some pastoral and missionary work, as much as my health permits, under the guidance of the local parish priest.

### **8. Would you like to share a couple of experiences—of prayer or relationships or ministry—that touched you and help you to remain focused in life?**

Yes. The following experiences touched me deeply, and helped me. The first experience is the beginning of my vocation to the priesthood. One evening back in 1969, after the completion of the school final year, I was discussing with my mother what to do next: go for higher studies in a college or join the seminary to become a priest. My mother told me: “If you go for college studies, you and your future family will benefit; if you become a priest, great number of unknown people will benefit. You decide who is going to benefit from your life.” This made me to opt to become a priest for the benefit of many people. This scene—ever fresh—of my conversation with my mother remains the criterion for making any choice in my life and in my ministry for the past forty-two years as priest and bishop: for whom my life is going to be beneficial.

A second experience: In 2013, soon after my travel to Nagpur, I was badly infected with the H1N1 virus (known as swine flu). Six days of intense treatment did not yield the results expected by the doctors. They felt helpless. One night, at about 10.00, I went to the hospital chapel. I spent the whole night (till 5 a.m.) in intense prayer like Moses for his people or David for his child, abandoning my whole life in his hands: “Lord, what do you want to make of my life?” At dawn I just heard the gentle voice in my heart, “You have got to do a lot of work for me yet; go ahead!” The very next day’s tests showed excellent results and the doctor confirmed that I could go home the following day. It enhanced my belief in God, provident Father. This and many similar such instances in my life showed me that God acts when you abandon yourself in his hands.

Here is a third experience: - I always believed in collective decision-making from days of my priesthood. Even though it is not easy and often not most efficient, I have seen it bear very effective fruits. Once we had to plan for a big function in my diocese. Various committees were formed with persons responsible for each sector. Every detail was finalized in the meeting of all the responsible persons. In the course of preparations, however, serious differences of opinion crept in and it almost looked like that the function would not take place. I called for a meeting of the responsible persons and gave a five minutes’ orientation speech and then allowed the group to decide what to do. After initial exchange of arguments against one another, there evolved in the group a strong consensus, very different from our earlier decision, but beautiful. Each of the responsible persons vowed to work unitedly and make the function successful. Everything ended more effectively than initially expected. At the evaluation meeting after the function, all unanimously said that the function would not have been carried out if it was not for a collective decision.

## 9. Anything else you like to share with our readers?

A few stray thoughts for the readers: Today everywhere the priesthood and religious life are painted with a dark shade due to several reasons. Because of this, the people in general have developed a suspicion with regard to these categories, instead of showing reverence towards them. This is affecting very much our vocation promotion for the priesthood and religious life.

I would like to tell you: do not be shocked. A big number of priests and religious are still good and doing wonderful ministry. Don’t get discouraged and lose hope. Even this will pass. It is painful that the bad behavior of a few is throwing dirty mud on all. We need to patiently endure. Secondly, quality of life and ministry is needed today more than quantity of achievements. Let us be conscious of this in everything that we do. Life witness is the most powerful means of evangelization. Let our life speak what our words would like to convey. Thirdly, let us come out of our comfort zones (institutions and structures) so that what we want to say is audible and attractive to the people of today.

Fourthly, it is high time to invent and discover alternative ministries to meet the people who are living in a fast-changing world. Finally, to do all this, being deeply rooted in the Lord and living in a healthy relationship with our neighbours is essential, without which everything we do or say bears no fruit for the kingdom of God.

We felt inspired—just as we think the readers will—to read the words of **BISHOP EASTIANAPPAN SINGAROYAN**, the former bishop of Salem for 19 years.

Magnet - August 2020  
Contributed by: Sr. Sabina

- If you want to go fast, go alone. If you want to go far, go together. - African Proverb
- A shared joy is a double joy; shared sorrow is half a sorrow. - Swedish Proverb
- Words should be weighed, not counted. - Yiddish Proverb
- If you can't live longer, live deeper. - Italian Proverb
- Where love reigns, the impossible may be attained. - Indian Proverb
- It's better to light a candle than curse the darkness. - Chinese Proverb
- A man who uses force is afraid of reasoning. - Kenyan Proverb
- Still waters run deep. - Latin Proverb
- He who does not travel, does not know the value of men. - Moorish Proverb
- Measure a thousand times and cut once. - Turkish Proverb
- The most beautiful fig may contain a worm. - Zulu Proverb
- A spoon does not know the taste of soup, nor a learned fool the taste of wisdom. - Welsh Proverb
- Whoever gossips to you will gossip about you. - Spanish Proverb
- There is no shame in not knowing; the shame lies in not finding out. - Russian Proverb
- What you see in yourself is what you see in the world. - Afghan Proverb
- It takes a whole village to raise a child. - African Proverb
- A fault confessed is half redressed. - Zulu Proverb
- Early to bed and early to rise, makes a man healthy, wealthy and wise. - English Proverb
- After the game, the king and pawn go into the same box. - Italian Proverb
- The path is made by walking. - African Proverb
- If you want no one to know, don't do it. - Chinese Proverb
- If you always give you will always have. - Chinese Proverb
- To succeed, consult three old people. - Chinese Proverb
- If you hurry through long days, you will hurry through short years. - Chinese Proverb
- The stone which cannot be lifted should be kissed. - Arabic Proverb
- Write the bad things that are done to you in sand, but write the good things that happen to you on a piece of marble. - Arabic Proverb
- All weather is passing. - Norwegian Proverb
- He who fears death cannot enjoy life. - Spanish Proverb
- Before preparing to improve the world, first look around your own home three times. - Chinese Proverb
- All time spent angry is time lost being happy. - Mexican Proverb
- Don't sell the sun to buy a candle. - Jewish Proverb
- Do not kick away the canoe which helped you to cross the river. - Malagasy Proverb
- Do good and throw it in the sea. - Arabic Proverb



Have you ever been guilty of looking at others of your own age and thinking, “Surely I can’t look that old.”. Well . . . you’ll love this one. The stuff is from a lady called Archana;

“My name is Archana. I was sitting in the waiting room for my first appointment with a new dentist. I noticed his BDS degree on the wall, which bore his full name. Suddenly, I remembered a tall , handsome, dark-haired boy with the same name had been in my high school class some 25-odd years ago.

Could he be the same guy that I had a secret crush on, way back then?

Upon seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was way too old to have been my classmate.

After he examined my teeth, I asked him if he had attended St Xavier’s high school.

“Yes. yes, I did.’ he gleamed with pride.

“When did you graduate?” I asked.

He answered, “In 1987. Why do you ask?”

“You were in my class !!!”, I exclaimed.

He looked at me closely.

Then,

that

ugly,

old,

bald,

wrinkled faced,

gray-haired,

decrepit,

idiot,

asked,

“What subject did you teach?”



When Bush was the president, in one of his many trips, he encountered a man with long hair, wearing a white robe and sandals, holding a staff.

President Bush went up to the man and inquired, “aren’t you Moses?”

The man didn’t answer and just stared ahead.

Unperturbed, Bush again said “Moses!”, this time rather loud.

The man didn’t answer and just stared ahead.

This continued another two times and the federal agent accompanying Bush asked what was the matter.

Bush pointed out to the man asking, “Doesn’t he resemble Moses? You have a check on him, now.”

The agent walks up to the man and asks, “Excuse me, are you by any chance, Moses?”

“Yes. I am. “ came reply.

“That was the US president who was talking to you earlier.”

Moses cut him short, gently whispering, “...the last time I spoke to a bush, I spent 40 years wandering in the desert!”





Morning around 10 a.m.. After a heavy breakfast, I was relaxing in my chair watching TV.

The young man, my neighbour came and said. “Uncle, can you give me the key to your scooter. I want to go out urgently.” I said no problem and handed over the key to him.

After half an hour, he came back. He was crying. He gave back the key, hugged me, and said in a low voice “Thank you” and went to his flat.

Worried, I just followed him up to his door. I could hear his voice inside and he was saying “The lab results came. The test is positive”

I was shocked beyond belief. I suddenly remembered that he had hugged me. I went to the bathroom, used an entire soap to wash myself in four buckets of mixture of remaining Rum, whiskey and Dettol water. Afterwards, I came to the basement, washed my scooter with surf excel and half a bottle of Dettol.

I was extremely angry. I then went to his house and standing outside started shouting at him. I asked him how he can do this to me and why he hugged me after testing positive.

He came out with a surprised look and said, “Uncle, why are you angry? I went to get the result of pregnancy test for my wife. It is positive. I am going to become a father.

Beware. In this Covid era, all positive test results are not Covid.



A pensioner received a letter from Branch Manager stating, “Thanks for promptly submitting this year’s life certificate. But, sorry to inform you that we have lost your last year’s life certificate in our record and the Bank’s Inspector has pointed it out in his report. Please submit a certified copy of the same if available with you. Alternatively submit a declaration that you were alive last year also”

Pensioner’s reply:

“Dear Sir, thank you very much for acknowledgement of this year’s Life Certificate. I’m equally sorry to inform you that I do not have any copy of last year’s Life Certificate. I’m also not in a position to furnish any declaration regarding last year because due to my bad memory, despite trying hard, I’m not able to recollect as to whether I was alive last year or not. The inconvenience caused is deeply regretted. Regards.”



## Pope Francis: We cannot go back to old ways after the pandemic

### Pandemic and social inequalities

Pope Francis went on to note that many social inequalities have been “highlighted and aggravated” by the pandemic. Many children are unable to continue receiving their education while many others instead can; some people are unable to continue their work from home, but many others can; and many nations cannot issue money to deal with the emergency without harming their financial future, while others can.



“These symptoms of inequality reveal a social illness. It is a virus that comes from a sick economy... the result of unequal economic growth, which disregards fundamental human values.”

“In today’s world, very few rich people possess more than the rest of humanity. It is an injustice that cries out to heaven!”

This “sin of wanting to possess and dominate our brothers and sisters... nature and God Himself... is not the design of creation”, said the Pope. He reminded the faithful that God gave the earth to all of us to care for and cultivate. God invited us to dominate the earth in His name, cultivating and tending it like a garden, “everyone’s garden”.

This garden must be protected and preserved, continued the Pope. This cannot be interpreted in a way that allows us “to do whatever we want with the earth. The Pope stressed that it has been given to us by God to the whole human race. Therefore, “it is our duty to make sure that its fruit reaches everyone, not just a few people.”

Pope Francis went on to stress that, in order to ensure that what we possess “brings value to the community”, political authorities have the right and the duty to “regulate the legitimate exercise of the right to ownership for the sake of the common good.” Although “property and money are instruments that can serve the mission”, we easily turn them into “individual or collective” ends, said the Pope.

When this happens, he explained, essential human values are undermined. “We forget that, being created in the image and likeness of God, we are social, creative and solidary beings, with an immense capacity to love.”

*“With our gaze fixed on Jesus and with the certainty that His love is operative through the community of His disciples, we must all act together in the hope of generating something different and better. Christian hope, rooted in God, is our anchor. It moves the will to share, strengthening our mission as disciples of Christ, who shared everything with us.”*

Concluding his catechesis, the Pope said that, if we take care of the goods that the Creator gives us and if we share what we possess so that no one is lacking, then indeed “we can inspire hope to regenerate a healthier and more equal world.”

Finally, Pope Francis invited the faithful to “think about the children”, so many of whom are suffering due to this unjust economic system. Many are dying, hungry, lacking the opportunity to an education. After the crisis, he stressed, we must be better.

- Rain contains vitamin B12
- Vitamin B12 helps protect against cancers like breast colon, lung and prostate.
- Pineapple juice is five times more effective than cough syrup, It also prevents cold and the flue.
- Carrots contain 0% fat.
- Cucumbers are 96% water.
- Drinking black tea can prevent lung damage from smoking.
- Sucking a piece of clove after a meal helps in reducing acidity.
- To produce a 1 pound of honey, a single bee would have to visit two million flowers.
- Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.
- An egg contains every vitamin except Vitamin C.
- Our brain use same amount of power as 10 watt light.
- Eating chocolate while studying helps the brain retain new information.
- Stomach acid (concentrated HCL) is strong enough to dissolve razor.
- If you are coughing uncontrollably, raise your hands above your head and it will stop.
- Our body gives enough heat in 30 minutes to boil 1.5 liters of water.





## NEP and the Language Policy

A topic in the NEP which has particularly become a subject of serious debate is the medium of instruction in the primary classes. Under Part-I (School Education), in a segment called 'multi-lingualism, and power of language', the new NEP says "wherever possible, the medium of instruction until at least Grade 5, but preferably till Grade 8 and beyond, will be the home language/mother tongue /local language/regional language".



It may be noted that the drafters of the policy are careful in using the word "wherever possible", which means no across the-board imposition of any language. States and school entities still retain the power to exercise their right on whether to take this suggestion/recommendation. The language policy emphasising on instruction in regional or mother tongue is a broad guideline and it's up to the states and institutions to decide on its exact implementation.

The Supreme Court had previously observed that if the state disaster management authority has decided that the situation is not conducive for holding exams, can they overrule the UGC. To this, the apex court has mentioned that the decision taken by the state disaster management authority shall prevail over the UGC deadline. However, the decision to cancel and promote the students is beyond their jurisdiction.

(Courtesy: India Today)

*"The purpose of education  
is to replace an empty  
mind with an open one."*

*- Malcolm S. Forbes*



### **SUPREME COURT REFUSES TO ENTERTAIN PLEA FOR A UNIFORM AND COMMON CURRICULUM FOR SCHOOL STUDENTS**

The Supreme Court has refused to entertain a plea for a uniform and common curriculum for school students between aged six and 14 across the country rather than have diverse ones such as the CBSE, the ICSE and State Boards, saying it was a “matter of policy” and the judiciary could not “command” the government.

Justice D.Y. Chandrachud, leading a three-judge Bench, declined the petition by advocate Ashwini Upadhyay to set up a National Education Council/Commission and follow a “one-nation-one-board” system in which the ICSE is merged with the CBSE. “Presently each education board has its own syllabus and curriculum and entrance examinations are based on CBSE, so prevailing system doesn’t provide equal opportunity to all students,” the petition said.

“Uniform education system having common syllabus and common curriculum would achieve the code of a common culture, removal of disparity and depletion of discriminatory values in human relations. It would enhance virtues and improve the quality of life, elevate the thoughts, which advance constitutional philosophy of equal society,” the petition said.

(Courtesy: The Hindu)

### **SC Stays Circular on Payment of Full Wages to Employees During Lockdown**

The Supreme Court has stayed a circular of the Government ordering payment of full wages to workers and employees during the period of lockdown. The ruling came against a writ petition (Ficus Pax Private Limited & Ors. v. Union of India & Ors.) filed by Karnataka-based company Ficus Pax Private Limited, which had challenged the constitutional validity of a March 20 notification by the Labour Secretary and clause III of the March 29 notification by the Home Ministry, both of which compelled payment of full wages to workers and employees during the period of lockdown.



The petitioner argued that the government orders mandating full salary payment to workers violated Articles 14 and 19 (1)(g) of the Constitution of India, which refer to equality before law and right to practise any profession, occupation or trade, respectively. It further stated that the order was in contravention of the principles of 'Equal Work, Equal Pay' and 'No Work, No Pay', as it doesn't differentiate between the workers who are working during lockdown.



The bench said that there may be small industries, which are affected due to the lockdown and how can they pay their workers, if they do not earn, asked the court. It further added that the Centre can't persecute firms if they are unable to pay salaries.

"It is implicit in the fundamental right of an employer to trade or business that there is an obligation to pay when work is actually done and there is no obligation if no work is done," the Bench observed.

As per the order dated 12/6/2020 passed by the Supreme Court, both the employer and employee can sit together, negotiate and reach an amicable settlement with regard to the salary during the lock down period. The order further says that if they are unable reach a consensus, the help of labour authorities can be sought for conciliation and settlement.

## Only Fees Mentioned in the Admission Notification/Prospectus Can be Levied

The Hon'ble High court of Kerala delivered a notable judgement on 26th May, 2020, in the Writ Petition (W.P (C) No.379 of 2018) titled as *Rahul O.R & Ors. v Indian Institute of Space Science and Technology (IIST)*. The instant petition was filed by 50 Ph.D. Scholars who joined the programme in IIST during the year 2013-15. The grievance of the petitioners was that they were directed to pay tuition fees on the basis of a circular that was issued on 12.09.2017.

The Hon'ble Single Bench of Justice Anu Sivaraman appreciated the contention of the petitioners that IIST did not mention about levying of such tuition fees in the admission/notification nor in the prospectus. As per the admission notification, the petitioners were required to pay only admission fees and hostel fees, and were not liable to pay tuition fee.

The Court also considered clause 6.1 of the UGC Regulations which states that no deemed university can levy a fee which has not been declared by it in the admission prospectus and the official website. The contention of the petitioners that institution has failed to comply with clause 6.5 of the UGC regulations which stipulates that a prospectus must be published within 60 days of the commencement of the course was also appreciated.

The Hon'ble Court thus construed that as per the UGC regulations, fee can be collected only after informing the applicants by way of prospectus, and in the instant matter the petitioners had no intimation regarding payment of tuition fees in the admission notification. The Court ruled that the circular, vide which tuition fees was purported to be levied, will have no bearing on the petitioners as they were admitted prior to the issuance of the circular. In view of the above, the Hon'ble Court directed that any amount paid in excess to the fees provided in the admission notification/prospectus shall be refunded to the petitioners.



**NEP 2020: PM Pitches for Taking Farm Education to Middle School Level**

Prime Minister Narendra Modi on Saturday pitched for taking farm education to the middle school level, saying necessary reforms have been made in this regard in the National Education Policy (NEP) 2020. "There is a need to take knowledge related to agriculture and its practical application to the school level. Efforts are (on) to introduce the Agriculture subject at middle school level in villages," Modi said.

This will develop agriculture-related understanding in students and enable them to give information about agriculture, its modern farming techniques and marketing, to their family members, he said, adding this will promote agro-entrepreneurship in the country.

(Courtesy: India Today)

**FSSAI to Finalise Regulations for Sale, Promotion of 'Unhealthy' Products in Schools Soon**

The Food Safety and Standards Authority of India (FSSAI) will soon finalise its regulations that will restrict sale and advertisement of food products which are high in fat, sugar and salt (HFSS) inside school premises and within 50 metres from the school gates. The food safety authority had released the draft of the regulations regarding sale of HFSS products in November last year. Sources said that the final notification is expected to clarify

that the curbs on sale or promotion of HFSS food products will be implemented inside school premises and "within 50 metres from the school gate in any direction."

Once implemented, the new regulations will make it mandatory for companies that market food products to children, to ensure that they depict and package food in reasonable portion and not encourage overeating



As per the draft regulations, schools that are selling or catering school meals themselves will need to get registered as Food Business Operator with the State food safety authorities. Even catering companies that offer meals in schools will also need to register as FBOs. In addition, it was proposed that schools will ensure balanced diets are served in school canteens, mess and kitchens based on guidance from "Dietary guidelines for Indians – A Manual" issued by National Institute of Nutrition.

## TEST YOUR KNOWLEDGE

1. How many people went into Noah's Ark?  
A. 3                      B. 6  
C. 8                      D. 12
2. Moses died in this country:  
A. Sinai                B. Moab  
C. Canaan              D. Jericho
3. This person gave his mantle to Elisha:  
A. Elijah                B. Naaman  
C. Ahab                  D. Ben-Hadad
5. She was David's first wife:  
A. Ahinoam            B. Michal  
C. Abigail               D. Bathsheba
6. Barnabas was a native of this place:  
A. Tarsus                B. Pontus  
C. Cyprus               D. Lystra
7. The name of Methuselah's father:  
A. Cainan               B. Mahalalel  
C. Jared                  D. Enoch
8. The book of Lamentations was written by:  
A. Josiah                B. Ezra  
C. Isaiah                D. Jeremiah
9. Paul was stoned in this city:  
A. Jerusalem          B. Lystra  
C. Iconium              D. Derbe
10. Noah's Ark landed on this mountain after the flood:  
A. Sinai                 B. Horeb  
C. Hermon              D. Ararat
11. This prophet preached about a valley of dry bones:  
A. Daniel                B. Jeremiah  
C. Elijah                D. Ezekiel
12. This person conducted a contest against Baal was called this:  
A. Nathan               B. Elisha  
C. Elijah                D. Samuel
13. The so-called 'miracle' pool in Jerusalem at Mt. Carmel:  
A. Galilee               B. Bethany  
C. Siloam                D. Bethesda
14. The story of Samson is found in this book of the Bible:  
A. Joshua                B. Judges  
C. 1 Samuel             D. 2 Kings
15. This was the island where Paul was shipwrecked:  
A. Malta                 B. Clauda  
C. Paphos                D. Patmos
16. This woman was sent away from home into the wilderness along with her son:  
A. Sarah                 B. Hagar  
C. Ruth                  D. Naomi
17. This man was hanged on the gallows he built for another:  
A. King of Ai            B. Ahithopel  
C. Rechab               D. Haman
18. This person told Ahab that it would not rain until he said so:  
A. Noah                  B. Elijah  
C. Samuel               D. Ezra
19. This person tied lighted torches to tails and turned them loose in the foxes' Philistines' grain fields:  
A. Gideon                B. Judas Iscariot  
C. Samson               D. Ezekiel



## GOSPEL ACCORDING TO MATTHEW

1:1-17- The Genealogy Of Jesus The Messiah  
 18-25- The Birth Of Jesus The Messiah  
 2:1-12- The Visit Of The Wise Men  
 13-15- The Escape To Egypt  
 16-18- The Massacre Of The Infants  
 19-23- The Return From Egypt  
 3:1-12- Proclamation Of John The Baptist  
 13-17- The Baptism Of Jesus  
 4:1-11- The Temptation Of Jesus  
 12-17- Jesus Begins His Ministry In Galilee  
 18-22- Jesus Calls The First Disciples  
 23-25- Jesus Ministers To The Crowds Of People  
 5:1-12- The Beatitudes  
 13-16- Salt And Light  
 17 – 20- The Law And The Prophets  
 21-26- Concerning Anger  
 27-30- Concerning Adultery  
 31-32- Concerning Divorce  
 33-37- Concerning Oaths  
 38-41- Concerning Retaliation  
 43-48- Love For Enemies  
 6:1-4- Concerning Alms Giving  
 5-14- Concerning Prayer  
 16-18- Concerning Fasting  
 19-21- Concerning Treasures  
 23-23- The Sound Eye  
 24- Serving Two Masters  
 25-34- Do Not Worry  
 7:1-5- Judging Others  
 6- Profaning The Holy  
 7-11- Ask Search, Knock  
 12- The Golden Rule  
 13-14- The Narrow Gate  
 15-20- A Tree And Its Fruit  
 21-23- Concerning Self Deception  
 24-29- Hearers And Doers  
 8:1-4- Jesus Cleanses A Leper  
 5-13- Jesus Heals A Centurions' Servant  
 14-17- Jesus Heals Many At Peter's House  
 18-22- Would Be Followers Of Jesus  
 23-27- Jesus Stills The Storm  
 28-34- Jesus Heals The Gadarene Demoniacs  
 9:1-8- Jesus Heals A Paralytic  
 9-13- The Call Of Mathew  
 14-17- The Question About Fasting  
 18-26- A Girl Restored To Life And A Woman Healed  
 27-31- Jesus Heals Two Blind Men

32-34- Jesus Heals One Who Was Mute  
 35-38- The Harvest Is Great, Labourers Few  
 10-1-4- The Twelve Apostles  
 5-15- The Mission Of The Twelve  
 16-25- Coming Persecutions  
 26-33- Whom To Fear  
 34-39- Not Peace But A Sword  
 40-42- Rewards  
 11:1-6- Messengers From John The Baptist  
 7-19- Jesus Praises John The Baptist  
 20-24- Woes To Unrepentant Cities  
 25-30- Jesus Thanks His Father  
 12:1-8- Plucking Grain On The Sabbath  
 9-14- The Man With A Withered Hand  
 15-21- God's Chosen Servant  
 22-32- Jesus And Beelzebul  
 33-37- A Tree And Its Fruit  
 38-42- The Sign Of Jonah  
 43-45- The Return Of The Unclean Spirit  
 46-50- The True Kindred Of Jesus  
 13:1-9- The Parable Of The Sower  
 10-23- The Purpose Of The Parables  
 24-30- The Parable Of Weeds Among The Wheat  
 31-32 – The Parable Of The Mustard Seed  
 33- Parable Of The Yeast  
 34-35- The Use Of Parables  
 36-43- Jesus Explains The Parable Of The Weeds  
 44-50- Three Parables ( Kingdom )  
 51-53- Treasures New And Old  
 54-58- The Rejection Of Jesus At Nazareth  
 14:1-12- The Death Of John The Baptist  
 13-21- Feeding The Five Thousand  
 22-33- Jesus Walks On The Water  
 34-36- Jesus Heals The Sick At Gennesaret  
 15:1-9- The Tradition Of Elders  
 10-20- Things That Defile  
 21-28- The Canaanite Woman's Faith  
 29-31- Jesus Cures Many People  
 32-39- Feeding The Four Thousand  
 16:1-4- The Demand For A Sign  
 5-12- The Yeast Of The Pharisees And Sadducees  
 13-20- Peter's Declaration About Jesus  
 21-23- Jesus Foretells His Death  
 24-28- The Cross And Self Denial  
 17:1-13- The Transfiguration  
 14-21- Jesus Cures A Boy With A Demon  
 22-23- Jesus Again Foretells His Death And Resurrection



24-27- Jesus And The Temple Tax	9-14- Persecutions Foretold
18:1-5- True Greatness	15-28- The Desolating Sacrilege
6-9- Temptations To Sin	29-31- The Coming Of The Son Of Man
10-14- The Parable Of The Lost Sheep	32-35- The Lesson Of The Fig Tree
15-20- Reproving Another Who Sins	36-44- The Necessity For Watchfulness
21-22- Forgiveness	45-51- The Faithful Or The Unfaithful Slave
23-34- The Parable Of The Unforgiving Servant	25:1-13- The Parable Of The Ten Bridesmaids
19:1-12- Teaching About Divorce	14-30- The Parable Of The Talents
13-15- Jesus Blessed Little Children	31-46- The Judgements Of The Nations
16-30- The Rich Young Man	26:1-5- The Plot To Kill Jesus
20:1-16- The Labourers In The Vineyard	6-13- The Anointing At Bethany
17-19- A Third Time Jesus Foretells His Death And Resurrection	14-16- Judas Agrees To Betray Jesus
20-28- The Request Of The Mother Of James And John	17-25- The Passover With The Disciples
29-34- Jesus Heals Two Blind Men	26-30- The Institution Of The Lord's Supper
21:1-11- Jesus' Triumphant Entry Into Jerusalem	31-35- Peters Denial Is Foretold
12-17- Jesus Cleanses The Temple	36-46- Jesus Prays In Gethsemane
18-22- Jesus Curses The Fig Tree	47-56- The Betrayal And Arrest Of Jesus
23-27- The Authority Of Jesus Questioned	57-68- Jesus Before The High Priest
28-32- The Parable Of The Two Sons	69-75- Peter's Denial Of Jesus
33-46- The Parable Of The Wicked Tenants	27:1-2- Jesus Brought Before Pilate
22:1-14- The Parable Of The Wedding Banquet	3-10- The Suicide Of Judas
15-22- The Question About Paying Taxes	11-14- Pilate Questions Jesus
23-33- The Question About The Resurrection	15-26- Barabbas Or Jesus
34-40- The Greatest Commandment	27-31- The Soldiers Mock Jesus
41-45- The Question About David's Son	32-44- The Crucifixion Of Jesus
23:1-36- Jesus Denounces Scribes And Pharisees	45-61- The Death Of Jesus
37-39- The Lament Over Jerusalem	62-66- The Guard At The Tomb
24:1-2- The Destruction Of The Temple Foretold	28:1-10- The Resurrection Of Jesus
3-8- Signs Of The End Of The Age	11-15- The Report Of The Guard
	16-20- The Commissioning Of The Disciples

Dear sisters,

Bible is the source of strength for us religious to live our commitment meaningfully. It has the power to transform us. Though we read it daily and meditate on it, at times we are unable to quote them as our protestant brethren do. I have followed a method for many years which has helped me to study the Bible and find the quotation easily. I thought it may help you also. Hence I am sending you the readings from the Gospel of St. Mathew. Hope it will be of help to you. I have referred The New Revised Standard Version Catholic Bible.

If you want the soft copy send your email id to my What's App. I will mail the same to you.

God bless us all and help us to grow closer to Him.

**Sr. Leena Lobo SJT**





## The Nativity of the Blessed Virgin Mary Feast day - 8<sup>th</sup> September

We know that everyone has a birthday. The Bible doesn't say anything about Mary's birth, but we know that she was born. Like all parents, Mary's parents—we call them Joachim and Ann—probably took one look at their newborn daughter and knew that she was special.

Joachim and Ann loved God very much, and they were filled with gratitude to God for the gift of a child. They raised Mary as a child of God, teaching her to love and serve God. When the angel Gabriel told Mary that she had been chosen to be the Mother of Jesus, she already had great faith in God. Her strong faith and trust allowed her to say yes to God's plan for her.

We cannot be certain what the future holds for any newborn infant, but we do know that the life of each person has meaning and purpose. When Mary was born, the world did not know who she was. Sometimes others—and maybe even you—don't see how special you are. Maybe you forget that God is calling you, too, right now, to do what Mary did—to bring Jesus into the world.

When we celebrate his mother's birth, we honor Jesus too. Today let us thank God for the gift of life, and give honor to both Mary and Jesus by showing respect and concern for one another—remembering that God has created each person with love and with a call to something very special in life.

The Archdiocese of Bangalore invited us to share our devotion to Our Mother Mary during this Pandemic. We had an opportunity to venerate our Mother as a SJT family praying the Rosary with our sisters and united with whole world interceding her blessings upon all of us and the whole world.



## Year of Juniorate 2020-2021

“for you will go out with joy and be led forth with peace, the mountains and hills will break forth into shouts of joy, before you and all the trees of the field will clap their hands”. Is 55:12.

You were not made for ordinary but incredibly extraordinary for reason: that is not only belonging to Christ but become Christ; which is the ultimate call of God for each one of us.

We the junior sisters Aliyamma, Lourdu Mary, Natasha and Rose have entered into the year of preparation to be committed, to be for God for ever. “God never shares His calendar with us He always gives us surprises” this is our experience during this pandemic. In an unexpected manner we were gathered from our communities to reach our destined place of Kuppam the Juniorate Community. This was made possible only by the grace of God through our Provincial



Sr. Benedicta Mary Joseph, Regional Superior Sr. Mary T.K, our Formator Sr. Vnodha and the superiors. We were joyfully welcomed by the community of Kuppam along with our Provincial; with a smile on their faces and made us feel at home through their loving service.

We had a meaningful prayer service on ‘call and consecrated life’ which led us to be grateful to God for the gift of consecration. We began the year of Juniorate on 2nd September 2020; with a meaningful Eucharistic Celebration by the parish priest and the assistant, on the theme of SJT Integral Formation for Transformation, which emphasized on different dimensions like Spiritual, Consecrated, Ecclesiastical, Congregational, Missionary, Moral, Social, Emotional and Intellectual. Sr. Vnodha in a nutshell briefed us about the formation program of the year drawing our attention to focus on our religious identity with the Evangelical counsel of Poverty, Chastity and Obedience, also to be conscious of living our Charism of Communion.

Our Provincial Sr. Benedicta Mary Joseph oriented us to the year of Juniorate and emphasized on our commitment to God’s call, personal encounter to experience the gaze of Jesus through prayer with a special invitation to serve the people with fervor. She motivated us to be committed to deepen our spiritual and fraternal life more authentically.

We are grateful to all our sisters who have contributed towards our formation and growth to reach this stage. We humbly request you to accompany us with your prayers.

Srs. Aliyamma , Loudu Mary, Natasha and Rose Ekka

Kuppam

## Ongoing Formation Batches 1987-2002

A two-day webinar was organized by the Sisters of St. Joseph of Tarbes, Province of Bangalore, for the Ongoing Formation Batches from 1987-2002. The webinar was spearheaded and systematically, methodically and efficiently organized by the Chief Coordinator of the Organizing Committee – Sr. Elizabeth Chowrappa, SJT, and her team Sr. Lucy Pinto, Sr. Jaya and

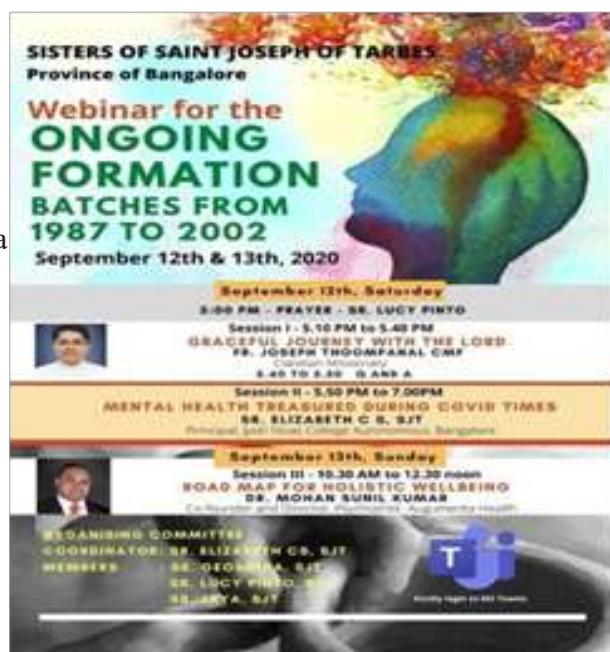
Sr. Georgina. Within a very short span of time, Sister organized the webinar which ignited a spark of enthusiasm among the participants by bringing them together on a common platform for psychological and spiritual enrichment.

Over 60 Sisters, including 15 Silver Jubilarians from Bangalore and Jeevan Maitri Mysore Province; from different parts of the country as well as from Uganda and Wolverhampton and Forestgate, UK, logged in and participated while over 100 others viewed and listened to the enlightening sessions.

The speaker for the first session on Day 1, Fr. Joseph T, a devout, pious and ardent Retreat Preacher, presented a soul-searching talk on “Graceful Journeying with the Lord” which touched the divinity within us.

The second resource person for the day, Sr. Elizabeth Chowrappa, SJT, made a vibrant, research-based and highly intellectually stimulating presentation on “Mental Health Treasured During Covid Times”, touching upon fostering one’s own mental wellbeing and psychological health through various healthy routines and practices. The highlight of her presentation was finding peace at the foot of the Cross.

The speaker for Day 2, Dr. Mohan Sunil Kumar, Psychiatrist, in his talk on “Road Map for Holistic Wellbeing” highlighted 8 ways to weave different dimensions of wellbeing into a daily routine – physical, emotional, social, occupational, financial, intellectual, environmental and spiritual.



The final takeaway from the webinar was the profound Presidential address by the Provincial,

Sr. Benedicta Mary Joseph, which emphasized the need to proactively put one’s house in order by living God-centered life that can weather any storm of life.

While Sisters, Sr. Benedicta Mary Joseph, Lucy, Elsamma, Louisa, Jaya, Amudha, Sylvia Christie, Francina, Natalia, graciously cooperated in carrying out the assigned responsibilities.

The webinar was welcomed and well-received by the Sisters of different batches, who were filled with excitement and joy to get connected with one another. Gritudinal responses received from the Sisters who participated in the webinar were overwhelming.

Sr. Elizabeth Chowrappa, SJT – Coordinator



## The Report on NEP 2020

National Education Policy 2020 was approved by the Union Cabinet of India on the 29th of July 2020. This policy is set to transform the educational system in our country. No doubt the same NEP will certainly have a profound impact on all our educational institutions. The need of the hour is to understand what NEP 2020 has to offer us and our preparedness in terms of strategies, tactics and operations.

A series of webinars both at the national and state level have been organised to deliberate the pros and cons of the policy. The CBCI office for the Education and culture had also organized a chain of National level webinars. Some of us have been actively attending those sessions and equipped ourselves with basic knowledge about the NEP 2020.

When the Government of India, Ministry of Education invited feedback and suggestions during 24th to 31st August 2020 from all the teachers our Province took the initiative to arrange a webinar for our Sisters. This webinar was conducted on 27th August 2020 from 5 p.m to 6.30 p.m on Google meet platform. The depth of input Dr. Rev. Fr. Charles Maria SDB, CBCI Secretary Office for Education and culture, on “CHANGES AND CHALLENGES NEP-2020” had a huge impact on many of us as we benefited a lot from his presentation. Not to remain silent about the seriousness that entails in this policy. The Education Core Committee members met and decided to organise one more webinar on 10th September 2020.

Dr. Rev. Fr. Sunny Jacob S J, secretary, Jesuit Educational Association South Asia, was the Resource Person for the webinar. Fr Sunny Jacob began his presentation by briefing the sisters about the history of various Educational Policies introduced prior to NEP 2020. Accordingly the Education Policies are:

The visionary Prime Minister Nehru was the first one who established the commission in the year 1948, which is called higher education commission under the leadership of Dr. Radhakrishnan.

In 1952-53 another commission was there which is called, Dr. Mudaliyar commission it is known as secondary education commission

In 1968, there was a very famous education policy based on a commission report in 1966, and in 1964-66 education policy is called as Kothari education policy. This was the first India's comprehensive education policy. In 1968 the first policy was declared (i.e. Kothari education).

Last education policy was implemented in 1986 and modified in 1992. Major



Sr. Amudha

**SISTERS OF ST. JOSEPH OF TARBES  
BENGALURU**

**CORDIALLY INVITE ALL THE SJT TO  
PARTICIPATE IN A WEBINAR ON**

**CHANGES AND CHALLENGES NEP - 2020**

**RESOURCE PERSON  
REV. FR. MARIA CHARLES SDB  
CBCI SECRETARY OFFICE FOR  
EDUCATION & CULTURE**

**DATE** 27 August 2020 **TIME** 5.00 to 06.30 PM



changes were observed globally since then. Policy had to be modified as per changing scenario. The new policy aims to pave way for transformational reforms in school and higher education systems in country.

In the year 2014, the Honourable Prime Minister Narendra Modi constituted a commission called

Mr. TSR Subramanya commission it came up with a report and that report was shared in 2016. People, academicians, teachers, and colleges opposed it because it has some negative areas, especially privatization which was called commercialisation. Then another commission was appointed and that commission is called Dr. Kasturirangan commission. They drafted a policy and submitted 484 pages document. The 484 pages document also underwent various criticisms and further the same draft was presented in a concise manner with 60 pages. With further revision 65 pages policy was published on 29th July 2020.



He further explained that NEP-2020 envisions an India centered education system that contributes directly to transforming our nation sustainably into an equitable and vibrant knowledge society, by providing high quality education to all. It is built on the foundational pillars of Access, Equity, Quality, Affordability and Accountability.

The structure of this new policy is 5+3+3+4, which includes education of child from 3-18 years.

Children from the age of 3 years onwards are admitted to “Balavatikas”. From 4-8 years the child will learn up to standard 2. Up to the age of 8 the student will not have text book based learning, children will learn through activities, games etc. Age 9, 10 & 11 the same system will continue till standard 5. Till this age the students will be learning in their mother tongue. For this the syllabus will be reduced to encourage more activity based learning. Age 12, 13 & 14 the students will be introduced to subjects like science, arts and others in standards 6, 7 and 8.

After this students will pursue class 9, 10, 11 & 12 from age 15 - 18 which is called higher secondary education. A concept of bag less days will be introduced during which the students will not be required to carry their bags for at least 10 days in their academic year in order to conduct internship, vocational training and other activities.

A national testing agency will be setup in order to conduct assessment of teachers along with in person training programs for a minimum 50 hrs per teachers, continuous professional developments of teachers.

Midterm dropout students will be allowed to pursue their studies at different levels.

Fee cap for private institution will be set but there will be freedom for the institution to set the fees.



For degree students after completing 4 years of graduation course they can pursue one year of masters. M.Phil degree is scraped.

School complexes will be established to cater to the needs of students within a 5 kms radius who come from less privileged backgrounds. Also, other schools in the area may utilise the facilities of a bigger schools for their activities for example playgrounds, auditoriums, laboratories and teachers as well.

Use of Information Technology will be implemented in teaching methods.

Teachers' salary will be enhanced and they will get other incentives.

Joint training of public and private schools will be done to bring all teachers on par with one another.

He pointed out that the NEP speaks about school complexes in the following five areas:

Sharing of human and infrastructural resources, improvement in efficiency of schools, development of short term and long term planning of schools, effective governance and better integration of an education throughout levels and pairing of one government & one private school throughout the country.

From age 3-18 there will be seamless flow of education according the new policy.

The model is adopted in many countries worldwide like Spain, South American countries and it has a capacity to change our system of education in a very positive way.

He concluded his presentation mentioning that, the current policy has 8 key principles , they are as follows :

1. Recognizing, identifying, and fostering the unique capabilities of each student, by sensitizing teachers as well as parents to promote each student's holistic development in both academic and non-academic spheres;
2. Emphasis on conceptual understanding rather than rote learning and learning-for-exams;
3. Creativity and critical thinking to encourage logical decision-making and innovation;
4. Promoting multilingualism and the power of language in teaching and learning;
5. Respect for diversity and respect for the local context in all curriculum, pedagogy, and policy, always keeping in mind that education is a concurrent subject;
6. Full equity and inclusion as the cornerstone of all educational decisions to ensure that all students are able to thrive in the education system;
7. Synergy in curriculum across all levels of education from early childhood care and education to school education to higher education;
8. Teachers and faculty as the heart of the learning process – their recruitment, continuous professional development, positive working environments and service conditions;

It remains to be seen how government plans to implement this policy in effective manner.

Sr Arul Amudha and Team

## An Additional wing to our ICSE at S.F.X.

The Sisters of St. Joseph of Tarbes have extended their Education Ministry by introducing ISC – XI Standard in St. Francis Xavier Girls' High School. It is indeed a milestone set by the Institution, imparting quality and holistic education to the student community for the past 132 years.

We live in a world of vast opportunities stark contradictions and challenges at this time of history with hope and courage, the prestigious S.F.X school came forward to upgrade the school to ISC. The inauguration of ISC was very unique in its kind due to Covid-19. The School Management went that extra mile to bring in a feeling of togetherness by live streaming the entire programme.



SR. REENA MERLIN C

The heads of the institution Manager- Sr. Catherine Charles, Principal- Sr. Malar Joseph, Sr. Louisa Mathias – Primary School Incharge, Sr. Lilly Pinto- Preparatory Section – Incharge, Sr. Reena Merlin-Administrator / staff of St. Francis Xavier Girls' High School addressed the gathering and warmly welcomed the parents and the students to be a part of the SFX family.

The formal inauguration began by lighting the lamp followed by a short prayer service. Rev Fr James Kumar Csr who invoked God's blessings as SFX ventured in adding an additional page to the history of the school. Rev Fr James with a short message greeted the parents and students and wished them well.

Sr. Catherine Charles the manger reiterated the history of the Congregation that on 3rd June 1889 the first school of the Sisters of St. Joseph of Tarbes was inaugurated under the patron of St. Francis Xavier. SFX School is in existence for the last 131 years. It preserves and strengthens its rich heritage and the purpose for which it was founded. The school continues to keep alight its Motto-Faith and Courage and strives to make the SJT Charism of Communion come alive and fulfill the prayer of Jesus – "Father may they all be one."

The Vice Provincial of SJT- Rev. Sr. Lalitha Thomas who was a part of the virtual celebration, shared her wishes and blessings for the new journey.

The Principal Sr. Malar Joseph congratulated the students for successfully completing their ISCE exams during the pandemic and enlightened the students to set clear goals and have the determination to succeed through a story. Sr. Malar warmly welcomed the students and the parents of ISC- the First Batch of 2020.

The parents and the students had an opportunity to get to know the faculty of ISC as self introduction was done by them. The Parents took an active participation in the virtual meeting and it was a healthy interactive session. The Virtual Orientation programme concluded with vote of thanks as the Management, Staff, students and parents set their journey to move forward with "Faith and Courage" - the motto of the school.

SR. REENA MERLIN C  
NAVA JEEVAN COMMUNITY

## TEACHERS' DAY CELEBRATION DURING PANDEMIC! In Whitefield 5.9.2020

1. Dream come true ; The birth of SJT Associates as Friends of Christ: The Great Good news was that the Inauguration of SJT Associates took place on the same day 5th September in our Convent. All three communities had prepared the soil of initial contacts and needed preparations but the time had to come during this Corona as the Blow of the Spirit in our Plateau. Ten of them were awaiting the Day. And 9 out of 10 are our Teachers!

So, indeed it was a Teachers' Day celebration to the core to follow our Great Teacher Guru, Our Lord Jesus Christ in His "way of Life" : to work for faith Formation in School, in Work-spot, in Families and to work for vocations to SJT. Pray for young and zealous vocations.



### 2. Internationality and multi-linguistic nature of little ones in SJT Family

The same night on the 5th we were inspired to have the Triduum of our Mother's Nativity in both foreign and Indian languages. It was done. We were like little ones writing French, Latin, Spanish, and five Indian languages to pray the Rosary in our own script. Those three days we felt very close to our suffering humanity while being little ones of our Mother Mary.





3. “Being small “in serving the poorest of the poor is an award in itself!

The next good news we had was that of Sr. Arogya that she was chosen by “Lion’s Club-International District 317 F, Bangalore” as an enterprising Teacher to be honoured on Teachers’ Day modest Celebration. May the Lord also lead us on for the challenges of NEP.



**Congratulations**  
**Sr. Arogya**  
**We are proud of you**

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

Sr. Roseline Noronha's Cousin Mr. Vincent – 73 years

Sr. Jayasheela's Brother and Sr. Arokia's Nephew Mr. Vinod Anthappa – 36 years

Sr. Asha Rani's Aunt Ms. Theresa – 77 years

Sr. Bharathi's father Mr. R. S. Raju

Sr. Amala Jothi's father Mr. Susai Kannan

Sr. Stella Francis's Uncle Mr. Victor – 70 years

Srs. Stephni, Paulini and Gloria Raju's Cousin Mr. Raphel – 59 years

Sr. Marietta's Cousin Mr. Joseph Coutinho – 58 years

Sr. Valencia Fernandes's Cousin Mr. Rocky Fernandes – 40 years

Sr. Irudhaya Rani's Sister Ms. Flora – 60 years

Sr. Clara D'souza's Cousin Mr. Arvind D'Souza – 60 years

Sr. Sharmila's Aunt Mrs. Julie

Sr. Nirmala Rebello's Cousin John – 39 years and his Mother – 60 years

Sr. Marietta's Cousin Mr. Aloysius D'Souza aged 76

Sr. Teresa Anthony's Sister-in-law Ms. Rani 50 years



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 (25th November 2020)**

**Communities to contribute are :**

1. Tarbes Nivas
2. Prem Nivas
3. Amalaham
4. Divya Jyothi
5. Jyoti Nivas

Please send them by the 25th of November 2020

You can forward your news to

[aikyatha20@gmail.com](mailto:aikyatha20@gmail.com)