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News and Articles

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BULLETIN



Pilgrims Of Hope

By Postulants, Auxilium Pre- Novitiate

As we are on this journey
We long for the world to change
Turning enmity to empathy
Hatred into love
Counting each other as precious child of God

Cho: We are pilgrims of hope
Who are striving everyday
As we walk on his way
Let our flame keep burning
With the fire of charity
Reawakening the world with His love

Together in this jubilee Lets extend our hands Helping those
in poverty
Sharing the hope of Christ
To the desperate and those in exile

Let's create community
Joining all the nations
Let us stand in solidarity
To vanquish all evils
Bringing harmony and peace to the world

Let Jesus be the centre of our lives
Let his word be a source of our life
That we become the bearers of His love



<https://youtu.be/Ya8H2vBZs8A?si=eohJXlp7os0Un5jL>

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IN 2025, THERE WILL BE 5 HOLY DOORS

Four Holy Doors will be located at the major papal basilicas in Rome:

- St. Peter's Basilica, Vatican City
- Archbasilica of St. John Lateran
- Basilica of St. Mary Major
- Basilica of St. Paul Outside the Walls

The fifth Holy Door will be at **Rebibbia Prison** in Rome.

FROM THE Provincial's Desk



Christmas: A Celebration of Hope, Love, and Redemption

As the world prepares to celebrate Christmas, we are reminded of the profound significance of this joyous occasion. Beyond the festive decorations, the exchange of gifts, and the warmth of family gatherings, Christmas represents a powerful symbol of hope, love, and redemption. At its core, Christmas commemorates the birth of Jesus Christ, the Son of God, who came into the world to bring light, love, and salvation to humanity. The Christmas story, as recounted in the Gospels, is one of humility, compassion, and selflessness. It reminds us that true greatness lies not in power or wealth, but in serving others and embracing the values of kindness, empathy, and forgiveness.

In a world often marked by conflict, injustice, and suffering, Christmas offers a beacon of hope. It reminds us that even in the darkest of times, there is always the possibility for transformation, renewal, and rebirth. The Christmas message is one of inclusivity, welcoming all people, regardless of their background, culture, or faith, to share in the joy and promise of the season. As we celebrate Christmas, let us not forget the true meaning of this special day. Let us strive to embody the values of love, compassion, and kindness that Jesus taught. Let us reach out to those in need, offer a helping hand to those who are struggling, and work towards creating a more just and peaceful world.

In the words of Pope Francis, "Christmas is a time for turning the power of love into a reality, a time for allowing the light of God's love to shine forth in our lives." As we rejoice in the birth of Jesus, let us also remember the countless individuals and families around the world who are struggling to survive, to find hope, and to experience the joy of the season. Let us pray for them, support them, and work towards creating a world where every person can live with dignity, respect, and happiness.

In conclusion, Christmas is a celebration of hope, love, and redemption. It reminds us of the transformative power of love, the importance of kindness and compassion, and the need to work towards creating a more just and peaceful world. As we rejoice in the birth of Jesus, let us strive to embody the values of love, hope, and redemption that He taught, and to share these values with all those around us.

May you have a Blessed and Joyful Christmas!

Sr. Sini Mathew
Provincial Superior



DECREE ON THE GRANTING OF INDULGENCE DURING THE ORDINARY JUBILEE YEAR 2025 CALLED BY HIS HOLINESS POPE FRANCIS, 13.05.2024

I.- PILGRIMAGES

The faithful, *pilgrims of hope*, will be able to obtain the Jubilee Indulgence granted by the Holy Father if they undertake a pious pilgrimage:

to any sacred Jubilee site: by devoutly participating in Holy Mass (where the liturgical norms allow for it, the Mass of the Jubilee might fruitfully be chosen, or one of the Votive Masses: for Reconciliation, for the Remission of Sins, for the Promotion of Charity or to Foster Harmony); a ritual Mass for the conferral of the sacraments of Christian Initiation or the Anointing of the Sick; or any of the following: a celebration of the Word of God; the Liturgy of the Hours (office of readings, lauds, vespers); the Via Crucis; the Marian Rosary; the recitation of the Akathist hymn; a penitential celebration, which ends with the individual confessions of the penitents, as established in the Rite of Penance (form II);

in Rome: by visiting at least one of the four Major Papal Basilicas: St. Peter's in the Vatican, the Archbasilica of the Holy Saviour (St John Lateran's), Saint Mary Major's, and St. Paul's Outside the Walls;

in the Holy Land: by visiting at least one of the three basilicas: the Basilica of the Holy Sepulchre in Jerusalem, the Basilica of the Nativity in Bethlehem, or the Basilica of the Annunciation in Nazareth;

in other ecclesiastical areas: by visiting the Cathedral or other church or sacred place designated by the local Ordinary. Bishops will take into account the needs of the faithful as well as the opportunity to reinforce the concept of pilgrimage with all its symbolic significance, so as to manifest the great need for conversion and reconciliation;

II.- PIOUS VISITS TO SACRED PLACES

Likewise, the faithful can obtain the Jubilee Indulgence if, individually or in a group, they devoutly visit any Jubilee site and there, for a suitable period of time, engage in Eucharistic adoration and meditation, concluding with the Our Father, the Profession of Faith in any legitimate form, and invocations to Mary, the Mother of God, so that in this Holy Year everyone "will come to know the closeness of Mary, the most affectionate of mothers, who never abandons her children" (*Spes non confundit*, 24).

During the Jubilee Year, in addition to the aforementioned places of pilgrimage, the following sacred places may also be visited under the same conditions:

in Rome: the Basilica of the Holy Cross in Jerusalem, the Basilica of St Lawrence at the Verano, the Basilica of St Sebastian, (the traditional visit to "the seven Churches of Rome", so close to the heart of St Philip Neri is also highly recommended), the Sanctuary of Divine Love (the 'Divino Amore'), the Church of the Holy Spirit in *Sassia*, the Church of St Paul at the *Tre Fontane*, (the site of the Martyrdom of the Apostle), the Roman Catacombs; the churches of the Jubilee Pathways dedicated respectively to the *IterEuropaeum* and to the *Female Patrons of Europe and Doctors of the Church* (the Basilica of Santa Maria sopra Minerva, and the churches of St Brigid at Campo de' Fiori, Santa Maria della Vittoria, Trinità dei Monti, the Basilica of Saint Cecilia in Trastevere, and the Basilica of Sant'Augustine in Campo Marzio);

in other places in the world: the two Minor Papal Basilicas in Assisi – those of St Francis and Our Lady of the Angels; the Pontifical Basilicas of Our Lady of Loreto, Our Lady of Pompeii, and St Anthony in Padua; any minor basilica, cathedral church, co-cathedral church, Marian sanctuary, any distinguished collegiate church or sanctuary designated by the diocesan bishop or Eparchy for the benefit of the faithful, and national or international sanctuaries, "sacred places of welcome and privileged spaces for the rebirth of hope" (*Spes non confundit*, 24), as indicated by Episcopal Conferences.

The faithful who are truly repentant of sin but who cannot participate in the various solemn celebrations, pilgrimages and pious visits for serious reasons (especially cloistered nuns and monks, but also the elderly, the sick, prisoners, and those who, through their work in hospitals or other care facilities, provide continuous service to the sick), can obtain the Jubilee Indulgence, under the same conditions if, united in spirit with the faithful taking part in person, (especially when the words of the Supreme Pontiff or the diocesan Bishop are transmitted through the various means of communication), they recite the Our Father, the Profession of Faith in any approved form, and other prayers in conformity with the objectives of the



Holy Year, in their homes or wherever they are confined (e.g. in the chapel of the monastery, hospital, nursing home, prison...) offering up their sufferings or the hardships of their lives;

III.-WORKS OF MERCY AND PENANCE

In addition, the faithful will be able to obtain the Jubilee Indulgence if, with a devout spirit, they participate in popular missions, spiritual exercises, or formation activities on the documents of the Second Vatican Council and the Catechism of the Catholic Church, held in a church or other suitable place, according to the mind of the Holy Father.

Despite the rule that only one plenary indulgence can be obtained per day (cf. *Enchiridion Indulgentiarum*, IV ed., norm. 18, § 1), the faithful who have carried out an act of charity on behalf of the souls in Purgatory, if they receive Holy Communion a second time that day, can obtain the plenary indulgence twice on the same day, applicable only to the deceased (this must take place within a Eucharistic celebration; see can. 917 and the Pontifical Commission for the authentic interpretation of the CIC, *Responsa ad dubia*, 1, 11 July 1984). Through this double act, a praiseworthy exercise of supernatural charity is carried out, through that bond by which the faithful still journeying on this earth are united in the mystical Body of Christ, with those who have already completed their journey, by virtue of the fact that "the Jubilee indulgence, thanks to the power of prayer, is intended in a particular way for those who have gone before us, so that they may obtain full mercy" (*Spes non confundit*, 22).

In a special way "during the Holy Year, we are called to be tangible signs of hope for those of our brothers and sisters who experience hardships of any kind" (*Spes non confundit*, 10). Therefore, the Indulgence is also linked to certain works of mercy and penance, which bear witness to the conversion undertaken. The faithful, following the example and mandate of Christ, are encouraged to carry out works of charity or mercy more frequently, especially in the service of those brothers and sisters who are burdened by various needs. More especially, they should rediscover these "corporal works of mercy: to feed the hungry, give drink to the thirsty, clothe the naked, welcome the stranger, heal the sick, visit the imprisoned, and bury the dead" (*Misericordiae vultus*, 15) and rediscover also "the spiritual works of mercy: to counsel the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted, forgive offences, bear patiently those who do us ill, and pray for the living and the dead" (ibid.).

In this way, the faithful will be able to obtain the Jubilee Indulgence if they visit, for an appropriate amount of time, their brothers and sisters who are in need or in difficulty (the sick, prisoners, lonely elderly people, disabled people...), in a sense making a pilgrimage to Christ present in them (cf. Mt 25, 34-36) according to the usual spiritual, sacramental and prayer conditions. The faithful can repeat these visits throughout the Holy Year, even daily, acquiring a plenary indulgence each time.

The Jubilee Plenary Indulgence can also be obtained through initiatives that put into practice, in a concrete and generous way, the spirit of penance which is, in a sense, the soul of the Jubilee. In particular the penitential nature of Friday can be rediscovered through abstaining, in a spirit of penance, at least for one day of the week from futile distractions (real but also virtual distractions, for example, the use of the media and/or social networks), from superfluous consumption (for example by fasting or practising abstinence according to the general norms of the Church and the indications of the Bishops), as well as by donating a proportionate sum of money to the poor; by supporting works of a religious or social nature, especially in support of the defence and protection of life in all its phases, but also by supporting the quality of life of abandoned children, young people in difficulty, the needy or lonely elderly people, or migrants from various countries "who leave their homelands behind in search of a better life for themselves and for their families" (*Spes non confundit*, 13); it can also be obtained by dedicating a reasonable portion of one's free time to voluntary activities that are of service to the community or to other similar forms of personal commitment.

All diocesan bishops and eparchs and those who are equivalent to them in law, on the most appropriate day of this jubilee period, on the occasion of the main celebration in the cathedral and in the individual jubilee churches, may impart the *Papal Blessing* with the attached plenary indulgence, obtainable by all the faithful who receive this *Blessing* under the usual conditions.

In order to facilitate access to the sacrament of Penance and the obtaining of divine forgiveness through the 'Power of the Keys', local Ordinaries are invited to grant to the Canons and Priests, who in the Cathedrals



and Churches specially designated for the Holy Year, hear the confessions of the faithful, the faculties limited to the internal forum for the faithful of the Eastern Churches covered by can. 728, § 2 of the CCEO, and in the case of a possible reservation, those for can. 727, excluding, clearly, those cases listed in can. 728, § 1; while for the faithful of the Latin Church, the faculties referred to in can. 508, § 1 of the CIC.

In this regard, this Penitentiary urges all priests to offer generous availability and self-dedication to allow the greatest possible opportunity for the faithful to benefit from the means of salvation, by adopting and publishing time slots for confessions, in agreement with parish priests or rectors of neighbouring churches, by making time to be available in the confessional, planning penitential celebrations on a fixed and frequent basis, and also making the widest possible use of retired priests who do not have other defined pastoral roles. Depending on the possibilities, priests should remember, in accordance with the *Motu proprio Misericordia Dei*, the pastoral opportunity that also exists in hearing Confessions during the celebration of Holy Mass.

To facilitate the task of confessors, the Apostolic Penitentiary, by mandate of the Holy Father, grants to priests who accompany or join Jubilee pilgrimages outside their own Diocese the right to make use of the same faculties which they have been granted in their own Diocese by the legitimate authority. Special faculties will be conferred by this Apostolic Penitentiary to the penitentiaries of the Papal Basilicas in Rome, and to Canon Penitentiaries or Diocesan Penitentiaries established in individual ecclesiastical circumscriptions.

Confessors, after having lovingly instructed the faithful on the gravity of the sins to which a reservation or censure is attached, should determine, with pastoral charity, appropriate sacramental penances, so as to lead penitents, as far as possible to stable repentance and, depending on the nature of the case, invite them to repair any scandal and damages.

Finally, the Penitentiary warmly invites Bishops, as bearers of the triple *munus* of teaching, guiding, and sanctifying, to explain clearly the provisions and principles proposed here for the sanctification of the faithful, taking account of local circumstances, cultures and traditions. A catechesis appropriate to the socio-cultural characteristics of each people will propose the Gospel and the entirety of the Christian message effectively, rooting more deeply in people's hearts the desire for this unique gift, obtained through the mediation of the Church.

This Decree is valid for the entire Ordinary Jubilee of 2025, notwithstanding any provision to the contrary.



UNFOLDING OF JUBILEE LOGO



Provincialate Ichapur

Marking the significance of the Jubilee Year 2025, Various communities of the province unfolded the jubilee Logo at place of prominence in their respective communities .

The jubilee year 2025 is a momentous occasion for the MSMHC family, symbolizing a time of renewal, reflection, and unity with the Church.

As the jubilee logo is unveiled in prominent locations in all the communities of the province, it serves as a powerful emblem of solidarity and shared faith. The logo, is a blend of meaningful symbols and vibrant colours, encapsulates the spirit of the jubilee, inviting all people to come together in celebration and gratitude. The act of displaying the logo prominently is not just a gesture of commemoration but also an expression of hope and commitment to the values and teachings of the Church.



Indore Community



Oodlabari Community

“We must fan the flame of hope that has been given us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision. The forthcoming Jubilee can contribute greatly to restoring a climate of hope and trust as a prelude to

the renewal and rebirth that we so urgently desire; that is why I have chosen as the motto of the Jubilee, Pilgrims of Hope. This will indeed be the case if we are capable of recovering a sense of universal fraternity and refuse to turn a blind eye to the tragedy of rampant poverty that prevents millions of men, women, young

people and children from living in

a manner worthy of our human dignity. Here I think in particular of the many refugees forced to abandon their native lands. May the voices of the poor be heard throughout this time of preparation for the Jubilee, which is meant to restore access to the fruits of the earth to everyone. As the Bible teaches, “The sabbath of the land shall provide food for you, for yourself and for your male and female slaves and for your hired servant and the sojourner who lives with you; for your cattle also, and for the beasts that are in your land, all its yield shall be for food” (Lev 25:6-7)”.
Pope Francis' Letter to Msgn Rino Fissichella president of the pontifical council for the promotion of the new evangelization, for Jubilee 2025



Siliguri Community

MEANING OF THE LOGO of the Ordinary Jubilee of the Year 2025 **Pilgrims of Hope**

The cross of Christ is the hope that cannot ever be abandoned because we are always in need of it, especially in the most difficult moments.

The figures represent humanity from the four corners of the World. They are embracing each other to illustrate the solidarity between the peoples, as the first holds onto the cross.

The Cross, in the shape of a sail, is transformed into an anchor that imposes itself over the waves in motion. A universal symbol of Hope.

The rough sea is a reminder of the difficulties of the pilgrimage of life. Often, personal events as well as those of the world, press on us more intensely, demanding a greater hope.



THE REASON FOR THIS SEASON – GOD'S LOVE for HUMANITY

Sr. Mary Nemi

Nature, season and revelation alike testify of God's love. As the great event unfolding slowly in front of our eyes, look at the wonderful and beautiful things of nature. Think of their marvelous adaptation to the needs and happiness. The beauty of hills, seas and plains, the running streams, the snowflakes that falls on the earth, the seasonal plants, green vegetables and the fragrant flowers that catches the human eyes and hearts with their beauty and variety of colors, all speaks volumes of God's love.

It is God who supplies the daily needs of His creatures. In the beautiful words of the psalmist:

*"The eyes of all wait upon Thee;
And Thou givest them their meal in due season.
Thou openest Thine hand'
And satisfies the desire of every living thing." 145:15 & 16.*

"God's Love" is written upon every opening bud, upon every spire of springing grass, the lovely birds making the air vocal with happy songs, the delicately tinted flowers in their perfection perfuming the air, the lofty trees of the forest, the lashed green vegetation. The world though fallen, is not all in sorrow, or in pain and misery. In nature itself are messages of Hope and Comfort. There are flowers upon the thistles, and the thorns are covered with roses – all testify to the tender, fatherly care of our God and His desire to make His children happy.

The Promises: The Promises of God to humanity, as depicted through Holy Scriptures and teachings of the Church are central to our faith. These promises reflects God's covenant and love for His creation.

God promises to save humanity from sin and restore a broken relationship with Him (**Jn 3:16**). God promises His followers that He will meet their physical and spiritual needs (**Phi 4:19**). God promises to lead and guide those who seek Him (**Pro 3:5-6**). God promises eternal life to those who are faithful and obedient to Him (**Jn 17:3**). God promises inner peace and rest to those who trust in Him (**Mt 11:28**). God promises Justice (**Ps 9:8**). God promises never to leave or forsake His people (**Mt 28:20**)

These promises reminds us of God's **Love** and ultimate **Plan** for **Humanity**.

The Purpose: - The only purpose of God sending His only Son can be pinned down as '**His Love for Humanity**' that is revealed through Jesus, **the promised Messiah**.

The Preparation: - As we are busy giving our best as our preparation are under way let us give a thought to ourselves...pausing in the midst of our unfinished tasks.... what is my purpose in this preparation? Is all my doing leading me to the very reason of this season, the person lying in the manger?? Or am I satisfied with just the mere lights shining all around the crib?? Or the elegant decoration that have been put up??

God has bound our hearts to Him by unnumbered tokens in heaven and earth. The most awaited and anticipated celebration for this season – the babe who will be born in the humblest birth on 24th, the dashing cold night of December is one of the greatest and most precious tokens of '**God's Love for Humanity**'. The reason for this season is Jesus himself.....

The baby born in a manger is '**The Reason for this Season**' and it is because of Him we are alive today!!!!



CELEBRATING GOD'S FAITHFULNESS

Sr. Phiralin Lyngdoh
Auxilium School, Siliguri

Mary Immaculate Province Kolkata basked in grandeur and splendid vibes on 12th October 2024 with the celebration of the religious profession of one golden and two silver Jubilarians Sr. Rose Cyriac, Golden Jubilee and Sr. Jaya Sebastian and Sr. Regina Murmur, Silver Jubilee. The celebration was held at Auxilium Convent School and the Holy Eucharist was solemnized by Fr. V.C. Jose SDB and concelebrated by 11 other Priests from different communities.

In her speech, Sr. Sini Mathew, the Provincial Superior gratefully recalled the goodness and faithfulness of God in the life of the sisters. She thanked the Jubilarians for their committed life and dedicated service. The gracious presence of Sr. Katherine Joseph, the General Councilor for education and Sr. Philomena Mathew, the former General added more joy to the celebration.

The sisterly presence of the sisters from different houses of the province strengthened the bond among the



members. The candidates of Auxilium pre-novitiate and Oodlabari painted mixture of colorful festivities to the event through their various programmes. It was a day of counting and recounting the blessings of God. We wish our sisters a hearty Congratulations and God's blessings ahead.



A Pope, seen from behind, wearing white vestments and a white zucchetto, is touching the ornate bronze Holy Doors of St. Peter's Basilica. The doors are covered in numerous golden reliefs depicting various biblical scenes. The background is a dark, textured wall.

WHAT ARE THE HOLY DOORS?

Credit: Vatican Media

Passing through a Holy Door symbolizes entering a new life in Christ, beginning a path of conversion and reconciliation.

HOW OFTEN THE HOLY DOORS ARE OPENED?

The Holy Doors are opened during a Jubilee Year, which traditionally occurs every 25 years or during extraordinary jubilees declared by the Pope.

CELEBRATING FAITH AND DEDICATION: GOLDEN AND SILVER JUBILEE OF MSMHC SISTERS AT FERRANDO CONVENT BANDEL –

Sr. Krisdalin Timung

“A Day of Celebration, Joy, and Gratitude” The Golden and Silver Jubilee celebration of the religious life of the sisters from the entire congregation of the Missionary Sisters of Mary Help of Christians (MSMHC) was held on July 7 at Ferrando Convent Bandel. There were 17 golden and 29 Silver Jubilarians.

This significant event commemorates 50 and 25 years of dedicated service, recognizing and appreciating the commitment and great contributions rendered by these sisters to the Congregation, Mission, Community and wherever they are sent. They are indeed the bearer of Christ's light and hope to the nation carrying His message “Go into all the world and preach the Gospel to all creation. (Mk16: 15).

The celebration was graced by the presence of the Superior General, Sr. Christine Mynsong MSMHC, and the Assistant General, Sr. Mary Thadavanal MSMHC. They led the jubilarians to this historical place dedicated to Our Lady of Happy Voyage, marking the day as one of spiritual ambience with our blessed Mother. Sr. Sini Mathew the Provincial Superior of Mary Immaculate Province Kolkata, Sr. Anice Sebastian, the Provincial Economer, Sr. Jacinta Jyrwa the Superior of Ferrando convent Bandel and all the members of the Community extended a warm and heartiest welcome and Congratulations to all the Jubilarians.

At 11.00 am, there was a solemn Holy Mass, officiated by Fr. P.V. Mathew SDB. During the Homily he spoke about God's love, faithfulness and mercy. He also appreciated the service rendered and the true commitment with which the sisters live their religious Life. After the Holy Mass, there was a short felicitation program in honour of the Jubilarians performed by the aspirants and home children, expressing a sense of love, gratitude and admiration for the jubilarians.

The Golden and Silver Jubilee celebration at Ferrando Convent was in fact a profound and joyous occasion to thank God and honour the sisters for the long-standing devotion to their religious life and their great contributions to the Church through their presence in the MSMHC Congregation, making it an unforgettable day of their life in the service of God.



QUEST FOR THE DIVINE (A LOOK THROUGH LIFE)

Sr. Christina Momin
Lourd Prakash Bhavan Ranchi

On 30th October, 2024, 35 Sisters of various communities began their annual retreat, held at Auxilium Convent, St. Mary's Hill, Kurseong, Darjeeling. The Daughters of Mary Help of Christians (FMA) were the hospitable hosts, who catered to the needs of the sisters in every way like Mary at Cana.

The retreat lasted for eight days, under the guidance of the retreat preacher Fr. Biji Thomas SDB. Since the day of its commencement till the conclusion of it, every individual Sister had been ingrained with innumerable graces and insights. The richness and depth of God's word had been unleashed to the sisters, as the preacher enlightened them with the meaningful explanations of the Word. Throughout the retreat the sisters savoured the tangible power of the Word of God and that of His unspeakable immeasurable mercy.

Spending quality time in prayer, reading the Bible and indulging in reflection were the pillars that enabled them to delve deeper and introspect every aspect of one's life, as recommended by the Preacher: 'Take a look through Life'. That look on life gave the sisters the right orientation to relive the gift of faith and begin the journey anew with much fervour and hard work for holiness of life. It had been a wonderful moment of ease as well as great challenge for the retreatants to adhere to the language of the Spirit of the word. However, great effort and genuine desire laden the sisters with the spiritual fruitfulness in plenty.

The ambience of the retreat home embraced them with conducive aroma of love, radiant joy and a spirit of prayer, that led them all to experience the Divine Love. The retreat having occurred amidst two beautiful months, October-month of Holy Rosary and November-Month of All Souls, it had been a moment of Grace upon Grace.

The Motherly and sisterly presence of the Vice-Provincial, Sr. Jacinta Bhengra and Provincial Councillor for Social Apostolate, Sr. Mary Lalnunnemi added to the peaceful participation of the retreatants. The esteemed presence of Sr. Provincial Sr. Sini Matthew on the last day of the retreat added Grace to the sisters, who had been the source of blessing to the sisters.

After the vote of thanks and final greetings, the sisters took leave of the place on 6th November, in a manner of thanksgiving to God, manifesting joyful countenance and renewed spirits as they returned home from their spiritual voyage.



BLESSING OF THE CRYPT IN BANDEL (1ST AUGUST 2024)

Sr. Catherine Lalthazuali
Ferrando convent, Bandel

When Christians talk about “holy ground,” it is typically in reference to a church building, the place where God's presence is keenly felt. On the other hand, the Catholic Church always has treated the dead with the utmost respect and the cemetery is where that belief is clearly practiced. When a new Catholic cemetery is created, the bishop (or sometimes a priest appointed by him) will come to bless it and hallow the ground where the dead will be buried.

The long-awaited day has dawned upon The MSMHC of Mary Immaculate province Kolkata as we are granted to open the Crypt (Burial Place for the sisters) at Ferrando Convent, Bandel. It was indeed an august event to witness such a blessing received as a province. The ceremony took place at the convent site around 4:00 P.M in the afternoon. The new crypt was blessed by Fr. P.A. John (Prior of Bandel Basilica). We were blessed to have Sr. Philomena Mathew (Former Superior General), Sr. Sini Mathew (Provincial Superior) Sr. Jacinta Bhengra (Vice Provincial) and Sr. Anice Sebastian (Provincial Economer). Mr.Raj Kumar and Mr.Ahmad who helped in obtaining the permission for the construction work were also present as special invited guests. We are truly indebted to Sr. Sini Mathew the Provincial Superior for her timely interventions, help and support. We place on record a note of thanks to Sr. Nancy Augustine (The former Superior of Bandel Community) for initiating the work. We are grateful to Sr. Jacinta Jyrwa and the community at Bandel for taking charge of every work and their availability at any cost.

O God, whose blessed Son was laid in a tomb in the garden: Bless, we pray, that this grave, set apart for the repose of our sisters be protected and blessed. May our beloved sisters rest from their labors in peace and quietness, until the resurrection on the last day, when the New Jerusalem comes down, the dead are raised, and the righteous are called to the marriage supper of the Lamb; through Jesus Christ our Lord. Amen



LIFE STYLE AND OBLIGATIONS OF RELIGIOUS: A SUMMARY

Sr. Nycy Joseph



Introduction

The Second Vatican Council (1962-1965) brought a renewed understanding of religious life, pointing out its essential role in the mission of the Church. The Code of Canon Law (*CIC* 1983) provides the framework for understanding and regulating religious life within the Church. On this basis, I would like

to present a summary of the article “Life Style and Obligations of Religious” from the book “Religious Life according to Vatican II” by Elio Gambari.

Life Style

Within the Christian tradition, the religious lifestyle is deeply rooted in the biblical teachings and the documents of the Church. The biblical basis for a religious lifestyle is woven throughout the Gospels and the letters of Paul, reinforcing the importance of love, community life, moral integrity etc. The Catechism of the Catholic Church teaches the significance of the sacraments, prayer, moral living, guiding individuals in their spiritual journeys and fostering a sense of belonging within the Church. Thus, a religious lifestyle is a holistic approach to life in alignment with biblical principles and Church teachings.

A religious lifestyle can be understood canonically through the lens of Church law and doctrine, particularly within the framework of the Code of Canon Law and various Church documents. The life style of religious demands a concrete reality by canon 607 §3, “The public witness to be rendered by religious to Christ and the Church entails a separation from the world proper to the character and purpose of each institute.” Consecrated and sent forth to carry out the mission of Christ, religious are intimately concerned for and involved in the world, yet separated from it by their public witness of the chaste, poor and obedient Christ. This life style of witness that sets religious apart from worldly values and achievements which are often antithetical to Christian life and the nature and purpose of their institutes. In this way, a religious lifestyle is not only a personal commitment but also a communal expression of faith that aligns with both canonical principles and biblical teachings.

Residence in a Religious House

The concept of residence in a religious institute is deeply rooted in canon law and the ecclesial mission of religious life. Canon 607 states that religious institutes are societies in which members, through the profession of the evangelical counsels, strive for the perfection of charity and participate in the mission of the Church. Residence in such institutes is not merely a physical arrangement but a spiritual commitment to community life, prayer, and the pursuit of holiness. In this context, the residence of religious members fosters an environment conducive to spiritual growth and communal support. Canon 608 requires that the community dwell in a house



legitimately constituted under the authority of a superior. The residence has been the object of norms, both to assure religious of a suitable dwelling and to order the life of the community. The duty of residence is explicitly affirmed by canon 665 §1: Religious are to live in their own religious house and not to be absent from it without the permission of the legitimate superior.

Moreover, residing in a religious institute provides a structured setting for the practice of the evangelical counsels of poverty, chastity, and obedience. The Rule of Life specific to each institute outlines the daily rhythm of life, prayer, work, and community engagement, guiding members in their spiritual journey. This structure helps individuals to cultivate a deeper relationship with God and their community members, fostering a sense of belonging and shared mission.

Ultimately, residence in a religious institute serves as a manifestation of a life dedicated to God and the Church. It embodies the call to holiness, rooted in Scripture and canon law, while also fulfilling the communal and apostolic dimensions of religious life. The communal aspect mirrors the early Christian community described in Acts 2:44-47, where believers lived together, shared their resources, and devoted themselves to prayer and teaching. By living in accordance with the ideals of their respective institutes, members not only grow in their own spiritual lives but also contribute to the wider mission of the Church, becoming witnesses of God's love and grace in the world.

Religious Habit

The religious habit is considered as a sign of consecration for those who have publicly embraced the profession of the evangelical counsels, and who want to be a reminder and a stimulus for the other faithful. It has also a spiritual and ascetical function and in its own way expresses separation from the world. Canon 669 §1 regulates a timely point of interest: ***“Religious are to wear the habit of the institute made according to the norm of proper law as a sign of their consecration and as a testimony of poverty.”***

Pope John Paul II and the organs of the Holy See, at several stages responded and recalled the attention of religious to the religious habit and the will of the Church. Even if the religious habit in itself does not have an absolute value, what really matters are the reasons for which it is worn, the reality which it expresses, and the same purposes intended by the founders and the Church. The existing norms must be observed with docility in a spirit of faith and love.

In *Evangelica Testificatio*, the apostolic exhortation by Pope Paul VI in 1971 (n.22) gives norms and guidelines in these terms: “While we recognize that certain situations can justify the abandonment of a religious type of dress, we cannot pass over in silence the fittingness that the dress of religious women and men should be, as the Council wishes, a sign of their consecration and that it should be in some way different from the forms which are clearly secular.” The application of this principle must be made according to the dispositions of the Holy See and the norms of the constitutions approved by the Holy See. The different character of religious institutes and the variety of ministries in which they are involved, as well as the direction taken in the adaptation of apostolic activity, will be reflected in their exterior life style.



Silence

In silence man finds God, rediscovers oneself and prepares to meet God. On October 24, 1964, Pope Paul VI spoke of the need to recover one's personal life, which is threatened by the feverish excitement of modern conditions. "Man is in need of silence with its own interior language, in need of order, in need of prayer and peace, in need of his true self" (AAS 56, 1964). It is necessary, therefore, to create awareness of the religious and social value of silence and observe it in a way that is more personal and vital. Man observes silence as an exigency of the divine love, in order to listen to God. The mere absence of words and noise does not suffice, since ability to God requires a silence embracing the whole being (cf. ET 46). In the tranquillity of silence, individuals may find clarity regarding their life's direction or insight into complex issues. This can lead to breakthroughs in understanding and wisdom. In essence, religious silence is not merely the absence of sound; it is a profound practice that enriches spiritual life, encourages personal development, and fosters deeper connections with oneself, others, and the divine.



Work

Commitment and diligence in the good use of time and in the development of one's own abilities for a greater effectiveness in any field of activity can be summed up in St. Benedict's motto: *Ora et labora* (pray and work). Every human activity, manual, intellectual or artistic considered work (PC 13). The gifts of intelligence and will, of nature and grace, the physical energies themselves are talents and gifts destined in the divine plan to produce fruits for the glory of God and service of men. Hence the whole work of the religious, even material work, is changed into apostolate. The activity of each member of an apostolic institute participates in the apostolate of all and becomes a witness of unity and charity. In the Pastoral Constitution on the Church in the Modern World, *Gaudium et Spes*, Vatican II addressed the importance of work and human dignity. Work is seen as a human vocation and is not merely a means to survive or earn a living, but a way to contribute to the common good and participate in God's creative activity.

Conclusion

Religious life presented both according to Vatican II and Canon Law stands as a unique and vital expression of following Christ (*sequela Christi*). Rooted in the public profession of the evangelical counsels of poverty, chastity and obedience, religious life is a communal path to holiness and a radical witness to the kingdom of God. The religious manifests the prophetic and eschatological function of the Church in their spiritual and sacred dimension. For this reason, religious are at the service of the church, the People of God, whose mission is building up of God's kingdom.

REVIVING THE SPARK : IGNITING INNER FIRE

Sr. Debora Lalhmingmawii MSMHC
Salesian College Girls Hostel Siliguri

On 1st December 2024, 20 junior sisters of the province had a one-day animation in Bandel organized by Sr. Sini Mathew the provincial and Sr. Regina Murmu Provincial Councilor for formation. The day began with the Holy Eucharist offered by Fr PV Mathew the bursar of Don Bosco Bandel. Around 9:00 am the juniors had a language test both written and speech in keeping the practise of learning local languages.

The juniors prepared themselves with their choices of local languages namely Hindi, Bengali and Santali. Sr. Regina Murmu the Councilor for formation in her talk, exhorted the sisters to be rooted in the person of Christ and to take care of their prayer and spiritual life. She also reminded them to be diligent in living the vows and one's own vocation.

Sr. Provincial motivated the juniors to be grateful persons and to be thankful to God in everything. She guided the sisters to be reflective in their life and call and to grow in self-discipline, self-control and self-denial as an authentic religious.

After the animation there was announcing of the results of the language test and prize distribution for those who got high marks.

The animation ended at 4:30 pm. Some juniors went back to their communities on the same day while some others remained for their renewal of vows. The day was enriching and inspiring as everyone felt energized and motivated.

This year twelve juniors who are on their probation period renewed their vows in the presence of Sr. Sini Mathew provincial Superior. The sisters were guided into reflection and prayer prior to their day of renewal by Fr. Sam Thomas VC, who indeed received their vows on 5th December 2024.





St. John Lateran

 Opened: December 29, 2024



It is the cathedral of the Diocese of Rome, and serves as the seat of the bishop of Rome, the pope. The Pope's cathedral is known as the 'Mother of all churches in the world.'

EXPEDITION TO THE UNKNOWN LANDS

Sr. Catherine Lalthazuali
Ferrando Convent, Bandel

I will not change the world. Jesus will do that. I can, however, let him use me to change the world for one person.

KATIE DAVIS

Fulfilling the Motto of the Congregation "Go into all the world and proclaim the Good news to the whole Creation" (St. Mark 16:15)

The Post P.U Aspirants of Bandel set out for a Mission Exposure to Dumka (Niralakothi Parish) accompanied by Sr. Catherine Lalthazuali (Post P.U. In Charge) and two great Missionaries Sr.

Gulab Kerketta and Sr. Christina Kusum Dahanga. We were divided

into four groups and covered four villages namely, Simluti, Golpur, Rampur and Nawadih. We visited around five hundred and fifty (550) houses. We stayed in the villages for a week between 14 – 20 October 2024.

We experienced joys and happiness, fatigue and hunger. Travel was not always pretty; sometimes we had to walk two to

three hours on foot, trekking through tiny mountains and gigantic valleys. Sometimes it was hard-hitting, but that's okay. Because we had an idea that our purpose is bigger than us. It left marks on our memory and conscience about all that came about. Hopefully, we left something good behind.

The Santhal villages we visited are surrounded by agricultural fields, pastures, ponds, and graveyards. Their houses are large, neat and clean as well as attractive with multi-colored paintings on the outside walls. The houses are multi roomed and thatched with local tiles or straw. Each house has a long verandah. Rooms

are very spacious. Towards the corner of the main room, there is a sacred place or the prayer room where they keep the statue of Jesus/Mary or other images along with lighted candles. We read the word of God and prayed in each house. The people were very much welcoming and loving. We did enjoy our stay and experienced their love and care.

We've realized that God gave us all the experiences we needed before and during those days so that we could successfully complete the mission. For that, no amount of compensation will balance the debt we are in to God.

We are also indebted to Sr. Sini Mathew (The Provincial Superior) who permitted us to do this great task of saving souls. We are forever grateful to Sr. Meena Tirkey (Provincial Councillor for Evangelization) and the community members for meticulous planning and arranging places for us. We are grateful to Sr. Pushpalata Tudu for helping us out during our missionary tours. May our Founder continue to inspire us to save many more souls for the Kingdom of God!!!



Embracing The Next Chapter: Entering New Stage of Formation



Postulants 2024

After spending a year in Siliguri, 20 postulants of the Missionary Sisters of Mary Help of Christians (MSMHC) set out to join two novitiates -Guwahati and Tinsukia in Assam along with other postulants from Bangalore and Bongaigaon, Assam.

“The Postulants will be entering the most important period of formation - the Novitiate. It marks a significant transition in their spiritual and personal growth in preparation to give themselves totally to Christ,” says Postulant directress Sr Lisnora.

“This period in Siliguri has been one of growth, learning, and preparation for postulants,” adds Sr Lisnora.

The training was to equip them with the foundational skills and spiritual grounding needed for the challenges and opportunities to be dedicated religious.

Siliguri postulants will join MSMHC novitiates in Guwahati and Tinsukia along with 40 postulants coming from other postulancy from Bangalore and Assam.

Siliguri postulant community Superior Sr Merlin says, “In the novitiate, they will engage more deeply with their faith, missionary vocation, and personal reflection, all of which are crucial elements in their path to becoming full members of their religious community.”

28 new postulants have joined Auxilium Postulancy, Siliguri on 13th December 2025.



Postulants 2025

SHINE FOR JESUS

**Angela Fanai [aspirant]
Bandel**



Ferrando convent, Bandel celebrated the candidate's day on 10th July, 2024. The sisters conducted a meaningful adoration on the eve of the feast. The day began with the solemn Holy Eucharist with Mass introduction and prayer of the faithful for the aspirants. The day was special for the aspirants as the whole community of sisters together with the home children facilitated them with festal song, khada, flowers, card, sweets and the cake followed by other events during the day.

The day was filled with joy and laughter as we had different games and competitions. Fancy dress, drawing competition, poem writing, flower arrangement and psalm recitation were the other events where everyone participated whole heartedly. The culmination of the day was the evening programme conducted by sisters and children. The dances, comic and short skit with meaning added the beauty of the feast and filled our hearts with joy.

One of the aspirants summed up her feelings of the day, "We the aspirants feel so loved and blessed for all the things done to us on our feast day. We truly experience and feel the presence of God, our founder and our patron saint Maria Goretti. We thank God for the gift of St. Maria Goretti who is our model and inspiration".

The episode ended with a joyous laughter, love and peace in our hearts. Aspirant Grace heartily concluded, "With renewed energy and vigour we keep our lamp lighted to shine for Jesus who is the ultimate source of our joy and peace."



MY COMMUNITY: A SWEET HOME

**Aspirant Lucy DimSiamMuang
Bandel**

Our community is a wonderful community where different individuals live in unity, love, care, cooperation and peace. Our community is a sweet and warm home to everyone; to the visitors, teachers, and many people whom we share our love, care and warmth. We live as a family, sharing, respecting, praying for each other from the senior most to the youngest one. We show our love, care, kindness and goodness by appreciating and encouraging each other and doing everything in union with Jesus Christ who is our all in all.

In order to celebrate our 'Community Day' with joy, love and peace, we had the opening ceremony followed by Adoration, conducted by our dear Sr. Superior Jacinta Jyrwa on 6, Sep 2024 at 6:30 PM. We had a community tree too on which we hung the virtues of our Founder starting from "Humility" that we practiced day after day. We had a lot of practices like praying the Holy Rosary together as Mother Mary is the protectress of our community. Besides the common prayers we prayed personal rosaries, did more sacrifices, mortifications and penances like fasting and prayer, doing everything with purity of intentions, and for the glory of Jesus. We spent more times in prayer, reading the word of God and reaching out to the poor and the needy and we appreciated one another and encouraging one another experiencing and sharing the love of Jesus.

On the eve of our community day, we had the Eucharistic adoration beginning with a short act of our beloved Founder. The adoration was conducted by Aspirants and prayed specially for the Home children as it is the borders day.

The long-awaited day had come, we had a Solemn Mass presided by Fr. James Chandan Banerjee.



We actively participated in the Holy Mass and drew nourishment at the table of the Lord.

In the morning Sr. Catherine conducted games for the children and in the afternoon, the aspirants had competitions like solo singing, Bible quiz, including Movie and other things. Besides that, we helped in the kitchen cooking rice, making chutney, and cutting vegetable for our meal, that was so beautiful and good for us for we help each other in whichever way we could. We enjoyed our day by helping, appreciating and wishing each other. At the end of the day, we assembled together before the portrait of our Founder and wished him HAPPY BIRTHDAY and thanked Him for being a great example to follow Jesus through Mary.

On this auspicious day, we enjoyed and experience the guiding hands of our Blessed Mother, who is our Foundress as our Founder Venerable Bishop Stephen has told us, "All things are done by Mary." We love and honor our beloved 'Papa' for teaching us many things to love Jesus.



DEEPENING FAITH AND ASPIRATION NEWLY ELECTED GENERAL COUNCILLOR VISITS SILIGURI



Sr. Sisily Cherian, the newly elected General Councillor for Formation, made her inaugural visit to the postulancy from 14th – 17th of September 2024, in Siliguri, marking a significant step in her leadership role.

This visit underscores her commitment to nurturing the formation process and connecting with future members of the community.



During her stay, Sr. Sisily Cherian engaged with postulants, sharing her vision for their journey and emphasizing the importance of spiritual and personal growth. Her presence provided a unique opportunity for dialogue, allowing postulants to express their aspirations and challenges.

This visit not only reinforced the community's dedication to formation but also highlighted Sr. Cici's role as a supportive guide in fostering a nurturing environment for those embarking on their vocational path.



ANIMATION FOR EVANGELIZATION

Sr. Grace Guria
Ferrando Convent, Oodlabari

Evangelization is the process of spreading the message of the Gospel, the Good News of Jesus Christ, to others. Evangelization can take many forms, including personal testimony, preaching, acts of service and living as an example of Christian faith.

So therefore, in Auxilium Convent Siliguri there was an animation of the touring sisters for three consecutive from 16 – 18 of July 2024 days. There were 12 sisters who attended the Animation and it was successful. The resource persons were Sr. Provincial Sr. Sini Mathew and Sr. Meema Tirkey the Councillor for Evangelization.

Every day's sessions start with a creative Bible procession well organized by different groups.

The theme of the session was "Go to the whole world proclaim the Good News". (Mt. 16:13)

There were different topics through which Pastoral sisters' life was renewed in order to give their best for God.

Few key points of the events were: -

- To have Personal relationship with Jesus
- Personal relationship with Church
- Spiritual reading
- Charity in words and deeds.
- Scripture knowledge.

The sisters also engaged in a heartfelt discussion about their mission and the various challenges they encounter in their pastoral activities. Their mission, deeply rooted in compassion and service, aims to address the spiritual and physical needs of their communities. However, they face numerous challenges, such as limited resources, cultural barriers, and the growing demands. Despite these obstacles, the sisters remain resolute, drawing strength from their faith and the support of one another.

Sr. Sini, the provincial superior appreciated the sisters for their selfless sacrifice in giving Christ to the people, in her speech she also emphasized the importance of adaptability and innovation in their approaches, continually seeking new ways to engage with and uplift those they serve.

At the last day of the animation the sisters had a small outing at Gajaldoba. The animation did bring renewal of Missionary enthusiasm among the sisters and everyone set forth to their respective communities with a renewed heart, mind and spirit.



MISSION EXPOSURE

Sr. Grace Guria

A successful Mission Exposure program was held at Oodlabari Parish, under the leadership of Sr. Meena Tirkey, Counsellor for Evangelization and in collaboration with the sisters and parish Priest of Oodlabari. Around twenty sisters along with the candidates of Oodlabari took part in this mission.

The event, which took place from 13th – 17th of October aimed to reach out to the marginalized communities in the surrounding villages.

The programme started with an inaugural ceremony on the afternoon of 13th October. The inaugural ceremony was graced by the supportive presence of Sr. Sini Mathew, the provincial superior and Mother Philomena Mathew, former superior general.

The provincial superior visited all the villages at different days and time, interacted with the people and prayed for everyone. The sisters, in collaboration with the Sisters of Ferrando Convent Oodlabari, visited 10 villages in total, engaging with the faithful of the tea garden and spreading the message of God's love, compassion, and hope.

The mission exposure mainly focused on:

- Deepening the faith of the faithful.
- Family visits
- conducting prayers
- instructing them on faith.

The Mission Exposure program was well-received by the villagers, who appreciated the sisters' dedication and selfless service. The event helped to deepen the faith of the people, while there is still a lot of room for improvement.

Sr. Meena Tirkey's leadership and vision were instrumental in the success of the Mission Exposure program. The collaboration between the sisters and the Ferrando Convent Oodlabari demonstrated the power of teamwork and collective effort in achieving a common goal.

The Mission Exposure program at Oodlabari Parish was a testament to the sisters' commitment to serving the marginalized and spreading the message of love and compassion. The event's success will have a lasting impact on the communities served, and serve as a model for future outreach initiatives.



ADDRESSING CHALLENGES AND EMBRACING OPPORTUNITIES FOR GROWTH AND DEVELOPMENT

Animation of Superiors & Vice Superiors

On 15th September 2024 the province organised a one-day animation programme for all the superiors and Vice Superiors of the province. The event was held at the Provincial house, Howrah. The sisters were animated by Sr. Sini, the provincial.

The sisters were enlightened and boosted on leadership and discipline. Sr Provincial resounded to the sisters, “We as the main persons need to be motivated and discipline ones to lead others to the right track. We need to shoulder multi tasks and accompany the sisters under our care”. Fostering sense of unity and purpose, the duty of the superiors and Vice superiors is to ensure that the community's mission and values are upheld across all areas.

The animation stands as an invitation to cultivate an environment where each member feels valued and empowered to contribute to the province's overarching goals.



DASNAGAR POLICE GIFTED NEW DRESSES FOR CHILDREN

In honour of Durga Pooja, the biggest festival of West Bengal, on 8th October, 2024 the Dasnagar Traffic Police presented new pairs of dresses for all the children and the domestic staff of Maayer Asha Ichapur. After the distribution of the new clothes, the children had an all-day free AC bus ride to see the magnanimous and gigantic pandals creatively made with so much of Art and craft which sponsored by Traffic Police Department of Dasnagar. The children indeed enjoyed their outing. Maayer Asha Ichapur





Credit: Daniel Ibanez EWTN Vatican

St. Peter's Basilica

Opened: December 24, 2024

The most iconic Holy Door at the heart of Christendom. Saint Peter's tomb is directly below the high altar of the basilica, also known as the Altar of the Confession.

ANIMATION ON THE DIRECTORY OF ONGOING FORMATION



On July 4th, 2024, Sr. Sini Mathew, the Provincial led an engaging online animation session focusing on ongoing formation for all members of the Province of Mary Immaculate in Kolkata. The session was based on the Directory of On-Going formation of the congregation – a guide to every MSMHC in living an authentic religious life.

The session was designed to foster continuous personal and spiritual growth, encouraging participants to deepen their commitment to their vocation. Through a

series of interactive discussions and activities, Sr. Sini emphasized the importance of lifelong learning and development within the community. The event provided a valuable platform for members to connect, share insights, and support one another in their spiritual journeys.



SPIRITUAL FESTIVAL FOR CATHOLIC STUDENTS (Kudda)

Sr. Khamti Mary Lyngdoh Nongbri

On November 07- 09, the young catholic students of class VI-XII, from St. Mary's school Kudda and St. Aloysius High School Kudda had their spiritual retreat at St. Aloysius Church. Through daily spiritual exercises, talks, prayers and reflections guided by Fr. Masih Soy a diocesan priest, the students had enriching experiences, which kept them alive, active and understand more clearly the Word of God. There were 320 students who participated in this spiritual retreat.

Sr. Neelam Lugun the principal of St. Aloysius School along with the fathers and sisters were actively putting all the



arrangement in order, thus, the retreat was organized very smoothly and systematically. On 9th morning this spiritual event was concluded with the meaningful celebration of the Holy Mass. During the Holy Mass, the students renewed their baptism promises and received the Medal of Our Blessed Mother.



KHATEGAON MISSIONS

1-9-2024- MOST REV. BISHOP THOMAS MATHEW VISITS NIRMAL SADAN KHATEGAON PARISH CUM RECEPTION OF THE SACRAMENT OF CONFIRMATION

On this day the Khategaon Parishioners had the privilege to welcome most Rev. Bishop Thomas Mathew to Nirmal Sadan Khategaon after his Episcopal ordination as a Bishop of Indore Diocese. Sr. Jyoti Tirkey rendered a note of welcome and the faithful welcomed him gladly with a welcome song and brought him to the church with the ADIVASI cultural dance.

The welcoming ceremony was then followed by a solemn celebration of the Holy Mass presided over by the Bishop himself and concelebrated by Fr. Mukesh Machar the, Parish Priest.

At the commencement of the Holy mass, Sr. Taramani kujur, the superior of the community read out a short life sketch of St. Monica as they kept the Monica divas (Mother's Day). Under the guidance of Sr. Taramani Kujur, the mothers had nine days of novena to Saint Monica. Besides the novena, a day of prayer and recollection was organized animated by Rev. Fr. Pritam director of theologate, Ashta.

On the same day one girl Alien Minj received the sacrament of Confirmation.

Soon after the Holy Mass short cultural programme was organized by the parishioners followed by lunch for



all the participants. The celebration was witnessed by many faithful, also our brothers and sisters of other faith. During the program Rev. Bishop gave message to the mothers "to become an ideal mother." Bishop Swami was very happy and appreciated the unity, love and co-operation with one another. After the lunch Bishop met all the sisters together.



MEDICAL CAMP HELD IN BILODA KHATEGAON: -

A one-day medical camp was organized in the rural village of Biloda belonging to Nirmal Sadan Khategaon center, through the Diocese of social service society Indore, on 31st, July,24. It was in the Gram Panchayat building where people came from nearby villages. Free consultation and treatment of various diseases like fever, eye flu, piles, sugar, headache, cough BP, allergy, vomiting diarrhea, vitamin calcium iron were given. 98 patients were treated by Dr. Vride Rate and IDSSS staff members Sir Joy deep, Mrs. Nita and Miss. Roshal were present. It was a great help and support for the poor people in the villages. Along with the village sarpanch Mr. Mahindra Uike, former sarpanch Magan Mansore and many village leaders were also present and encouraged the IDSSS. They were grateful and appreciated the work carried out by us. Around 98 patients from 5 villages benefitted from the camp. The Village sarpanch remarked that such health camps should be organized in rural areas so that villagers can get treatment and consultation for various diseases. He encouraged us to continue to conduct such camps and provide benefits of government to such villagers.



TEACHER'S DAY CELEBRATION 2024

On this special day, we come together to celebrate the remarkable educators who play an integral role in growth and development of the children.

The teacher's day celebration event was held at our school auditorium. The programme started with Eucharistic mass celebration and after that we had the lighting of lamp ceremony to pay tribute to Dr. Sarvepalli Radha Krishnan. Before it was officially started, the principal, school Manager, superior and teachers were welcomed by the students with the help of staff committee. The principal gave an opening remark expressing her gratitude to be part of teachers' day celebration.



The students showed gratitude to their advisers in the form of exhibiting their talents and flaring skills like dancing and singing which shows a meaningful message to their lovely mentors. Fr. Mukesh Machar, the school manager rendered words of encouragement. Then the gifts were distributed for all the teachers and non-teaching staffs. The programme concluded with a vote of thanks by Sr. Taramani Kujur, the Superior. The teacher's day celebration was indeed an unforgettable and meaningful day for all of us.



78TH INDEPENDENCE DAY:

The children were exceedingly glad to celebrate the 78th Independence Day at St. Mary's Convent School; Khategaon on 15th August 2024, with their house dress for the first time. The event began at 9:15 am with the arrival of the chief guest Fr. Mukesh Machar the Manager of the school. He was received from his residence accompanied by Sr. Taramani Kujur the superior of the community and Sr. Jacinta Soren the in charge followed by an impressive march past by the students setting a tone of discipline and pride of the day's proceedings. The ceremony commenced with a welcome address by Miss Rita Bandod. Miss Sapna Ramlal invited the chief guest to hoist the National Flag, after which Fr. Mukesh gave an inspiring message.

A well-coordinated mass drill was showcased by the students a display of physical ability and teamwork. After which we all proceeded to the hall where our children performed colorful program. All the classes performed various dances related to Nation. Avinash Dhangar of cl-II gave short speech in English. Few parents were present for this occasion. Former sarpanch was also there and was called to give message. He appreciated and acknowledged the work that we do. He encouraged all the staffs to continue to bring up the children in the right way. The program concluded with a vote of thanks by the principal expressing gratitude to all the staff, Parents, and students for their active participation in making the event a success. The celebration was a fitting tribute to our Nation's Independence and a reminder of the responsibilities that come with freedom.



TOGETHER WE STAND AND WE GROW

BUILDING SELF-CONFIDENCE AND MATURITY THROUGH PRAYERS, REFLECTIONS, PARTICIPATIONS AND CELEBRATIONS

The Ferrando Convent, Oodlabari have witnessed every year the spirit of God leading the young candidates to bloom, grow and glow from faith to skill formation. They were introduced to building self-confidence and maturity through prayers, reflections, participations and celebrations. They are given chance to various competitions and assertion during Feast days and others made contest program.

I would like to appreciate and thank the Province and Local Communities and individuals for their interest in promoting genuine vocations and their support posted through prayers, gestures of appreciation and acknowledgement. Nevertheless, we need more fisherwomen in order to reach the whole world as willed by our Founder.

MSMHC to the nations; you are a bearer of God's love, love that counts no barrier of creed and languages. Our Founder is a citizen of India not by birth but by death because he loves. Today he rested in the land of India forever united with his only and beloved spiritual daughters (MSMHC). These days the worlds are intolerable to one another; Religions are in



competition to one another. We are challenged to be true daughters of Venerable Stephen Ferrando who surpasses all caste and religion to win souls for a better living and building a better nation. It is time for us to stop pointing arrows to the past but to join hands together, to inspire young women by our way of living and build our collective journey for growth and

maturity. Standing together we grow.



EMPOWERED TO THRIVE: ANIMATION FOR WIDOWS

Sr. Agatha Rai



Sr. Agatha Rai and Sr. Kanti Aind had organized a day Animation programme for Widow's at the Auxilium Convent, it was held in the hall. The superior of the house Sr. Merlyn Jacob, Sr. Dipa Sardar, Sr. Lisnora Jana and 21 pre-novices were present for the programme. There were 17 Widows present for the animation, age thirty to sixty. They were welcomed by the sisters and started the program with a prayer service, led by Sr. Agatha Rai and pre-novices. During the prayer various intentions were prayed

with encouraging Bible quotations and hymns were sung and praised God for the witness of courage and fidelity they set before others.

Sr. Kanti Aind gave an hour of talk from the Gospel of St. Mt. 15:21; 28 "The Canaanite woman's faith". She encouraged them to have faith in God like the Canaanite woman. Thereafter Sr. Agatha Rai animated them through a short animation video clips "Bidhuwa ki punji" with the moral "God will not leave them alone but He sends good people in their lives to help them". Sr. Agatha explained them various Bible quotations; God's special care, protection and compassion are always towards them.

There was an individual sharing of their lives; it encouraged them to see positively their lives. At the end of the programme sisters appreciated them and honored them with khadas and a gift as a token of love. They were very happy and grateful, they shared joy and happiness after the programme by meeting each other and having tea and snacks.



Congratulations



Newly Professed Sisters 2024



Finally Professed Sisters 2024

Happiness

Asp. Ibanylla Kharkongor, Oodlabari

Happiness is God's plan for us;
We all desire to be happy,
And we love to be in the company of happy people,
But it's our choice to make euphoria.
Faith in Christ gives us true happiness
For life in Christ is eternal
God never counts our mistakes and failures;
He desires to see us happy.
Happiness is the tool of proclaiming God's love;
Hopefulness exists only in true happiness,
We spread goodness if we are happy,
Let us all spread happiness to others.

Butterfly

Asp. Alvidya Jojo, Oodlabari

Do you know butterflies?
They are pretty little creatures,
They look beautiful when they fly.
Do you know their Stories?
They were in the form of Caterpillar which no one likes,
They struggled to break free to become a pretty butterfly.
We all will be like a pretty butterfly
if we learn to find our way,
Finding our way accepting struggles;
Sacrificing our self then, surely, we will fly like a butterfly.

Never give up

Asp. Dipika Barla, Oodlabari

Success cannot come before hard work
If we want success in life
We need to learn to work like a hummingbird
To see far and to dream big,
Life is full of surprises; it is like riding bicycle,
Keeping balance, we keep moving.
Keep up! Never give up
If you love the life and work harder
Life will hug you back,



Follow the time

Asp. Sashisanam Topno, Oodlabari

Follow the time for time is precious
It is not a waiter and it waits for no one
It comes and goes, like a passing rain
If you missed it is gone.
If we give our best in the present
We will not regret in the future
Let us then storm heaven
Our prayers will never go in vain
And we will surely achieve our goal.



Jesus my Comforter

Asp. Celina Rai, Oodlabari

You gave me peace when I was anxious,
You gave me rest when I was in distress,
You held me close when I was aching,
You lifted me up when I was down.
You protected me from the enemies,
You guard me from falling again,
You surround me with the angel's wings,
Jesus you are my Savior, my comforter.



Create your Life

Asp. Veronica Nokbi, Oodlabari

My name is "I AM" (Ex 3:14)

(Asp. Veronica Nokbi, Oodlabari)

She was down with regrets for her broken past
 She was heavy with burden,
 She couldn't go on
 Suddenly, she heard His voice asking...
 Why are you still here?
 I can't go on I am pressing down by my past
 My name is "I AM" come with me
 What about my past she said
 I have forgotten it. When you live in the past with all your problems,
 it is hard, for you have to be alone. I am not there because
 MY NAME IS NOT, I WAS.
 Leave your past and come
 O.k, my Lord she said, what about my future?
 He said, give to me your future, I will handle them.
 You live in the future with fears and worries. It is hard.
 I am not there either because; MY NAME IS NOT I WILL BE.
 He smiled and said when you live in the NOW it is not hard.
 I am here with you, "MY NAME IS I AM"
 This is my name forever
 This is my identity to all generations.

Life is full of joy, so, don't be like a toy;
 If you want reward, then work hard.
 Life is everyday's duty, so make it beauty;
 Life is amazing, don't take for granted.
 We should carry our earnest zeal;
 To move our wheel faster,
 Life is a journey towards God;
 It is a journey towards achieving our goal,
 Have Him in life above the sky
 So, that we can fly very high.

Journey the Unknowns

Asp. Mary Kamei, Oodlabari

Life is a journey, which is unknown to us,
 The yesterday is very different from the present;
 Sometimes even the nature makes the journey very exciting;
 the rainy day, the sunny day, the heat and the cold.
 Sometimes the breeze makes the journey pleasant as well distractive,
 no one can predict. Sometimes it makes unpleasant experiences
 while other times sweet like honey from the rock,
 To be happy and to make the journey smooth we have to cut and paste,
 ignore and delete the blocks. When we journey on the smooth road,
 we feel good. Our Heavenly Father knows what we need let us be happy.





The sweetness of a Mother's love

(Asp. Dapjingkyrmen Slem, Oodlabari)

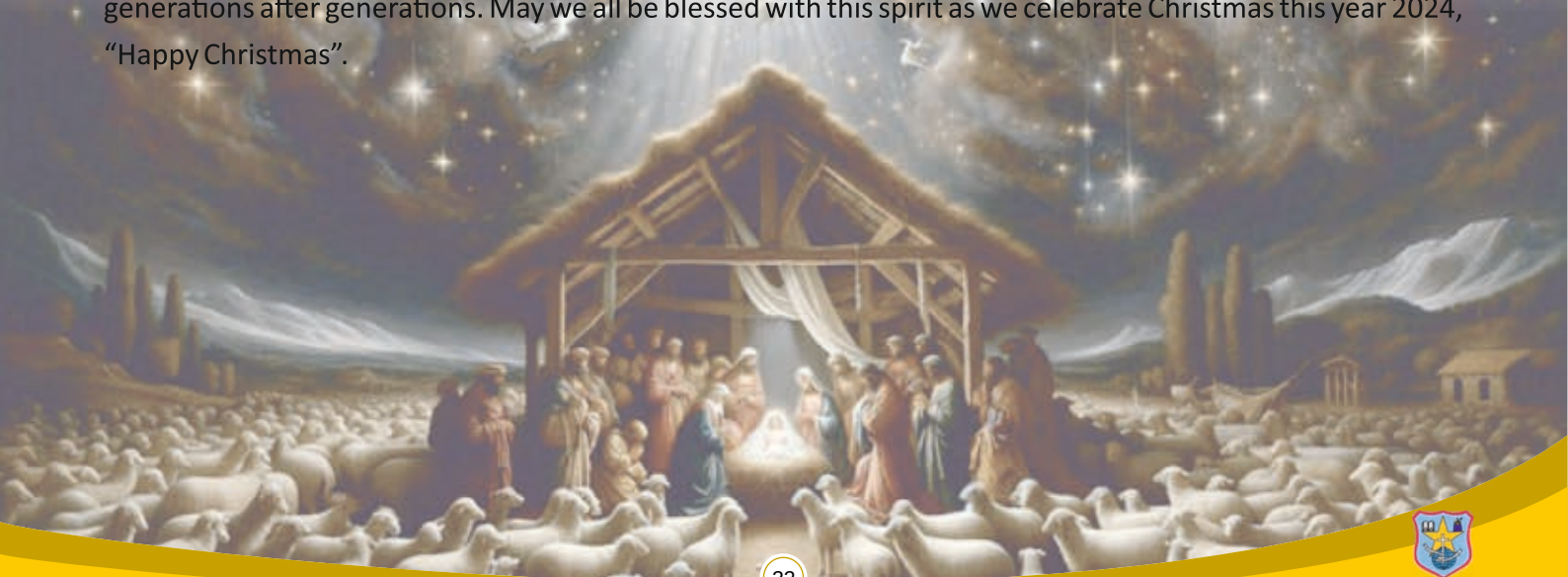
My mother's heart is brave ever ready to struggle,
 She teaches her children how to fear God,
 She sacrifices her time and energy,
 She worried when children were small;
 She worries when they grow up;
 Do we hear her heart beats?
 Look at her face, she looks scared, will my children
 rejects me when I am old;
 Looking at my story telling mummy I love you
 Her heart is shining like pebbles in the beach,
 With a sweet and tender smile on her
 face rocking a small me to and fro
 Silently lying in my first fluffy
 pillow in my mother's arm
 Listening to my first music
 The heartbeat of my mother and
 tasting my first food my mother's milk
 The greatest love is the love of a mother
 It is incomparable.



THEY HAVE SEEN THE GLORY OF GOD

Sr. Dimaya Mary L. Amdep, Oodlabari

Saint Luke the Evangelist described the devoted Shepherds whom God chose to divulge the Savior's birth (Lk 2:8...). They fulfilled their duty with sense of responsibility and loyalty, their duty were not bound by mere obligation but by conscientiousness and accountability. Their dutiful paved them the way to encounter the truth they were searching for. Their commitment to the simple and humble task of keeping watch over their flock led them to a higher experience of what they had only heard as a story. Their duty become like a hidden robe that unites their souls to their Creator. Sincerity to their duties helps their souls to hear God's voice through the angel. On the other hand, it is very inspiring to observe the spirit with which they executed their duties. The Bible said that they were keeping watch their flock by night (Lk 2: 8). No matter the sleepless night, they were focused, vigilant, awake, sincere and truthful. They were fully active and alert not only to guard their flock but even the disposition of their souls. Although they were only caretakers, they were not distracted. They were able to see and recognize the angel of God's coming with His message. God said, "Blessed are the pure in heart for they shall see God" (Mt 5:8). It is true indeed! They received the message proclaiming, "... to you is born this day ...a Savior, who is the Messiah, the Lord" (Lk 2:11). They heard the Choir of heaven praising God and saying, "Glory to God in the highest heaven". They were deeply impressed when they hear the voice calling them favors of God, "Peace among those whom he favours" (Lk 2:14). What a privilege to be honoured and invited by God the Father to see His Son. The Bible made it very clear that they went with haste, left everything to see the born baby (Lk 2 16). They no longer need to keep watch after the animals for God was calling them to a higher spiritual encounter. God favored the lowly and humble of heart for he says, "Blessed are the poor in Spirit, for theirs is the Kingdom of heaven" (Mt 5:3). God looks at the heart not at the head. He doesn't reward us because of our profession but because of our actions. The shepherds' encountered divine revelation while staged their expected and legal duty. Their duties became their prayer, their prayer turned into their spiritual food that nourishes their hunger and thirst. They were transformed and left to us the aroma of joy and contentment "glorying and praising God for all that they had heard and seen" (Lk 2:20). The glory of God was shown to them (Lk. 2:9). God didn't miss counting, their many sleepless nights in keeping watch after their flock and He rewarded them. God chose the lowly for He says, "The Lord will feed the lowly with good things (proverbs 19:17)". Their story keeps proclaiming generations after generations. May we all be blessed with this spirit as we celebrate Christmas this year 2024, "Happy Christmas".





St. Mary Major

Opened: January 1, 2025

Dedicated to the Virgin Mary,
symbolizing grace and protection.



Credit: Daniel Ibanez EWTN Vatican

FERRANDO, OODLABARI FLASH

'How very good and pleasant it is when kindred live together in unity' Ps: 133:1

Ferrando Convent Oodlabari had a wonderful God experience as we celebrated Community day, the Feast day of our dear Sr. Superior. Our celebration began with a month long spiritual and temporal preparation. We journeyed together knitted closely and being together more closely is something to be remembered and cherished. The month-long preparation was preceded with two meetings, discussions, planning and distributions of different responsibilities to various groups and personals.

On the eve of 7th August 2024, the curtain of the community day celebration was unveiled with the Eucharistic adoration. So, then it was followed by various practices day after day like: praying special prayers every day for the community, appreciating one another in sincerity, charitable work within the community and enriching one another by sharing out one's own community experiences, common practices of various virtues by every member every day too was enriching and it also widen our knowledge on uncommon virtues that we don't pay so much attention to. Conference and extra ordinary recollection and talks based on Community Life & Living too were inspiring and motivational Varieties of Bible quotation and various thoughts from the Founder that were displayed on the stairs and the corridors were also a daily reminder for us to delve deeply in the person of Jesus and to imbibe the spirit of our Founder.



Pilgrimage to one of the prayer centre at Borbot was another remarkable day for the community. A moment of community gardening and being on the playground with hearty laughter in spite of our heavy responsibilities marked the family spirit of the community. Our Founder always reminds us to 'preserve always the spirit of family, of joy, joy which makes even the walls of the convents smile, your



convent must be houses of charity where all the sisters live united one body and soul'. This we truly experienced during our intense preparation for the community day.

As the curtain dropped, the celebration of our family day come to most solemn Eucharistic celebration, by Fr. Tijo Thomas, the Rector of Don day celebration proceeded by community members of Don Bosco are very grateful to our Provincial timely inspiration. Our thankful hearts to Jesus our savior, the head and Centre of our community, we felt deeply the powerful intercession of our Blessed Mother Mary and the constant presence of our beloved father and Founder Venerable Stephen Ferrando.



culmination of the month-long its halt. The grant finale was with the held on the eve 7th September 2024 Bosco. We bid bye to our community delicious meal where all the shared our joys and happiness. We Superior Sr. Sini Mathew for her



DISCOVERING COMMUNITARIAN VIRTUES AND VALUES IN COMMUNITY

Sr. Dipa Sardar



Community is a gift. God is the architect of religious community. For, it is the love of God that has called us together to live as a community. And the love of God has been poured into our hearts through His Spirit empowering all with gifts and fruits of the Holy Spirit.

Virtues are like bricks which lay foundation and build our inner life. Values are an overflow of a strong virtuous life. There are various types of virtues and values. The Church teaches us about four Cardinal virtues and three Theological

virtues. The Cardinal virtues are: Prudence, Justice, Fortitude and Temperance. The Theological virtues are: Faith, Hope and Charity. Life in community can be worth living when one possesses the communitarian virtues and values.

The word Community has derived from the Latin word “communitas” which means “community” or “public spirit”. Here I would like to break the word “COMMUNITY” into single letters and try to unfold the virtues and values of community living with my personal experience in the community.

C – It is the first letter of the word community which stands for CHARITY. Our founder said, “Your convents must be houses of “charity” where all sisters live united one body and soul under the mantle of Our Lady.” Consecrated souls are called to be charitable through their caring, compassionate and courageous spirit.

O – It signifies the virtue of OBEDIENCE. Sanctity came to the world through the obedience of Our Lord Jesus Christ, who was obedient unto death. In obedience Mary said, “Let it be to me according to thy word.” Our founder said, “The road which leads straight to heaven is “Obedience – Road” (Letter of Bp. Ferrando 14th August, 1942). Hence, we are called to obey in community like Jesus and Mary.

M – It highlights the virtue of MISSIONARY ZEAL. Jesus called his disciples to be with him and to send out. “I thirst” reveals Jesus' zeal for souls. “I am not a missionary who goes but who is,” manifest missionary zeal of our founder. In the community we have the opportunity to cultivate missionary spirit or zeal for souls through the mission entrusted to our care.

M – The second M has a greater influence as it denotes the virtue of MEEKNESS. It is the flower of charity said our founder venerable Stephen Ferrando. Our founder reminds us in his letter dated 20th June, 1944, “Jesus is repeating to us the



words written in the Gospel, “Learn of Me, because I am meek and humble of heart – Learn of Me not to work miracles, to create the world but humility and meekness.”

U – It indicate the most important virtue of a community, that is UNITY. “I in them and you in me, that they may become completely one” (Jn. 17:23). “The whole group of those who believed were of one heart and soul” (Acts.4:32). The unity of heart, mind, soul and spirit in the community can strengthen ones love for vocation and mission.

N – It suggest the virtue of NOVELTY. It means the quality of being new or original. It can be said in another sense as being authentic or genuine. Jesus was convinced that, he is the beloved son of God and he lived and proved it until death. God has created us with our own originality, with his mark of divinity. He did not create us as a carbon copy of anyone. Thus, He expects us to be authentic, genuine and convince of our originality by living a life of novelty in our community.

I – It is rightly connotation of the virtue of INNOCENCE. Gospel of Saint Mathew, chapter 10: 16 says “Be wise as serpents and innocent as doves.” Again we see in the same gospel chapter 18:3 “Unless you change and become like children, you will never enter the kingdom of heaven.” Thus, it's a clarion call to all to be pure, holy and live a reconciled life through the sacraments in the community. We must strive daily to change and transform ourselves in the community.

T – It emphasizes the virtue of TRUST. Venerable Bishop Stephen Ferrando rightly said, “PUT ALL YOUR TRUST IN God. CENTRE IN HIM ALL YOUR FEAR AND ALL YOU LOVE. HE WILL MAKE HIMSELF RESPONSIBLE FOR YOU. AND ALL WILL GO WELL, AS HE SEES BEST.” Thus, trust in God can enable one to trust sisters in the community.

Y – It marks the virtue of YOUTHFULNESS. It means joyful spirit and vibrancy that emanates the entire life of a religious community. Consecrated life is a life of joy. This joy is a joy of the Holy Spirit. Jesus himself said, “rejoice in the Holy Spirit” (LK.10:21). It is in total renunciation of sin and world we have complete joy. It is in finding Jesus we have joy. “One filled with the joy preaches without preaching” said Saint Mother Teresa. Therefore, in community, life in the spirit must abound and permeates totally where every sister remain youthful in spirit until we reach our final destiny.



THE MAIDEN VISIT OF SR. LIZA ELAVUNKAL

***"I will give thanks to the LORD with my whole heart;
I will recount all of your wonderful deeds" (Ps. 9: 1).***



These words of the psalmist echoes in our hearts as we gather as a community this morning to express our gratitude to God for His tangible love for us manifested in the person of our Sr. Liza Elavunkal, the General Councilor for Social Apostolate.

Dear sister, before the mighty presence of the Lord we acknowledge your encouraging presence and insightful instructions that you gave us. Thank you for being very unassuming and self-effacing in your approach to us. You are a woman filled with the Spirit of God. We pray that the Lord Jesus, the source of every blessing and wisdom, may always be at your side to guide you.

When you call upon me and come and pray to me, I will hear you. When you search for me, you will find me, says the Lord (Jer. 29: 13). Dear father George, the community members of Maayer Asha stand in solidarity with you, the fathers and all the inmates of Don Bosco

Ashalayam homes that the Lord may take control of every situation and bring a peaceful settlement to the problem due to the death of the boy. May his soul rest in peace.

Dear sisters with great love and confidence in the Lord let us approach this altar of perfect sacrificial love and pray for these intentions.

SERVING THE THE MARGINALIZED: THE UNFORGETTABLE VISIT

Visit of Sr. Liza Elavunkal, the General Councilor for Social Apostolate to the Province of Kolkata was indeed a blessing from above.

Sr. Sini Mathew, the Provincial Superior, Sr. Jacinta Bhengra, the Vice Provincial, Sr. Anice, the Economer, Sr. Mary Lalnunnemi, councilor for Social Apostolate and the community of Maayer Asha Ichapur accorded a warm welcome to Sr. Liza Elavunkal on 16th, September 2024 with a bouquet and a beautiful song by the children of Maayer Asha.

Under the guidance of Sr. Sini, the Provincial a short and sweet academy was organized for Sr. Liza by the children of Maayer Asha, Ichapur as a sign of love and gratitude.

At the start of the meeting Sr. Mary Nemi extended a warm welcome to Sr. Liza, Sr. Sini, the Provincial Superior, the Provincial Economer and the core team members with Nepali Khada. The presence of Sr. Sini Mathew, the Provincial Superior and Sr. Anice, the Economer was encouraging and greatly appreciated.



The first half of the first day was occupied with meetings chaired by Sr. Liza with Sr. Provincial, the Economer and the core team members namely Sr. Mary Nemi, Sr. Rose Khriam, Sr. Alma Tirkey and Sr. Dolores Kisku.

The sisters then discussed their activities in their assigned areas, their success, drawbacks and difficulties. Sr. Liza, with much attentiveness listened the sister's sharing of how they carried out their responsibilities, she praised them for their hard labour, dedication and commitment in their assigned duties specially in taking care of the children. Sr. Liza did encouraged and motivated them to carry out their charitable act as a mandate of our holy Founder.

In the afternoon Sr. Liza along with Sr. Nemi visited children at Baltikuri. Here Sisters and Children welcomed her with a short program and met the children separately as well.

Visit to Ferrando Convent, Bandel: -On the second day of her stay in the Province Sr. Liza took a chance of visiting Ferrando Convent Bandel and our Blessed Mother Mary at Bandel Basilica. While at the arrival Sisters, Aspirants and the children accorded a grand welcome to our dear Sr. Liza with their beautiful song, garland and bouquet. The aspirants and children staged a wonderful program in the honour of Sr. Liza as it was her first visitation after taking up as the General Councilor for Social Apostolate. Sr. Liza, in her short speech thanked the sisters for taking care of the children with much love and commitment and encouraged them to continue to walk in the footsteps of our holy Founder. Soon after the lunch Sr. Liza met the children, gave conference, urging them to study well and to listen and obey the sisters. She too checked all the records of the children who are entitled with Shelter Project.

Visit to Borapahari: On 18th September 2024, Sr. Liza accompanied by Sr. Mary Nemi left for Borapahari for a meeting with the sisters regarding the children and the Shelter Project. Sr. Rose Khriam the in-charge gave a report in zest.

Sr. Liza informed that project will continue specially for the education of the children at Borapahari and Bandel. She gave tips to the sisters regarding project and had a long discussion with the Shelter project members. She paid a visit to stone quarry and few families to learn the situation and the difficulties that the people faced.

She interacted with the children and sisters separately. In the evening Children performed few items in her honour. Sr. Liza was happy to see the children happy and applauded the sisters for the care they give to the children.



ANIMATION FOR EDUCATORS

Sr. Baiju George
Ferrando Convent, Malbassey



Rev.Sr. Katherine Joseph, the General Councilor for education and Rev.Sr. Philomena Mathew, the former Superior General was warmly welcomed by Sr. Sini Mathew, the Provincial Superior and the sisters upon her arrival at Auxilium Convent School, Siliguri. Sr. Baiju George, the provincial councilor for education arranged a one-day animation programme for the Principals, Vice-principals and boarding in-charges on 13th October 2024

at Auxilium Convent School. A total of 19 participants attended the program.

Sr. Sangeeta Kujur invited Rev.Sr. Philomena Mathew, the former Superior General to address the gathering, during which she encouraged everyone to stay abreast of developments in the education system and to carry forward the apostolate of education in alignment with the current norms and values. The participants expressed their sincere appreciation to Sr. Philomena Mathew for her enlightening and thought-provoking address.

The first session was taken by Rev.Sr. Sini Mathew, the Provincial Superior. She pointed out the key qualities of educators, criteria of the education system and how to handle it with much dedication and transparency. Sr. Sini Mathew was warmly thanked and commended by all for her invaluable session, which served as a compelling call to advance the education system with integrity and effectiveness.

The afternoon session was taken by Rev.Sr. Katherine Joseph. She highlighted on "Five pillars of culture of accountability." i.e., i. Clear expectations; ii. Belonging; iii. Coaching; iv. Decision making; v. expression.

After completing the animation, a validation ceremony was held, where we expressed our gratitude to Rev.Sr. Katherine Joseph, the General Councilor for Education for her informative and insightful session, which invites everyone to enhance the apostolate of education with commitment, efficacy and excellence.



BUILDING ON LEGACY: CELEBRATING 82 YEARS OF GROWTH

Ferrando Convent, Malbassey



Ferrando Boarding, Malbasey celebrated the 82nd Foundation Day of our Congregation on 24, October 2024 in a fitting manner. It marked a significant milestone for our community, reflecting on our shared history and looking forward to a future filled with promise. This event not only commemorate the establishment of our Congregation but also serves as a time to acknowledge the hard work, dedication and vision of those who laid the

ground work. We showed special homage to our Founder Ven.Stephen Ferrando by praying and singing near his portrait.

The celebration began with a solemn Holy Mass presided over by Rev.Fr.Florence Demda, the Rector and Principal of Don Bosco and con-celebrated by Rev.Fr.Sudhir Khalkho, Rev.Fr.Subir Mondol & Rev.Fr.Nijo John. During his homily, Fr.Rector highlighted the holiness of our Founder, pioneers and the rich contributions made by Mother Rose Thapa, the first Mother General. Following the spiritual ceremony, a series of engaging activities took place, designed to involve all members of the community. The cultural performances and interactive display showcased the diverse talents within our members and Boarders. The foundation day celebration was a resounding success, embodying the spirit of our community.



YAC: WHERE PASSION MEETS PURPOSE

It was a beautiful occasion for the Students of St. Mary's School Kudda and St. Aloysius High School Turundu to come together and empower themselves to become warriors of faith. YAC animation program was conducted by Sr. Meena Tirkey, the Provincial Councilor for Evangelization On 2nd October, 2024. The program was held in St. Mary's School. It was mainly an orientation to YAC. There were eighty students who participated in this event. At the end of this program the students were very happy and enthused in their spirit.



SCIENCE EXHIBITION: ST. MARY'S SCHOOL, KUDDA

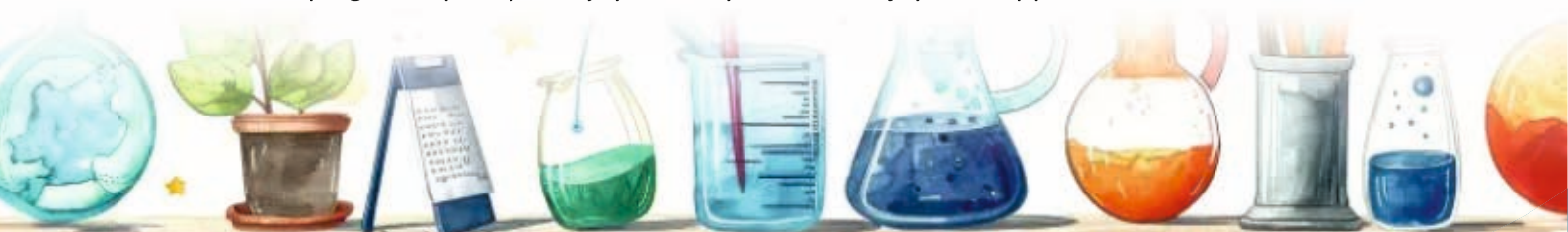
“Intelligence and Love are not in separate compartment: love is rich in intelligence and intelligence is full of love”

Pope Benedict XVI

St. Mary's School Kudda organized its first Science Exhibition from Nursery to Class X on 10th December 2024. The aim is to develop their learning skills and capacity through activities. The students with much love and enthusiasm participated in it. The day was filled with joy as each and every Student performed to the best of their abilities. Large crowd was attracted to this event.

The parents, guardians, friends, well-wishers, the students and teachers from neighboring school were all found in long queues to view the Exhibition. All the viewers were in praise and admiration at the performance of the students.

The words of the ancient Philosopher Socrates 450 BC say “the secret of happiness, you see is not found in seeking more but in developing the capacity to enjoy” the day ended with joy and happiness.





St. Paul Outside the Walls

 Opened: January 5, 2025

Renowned for its majestic architecture and connection to the Apostle Paul.

SCIENCE EXHIBITION

pride and joy.

The exhibition was formally inaugurated by the chief guest, sir Debasissarkar who is a prominent face and notable personality from



appreciated the efforts of the students and teachers in making the event a reality, emphasizing that such exhibitions are vital in fostering a culture of inquiry and exploration.

The science exhibition featured an impressive collection of projects made by students of both primary and secondary section covering a wide range of topics from physics and chemistry to biology, environmental science, and robotics. Students from different grade levels showcased their understanding and creativity through models, experiments, interactive displays, and digital presentations. Some of the major themes included renewable energy, robotics and automation, environmental science, physics and engineering, space science, human biology, chemistry and chemical reactions etc.



the students were evident in the quality of their projects, and the event successfully created an interactive learning experience for everyone involved.

On 30th November 2024, auxilium convent school organized mega science exhibition under the banner Acs-Scixplore 2024-25 with immense



the field of astrophysics.

He is the founder secretary of sky watchers' association of North Bengal (SWAN), an organization associated with sky watching, astrophotography, astro workshop, science orientation & school presentations.

The chief guest, accompanied by a team of judges took a tour of the exhibits and minutely observed all the projects on display.

He highlighted the importance of scientific thinking and innovation in today's rapidly changing world. Besides this, he also



Besides this, an exhibition of art & craft projects commonly referred as S.U.P.W. Or handwork for students from all the classes was also organised for the parents to appreciate their wards' supplementary skills in the field of personal interest.

Thus, the science exhibition was an exceptional showcase of student talent, creativity, and scientific curiosity. It provided students with a platform to explore real-world applications of science, enhance their problem-solving skills, and communicate their ideas to a wider audience. The enthusiasm and dedication of



SPORT IN AUXILIUM FORT

Sport is an integral part of education in the school life of a student. Sporting activities in every school is aimed towards encouraging physical fitness and fostering team spirit among the children. It also plays a crucial role in character development.

On this note, Auxilium Convent School organized **Inter-house sports meet 2024– 25** at the school premises from **11th Nov. to 14th Nov. 2024** in the presence of all the teachers and students of all the four houses.

In this sport meet children from both **primary** and **secondary** section participated with a lot of zeal and enthusiasm to showcase their athletic skills. All the four days of sports were filled with excitement alongside fierce competition.

The concluded sports week has been very eventful since the start of day 1 where an array of spectacular events were offered to the students of Division A, B, C and D. During sports meet, the track & field events included 100 M race, 200 M race, 400 M race, hurdles race, relay race etc. Besides this, thrilling fun sports like obstacle race, skipping race, wheel barrow race, cone race, tyre race, sack race, string hoop race, tug of war etc. were also organized.

Day 3 of the Sport meet was blessed with the presence of **Sr. Rose Cyriac** who is the Superior of Salesian College Hostel. Towards the end she honored & felicitated the winners of Day 3 events.

The physical test of students' sheer strength and brute stamina during ACS sports meet left everyone amazed and thrilled.

ACS school administration takes the pride to have revolutionized the whole system of education by emphasizing on extra-curricular activities like Sports meet, Science Exhibition, fete etc. and all these have set



a new benchmark towards making the institution a model school where students grow with character and competence.

Towards the end, the principal of the school, **Sr. Jaya Sebastian**, in her speech thanked everyone, including teachers & students for making the sports meet a grand success.



HOLO TROPIC BREATH WORK, A NEW APPROACH TO SELF-EXPLORATION (WHOLENESS) OR A PATH TO PHYSICAL HEALING AND SPIRITUAL AWAKENING.

*Sr. Ancy Joseph
Ferrando Convent, Oodlabari*

Perhaps, it is the desire of every human being to become WHOLE. But one cannot become whole, all on a sudden. Because Life is a multifaceted matter of fact. And so we need to go through a procedure and a process. Many psychologists and psychiatrist have their own way of finding and expressing it in different terms. Out of desperate search for it few people find it some way somewhere, while the others are still on search and research.

As St. Augustine, one of the doctors of the church after finding his true self in the person of Jesus, couldn't contain within himself the true joy he found in God and burst forth in acclaiming to the world, "Late have I found you O Ancient and Eternal Beauty" You were inside of me but I was outside of you". These confessions have come out from a true encounter with the divine.

Holotropic breathing, more often referred to as holotropic breathwork (HB), is a practice that involves controlling and quickening breathing patterns to influence your mental, emotional, and physical states.

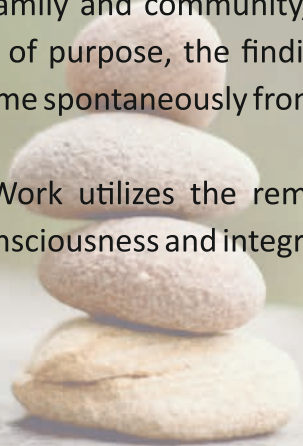
Breath and Spirit (Holo - Tropic) Holo = Whole (in Greek)
Trepain = Moving towards wholeness

Hence, it has 3 dimensions

- 1) Breathing
- 2) Healing &
- 3) Awakening

The therapeutic benefits of Holotropic Breath Work are remarkable and they are the healing of illness, anxiety, depression and conflict, the release and healing of trauma, and abuse, the reintegration with family and community, the opening of compassion, forgiveness, courage and love, the reclaiming of purpose, the finding of our lost soul and the highest insights of spiritual understanding all come spontaneously from the unfolding of this powerful process.

Holotropic Breath Work utilizes the remarkable healing and transformative potential of non-ordinary states of consciousness and integrates the insight from modern consciousness research.



This is a brand-new approach to enhance Self-Exploration and therapy.

It opens our mind to explore the depths of the psyche and transpersonal dimensions of consciousness. This is a powerful approach to therapy and personal growth.

Recently, I had an opportunity to participate in a Holotropic Breath Workshop conducted by Rev. Fr. KC Thomas sdb the co-founder of Holotropic Breath Work and a pioneer in Emotional Freedom Technique (EFT) in India and Asia and Sr. Regi, a physicist, psychologist and councilor, from Bangalore. Mother Christine Mynsong, chose few of our sisters from each province to participate in this therapeutic workshop in Guwahati. Fortunately, I was one of them and the only member from the province of Kolkata. It was a week-long programme and within those few days of workshop we profited a lot for our personal spiritual growth.

Through meditation the unconscious state of mind arouses the conscious mind and get healed and awakened to a New Horizon. It's a NEW FEEL. It is a reality that happens to persons who are opened to it and receives the inexpressible joy.

I take this opportunity to thank mother Christine Mynsong and Rev. Sr. Mary Thadavanal, Asst. General for organizing such soul-searching programmes for the personal and spiritual growth and enhancement of the sisters. Also, I thank Rev. Sr. Sini Mathew, provincial for allowing me to participate in it.

I remain ever grateful.



Love Begets Life



Sr. Rose Khriam
Maria Nivas, Borapahari.

I shall never forget, dear Sisters what happen those days (Ven. Stephen Ferrando)

Affectionately and devoutly, we cherished the humble beginnings and life of a little Child (MSMHC) to a full-grown up and mature 82 Years old MSMHC. Born in great humility, poverty and in serenity of Bethlehem at the bosom of the Daughters of Mary Help of Christians Guwahati Assam, exist from the fruits of prayer and deep reflection of Ven. Stephen Ferrando whose immense love of God in doing God's holy will in his life and the thirst to save souls for the Lord. To mark this great 82nd event of its establishment, Maria Nivas, Borapahari, with gratitude to God and Mary Help of Christians Our Blessed Mother in our hearts, celebrated this day with much love and reverence to honour the great man Ven. Stephen Ferrando who was the cause of its existence. He really gave heed to the cries of the million souls and made the impossible to possible. Thus, brought-forth MSMHC to its birth. However, on the eve of the great day the community in one accord gathered together as one family, spend the holy hour of praise, worship, adoration and thanksgiving along with the children for the gift of this great family in the church. In the morning of the 24th October 2024, at 6.30am the solemn Holy Eucharist was presided over by Rev. Fr. Patras Hembrom the assistant parish priest and concelebrated by Fr. Alphonse Soreng Sdb. In the evening the boarders performed cultural program. It was a beautiful and unforgettable day of our beloved congregation reaching its heights of radiance completing 82nd of its glorious years. The day was full of splendour and good cheers as the children perform cultural program with so much joy and enthusiasm in giving glory to God for the blessings bestowed upon Maria Nivas community.

***Thank you, beloved Father and Founder,
For the grace upon us bestow;
May God's glory shine through you,
Upon your children here below;
Hurrah! Long live Stephen Ferrando.***



LOVE & GRATITUDE

Sr. Rose Khriam
Maria Nivas, Boropahari

28th. September was a very special day for every Msmhc and above all for Maria Nivas Family. On this lovely day the community celebrated the 126th. Birth anniversary of Our Beloved Father and Founder Ven. Stephen Ferrando, where the entire congregation in his honour keeps this day as 'Boarders Day'.

As a sign of love and gratitude to God and our Beloved Father & Founder, the community kept this day too as a 'Gratitude Day'. On 27th the eve of that beautiful day, the sisters, children and the staff of Maria Nivas Family, expressed their gratitude to God and to one another through a meaningful prayer service. On 28th September 6.30am the Holy Eucharist was solemnized to thank God for the gift of one another and all the boarders. In the evening the boarders performed cultural program, they rock and roll with their tiny bodies to make this day a memorable one. To make this event a mesmerized one, Sr. Rose Khriam the superior of the house gave out the prizes to all the winners of the different competitions which were conducted prior to this event. All the children were happy and enjoyed the day. It was a wonderful day; everyone experienced the odour and perfume of joy, love and care in this family where they belong. We acknowledged God's mercy and grace for everything that brought us together.



CHILDREN'S DAY CELEBRATION

14th November 2024 is the children's day. The children cherish the abundance of joy and happiness that awaits them on this beautiful day. Their innocence, simplicity, sincerity, joyful life, colored the day with the sense of wonder and purity adding meaning to the celebration. The Maria Nivas Borapahari, grateful to God for blessing us with the 78 little children who are under our care. The community celebrated the children's day with so much love and affection. We appreciated our little children who are so full of life, smart, simple and joyful, generous for any service at any time of the day. They are the wealth of our community and our mission over this place. We are grateful to all our little angels who are the cause of our Joy and strength. We thank them for the rich contribution they have made for the



smooth running of our mission over this place. On this great day we offer our prayers to God for each of them and greetings beginning with the Holy Eucharist, entertainments and competitions in the afternoon. The day was full of splendour and good feelings of love, care and happiness by our little children.



FAITH FORMATION THROUGH SACRAMENTS: AMBARI

Sr. Emerencia Minj

The children of Mailonijote Parish were prepared for the reception of their first Holy Communion and confirmation by Sr. Emerencia Minj and the MC sisters for a month.

The sacraments were conferred by Bishop of Raiganj Rt. Rev. Fulgence Tigga. Twenty-four children received first Holy Communion and one hundred sixty-seven received Confirmation. The children were thrilled with joy receiving Jesus in their heart for the first time, it was indeed a time of great joy and peace for everyone.



CONFIRMATION



FIRST HOLY COMMUNION



CHIESA DEL PADRE NOSTRO

Credit: Daniel Ibanez EWTN Vatican

Rebibbia Prison, Rome



Opened: December 26, 2024

The opening of the Holy Door in the Roman prison by the Pope will be a "symbol of all the prisons scattered around the world."

CELEBRATING A LIFE OF SERVICE AND DEDICATION

Sr. Bansuk Jyrwa
Salesian College Hostel, Siliguri

"The greatest legacy we can leave is not what we achieve, but who we become in the process."

On 10th August 2024, the community of Salesian College Girls Hostel gathered to celebrate Sr Rose's 50 years of dedicated service and spirituality. The highlight of the celebration was a Holy Mass ceremony, which was held in the Chapel Celebrated by Fr PPathical Joseph and concelebrated by Fr Tomy Augustine, the Rector of Salesian College and Fr VC Jose, Rector of Don Bosco School along with all the Fathers from both the community, Sisters from Auxilium Convent and School and friends.



Following the Holy mass, a felicitation was held by the Hostel girls in honour of Sr Rose as a gesture of their gratitude and appreciation for her tireless dedication and service. A short message was delivered by Fr Tomy Augustine thanking and acknowledging Sr Rose for the services rendered and harmonious collaboration of the hostel and college community.



YAC CELEBRATES 25 YEARS OF EXISTENCE IN MSMHC AUXILIUM CONVENT, SILIGURI



The Young Apostles for Christ (YAC) of the Missionary Sisters of Mary Help of Christians (MSMHC) inaugurated its 25th anniversary celebrations, marking a significant milestone in its journey.

The Jubilee year was inaugurated by the Auxilium community, along with YAC members, on 23rd of December 2024. The event was attended by YAC representatives from the centre, Saraswatipur and division. There were around 50 YAC members who took part in the programme.



The event was meticulously organized by Sr. Agatha Rai, while Sr. Merlyn Jacob, the animator of the house, officially opened the Jubilee year.

The Jubilee year promises to be a time of reflection, renewal, and rejuvenation for the YAC community.



We congratulate YAC on this significant milestone and wish them a joyous and blessed Jubilee year!



FESTIVE ORATORY

Every 26th of December is a joyful occasion in the homes of MSMHC as the whole family celebrates the feast of our beloved father and founder. Venerable Bishop Stephen Ferrando, named after St. Stephen, whose feast it actually is.



Stephen Ferrando very amiable and affectionate loved children very much, and children loved him too. It is in keeping in mind the love that our founder has for children that many communities keep this day as a day of festive oratory for children.

This year too many communities organised festive oratory for the children, which signifies our love for founder and Jesus present in the little children.



BEAUTY OF COMMUNITY LIFE

By Sr. Dipa Sardar

LIFE IN COMMUNITY, MIXTURE OF EVERYTHING
LIFE IN COMMUNITY, PAVES THE WAY TO HUMILITY
LIFE IN COMMUNITY, PROVES ONE'S VITALITY
LIFE IN COMMUNITY, STRENGTHENS UNITY
LIFE IN COMMUNITY, MAKES ONE FIDELITY
LIFE IN COMMUNITY, INCREASES FAMILY SPIRIT
LIFE IN COMMUNITY, ENERGISES DROOPING SPIRIT
LIFE IN COMMUNITY, DISCOVERS OUR ABILITY
LIFE IN COMMUNITY, DISCOURAGES PARTIALITY
LIFE IN COMMUNITY, ENCOURAGES FRATERNITY
LIFE IN COMMUNITY, PROVIDES OPPORTUNITY
LIFE IN COMMUNITY, BINDS ALL TOGETHER INSPITE FUTILITY.
WHEN PERSONS FROM AFAR COME TOGETHER
IN THE NAME OF ONE, WHO UNITES THEM IN HEART,
ENRICH EVERYBODY
WITH TRUE UNITY, THRIVE MINISTRY
LOVE AND FIDELITY, KEEPS...



AN INTIMATE CEREMONY AT ST. JOSEPH CHURCH, NEDUNGAPRA

On October 4, 2024, St. Joseph's Church, Nedungapra, rejoiced as Mrs. Ammini, an adult catechumen, received the sacrament of baptism and took the name 'Teresa'. The Presence of Mr. Varghese her husband, Priya their daughter, parish members, and several sisters adds meaning to the occasion.

The Diocese of Vijayapuram graciously granted permission for Teresa to receive the sacraments and formally join the Church. This milestone followed months of dedicated preparation by Sr. Elcita George, who guided Teresa's faith journey, ensuring she was ready to receive the sacrament.

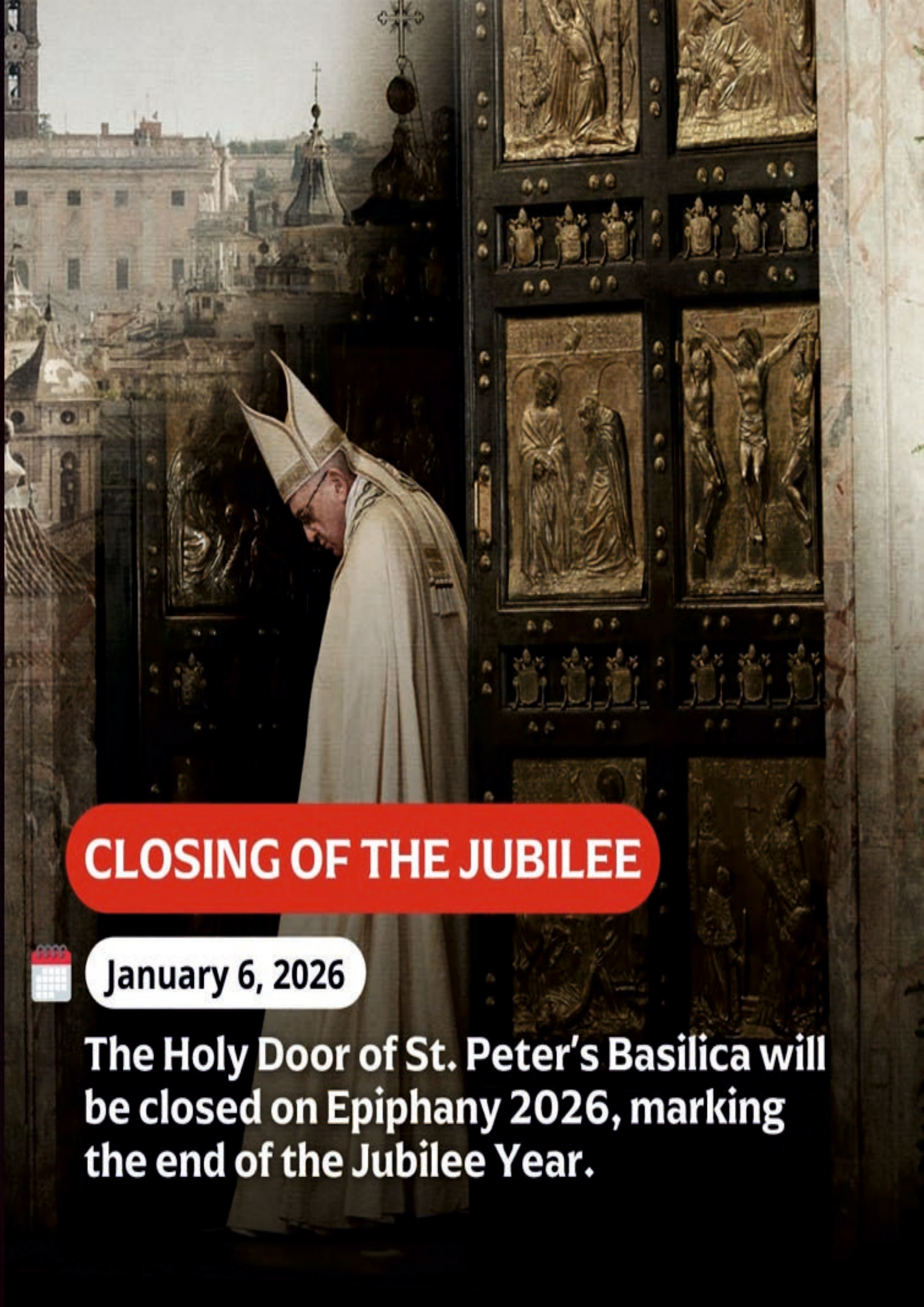
The strength of their family life is evident in Mr. Varghese's faithful commitment to God, to Teresa, and to Priya, as he and Priya accompanied her throughout her faith journey. Their daily attendance at the Eucharist demonstrates their deep anticipation for Teresa's baptism and their subsequent marriage blessing. Mr. Varghese's efforts to strengthen their faith and nurture family happiness are inspiring.

Pope Francis encourages us to “focus not on the rules, but rather on how we live, how we cultivate virtues, and how we love one another.” This guidance resonates in Mr. Varghese's family life. Following Teresa's baptism, Sr. Elcita George initiated marriage preparation for the couple, which included private sessions for Teresa as well as joint sessions to deepen their understanding. Varghese and Teresa who have been living together for eighteen years made their marriage official on 30 November 2024 in an intimate ceremony at St. Joseph Church, Nedungapra.

The couple wanted to renew their vows for quite some time but waited for the church formalities to be completed. Sisters of Mr. Varghese, mother of Mrs Teresa, few friends and MSMHC sisters witnessed the occasion. Fr. Peter Inchapara, the parish priest, blessed the marriage and he then warmly welcomed the family into the parish, assuring them of his continued spiritual support. Now after weathering hardship and celebrating beautiful moments as a couple, making their promises to each other held a much deeper meaning.

Same evening, with the accompaniment of Sisters, Fr. Peter, parish priest blessed their home Family meal prepared by them was shared by all. This joyful event affirms that faithfulness to God and to each other brings about blessings and fruitfulness. The family remains deeply grateful for this profound gift, received in October, the month devoted to the Holy Rosary.





CLOSING OF THE JUBILEE



January 6, 2026

The Holy Door of St. Peter's Basilica will be closed on Epiphany 2026, marking the end of the Jubilee Year.

'ANTIQUA ET NOVA': NEW VATICAN DOCUMENT— POTENTIAL AND RISKS OF AI



The Vatican has released a new document on the use, risks and potential that the artificial Intelligence (AI) carries.

The new document is probably the outcome of Pope's warning on the AI. The new document is addressed especially to “those entrusted with transmitting the faith,” but also to “those who share the conviction that

scientific and technological advances should be directed toward serving the human person and the common good”

In 117 paragraphs, “*Antiqua et Nova*” highlights challenges and opportunities of the development of Artificial Intelligence (AI) in the fields of education, economy, work, health, relationships, and warfare. In the latter sphere, for instance, the document warns of the AI's potential to increase “the instruments of war well beyond the scope of human oversight and precipitating a destabilizing arms race, with catastrophic consequences for human rights”.

DANGERS AND PROGRESS

Specifically, the document lists not only the risks but also the progress associated with AI, which it encourages as “part of the collaboration of man and woman with God”. However, it does not avoid the concerns that come with all innovations, whose effects are still unpredictable.

DISTINGUISHING BETWEEN AI AND HUMAN INTELLIGENCE

Several paragraphs of the Note are devoted to the distinction between AI and human intelligence. Quoting Pope Francis, the document affirms that “the very use of the word 'intelligence' in connection to AI 'can prove misleading'... in light of this, AI should not be seen as *an artificial form* of human intelligence, but as *a product* of it”. “Like any product of human ingenuity, AI can also be directed toward positive or negative ends”. “AI” could introduce important innovations but it also risks aggravating situations of discrimination, poverty, “digital divide,” and social inequalities. “The concentration of the power over mainstream AI applications in the hands of a few powerful companies raises significant ethical concerns,” including “the risk that AI could be manipulated for personal or corporate gain or to direct public opinion for the benefit of a specific industry”.

WAR

With reference to war, “*Antiqua et Nova*” stresses that autonomous and lethal weapons systems capable of “identifying and striking targets without direct human intervention are a “cause for grave ethical concern”. It notes that Pope Francis has called for their use to be banned since they pose “an 'existential risk' by having the potential to act in ways that could threaten the survival of entire regions or even of humanity itself”. “This danger demands serious attention,” the document says, “reflecting the long-standing concern about technologies that grant war 'an uncontrollable destructive power over great numbers of innocent civilians,' without even sparing children”.



HUMAN RELATIONS

On human relations, the document notes that AI can lead to “harmful isolation”, that “anthropomorphizing AI” poses problems for children's growth and that misrepresenting AI as a person is “a grave ethical violation” if this is done “for fraudulent purposes.” Similarly, “using AI to deceive in other contexts—such as education or in human relationships, including the sphere of sexuality—is also to be considered immoral and requires careful oversight”.

ECONOMY AND LABOUR

The same vigilance is called for in the economic-financial sphere. “*Antiqua et Nova*” notes that, especially in the field of labour, “while AI promises to boost productivity... current approaches to the technology can paradoxically *deskill* workers, subject them to automated surveillance, and relegate them to rigid and repetitive tasks”.

HEALTH

The Note also dedicates ample space to the issue of healthcare. Recalling the “immense potential” in various applications in the medical field, it warns that if AI were to replace the doctor-patient relationship, it would risk “worsening the loneliness that often accompanies illness”. It also warns that “the integration of AI into healthcare also poses the risk of amplifying other existing disparities in access to medical care,” with the risk of “reinforcing a 'medicine for the rich' model, where those with financial means benefit from advanced preventative tools and personalized health information while others struggle to access even basic services”.

EDUCATION

In the field of education, “*Antiqua et Nova*” notes that “AI presents both opportunities and challenges.” If used prudently, AI can improve access to education and offer “immediate feedback” to students. One problem is that many programmes “merely provide answers instead of prompting students to arrive at answers themselves or write text for themselves”; which can lead to a failure to develop critical thinking skills. The note also warns of the “biased or fabricated information” and “fake news” some programmes can generate.

FAKE NEWS AND DEEPPAKES

On the subject of fake news, the document warns of the serious risk of AI “generating manipulated content and false information”, which becomes worse when it is spread with the aim of deceiving or causing harm. “*Antiqua et Nova*” insists that “Those who produce and share AI-generated content should always exercise diligence in verifying the truth of what they disseminate and, in all cases, should 'avoid the sharing of words and images that are degrading of human beings, that promote hatred and intolerance, that debase the goodness and intimacy of human sexuality or that exploit the weak and vulnerable'”.

PRIVACY AND CONTROL

On privacy and control, the Note points out that some types of data can go so far as to touch “upon the individual's interiority, perhaps even their conscience”, with the danger of everything becoming “a kind of spectacle to be examined and inspected”. Digital surveillance “can also be misused to exert control over the lives of believers and how they express their faith”.

COMMON HOME

On the topic of the care of creation, “*Antiqua et Nova*” says, “AI has many promising applications for improving our relationship with our 'common home’”. “At the same time, current AI models and the hardware required to support them consume vast amounts of energy and water, significantly contributing to CO2 emissions and straining resources”.

THE RELATIONSHIP WITH GOD

Finally, the Note warns against the risk of humanity becoming “enslaved to its own work”. Artificial intelligence, “*Antiqua et Nova*” insists, “should be used only as a tool to complement human intelligence rather than replace its richness”.



Be The Gift For This Christmas

Sr. Deborah K

*Christmas is you when you decide to leave your old life, to be born again
each day.*

The Christmas pine is you when you resist evil.

*The Christmas decorations are you when the colors of virtues adorn your
life.*

*The Christmas bell is you when you call, gather and seek to unite.
The Christmas angels are you when you give the smiles of love and peace.
The Christmas light is you when you illumine the path of others through
your life.*

*The Christmas star is you when you help and guide others to the right
path.
The Christmas card is you when gentleness and kindness are within your
hand*

*The Christmas greeting is you when you forgive and establish peace.
Christmas night is you when you accept and receive everyone as the baby
Jesus who gives joy, love and peace to everyone.*

Be a blessing to all.

MERRY CHRISTMAS...





Mother Mary

(Asp. Jenny Anne Syiemiong, Oodlabari)

*Mary our mother dear;
We love you because you loved us first,
You gave your Son Jesus to die for us,
We owe you much.*

*You are a mother, who listens,
A mother full of compassion;
You remain silent in tribulations,
Teach us how to contemplate.*

*You are a song in our hearts,
We love to sing your name;
Mary our mother dear,
Teach us how to care.*



*"Our life spreads light, when it is given in service.
The secret of joy is living to serve."*

Pope Francis

