

# CSJ RIPPLES

Congregation of Sisters of St. Joseph of Chambéry - Indian Provinces

Oct - Dec Year 2021 - No. 4



*Merry Christmas*



**It's a season to Give  
It's a season to Love  
It's a season to Share  
God's Love for you and for me**

*Happy New Year 2022*



# Editorial



S. Laveena D'Souza

*Tanmaya*



Hello friends,

It's Christmas eve. One can see stars and illuminations all around. Christmas means birth of Christ. It waves a magic wand over this world and everything looks beautiful. Christmas is tenderness for the past, courage for the present, and hope for the future. It's a season of joy and fraternity. A season to remember the infinite becoming finite like us. It is a grace-filled moment of re-living the experience of Word being born in the world.

Two Thousand years ago...  
Love became flesh  
Pitched its tent in human hearts  
Found abode within the gentle womb of a young virgin  
Cared by a just and attentive foster father  
Supreme majesty lying in the manger  
Accompanied by the angelic choir  
A star above to indicate Love's birth  
The simple shepherds were the first visitors  
and the wise men who were in search of truth  
to bow before its majesty  
A gesture of self-surrender and submission  
Today....  
Love comes every moment  
Pitches its tent in every heart  
Lives in us, walks with us  
Listens to us, talks to us  
All are invited to be Love's guest  
To celebrate the 'Word in the world'

A Merry Christmas and a Blessed and Prosperous New Year 2022 to all of you. May the year 2022 bring a lot of joy, laughter and peace to you and in all your endeavours. Stay blessed always.

***Christmas abraço to all!!!***

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S. Roshni Kurian  
.....  
Province of Tanmaya

# Christmas brings Peace & Joy



**T**he most beautiful story ever told is the story of the birth of Christ. Its childlike beauty and simplicity that warm our hearts at each returning Christmas. When Christ came into this world one winter's night, some 2000 years ago, the Babe's mother and foster father, an ox and an ass, a few sheep and a few shepherds were the only attendants of the tiny king. The scene described by St. Luke in that cave of Bethlehem is a striking rebuke to our modern ideas. There we see the way Christ the son of God makes His appearance in the world He is to save. Homeless, weak, poor, unheralded except to a few shepherds.

On that first Christmas night when the Lord of the universe came into the world clothed in human flesh, the reason for His birth was sung by angelic hosts "Glory to God in the highest and on earth peace to men of goodwill." His coming was a good tiding of great joy that was to be for all people. His purpose was to give glory to God in the highest

and bring peace on earth to men of goodwill. God willed that men should have peace of heart here on earth.

Today the modern world is distracted by wars and threats of war. And on earth peace to men of goodwill - this chant of angels and the voice of Christ Himself seem drowned out in the thunder of guns and in the excuse, attempted justification which are poured on the TV. If the task of saving the world were committed to one of us we would follow quite a different course. A deliberate choice of poverty, humility, homelessness, obscurity would never occur to us. We would consider it a matter of ordinary prudence to set out to achieve pre-eminence in power or position or learning or wealth or influence or eloquence or perhaps in all these together.

This world of ours is not going to be saved by military alliances, balance of power, a league of nations, non-aggression pacts, disarmament conferences etc. We have tried them in the past

and they all failed. As a means of securing peace their score is absolute zero. We are going to have peace on earth when we heed the message of the angels to shepherds. "Peace on earth among men of goodwill." We must have the "goodwill" mentioned by the angels and we must have it as individuals before we can have it as nation. A nation cannot rise above the moral level of its individual citizens. It cannot be a nation of goodwill unless its citizens are people of goodwill. The Christ child can direct us along the road that leads to peace, to a peace that is temporal and eternal.

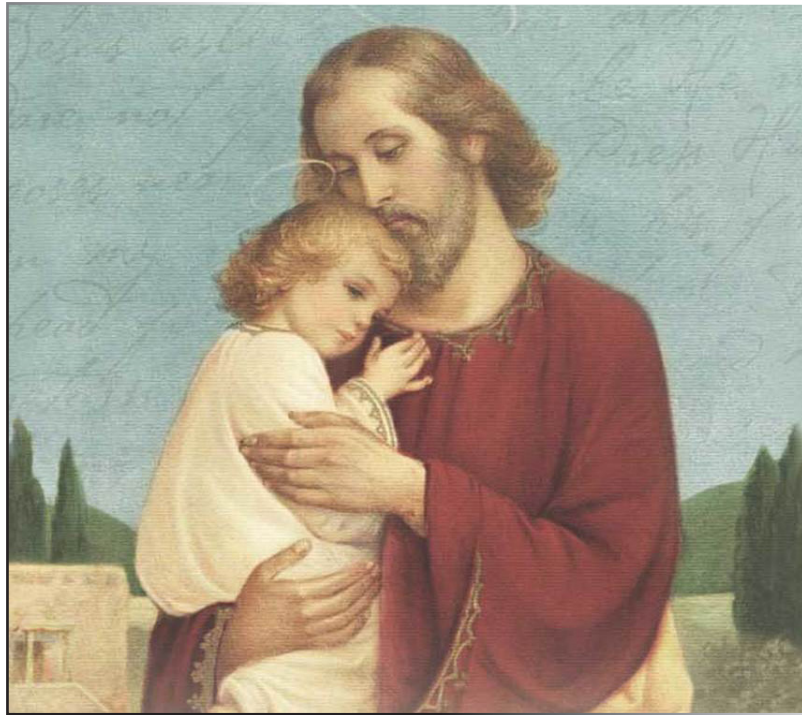
Child Jesus has come to us to show us the way to real peace – peace which we long for. He has come to teach us that might is not right and that violence is never a solution to any problem. So, Christmas brings peace, joy and happiness to the people of goodwill.

# St. Joseph, our Protector



S. Amrita

.....  
*Province of Nagpur*



Man of God and man of silence,  
Who taught us to live the struggles of life;  
He is the one, who with deep faith,  
Lived and showed the power of prayer.  
Heard the voice of the Spirit of God  
Obeyed and did without a question.

Even in the midst of worries and doubts,  
Stood firm to face the storms that battered his life.  
Husband of Mary, carried the Saviour,  
Loved, cared, and taught him to walk.  
Helped Him to work as a carpenter,  
Obeyed the Father and did the will of God.

He is the Patron Saint of the church,  
Head of the families, and our Patron too.  
Many bear the name of this Saint,  
He is our Joseph, Saint, and Protector.  
Bless and pray, at the side of our bed,  
To give us a happy death at the end.

Give us peace to breathe at the last  
Without any fear, let us surrender to the Lord.  
O Saint Joseph, we love and praise you  
Help us to love, Jesus and Mary  
Pray that, we may be faithful to God  
Do the will of Him, till the end.



S. Reena Kujur

Province of Pachmarhi

**O**h how I love my abode! Meghalaya known as the 'abode of the clouds' is a state surrounded and situated in hilly region, brimming with stunning natural beauty.

Though I had heard about this place from others, to be in the midst of the people here and experience its beauty is something more personal, real and heart touching.

I reached here in the month of July 2021 during the rainy season. For weeks together there was no sun to be seen. It rained cats and dogs whole day and night with an abundance of fog that covered our visibility. There were moments when I felt as if I am touching the sky and sometimes as though I am in heaven. I remembered my childhood days saying to my mother about seeing clouds on top of the mountains. I wanted to get inside that. And now it is like my dream come true. I am in the abode of the clouds.

Being situated within the range of Cherapunjee, a place, once famous for the maximum rain fall in India, though it is not so true today, yet here we have more rainfall and therefore it is cold and chill than other places of Meghalaya.



I love to travel, enjoy the place and get adjusted with the place, but this time it took longer time to get adjusted because of a different culture, language and all the more the climatic conditions.

People of this place are very simple and generous at heart. They are known for their unity and live in unity. They are very supportive and help each other. The people according to me are happy and contented. They have no big expectations in life. No worry or anxiety about tomorrow, therefore they are happy and satisfied with whatever they have in life. After all what we need in life is to be happy and they are.

Their families are large with at least 8 to 10 children, and they count it as God's blessing to have more children. The people are financially poor but rich in love, care and understanding of one another. They live in peace, there is no fighting and killing like in the other states.

Most of the population of Meghalaya follow Christian religion. It is a Christian State, therefore they have great respect and regard for Fathers and Sisters and to deal with them is very easy.

They follow the Matriarchical

system, where the mother is the head of the family. Therefore boy has to come and stay at the girl's house after his marriage. All the property of the parents belongs to the youngest girl of the family, so the youngest daughter is the queen or the privileged one in the family.

There is something more spectacular in this culture. When someone dies, they don't cry or mourn for the dead. They believe that the person has received new life. Therefore it is time to rejoice not to mourn. According to their culture, they keep the dead body for three days. During these 3 days, all the villagers and relatives will visit the family, and speak / share about the dead person, so it is a long burial service. As soon as the person is buried, they will have celebration. There will be festive meal for everyone. To consume non-vegetarian food, immediately after the burial may seem irksome for those not of this culture, yet our participation gives expression to solidarity and oneness with the people.

Our Parish Mawkynrew has 27 Sub villages, so on most of the Sundays we are out along with the Fathers to villages for the Holy Eucharist. We would go in the morning and come back only by evening and in some

villages we stay overnight with the family. To be in the village is a beautiful experience, surrounded by kids and women. To be more effective I need to learn the art of communicating in their language and I try my bit with the little language that I have learnt. In the village we have Baptism, rectification of marriage, Holy mass, confession, adoration and sometimes small programs too. It is a beautiful experience to be with them. They are very affectionate and caring.

All the villages are situated on different hills. Vehicles do not go to some villages as there are no paths. We walk down and then come up the hills. I simply enjoy the beauty of nature. I thank God many times for creating such a spectacular beauty around. I feel myself lucky and fortunate to see and experience the creation of God.



Sometimes I can't even understand how people live in such remote village on hills with no facility at all. The people are alien to each other because of the geographical conditions. While speaking with them I feel this is their world, they have no knowledge about other countries or states and as they

have no facilities such as internet or other connectivities.

My biggest phobia in Meghalaya is the leach. It is one kind of blood sucking worm, this creature is found only in the rainy season.



S. (Drx.) Maureen Issac

Province of Nirmala

**“It is easy to get a thousand prescriptions, but hard to get one single remedy.”**

Pandemic is a situation where whole world suffers with a sudden outbreak of an epidemic disease. As in the past it was PLAGUE, EBOLA, NIPAH VIRUS etc. had

## Roll of Pharmacists in Pandemic

been fast spreading worldwide pestilence and now its Covid-19 an epidemic caused by the virus Corona, which first emerged in Wuhan (China) in December 2019 spread rapidly across the world, as the public health issue.

As the World Health Day encourages people to talk about health problems affecting countries around the world, including emerging disease with the potential to harm millions. The list of such emerging diseases are EBOLA, MARBURG,

LASSA, MERS, SARS, NIPAH, RIFT VALLEY FEVER highly pathogenic emerging Corona virus that affect human include MERS, COV AND SARS these are respiratory syndromes caused by Corona Virus.

**“STAY ALERT” – “CONTROL THE VIRUS” “SAVE LIVES”**

Effort is being devoted to reduce the transmission of SARs – COV-2 including social distancing, wearing masks and strict hand hygiene.



Some professionals are committed to ensure that the population has access to health services and to minimize the adverse impact of the pandemic.

**“Wherever the art of medicine is loved, There is also a love of humanity.”**

While it will ultimately be a team effort across the health care continuum what has already been seen is that Pharmacists are able to reach more patients at a faster rate than other professionals.

Pharmacists have already played a pivotal role in the vaccinations of long-term care clinics and will likely to be even more impactful

vaccinating even general public. Pharmacists continue to prove themselves and show difference that they can make by acting directly with the community, continuing to care for patients in the hospitals pharmacy and providing pharmaceutical care to Covid-19 patients.

**“Pharmacist is a reason behind the Doctor’s success.”**

Moreover they may provide reliable information for preventing, detecting, treating, and managing Corona virus infections. As a result several challenges have emerged and innovative strategies are being adopted by pharmacists to

overcome them.

**“A Pharmacist is the one, Who is not a Doctor! But serves human kind.”**

A Pharmacist plays an important role by distribution of the masks, developing hygiene strategies, discarding all unused drugs dispensed for COVID – 19 patients, disease prevention, infection control, by counseling patients, maintaining social distancing and creating awareness among the people about the prevention of pandemic.

Therefore a pharmacist is the most accessible health care provider, a driving force behind discovering new medicines. A key that unlocked all your need to know about your medicines. He/she is there with you in sickness and in health.

**“Pharmacists have long duration of Action.”**

Pharmacists cover all patients than other professionals by various services to the needy to the greatest manner having the knowledge of art and skill of medicines.



S. Archana Kunakunnel

Province of Nagpur

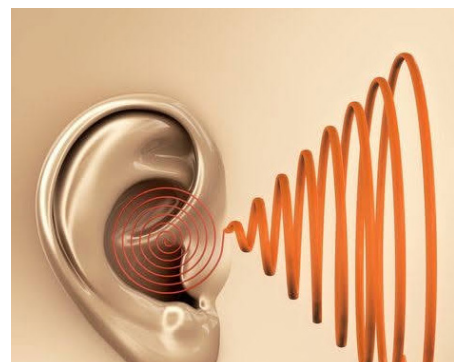
**“Anyone with ears to hear should listen and understand.”**  
(Mt. 11: 15)

## Listening - a way of Loving

Jesus spoke about the Kingdom, using stories and parables, so that his audience could grasp and understand the meaning of his words. To understand what we hear, we need to listen attentively.

Listening can be self-focused, other focused or God focused.

**Self-focused listening** obviously focuses on self. When someone shares an experience, we tend to walk down memory lane to recall a similar experience of our own, thus offering half-hearted



attention to the speaker. We go deep into our own self to see what is common in that experience; it may even evoke a comparison or bond people.

**Other-focused listening** goes deeper and is empathetic

listening. The best way to love another person is to listen actively, with interest, empathy, patience and kindness. Let us consider the famous Chapter on Love in 1 Cor.13: 4 - 7, substituting the word 'listening' for 'love.'

"Listening is patient and kind; listening is not jealous or boastful or proud or rude. It does not demand its own way. Listening is not irritable and keeps no record of wrong-doing. Listening does not rejoice over injustice but rejoices whenever truth wins. Listening never gives up, never loses faith, is always hopeful, and endures through every circumstance."

**God-focused listening** is the

deepest way of listening. It becomes spiritual; it is to seek what God does within me, in the here and now.

In the Book of Proverbs, Ch.14/33 we read: "Wisdom is enshrined in an understanding Heart; Wisdom is not found among fools." Therefore, let us develop the ability to listen while loving people as well, with an understanding heart. Let us put others first and listen and love like Jesus listens to and loves us.

Listening is an art. "Good" listening enables good decision-making. Listening fosters good communication and brings parties/individuals closer. In this noisy world of ours, good listeners

are a minority. Very often people don't listen to understand, rather listen to respond.

Sharing our experiences with a good listener is soothing, comforting and healing. Listening to feelings can mend deep rifts between people. Listening to our own inner self can be truly transformative and spiritual. Going into silence to hear our deepest truth can lead to contemplation.

A reporter once asked Mother Teresa what she said during her prayers. Her reply was: "I listen." The reporter then asked, "Well then, what does God say?" Mother Teresa answered with a smile, "God Listens."



S. Flora

Province of Tanmaya

## Workshop for Parents



In honor of our Patron St. Joseph, the sisters, and the Lay Associates of St. Joseph's Convent, Ratlam conducted a workshop for the catholic parents on November 19.

In today's world, parents cannot spend quality time with their children, which results in being children getting neglected, rude, and stubborn who in turn lose respect, love, and affection for

parents.

Having enumerated the qualities of St. Joseph and his parenting style, Mrs. Rekha Harbour and Loveena Harbour discussed in depth the different kinds of parenting, such as authoritarian parents, permissive parents, neglectful parents, and democratic parents. Slide shows on signs/symptoms, parental behavior, prevention, and movie

clips supplemented this topic.

This workshop was concluded by emphasizing on the basic ingredients for better family life, such as praying together, being faithful to one's vocation (as parents), honoring, accepting, and forgiving each other, and being present in communication.



S. Shirisha

Province of Pachmarhi

# Bells, Bells, Jubilee Bells...



The 8th December 2021 was a momentous occasion, a day of grace, a day of gratitude and a day of warmth and celebration as we gathered together to rejoice at the feast of the immaculate conception, the closing of the Year dedicated to St. Joseph, the Diamond Jubilee of Sr. Mark Kanjirathinkal, the Golden Jubilee of Sr. Marita Ampatt and the 60th year of our Provincial House at Pachmarhi.

A jubilee of an institution is an important milestone that enables us to look back on the distance we have travelled so far and to look forward to the journey that lies ahead. Casting a glance over the past 60 years, we cannot thank God enough for the bountiful blessings received.

We thanked God for the pioneers

particularly Sister Francis James, an American who was unanimously elected as the first Provincial of the newly founded amalgamated Province of India; who transferred the Novitiate from Sagar and the Provincial House from Kamptee, to the New Provincial house, Pachmarhi. We remembered all our dear sisters who laboured hard all through these past 60 years of administration and development of the Province. We can truly confess that we stand on the shoulders of those who have gone ahead of us. We are what we are just because of them.

It was indeed a memorable occasion for the Diamond and the Golden Jubilarians to recall God's Grace and faithfulness of their religious commitment for the past 60 and 50 years respectively.

It was a time to remember and rejoice, rejuvenate and renew the commitment that has been such an important part of the life of our dear sisters Mark and Marita. We thanked and acknowledged their dedication, selfless sacrifice, commitment and countless contribution to the province and congregation, during these years and for all that they have accomplished in the vineyard of the Lord in different places and to the people of diverse cultures.

The liturgy of the day concluded with a meaningful surrender of the Province/Congregation to the care and protection of our dear Patron St. Joseph.

Thus the celebrations came to a close with a sumptuous meal and with cheer.





S. Lorraine Marie Delaney  
Province of Nagpur

# Experiences of living in a Gated Community



After having lived Community Life, with no less than five members, for 53 years since my First Profession, the Lord now challenges me to restructure my Tent to embrace just one member who companions me in my Mission, in Hyderabad. We (Sr. Rashmi Thomas and I) live in an apartment five minutes away from the Office, which is truly a blessing. We found a convenient place with a very reasonable rent, in a complex, called Serene County, an apt name as the area has Towers (buildings) which breathe serenity and peace. Our twin Towers of Daffodil (ours) and Tulip have 11 floors with five apartments on each floor while the other Towers - Lavender, Marigold, Magnolia, Jasmine etc. - have 14 floors each.

The primary advantage of living within a gated community (this was the first of its kind in Hyderabad) is that one has an elevated feeling of security, which is a major ordeal. Honestly, we are very, very safe with a Central Security system, at the main entrance, monitored and protected by several security guards who are on duty, 24x7, by rotation. This cordons off any unwanted outsiders, giving a secure and safe atmosphere for residents. Double checking is done when a visitor announces himself. Security calls the apartment, checks first and only then allows the visitor to enter. No matter how often you may go out or come in, a thorough check is always done. Security guards are on duty not only at the Main Gate but also in the lobby of each Tower. You can leave your doors wide open and yet sleep in peace!! Within this 35-acre complex, there are several facilities, within a walking distance

of five minutes, which responds to all needs. One can do shopping at the supermarket, relax at the Clubhouse (which invariably organizes diverse events for Residents), enjoy a breakfast, buy your medication at the pharmacy - 24x7, fall sick as an Ambulance is always at hand, Clinic/ Salon open seven days a week - all at affordable prices....and so on.

Children are absolutely safe and protected as each Tower has its own Children's Play area and car parking. The entire complex is peaceful and safe to walk/cycle/jog. No danger of traffic as speed breakers mark every fifty meters, rattling one's bones and shaking them out of place!!

Since we took up our lodging here on September 1st, we have been meeting the same people either in the elevator or in the complex or along the corridors. Hence, it is nigh impossible not to develop a level of communication with them. All residents of our Tower are on the Whatsapp Daffodil group. It is very interesting to see how everyone helps everyone else - whether you are looking for a good dentist, or a walk-in vaccine centre, or the nearest nursery for plants, or to buy fresh fish, meat and eggs! Whatever may be your need, all you do is to post a message and at once you receive a helpful response. Once a post appeared mentioning the giving away of good clothes for maids; our maid rushed (a bit too late!!) but was able to choose a decent bundle of clothes!!

Of all the Towers, Daffodil is the most active and vibrant and this is clearly visible. I have made several contacts among senior ladies, visit

them, chat with them, share Gospel values with them and lend a listening ear. I have adjusted my time, online classes and work schedule to be available on two evenings a week for the 'Serene Seniors' gathering of these gracious citizens!! I enjoy this family apostolate and ensure I am present!! I do not attend regularly, but do stay connected with the group members. Another advantage is that at any time you can secure the services of the plumber or electrician or have a need attended to as the Society Helpdesk is available 24x7.

Attending and participating in organized events, increases the opportunity to interact with and form bonds with other people in the neighbourhood. It's our charism of communion and right relationships in action! When these connections happen, they are not just to increase our number of social media friends, but to take comfort in the fact that you have each other's support in case of an emergency.

The presence of trees and shrubs, well maintained, in these green open spaces, ensure we are constantly breathing clean air.

What sustains and nourishes our spiritual and religious life is our daily wholehearted participation at the 6.30am Eucharist at St. Alphonsus Church, a 20-minute drive away. And yes, our living and prayer, together with the study of the Synod and other important papers. This Mission/Ministry experience is a huge challenge, one which needs your support of love and prayer.



# My Stay at France



S. Savita Banot

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Province of Pachmarhi

**I give thanks to you, O Lord my God with my whole heart, and I will glorify your name forever.** (Ps. 86/12)

My journey from India to Savoy in France commenced on 2 August 2017 with two more second-year novices for a congregational project: the 'ongoing missionary presence in France.' Arriving at Lyon airport together with S. Lorraine Marie (liaison member) and S. Annie Palimattam (Novice Directress) we were warmly received by several members of the Province and Diocese of Chambéry.

From the very outset, I experienced a sense of living in paradise with the immense beauty of creation surrounding me, the warmth and affection of our French sisters, the extreme discipline on the roads and cleanliness all around. Seeing all this, I raised my spirit to the Almighty God in praise and thanksgiving.

For the initial six months, we attended language study at the University of Jacob-Bellecombette, where we were introduced to diverse nationalities and peoples, cultures and traditions. Those were enriching and empowering days. Fortunately, I was able to pick up the language quick enough to communicate comfortably with people with whom I interacted.

Each day my admiration and inspiration increased observing and learning from our French sisters who at 80+ and 90+ are very active and, reasonably



healthy. I appreciated their way of life and living. I found them very simple, gentle, soft-spoken, respectful and accepting and understanding us. I truly love them all.

Of course, we did experience real challenges by way of food, weather, tradition and culture but living closely with our sisters, taught us to overcome these petty difficulties and enjoy each day as best as we could.

In mid-January, we officially began our second-year novitiate. We were fortunate to have Sr. Sally, our Superior General, and our General councilor to take classes for us. We were privileged to have selected members of the Congregation invited to Savoy to spend time with us on various topics of religious life.

We delved into the history of our Congregation; drank from the source at Le Puy-en-Valle, visited historical sites of our congregation, prayed at the tomb of Mother St. Jean Marcoux - all of which were most inspiring and enriching. Having visited these sacred places and walked on Holy Ground, I was personally strengthened and fortified especially in times of trial and difficulty. Our visit to Paris, Lyon, Annecy, and Lourdes also played an important role in my formation.

To think that our founding sisters lived such poor, simple lives, underwent such suffering in serving the poor and the vulnerable, filled me with

immense courage and hope, when we met in the First Kitchen to share their stories.

“Whether you pushed me or pulled me, drained me or fueled me, stayed by my side or left me, loved me or hated me, hurt me or helped me, you are part of my growth, and I thank you.”

On 19 March 2019, we professed our First Vows in the packed Basilica of Chambéry, which witnessed a profession ceremony after 25 years!! Our experience in various communities helped us to grow in grace and nature as we involved ourselves in our mission activities in schools, with migrants and refugees, animating youth and participating in Parish work. I realized that, life is a journey as we travel together, hand in hand, with our brothers and sisters. There we meet our Lord Jesus Christ with his mother Mary and Joseph.

I thank God from the very depths of my being, for offering me these marvelous, life-giving experiences in France. It was as though God created a beautiful bouquet and I enjoyed a variety of flowers with their rich fragrance and colour. sumptuous meal.

We are extremely grateful to God and our Congregation, all our dear sisters through whom we could be and hope to be an instrument of love to humanity. This is the most significant event of our lives. Yes we Commit ourselves to your way Lord; trust in you and are confident that you will act.





Sr. Jacinta

Province of Nagpur

# What a journey it has been!



**G**reetings dear Sisters, from Dubai, in the Middle East. I landed here on 17th February 2021, replacing Sr. Archana who had been the Directress at Saint Mary's Catholic High School, Dubai. Currently, Sisters Amrita, Christine and self, form this community. Sr. Christine arrived in the month of January 2021 in the place of Sr. Mary Barboza who was the Pastoral Head. This was going to be a completely different experience and I looked forward to beginning this new venture on new soil, with the faith that Our Lord would walk this unknown path with me.

I share with you a few snippets of my journey for the past eight months, in this country.

The Covid-19 Global Pandemic had made travelling an adventure and I was relieved once I finally set foot in Dubai. I walked into an empty school, a very different experience. The entire school had opted for Distance Learning in light of the risks posed by the pandemic and I truly missed the

eager faces of little children. I used to walk through the vacant corridors wondering when they would be filled with the familiar voices of students bustling through them.

It was enriching to sit with the Principal and Vice-Principal to learn about the history of the school and get a general feel of how it functions. I was most pleased to hear that they almost never refer to it as a school but rather as 'The Marian Family' and I was at once welcomed into the family with a reassuring sense of warmth. I instantly felt that 'I belonged.'

On 23rd August, the KHDA (Knowledge and Human Development Authority, Dubai) announced that virtual learning had ended for all Dubai private schools and that all students would return to on-site learning by 3rd October. I was ecstatic hearing this as the children would finally be here. Our school did not wait for 3rd of October; rather we phased whole cohorts across a time period in order to allow for students to ease back into their former routine.

I realized this was a Herculean task with the logistics & I was extremely impressed with how the leadership team & the staff handled this massive task that was thrust upon them all too suddenly.

I visited several classes once the children returned and it was both a blessing and joy to see the children back with their friends, happy and engaged with one another as well as their teachers. In my capacity, I oversee the finance and have been graced, in a special way, to be able to offer guidance to Staff and Parents, sometimes in person and sometimes virtually on the phone. I find that truly fulfilling to be able to speak a kind word or offer some spiritual advice, in some cases.

I look forward to a vibrant and engaging journey at St. Mary's as I surrender myself to our Lord, trusting that He will guide me on this path and anoint me with wisdom and prudence much needed on the road ahead. □ □ □

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