

CSJ RIPPLES

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

Jan - Mar ◀ Year 2022 - No. 1

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Editorial



S. Laveena D'Souza

IPCC / Province of Tanmaya

We are living in a world that is facing unprecedented events. The war between Russia and Ukraine has been the sensational issue. We are gasping in the fear that the Third World War may break out. We witness deaths, migration, poverty, cruelty and abuses around us. The way to Calvary seems endless.

With festive mood, we celebrated the feast of St. Joseph. We renewed our religious commitment. A silent and hidden saint, who lived a simple life as an ordinary carpenter has much to teach us. As we enjoy his patronage, may we experience his love and courage in our lives and in our dealings.

God has pitched His tent among and within us. He continues to show His faithfulness to us. Now it's time to reflect by questioning ourselves – where is our tent? Is it with God? Are we faithful to Him?

We are in the season of Lent. A season of grace that invites us to mend our ways and return to God. As we meditate on Christ's suffering and prepare ourselves to partake in His Paschal Mystery, let us become aware of our dispositions and the dire situation around us and pray for all those in need. Wish you all a Happy Easter! May the Risen Lord bring each of us abundant blessings of peace, justice and new life in the living out of our everyday mission serving God's people with hope and courage.

I am glad to present this volume of CSJ Ripples which brings vivid news articles from our Indian Provinces. It contains poems and articles on St. Joseph, Women's Day celebrations, Implementation of General Chapter, life experiences, and much more. As you savour reading it, experience God's goodness in all that we are and be ever grateful for who we are and who we are called to be.



Joseph - My Guide



S. Karuna

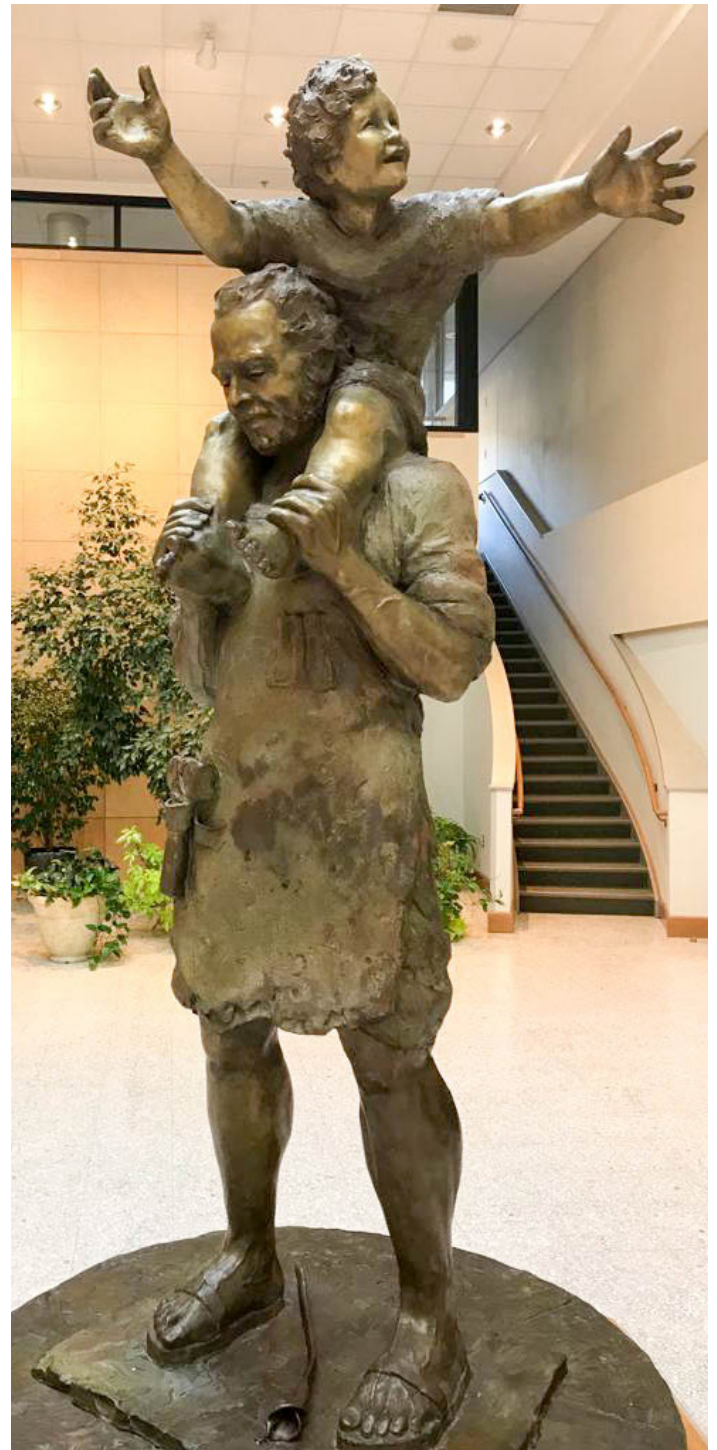
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Province of Tanmaya

You are the light in me
whenever I see you, I'm set free
You guide me when times are tough
and make me believe in myself
When I think I'm not good enough
You make me cherish every moment with you
You keep me close when I am sad
You help me turn towards good
When I tilt towards bad
You make me happy with just one look

Your greatness could fill up
every page of a large book
In your company, I am never blue.
You know my secrets,
my lies and my confessions
You help me learn from them
So to become a better person.

You knew me before I was born
You will know me to the day I die,
tired and worn out
From you I will never hide
You are optimistic and selfless
loyal and full of fairness
Kind and caring, helping others
Working in peaceful harmony with all

Every hour of the day
you watch me from God's side
You are Mary's kind and loving husband
You are Jesus's helpful and hard-working father
You are King David's loyal
and trustworthy descendant
You are St Joseph – our beloved Patron.....



Gathering with the Associates on the Feast of St. Joseph

Mrs. Muriel Fernandes

.....
Associate/Province of Pachmarhi

It was really heart-warming to be coming together after a long period of almost three years. Due to the pandemic, we all kept our safe distance but were always united in prayer through our cell phones.

The associate members gathered at 4:00 p.m. in Marian Community and were welcomed by Sr. Linda, who was waiting for the members to celebrate the feast day with the prayer service and a short get-together thereafter.

We were all led into the Chapel and were settled in a prayerful mood. Sr. Linda led us into prayer reminding us of the virtues of our patron St. Joseph.



The prayer commenced with a hymn to St. Joseph and then each one shared the importance and presence of St Joseph in their lives.

Everyone narrated the experiences and blessings they received through the intercessions of St. Joseph.

Later, Sr. Linda led us into spontaneous prayer thanking St. Joseph for his presence in our lives and following his virtues of faithfulness, justice, and peace.

The prayer service was concluded with a hymn - Jai ho teri Jai ho, Sant Joseph teri jai ho...

Later, we all gathered in the refectory of the sisters where we shared our experience of COVID and the healing power of Jesus. Sr. Linda's testimony of Jesus' healing vision was touching. We praise and thank Jesus for her new life now.

We all parted with the promise to meet more often as the situation is better now. We even plan to connect in prayer on the zoom platform.



Journeying with Joseph



S. Vinita

.....
Province of Tanmaya



I love St. Joseph for he is a man of God, a man for others, a just man who knew the heart of God and placed himself at his service. Though scripture speaks very little about St. Joseph, his silence speaks volumes of his selflessness and readiness to take up any task for the benefit of the other. He is the legal and foster father of Jesus, faithful spouse of Mary. Pope Francis in his apostolic letter *Patris corde* (with a father's Heart) has mentioned St. Joseph as the beloved father, a loving and tender father, obedient and accepting father. Indeed St. Joseph has concretely exercised his fatherhood by giving himself in love. He loved the Salvific plan of God. It was not only Mary who was prompt to listen to the word of God and put it into practice but also St. Joseph who was always discerning the will of God in dreams.

Like St. Joseph each of us is special to God. We are called to live as Joseph and Jesus lived. The settings differ but the call is the same, from the same love, who called us gently into love, life, and invites us all to do something beautiful with our short time on earth. If we can do faithfully what we can and be loving persons, our lives are beautiful. What makes us happy is how we live, what kind of person we want to become, do happily what we can do where God has placed us. The more we love others, and do what we can to

help them, the happier we are.

The Catholic Church has declared St. Joseph as the patron and protector of the Church because he himself was safeguarding the family of Nazareth. He protected child Jesus from the threats of the world. He cared and protected and brought up the child with love. Each of us can discover in St. Joseph a man who goes unnoticed, an intercessor, a support and guide in times of trouble. He reminds us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation. Each of us is invited to be an angel to the other. A true sister of St. Joseph is the one with the most loving, most open, most welcoming, most compassionate heart, for whom the pains and needs of the world matter, whose heart reaches out to human suffering, a person ready to do God's will with all one's heart and all one's gifts. We journey to God, not by avoiding other human beings, but by walking with them and learning from their courage and commitment as Joseph did in caring for Jesus and Mary. When we have some sort of problems and crisis in life it is good to go to St. Joseph. In the Old Testament Jacob sends his sons to Joseph to get the food grains. Here Joseph of the Old Testament saves his brothers and family whereas Joseph of the New Testament saves the family of Nazareth. Joseph is known

for his justice, fidelity, humility, and always doing the will of God. All his deeds were deeds of compassion and caring. Each of our lives lies in our faith in Jesus who lived long ago, and we took him seriously as the centre of our lives as our true love. Therefore, hardships do not count, and sacrifices are not worth talking about, in comparison to his love for us. Like St. Joseph may we be women of God experience, in whom people can see the loving face of Jesus. May we be able to relate among ourselves and with others with genuine love, excluding no one from our love.

St. Joseph teaches us that faith in God includes believing that he can work even through our fears, our frailty and our weaknesses. He also teaches us that amidst the tempest of life, we must never be afraid to let the Lord guide our course. At times we want to be in complete control, yet God always sees the bigger picture. We need to follow the faith and trust of St. Joseph. His example invites us to imitate his loving trust, his total abandonment to divine Providence, to take God "at his word," that is, without clearly seeing his design. In everything, may God be our center. We need to remember that we are responsible for the person we become. Let us become loving, genuine, joyful, generous persons. In our communities, let us search for God and contribute to the

world through the genuineness and quality of our relationships, both among ourselves and with others.

St. Joseph accepted Mary unconditionally. He trusted in the angel's words. St. Joseph was keen to discern the will of God. The angel of the Lord revealed to him the plan of everything in a dream. He obeyed it without any further doubts and confusions. The nobility of Joseph's heart is such that what he learned from the law, he made dependent on charity. Today in our world where psychological, verbal and physical

violence towards women is so evident, Joseph appears as the figure of a respectful and sensitive man. He makes a decision to protect Mary's good name, her dignity and her life. In his hesitation about how best to act, God helped him by enlightening his judgment. Therefore, to be happy and to do the right things at the right time we need to have a sense of God, be persons of personal prayer, take an effort to be loving and helpful persons, and dedicate ourselves generously to our mission.

Just as the gift of the Holy Family

was entrusted to Saint Joseph, so the gift of our communities and its place in God's plan is entrusted to us. Each of us is charged with caring for God's plan. The angel of the Lord revealed to Joseph the dangers which threatened Jesus and Mary. So too, in our time, God calls upon us to recognize the dangers threatening our own community life and to protect each other from harm and lead all to imitate St. Joseph in his holiness. Go to St. Joseph, he will show us many ways, both human and divine, to approach Jesus.



S. Anita Lakra

Province of Tanmaya



Loving Joseph

O Loving Joseph
In the whole world, your glory be done
You have done great things in the life of Jesus
We praise your loving name
O Loving Joseph...

O Silent Joseph, we come to your feet
To receive your blessings
We are bound with difficulties and sorrows
We have hope in you that you will intercede for us
We praise your glorius name
O Loving Joseph...

O Holy Joseph awaken in us pure devotion
Let the spring of grace flow in us
And after listening to our request
Burn the flame of life in us
We praise your holy name
O Loving Joseph...



Providence, Hyderabad Celebrates IWD 2022

S. Lorraine Marie Delaney

Province of Nagpur



On the evening of Monday, 7 March, as my mission companion and I entered the city of Hyderabad, after an absence of almost two months, I was surprised to receive a call from my Country Manager informing me that I would be one of the key speakers at the International Women's Day (IWD) celebrations at the Office, the following day.

The event was well planned and very well organized with a focus on the theme #BreakTheBias. Officially, IWD is celebrated on 8 March but unofficially it is celebrated every single day!

Since the colour code was PURPLE, I was comfortable in speaking about the core values of Providence, DIGNITY and JUSTICE, linked to this colour. My reflections here will be pertaining to that section of the people, all over the world, called clerics, secular and religious, and religious women.

International Women's Day was first celebrated in 1911, hence, 2022 marked its 111th anniversary.

There were other themes around the International Women's Day website, designed to "provide a platform to help forge positive change for women" – but our focus was on the theme #BreakTheBias - asking people to imagine "a world free of bias, stereotypes, and discrimination.

Around this theme, a panel discussion and short powerful skits were presented after which one of the leaders shared a profound reflection on a woman in the early 19th century, who overcame all prejudices to assert herself as the first woman doctor in India.

A PLEDGE TREE portrayed diverse pledges made by our caregivers for the occasion.



In my presentation, while speaking on the core values I shared:

DIGNITY...”All people have been created in the image of God.” (Gen.1:27)

We value, encourage and celebrate the gifts in one another. We respect the inherent dignity and worth of every individual. We recognize each interaction as a sacred encounter.

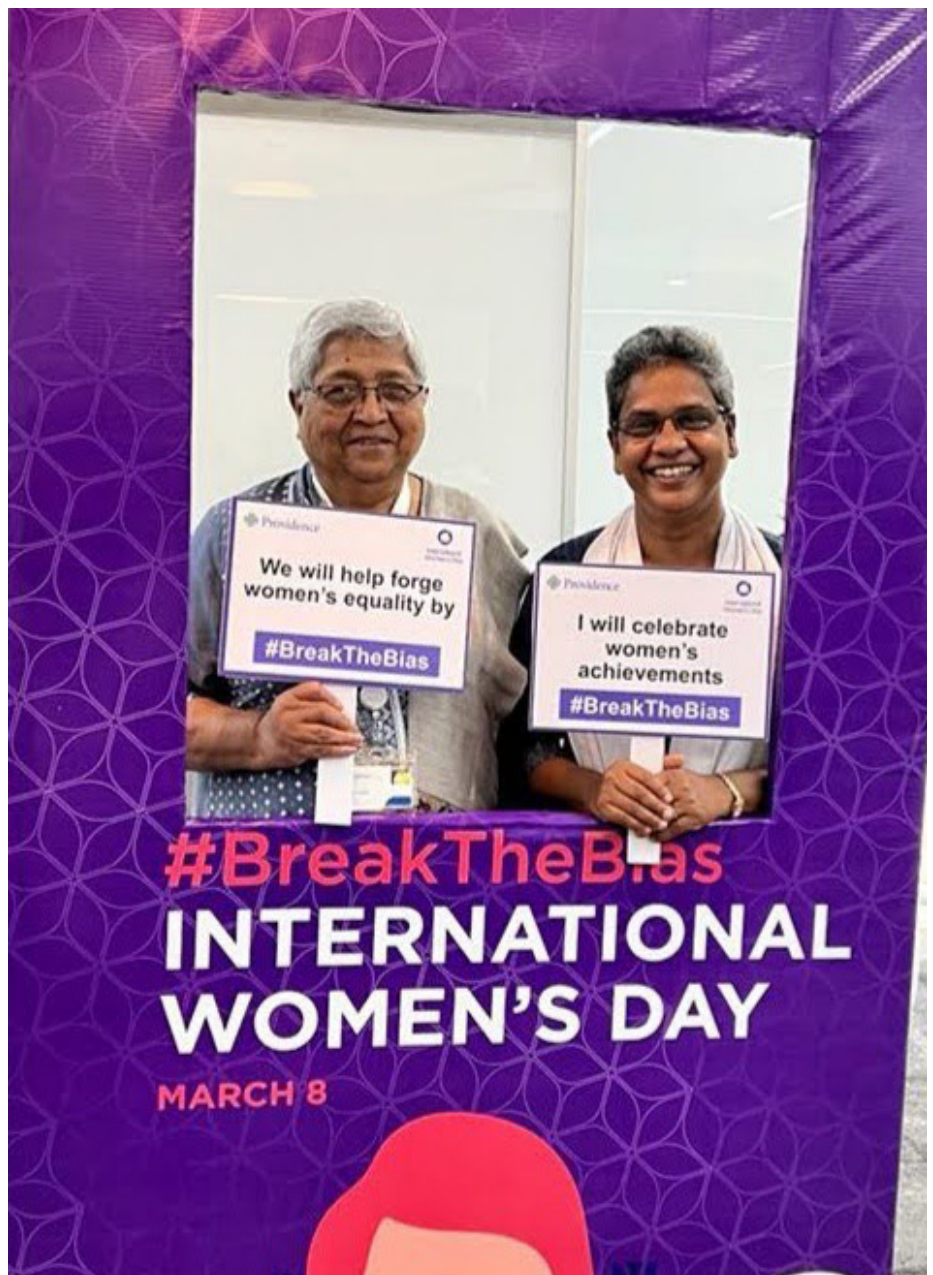
JUSTICE....”What does the Lord require of you? To act



justly, to love mercy and to walk humbly with your God” (Micah 6:8) We foster a culture that promotes unity and reconciliation. We strive to care wisely for our people, our resources and our earth. We stand in solidarity with the most vulnerable, working to remove the causes of oppression and promoting justice for all. These two core values together with the other three, is what makes PROVIDENCE GLOBAL CENTRE, Hyderabad what it is today – a name on everybody’s lips. Dignity and Justice link together to promote the integrity of a Providence caregiver. Each individual has the God-given right to be treated with dignity and justice – offered with profound respect.

It was for me a revealing moment that even as I addressed the packed hall, my thoughts floated to our religious communities. I secretly asked myself whether we, women religious, empower our own sisters, remove all prejudice and bias and be all-inclusive in our conversation, actions and thoughts as well.

It was gratifying to experience the support and camaraderie shared by all Caregivers during events like this; we hope to build a culture that continues to be inclusive and gender equal. It was also heart-touching to hear inspiring stories of SHEroes.



My new mission companion, S. Rani Poulose, csj Lyons, was all excited to be part of this celebration as it opened her to an entirely new world. I am excited to share this ministry with her, as her international vision and background, opens her to new learnings each day; Rani is flexible, creative,

innovative, ready to undertake challenges, to broaden her vision and deepen her sense of mission at Providence.

At the close of the function, each one received a precious gift to remind her/him to #BreakTheBias.





S. Sheila Roase

Province of Pachmarhi

Make a Positive Difference for Women



I alone cannot change the world, but I can cast a stone across the waters to create many ripples.

-St. Mother Theresa of Calcutta

A woman is the epitome of beauty, wisdom, love, and care. A woman performs all the duties of a man but a man cannot do all that a woman can do. She has climbed the high mountain, she has delved into the depth of the ocean. What more?

8th March, International Women's Day is an opportunity to celebrate the power of womanhood, honour her as well as highlight her uniqueness and identity of being a woman.

This year on 8th March 2022, we, the 3 Sisters in Gangondanahalli, at Bangalore invited a few women from our locality/parish to join us in our celebration. They willingly and wholeheartedly accepted our invitation. The Theme "Gender Equality Today for a Sustainable Tomorrow" was displayed in the Chapel. At 6.15 p.m. the celebration began with a meaningful and inspiring

introduction along with some clippings of women from all walks of life, to show how many challenges they face and the hard work they put in to earn their livelihood / maintain a family and bring up their children. Yet some of them bravely voice their choices and have become the voice and the vision of millions of women who are unheard. This was followed by a Prayer Service with the Blessed Sacrament exposed and Mother Mary, the model of all women at the side. One could feel the whole ambience filled with God's active presence and positive vibes. During this time of prayer, we admired and appreciated God's wonderful creation of us as women and expressed their gratitude to God, at the same time remembering women of all ages across the globe especially the vulnerable, poor, and marginalized. We realized that women have a fierce and robust spirit, which makes them excel in their respective areas.

The contribution of women in every sphere of life is massive. They contribute to the lives of their family members as well as to the country. We deeply experienced solidarity with all

women in the entire world, in particular the suffering women in Ukraine.

At the end of the Prayer, each one went forward with a lit candle and placed it in the bowl of water which was kept on the altar near the Blessed Sacrament while the song was played "Go make a difference."

After the Prayer Service, we had some light moments over a cup of soup and snacks. The lively conversation during that time was very strengthening and hopeful. We found no miracle solutions to propose, but have the hope that we can bring some changes in the existing scenario. It was decided by them to restart the family visits, group meetings, sharing resources, acts of love and compassion etc. which had come to a halt due to the Pandemic. Every one of them before they left from here thanked us for making this day a memorable one for them. We are also happy that we made it a God experience for them. Indeed it was a unique experience for all of us.



A Different Way of Loving

“Celibacy is a gift that the Latin Church preserves, yet it is a gift that, to be lived as a means of sanctification, calls for healthy relationships, relationships of true esteem and true goodness that are deeply rooted in Christ.”

- Pope Francis

S. Seema

Province of Tanmaya



It was indeed a great opportunity for the younger members of Tanmaya Province to attend the seminar of Fr. Joe Mannath (SDB) a well known personality. The young vibrant and energetic sisters attended 4 days of seminar at Tanmaya Provincial House on December 27th -30th 2021. The seminar was on “PSYCHO-SEXUAL INTEGRATION AND CELIBACY”.

According to my understanding celibacy is a total dedication of my whole life including my mind, heart and body. They have to be directed towards God. In other words, I live my life as a God oriented person. Sexuality is a free gift from God which we have received from birth. Sexual feelings and attraction are not bad or something that it should not be ignored but only we need to admit the reality of our sexual nature.

Fr. Joe Mannath has enlightened us briefly about this topic: “Sexuality is at the root of some of the deepest and most beautiful realities of life”.(parents, children, sisters, brothers, warmth, tenderness, self giving) Sexuality is about becoming warm, caring, responsible men and women. We need to give and receive love; we need to experience others’ warmth, and show it to several others.

I was most inspired with the topic of “The ten best helps for a happy celibate life”

1. Prayer: “A happy Celibate life is not possible without a faithful and heartfelt prayer life”



2. Relationship: “This includes Community life, friends, family, ministry and intimate relationship. One of the best supports for a healthy celibate life is a happy and loving community”.

3. Work: “Service to the needy”.

4. Care of physical needs: “Food, exercise, hygiene, sleep and avoiding addictions”

5. Confidential help: “Counselling, spiritual direction and confession”.

6. Mental Enrichment: “We need to be people who can guide others, for this we need to be informed and competent. Hence, the need of study, updating, reading etc”.

7. Asceticism: “Self discipline and self sacrifice”.

8. Facing Solitude: “Even with good friends and good communities, we need to face our basic aloneness. Being alone is different from being lonely”.

9. Responsibility: “We need to be responsible for ourselves and the life that we live”.

10. Models: “Young people are moved and helped more by models than by theories”.

Fr. Joe projected the entire topic in a creative manner like short PowerPoint presentation, sharing of many life examples, group discussion and movies. He also

awakened us by some failures in Celibacy and how to overcome from that. To live a healthy and genuine Celibacy, we need to have strong commitment to God, loving service to our neighbors with whom we live and meet daily in our ministry, to be open minded person, living a simple life style, a joyful person and having healthy boundaries with a balance way of living a life. We as a sexual being always face certain challenges in our personal life too so we need to develop the habit of talking everything and every feeling to God because He has created us and knows us fully and understand us completely.

Fr. Joe Monnath encouraged us with these words, “We need to remember that we choose this path, not to become hard-working machines, nor cold, efficient bachelors and spinsters, but to experience God’s love more deeply and to bring that love to people in concrete and convincing ways; if we lose our warmth and our capacity to share love, we lose the best gift God has given us. A loving celibate man or a woman, or a happy, warm celibate community is a much better sermon than many homilies!”



Light a Candle and Dispel the Darkness



S. Harshita and S. Vasantha

Province of Nirmala

Spreading a ray of hope in the lives of children, less fortunate youth in need, had been the core of the mission at Devdurga, Hyderabad-Karnataka Region in the State of Karnataka. This noble mission is achieved through many activities for the growth of these poor people in Devdurga, by the Salesian community, who invited us to actualize this vision of God through our fraternal communion, evangelical witness, animating presence, specially among the girl children and the poor around.

The socio-economic background is very poor and the area is predominantly rural and agrarian. The people are basically farmers owning their small land holdings or daily laborers. Young children before realizing, they become earning members of their families. Their little income is very much

welcomed by the parents.

With this back ground of the situation of the place in Devdurga, the Salesian community took up the challenge for the development of this area. They identified the needs of the people, making a study of the locality and in ministering to the Catholics in the substations. A boarding for the school children was begun at the Don Bosco Center with the aim of providing opportunity for children from remote villages to attend school. Social involvement in a big scale in various villages, Right to Education and action movement, Residential Bridge Course for the rehabilitation of Child Laborers, and many more events are organized by the Salesian community.

Seeing the needs of the girls to be assisted in the boarding and to assist in the school, social ministry as well as pastoral ministry, Fr. Kuriakose present Rector of Don Bosco Devdurga, invited the sisters of St. Joseph

of Chambery, Nirmala Province. Due to Covid-19, and lock downs everywhere, the schools were closed, and we could not respond to this invitation immediately. On 3rd January 2022, this dream came true and the mission was officially launched. Since then, both of us, Sisters Harshita and Vasantha are teaching in the school, taking care of the Girls in the Hostel. Weekends, we visit the substations and help in pastoral ministry. We render our service in taking remedial classes for the Child Laborers and also Residential Bridge Course for children in rehabilitation.

We are happy to collaborate in this effective mission, fulfilling the dream of our Founder Fr. John Peter Medaille, "Reaching out and responding to the needs of the time". We remain mystics, by encountering the joy of God, an experience that is tangibly experienced by those to whom we reach out and collaborate with.





S. Archana Kunakunnel

Province of Nagpur

Rekindle Our Commitment with the Lord



In the 21st century there are many challenges we humans face. We the Religious are only human and we cannot but face them. This world offers several allurements which are positive as well as negative. Let's reflect on some of the challenges that we Religious face.

There are times we feel spiritually dry and empty, and the God of our love seems to be silent. Our hearts grow cold and we stop feeling but our thinking never stops. In this situation the mind is the best place to stir up the little fire in the ashes that will warm our hearts once again. The mind helps us to recall the goodness of God we have experienced in the past.

Sometimes in the past we did know God intimately, but we have lost the intensity of our passion for Him, yet we can be sure that He waits for our return. Our God is a God of compassion, mercy, love and affection. The qualities of God are in each of us too. If we are really able to love and long for God, then we are able to love our neighbor with the same love, compassion and affection. We will be ready to sacrifice our time and energy for the other. Love and affection promote the wellbeing in us and destroys the

negative emotions. Jesus always loved His own and showed good example of compassion and love. The apostles of Jesus were people of different walks of life and victims of negative emotions but He had to redefine their character. In sharing our Physical, Psychological, Emotional and Spiritual talents with others, we redefine our character as well as other's character.

On our first profession day, we have experienced the delight of "first love" for the Lord, and this new found relationship brought great joy and freedom. Unfortunately, on our journey of life, we may have fallen away from this first love. If we find ourselves in this position, we have that freedom of a child of God to run to His throne of Mercy and ask for His pardon and rekindle our love for Him.

Worship, prayer, Bible study, and service to others are designed to deepen our intimate relationship with God. Some of the ways to attain this relationship are: - Take time to ponder on God and His acts in creation to behold the beauty of the Lord. Ponder over various circumstances of our life, where has been God at various events of our life?

Total participation in the Holy Eucharist is the sum and summit of our worship and intimate union with the Lord. Various types of prayers remind us of our dependence on God. We place petitions before the Lord for our spiritual, emotional and Physical needs. As we approach the Sacrament of reconciliation, we recognize our unworthiness before a Holy God and His immeasurable Mercy and Love for us, His children.

Our prayers of thanksgiving and praises reflect an understanding of our dependence on God for answering our specific needs. Through intercessions we share the needs of others before the throne of God. Reading/studying, memorizing, meditating and contemplating on Scripture make us to grow in grace and in the knowledge of our Lord Jesus Christ. Serving others in His strength, with His Love and for His glory, we will know the joy of the Lord, which is our strength. So if we have lost our first love for the Lord, remember, repent and return to Him and rekindle our commitment with Jesus our Lord and God.





S. Dibya Anjita Lakra

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Province of Tanmaya

Jesus - you are my Hope

Jesus You are my hope
Sometimes I wonder what lies ahead,
When pain and sorrow seems to rule my life,
Some folks try astrology
Some turn to crystal balls
To find the answer
To get through it all
But I just fall on my knees and pray
In the silence, I whisper
Jesus You are my only hope.....

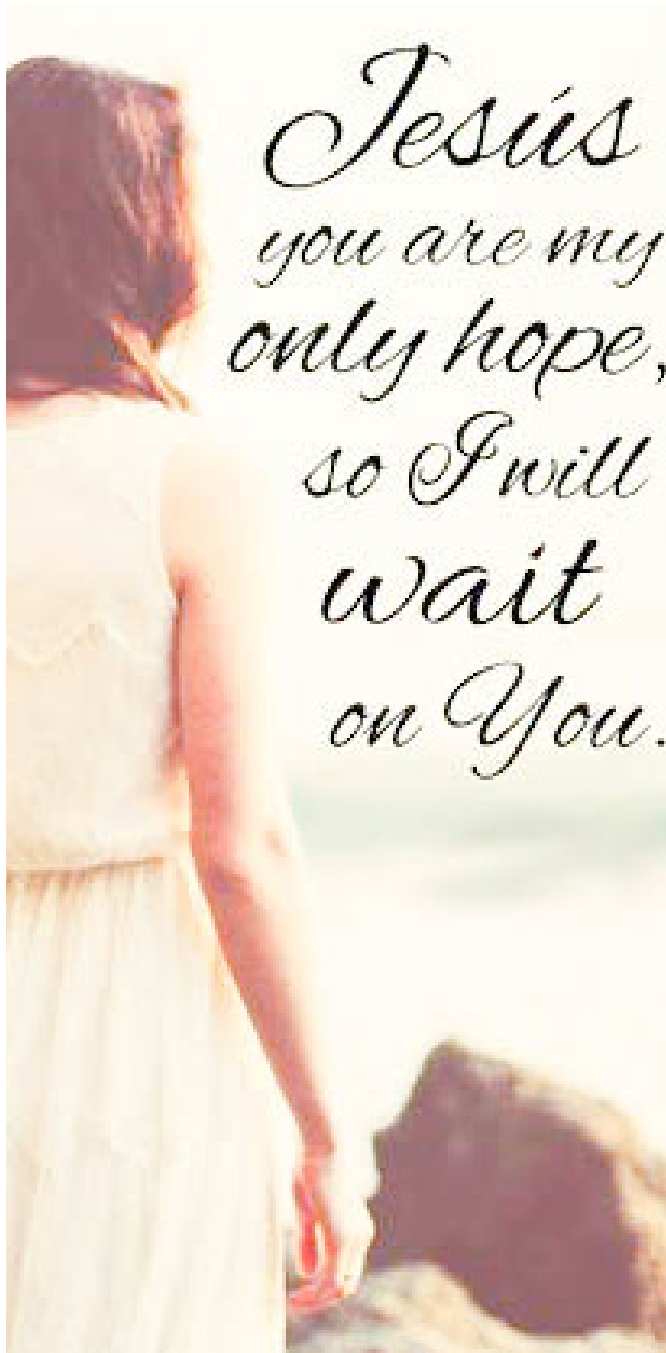
I often feel I'm two steps behind
Somebody must have moved that finished line
People becomes speed breakers in life
There are thousand reasons
But you are my rock, my stronghold
Let me cling on to you and bleed but never give up
Because You are my only hope.....

When light of my life fades away
and the darkness is all over
When life seems to be full of strife
You breeze in to my life so suddenly
Make my whole world change accordingly
Promising to be my guide
Jesus you are my only hope....

When the temptations are high
And the heart goes out of control
When the passions are strong
And the mind doesn't work at all
Let me think of You my beloved
You are in myself, as a whole
Jesus You are my only hope....

When life seems to be ending and I feel lonely
When I'm laughed at and when I'm mocked
When I'm down and feel hopeless
You raise me up on your shoulder always
When I cry You are there with me to cry
And sooth me with your comforting love
Jesus You are my only hope...

So let me keep my eyes on You
my ears to listen for your voice
my mind to think of You
my mouth to sing for you
and let my heart beat up to say constantly
Jesus You are my only hope...





30th Implementation of General Chapter

S. Rashmi Chalisery
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Province of Pachmarhi

The Assembly for the implementation of the General Chapter of Pachmarhi Province was held on 28th-30th December 2021 at Asha Niketan Campus.

Forty-four participants were present for the assembly. The meeting commenced with an opening prayer conducted by the delegates of the General chapter - Srs. Annie Padayattil, Alice Abraham, and Lilly Padayattil. The theme for the prayer was interconnectedness.

S. Annie then addressed the assembly and presented the opening address of the General Chapter delivered by S. Sally, the Superior General.

S. Lilly shared the session of Nicola Spezzati ASC on Fraternal Life in common - Laboratory of the Spirit. She began saying, "Thanks be to God, you do not live or work as isolated individuals but as a community". She also presented the Final Document and shared about the various commissions.

S. Alice Abraham shared on Multiculturality and Interculturality. We have moved on from Multiculturality to Interculturality. S. Annie dealt with the topic "Care for the Common Home" based on the encyclical of Pope Francis "Laudato Si". Sister explained to us the importance of caring for the earth.

At the end of each presentation, a few questions were given to the participants for personal reflection and discussion in the group. The group secretary shared the group report in the Plenary. At the end of each general assembly, a few major points were stressed upon for daily living.

The Assembly closed with a meaningful ceremony of lighting the lamps and symbolically decorated candles with rainbow colours. The souvenir - conch brought from Rome was handed over by S. Annie to the new Provincial elect S. Maurice.



Spirituality Today...

General Chapter 2021



Compiled by Sr. Nidhi

Province of Tanmaya

God is Trinity, that is
Relationship.

The Spirit is between the
'I and the Thou'.

Spiritual equals relational
while non-spiritual
means anti-relational.

A fraternity without joy is
a fraternity that dies out.

We are the image of the
Trinity in human being:
body, soul and spirit.

Community as a
laboratory of fraternity
and prophecy



Nicla Spezzati ASC

Spirituality is the dynamic
and vital correlation
between beings.

What is needed in
religious
communities is deep
communication and authentic
relationships.

Stability of life =
stability of mind +
stability of heart.

Communication leads everyone
to feel co-responsible; forgiveness
heals wounds and it helps in
strengthening the purpose of
communion of each one.

Empowerment of Women in Goa



S. Sneha Gonsalves
Province of Nirmala

Morjim is a small village in North Goa. It has a beautiful beach and scenic beauty. The main occupation of the people is fishing and cultivation in field. Today, this place has turned out to be a tourist hub, bubbling with tourists from all over the world.

Women were always considered to be “home birds” but with the infiltration of education, women have moved out of their homes to seek green pastures to make a living.

One of these is ‘CATERING’ – to entice the taste buds of foreign and Indian tourists to Indian Cuisine.

A group of 40 women, came forward and requested the Sisters of St. Joseph of Chambery at Siolim, Goa, to begin catering classes for them. This desire took root and classes began in right earnest. But there was difficulty to get trained personnel (teachers) to teach. For sometime, classes were conducted in the Convent premises. Some women had small shops in the area, and desired to update themselves in catering, to bring out the best in them for the benefit of the tourists and also to earn their daily income to support their families.

These women were given a



thorough catering course, and they learnt many interesting items. Most of them are gifted, talented women, and you can see the items and performance in the picture below.

Exams were conducted by the Government, and all the women secured “A” Grade, which gave them great joy. Each were given

a certificate, to enable them to go ahead with their future plans.

Hats off to all the women who took trouble, gave their time, and pooled their talents, and, to Sr Sneha and her team, for their encouragement, support and boosting to empower our women in Goa, showing them that they have the God given power, to build their families and society.





S. Navya Neelam

Province of Pachmarhi

Peace not War

Shelling hits residential areas
Missile strikes buildings
Black smoke covers the sky
Streets shut down.

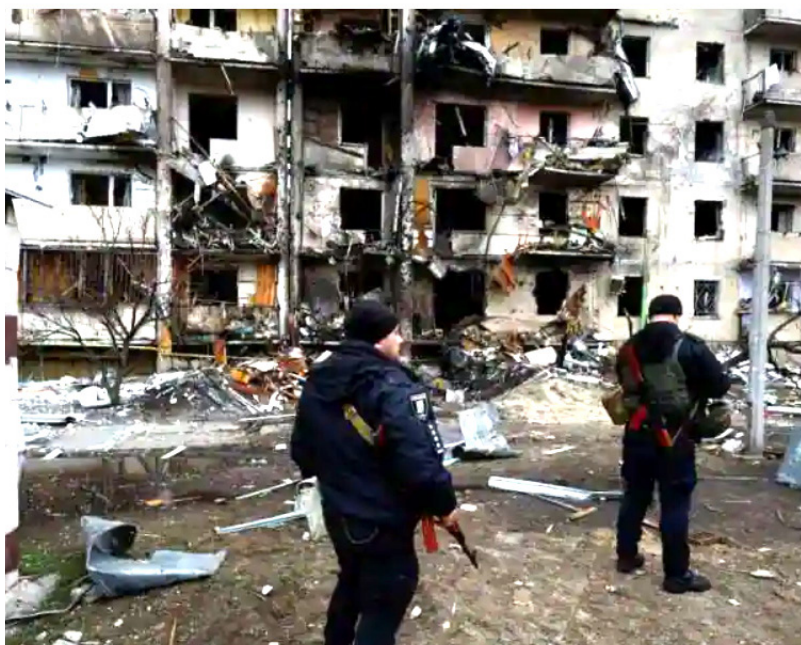
Their lives are at stake
Some flee their homeland
Others hide in the basements
Rest fight for their right.

Men young and old leave for war
To lay down their lives
To defend their homeland
To bask in freedom.

Women left alone
To fend for themselves
To tend their children
To mourn their bereaved.

The world united as one,
Raise voices to end the war
Some taking a stand boldly
Others with shivers.

Protests on streets of the world
Calling for an end to war
From within and without
“We want peace, not war.”



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