

CSJ RIPPLES

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

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Editorial

S. Navya Neelam

IPCC / Province of Pachmarhi



Months of May and June saw our postulants being initiated into the novitiate, others committing themselves to the Lord through their first profession; others making their final commitment, yet others celebrating their jubilees. A few senior sisters from our provinces went for their eternal reward as well. I was blessed to be part of some

of these celebrations in the provinces of Pachmarhi and Tanmaya while live-streaming these events.

One thing that captured my attention was the homily of Rt. Rev. Dr. AAS. Sebastian Duraiaj SVD, the Archbishop of Bhopal, who was the main celebrant in three of these events. He began his homily

at one of the events by saying, "Past few days have been full of celebrations with Sisters of St. Joseph of Chambéry. I don't know how it has been planned by the Lord starting with the first profession at Pachmarhi where the sisters of St. Joseph of Chambéry received one sister, very precious; everyone is precious and we could see the solemn celebration for just



one little sister. Afterward here at Tanmaya, we had the first profession of six sisters and the final profession of four sisters.

During all these celebrations I had been speaking about their founder, Fr. John Peter Médaille, a Jesuit French missionary... as I read, a lot of inspiration could be drawn from his writings; the missionary who founded this congregation. He faced a pneumonic plague that is like a pandemic while he was in the seminary. Fifty million people died. So, he teaches us how to face these sufferings. He speaks about suffering and says, we as religious must be prepared to embrace the sufferings and live according to the signs of the time. That is a big message your founder is giving us today and we wish to draw inspiration from them.”

Even today we live in

a similar situation. We have barely overcome the COVID 19 pandemic in which many lost their lives, there came the Russian-Ukraine war which made millions of people homeless refugees, and many other such crises. According to International Rescue Committees’ Watchlist 2022, the top 10 crises the world can’t ignore in 2022 are: Sudan— Political tensions amid regional drought and conflict; Syria— Economic crisis compounds a decade of war; Somalia— Humanitarian access worsens as needs rise; Myanmar— Violent deadlock leaves millions in need; Democratic Republic of Congo— Conflict and disease compound crisis; South Sudan— Regional tensions raise risks; Nigeria— Growing insecurity across the country; Yemen— Cumulative impact of protracted conflict; Ethiopia— A case study

in climate and conflict; Afghanistan— The crisis after the conflict.

We have many other challenges in many other countries of the world. Our own country India is facing political instability in some states, ruling party trying to do away with democracy and changing the history of India itself. Life seems to have become more challenging and difficult for people of our world in spite of all the progress we have made in various fields.

There is no doubt that our life as religious brings hope to the suffering humanity amid all the chaos in the world. Otherwise, we wouldn’t have hundreds of young people coming forward to commit themselves to the Lord as religious and priests.



Synodality

S. Karuna Peter

Province of Tanmaya



Journeying together with all
This synod is something different
Unlike the synod of the past
It treats everyone's opinion

It puts aside the top- down approach
And embraces the bottom-up approach
Even listening to the voice of kids
Also allows pagans to share without reproach

Listening to each and everyone
Whether its clergy or the laity
It does not discriminate in anyway
But believes that all are great

One has to be courageous and honest to speak
And one should listen to others without prejudice
And let the Holy Spirit guide always
To plan for our coming days.....

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Caring for the Earth

S. Veera Fernandes

Province of Nagpur



Down on our knees we thank our God for the Planet Earth, His marvelous creation. Earth being the only planet in which life exists; Life of every kind that provides for us humans our every need. We require food, water, clothing, shelter and medicine. God loves us so much that He catered to the needs of our five senses. God's creation is a feast for the eyes, music to the ears, taste to the palate, sweet scent and aroma to the nostrils and above all to feel the touch of every kind of materials. The Almighty God's love knew no bounds and so created this exuberant earth for His highest and sublime creation, HIS CHILDREN.

22nd April was one of the days we could remember God's fatherly love for us. As

a community we, the Sisters at Kamptee Convent got together to praise, thank and worship the Lord of Creation. The enthusiasm of the sisters was seen in making this day an exquisite and a memorable day.

Every sister gathered in the beautiful front garden under the shady mantle of green that was put up for the protection of the plants from the scorching sun. Each of us were seated at various places which enhanced the beauty of the garden. Sr. Deepa then began the prayer service with a Hindi hymn praising God and His Creation. Sidharth the gardener too took part in this service. He made the garden look exotic with rare plants. He was seen planting and watering the plants with such love and care.

This was followed by a procession to the chapel, carrying the globe, water, soil, fruits, flowers and miniature statues of animals. The chapel was already decorated beautifully by Sr. Binita, with varieties of special and simple flowers, fruits and plants from our own garden.

This prayer on 'Earth Day' was conducted by Sr. Ashwini. The materials carried in the procession was then offered to the Lord one by one. The altar with all its set up had an amazing look. A thought crossed our minds.... if this little contribution of our weak human hands and mind looks so exquisite how enchanting and captivating will be the creation of God all over the

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Journeying together to make a difference

S. Bimla Kerketta

Province of Pachmarhi



The Provincial Leadership Team, Sr. Maurice - Provincial, and councilors – Sisters Lilly, Clara, and Prasanna made their maiden trip to the regions in the months of March, April, and May with the purpose of meeting all the sisters of the province as a team. They also organized half a day meeting with the regions.

A meaningful prayer service was conducted by the provincial team and then Sr. Maurice addressed the

gathering based on the theme, the synod, and the Biblical figures Naomi and Ruth.

The sisters gathered from the region voted to elect the regional coordinating team and the commission members for the province. Three sisters were elected in each region to animate the region among whom one is a coordinator, the second one in charge of communication, and the third one as the vocation facilitator.

S. Maurice also gave some important information

regarding the province to the sisters and then appreciated and thanked everyone for their lively presence.

“Journeying together to make a difference” was the theme displayed on the wall. Journeying together to make a difference as a provincial team to make a difference in the province and as sisters of the province to make a difference in the world was an apt theme for this first gathering of the sisters as regions.



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earth which we are now able to see on our gadgets.

One can be awe struck at the gorgeous beauty of His Creation and cannot stop singing His praises and glories. We admire and appreciate the

men and women who have worked hard and made this day possible to be observed all around the Globe. We also remembered our founder, Fr. Medaille who, at every moment of our lives, urge us to be one with God and Creation.

We concluded this prayer as each sister thanked and praised our Loving and Almighty God who allowed all of Creation to give beauty and support to His Children on earth.



Assembled to Revitalize the Committed Life

Juniors

Province of Nirmala



*"Rejoice always,
Pray without ceasing,
Give thanks in all circumstances."*

Our hearts are filled with joy and gratitude, as after a couple of years we the TP sisters had a get together in provincialate in Igatpuri.

We extend our profound gratitude to our provincial superior and team for making the arrangement for us. It was a moment of excitement to see and meet each other. We had

three days of seminar by the resource persons namely Rev. Fr. Assisi Rodrigues, Rev. Sr. Anila, Provincial Superior, Rev. Sr. Ophelia Fernandes.

We began our seminar with a meaningful and symbolic prayer service led by Sr. Harshita (TP directress). During the prayer, sisters welcomed us by putting tikka,

after which we were invited to share our experiences in community living. It was heart touching, enlightening and inspiring.

The first input session was given by Sr. Anila on the topic 'Consecrated life'. She highlighted that life is full of commitment, service, joyfulness and loving

experiences. We are called to be fire to ignite the heart of others, and to share the joy like a mother with tenderness. We the radical disciple of Jesus, face many challenges yet we are to weave the fabrics of our religious life.

The second session was taken by Sr. Ophelia on growing in intimacy with God. Prayer is the soul of religious life. She introduced five tools which she exercises in her daily life that proves to be fruitful. These tools are, Meditation, Personal Prayer, Holy Eucharist, Examination of Consciousness and writing daily Journal.

The topic "Emotion" was dealt by Fr. Assisi. He asserted that every human being has emotion, these emotions move a person to perform actions. When we fail to control our emotions, our emotion control us. Every person goes through a positive and negative emotion in life, but one has to become aware of it and identify the root cause of that feeling. Every individual has a cannon ball moment (uncertainty painful experiences). In one's life at times it makes us miserable but often comes fruit bearing. Emotion is the foundation of our relationship. It is a magnetic power.

Jesus is called human

magnetic power (manushya chumbak) because he always dealt people with emotions. Compassion leads to action. Similarly, we too are called to be magnetic presence in our community and apostolate.

When we are in negative emotion we withdraw, we are like wounded and clinging bird which cannot fly. So let us leave the bitterness and hurt feelings behind and carry good and happy memories in the communities. Happiness is basic goal of life, all desire to live in peace and happiness, therefore one has to make a choice. "If you wish to be happy yourself, you must resign yourself to seek the happiness of others." Happiness does not lie in external things but it is in you and within.

By interiorising all these topics, we entered into a spiritual journey (retreat). The basic principle and foundation of our life is to praise, to revere and serve God and to see things in awe. The love of God, the good shepherd, born for a purpose and born to die, his passion, the forgiveness and resurrection of new life, all these drew us closer to his love and assisted us to experience God. It led us to build a strong bond of love with our creator. The input session on "Social

media" was given by Sr. Ophelia. She emphasized on pros and cons of cell phone. The new three terms used in the 21st century are NOMOPHOBIA, TEXTAPHRENIA and PHANTOM VIBRATION.

In the present scenario the excessive use of mobile leads to addiction which affect our body like Techneck, weight gain, blindness and changes the structure of the brain, less focus on long run, hearing damage, texting thumb leads to numbness etc. Some of the pros are it saves time, work is done faster, connects people from far and wide, updating oneself with current news, immediate communication etc. This session made us alert and aware as how to utilize the mobile in an appropriate way.

Through this seminar, we gained knowledge and were enlightened to become all-inclusive persons and see things in positive perspective. Through the retreat, we experience God and his love more intimately, which steered us to take a new resolution to be exuberant, joyful and zealous disciple of Christ and to serve him and his people with renewed and committed heart.

NOMOPHOBIA

The term NOMOPHOBIA or NO MOBILE PHone PhoBIA is used to describe a psychological condition when people have a fear of being detached from mobile phone connectivity.

TEXTAPHRENIA

Textaphrenia is thinking you've heard a message come in or felt the device vibrate when it actually hasn't.

PHANTOM VIBRATION

Phantom vibration syndrome or phantom ringing syndrome is the perception that one's mobile phone is vibrating or ringing when it is not.

Platonic Love - Divine Bliss

S. Dibya Anjita Lakra

Province of Tanmaya



My beloved You love me unfathomably
How can I express through my words
I can feel You in the core of my being
You have become my beloved

You walk with me like a shadow
I would die parting from You
Oh, my sweet Jesus
You have become my beloved

Each stirring of my heart is attached to you
Each corner of my feelings
lits in Your flame
My breath celebrates that moment
when they met You
You have become my beloved

If I stay forever in Your eyes
I will say good bye to all the sadness
Each moment without You
I melt in small bits
You have become my beloved

If the moments are so drowsy
how should I control myself
You have affected me so much
And that's what I am today
You have become my beloved

Memories of my visit to Hyderabad

S. Anju Ekka

Province of Nagpur



It was a matter of sheer joy and excitement to respond positively to an invitation from the Provincial to stay at our community in Hyderabad for a week.

On arrival at Hyderabad station, the first thing that struck me was the climate which I thoroughly enjoyed all through my stay. It seemed like Paradise compared to the scorching heat of Nagpur. In fact, I did not feel any heat because the apartment of our community is cool and welcoming, with a fresh, rejuvenating cross current each morning, through the open doors of the residence.

An hour after my arrival on 23 May, S. Rani Poulouse csj Lyons left for Bilaspur to participate at her Chapter. Incidentally, this was the very reason of my coming – to keep S. Lorraine Marie company while S. Rani was away.

A different experience which I record is the celebration of the Eucharist in the Parish Church which is thirty minutes' drive away. It can get exhausting driving each morning for half an hour over speed breakers and rumblers! I realize and thank God for the preciousness of celebrating the Eucharist under our very roof. One morning, I visited the office of Providence Global Centre and was highly impressed with the entire

setup. I was guided around the 8th floor with explanations at every step of the way. S. Lorraine Marie ministers as Head of Mission with more than 600 caregivers of various faith traditions, cultures, backgrounds and different levels of IT expertise.

The core Providence values of Compassion, Dignity, Justice, Integrity, Excellence together with the Mission and Vision Statement of Providence St. Joseph Health is artistically visible on the walls of the Office.

Soon after Mass, one morning, we drove to see the Charminar, the famous landmark in Hyderabad. The Charminar is also known as the Arc de Triomphe of the East due to its architectural beauty. According to popular belief, the four minarets of the Charminar were built to represent the four Khalifs. Having enjoyed this view, we proceeded towards Golconda Fort, another masterpiece in stone.

On another day, soon after Mass, we drove around the beautiful Hussain Sagar Lake, heart-shaped, built by Ibrahim Quli Qutb Shah in 1563. A large monolithic statue of Gautam Buddha, erected in 1992, stands on a Gibraltar Rock right in the middle of the lake.

What I enjoyed was the green canopy everywhere, tree lined avenues, offering shade



and beauty, road dividers well maintained in all its greenery, vertical gardens on the pillars of flyovers.

Together with all these memories, I treasure our HOURS OF prayer each day before the glass tabernacle, in the alcove of the apartment. Our mealtimes were moments of fun and laughter, not to mention our moments of recreation. I was also greatly helped in my postgraduate studies with S. Lorraine Marie's interest and explanation.

I am deeply grateful to and appreciative of S. Cecile for offering me this opportunity and to S. Lorraine Marie for making my short stay so special and memorable.



A Rare Experience of Living Synodal Theme

S. Sheila Rose

Province of Pachmarhi



As we have begun our Synodal journey together, I was always conscious about the Theme of the Synod and looking for ways and means to live it practically in my day today life.

We know by inaugurating this Synodal journey our Holy Father has opened wide the door of the Church. When we say Church – it is we, the people of God. This reminds us that the time has come to embrace and walk along with the people of every

walk of life and creation. For this I believe, there is a need for change of mentality and a shift from my little world to the wider world outside as Holy Father Pope Francis says. It is nothing, but a spirituality.

This is to share with you a golden opportunity that came on our way in Gangodanahali, Bangalore. On one fine evening (20th April, 2022) Dr. Nabeela (a Muslim NGO working for the upliftment of women and children who live in periphery) along with 2 other gentlemen

came with an invitation to join the Muslim community for the celebration of breaking of their fast (it is called Iftar in Arabic). Iftar is a time when Muslims break their fast by the will of Allah (God). This is a precious time and it brings a lot of blessings to everyone. Wishing and sharing this beautiful event with others is part of their culture and religion. It was of course something new for me. So, I asked her certain questions and clarifications. She gave us a short explanation about the



whole programme and said it is going to be an inter religious gathering. Muslims strongly believe in the saying “If you want to get true reward then keep your fast, break it on Iftar time and pray to God (Allah) for forgiveness.”

On 22nd evening at 6.00 p.m. Dr. Nabeela gave a call to remind me. As we were ready S. Carmela and myself left the house and reached their place of gathering within few minutes. It was not in a Mosque, but in a big hall as Muslim women are not permitted to enter the Mosque. We were happy to see the big crowd of Muslims both women and men along with some Hindu and Sikh Priests (Poojaris) as well as some Hindu religious women.

Though our Priest was invited he was not able to be present. They had their prayer first after which a

powerful message was given by one of the Muslim Priest (Mullah). He said that we are called to be ambassadors of Peace, harmony, brother and sisterhood. That’s the reason we have come together here. Then we were led to another hall where we were served pieces of fruits such as Papaya, apple, melons, dates, special drink, water etc. to break the fast. Sitting together with the rich, poor and people of all religion gave me a thrill and it was indeed an uplifting experience.

Though some of the invitees i.e. Sadus (Poojaris) left, both of us were asked to remain as they were going to honour about 25 – 30 Asha Workers. We were then called to the stage for the felicitation and gift giving to these Asha workers. Their joy of getting such honour and receiving the gift was boundless.

An open banquet was

prepared both vegetarian as well as non-vegetarian, and all were privileged to partake in this banquet. I was really touched by their community spirit, generosity, hospitality and friendly relationship.

I consider this as a call to exercise synodality and to give expression in communion, participation and mission of the Church. I used this as a God given chance to build up good relationship with people of all faith. As we were coming away we thanked Dr. Nabeela for inviting us to be part of this celebration and assured her of our co-operation at any time. She said: “It was an honour to have you with us and a million thanks”. Both of us thanked God for inspiring us and helping us to make a deliberate choice of responding to this invitation and to be a Witness of the Good News.

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Picnic with the Lord

S. Dibya Anjita Lakra

Province of Tanmaya



We, the 27 sisters from various communities of Tanmaya Province commenced our annual spiritual retreat from 4th to 11th May 2022 at Namli community. The guide and the preacher was none other than vibrant Fr. Vincent SJ. On 3rd evening Fr. Vincent welcomed and encouraged us to have a deeper encounter by giving inspiring introductory talk – inviting us to be open to oneself and to God, to relax with oneself and God with interior silence, being in touch with our inner self. It was indeed a good

start. The sentiments to be with God resonated in our hearts throughout the retreat.

The retreat was indeed a unique one, which has led us close to God and enabled us to experience love and respond to it. The participatory method used by the preacher helped us to get personally involved in our inner spiritual journey.

The entire retreat revolved around personal awareness, love of neighbour, community living, vocation and mission which are all expressions of being with Jesus experiencing Him and giving

Him to others and finally working for His kingdom. The Old Testament and the New Testament were inter connected for better understanding so as to delve into the depth of oneself. Creation is an ongoing process. In making us God began the process of creation. God created us in His image in order to grow in His likeness.

Thus we are an unfinished product and we have the responsibility to grow in a better way. God made man to keep Him in the center of the garden, to till it and keep it. Fr. Vincent, while speaking about



community life, focused on love of neighbour which is indicated in accepting and valuing each sister in the community. What am I doing in order to be productive? Am I the builder or the destroyer?

We can't give to others what we don't have. For eg-if I don't have peace how can I give to others? Gossip has become the most dangerous social evil in communities. We assassinate the character and the behaviour of others by speaking negative about him/her in their absence. How can we live a constructive way of life? Father challenged us and invited each one of us to speak good about the person in her or his absence.

Every day father provided us inspiring and thought-provoking input sessions, explaining the facts of life in simplest form. He provided exactly the right mix of biblical reflections, worship, personal insights, personal experience coupled with amusing and fun-filled examples.

All of his reflections helped us to get in touch with the human feeling of Jesus. We

can't become the other Christ but we can draw the inspiration to live like Him. The personal reflection of father on suffering has really changed our way of thinking and see the suffering not as mystery but the reality of life which has to be accepted and take precautions.

Father always concluded sessions with reflective questions to dwell and challenged us to be women of God and fulfil the will of God by giving our best where ever we are. He encouraged us to have a strong relationship with God which will lead us to have good relationship with our community members.

He urged us to be Christo Centric Women by which we may be persons of sharing, sensitivity and service mindedness. He also challenged our willingness to forgive and move ahead and our readiness to be OSCAR in the community

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- O – oriented
- S - sensitive
- C – compassion
- A – action
- R – relation

Above all a person who

can give good example to others whether we are junior or senior and become the channel of reconciliation.

Father also mentioned about St Ignatius giving us the inspiring key meditation on two standards. There are two forces controlling the world, the forces of Jesus and Satan. How does Satan tempt us?

It can be understood in three P [ppp].

P- possession – I want this, I want that.

P – position - I am somebody
P – pride

The forces of Jesus also can be understood in three S [sss]

- S – sharing
- S – service
- S – self surrender

Instead of being possessive let us be persons of sharing, instead of craving for position let us be service minded, and instead of being proud, let us be a person of self-surrender. Let us become aware and make the forces of Jesus alive in us.

Fr. Vincent has really drove our hearts to Jesus to be with Him, experience Him in a tangible way. Touched and strengthened by the resurrection experience, leaving the past behind, we go to the galilee of our life that is our beloved community to share the life and love of Christ among all.

The holy and fervent retreat was concluded with thanksgiving mass and renewal of the vows. "Praise, honor and glory to God today, tomorrow and forever for His countless and exuberant blessings upon each one of us.

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Ignatian Retreat

S. Matilda & S. Aradhana

Province of Pachmarhi



An Ignatian Annual Retreat was organized for the Sisters of the province of Pachmarhi from 23rd to 28th May. Fr. Joseph Xavier SJ who is an experienced retreat preacher from the Jesuit Province of Chennai, India challenged the participants to model their lives according to the values that Jesus lived in his life.

Fr. Xavier led the participants to experience God very tangibly and to relish God's love in their lives. Right at the beginning of our retreat, we were made aware that it is the Spirit who is operating in us, we only need to listen to him and turn towards God. The talks also invited sisters to transform their attitudes and

perceptions towards life and mission.

The Eucharist became more meaningful after going through the life of Jesus during these days. In the Eucharist, Jesus loses his identity and takes on our human identity each time we receive Him in the Holy Communion. Our life and mission are nothing but losing ourselves in Jesus and taking on his identity- becoming more and more like him in our attitudes and behavior. There will no more be any place for ego, needs and wants. Living Jesus' life and mission will become our priority and our face will radiate the joy of living in Christ.

The many parables and stories helped the participants

to delve deep into the mystery of our life in Jesus. "Jesus of Nazareth was a man of the street." How do I resemble Jesus in my life and ministry? Is my life full of joy? Do others get attracted to Jesus by the joy that is present in my life?

The retreatants also enjoyed nature walks, meditations, cool weather, and the beautiful landscape and raised their hearts to God the creator in praise and worship.

We have tasted and relished the person of Jesus, especially during these days of our retreat. We have tried to understand who Jesus is for us and the purpose of our life as religious. We hope to be joyful witnesses of Jesus to the World.



Our Emmaus Journey

Postulants

Province of Nagpur



"Draw near to God and he will draw near to you." (St. James 4:8)

These are the words that resounded in our hearts during our 7 days retreat from 29th March to 5th April. Fr. Sunil Tirkey O.P. directed us to draw near to God. We, the postulants of Nagpur Province, cannot but share with you our deep God experiences and convictions on religious life.

Fr. Sunil began the first day with the gospel of St Luke 24:13-35. The two disciples were going to Emmaus, sharing their experiences. Jesus joined and listened to them. He opened their hearts to recognize him. Since this was our first retreat, we experienced mixed feelings like these two disciples. He dealt on vocation, prayer, spiritual dryness, the silence of St. Joseph, and the virtues of saints.

As we were contemplating on our vocation, a call to follow in the footsteps of Jesus, we could feel the need for a deeper union with God, putting God first in our life.

Father Sunil led us through the scriptures to see the greatness of our call, and we felt the need for entering into silence, surrendering our lives to Him, listening attentively, like Mother Mary, and the desire to say 'yes' to God's will. We understood that the very object of our call is to imitate Christ, His way of life, and to love Him without any measure and conditions.

Fr. Sunil took great pleasure in sharing with us the life experiences of saints who lived, loved, and suffered for God's mission. St. Dominic says, "We go where the Lord leads us, uncertain of ourselves, but sure of Him." This was an inspiration to us to live our lives in imitation of Jesus, as St. Paul says in 1 Thessalonians 1:6. "The more you become a spiritual person, the less you speak." This radical thought enlightened us to become aware of the value of silence, as our Patron St. Joseph who lived and showed in his actions. Daily reflections on the scriptures and on various aspects of religious life such as love and forgiveness

strengthened us to appreciate God's call. The attitude and values of Jesus blessed us with grace to know Jesus, to love Jesus, and to live Jesus in our daily lives. The talk on prayer assisted us to know from saints' life, that prayer is not always our experiences of sweetness, but prayer is an essential part of the Christian life. The retreat is to treat oneself with spiritual exercises and intimate communion with God.

We give praise and thanks to God for journeying with us during these 7 days and blessing us with rich experiences with Him. We would like to thank Sr. Cecile and her team, Sr. Jaya and Sr. Annie, for arranging this retreat and for supporting us with their prayers. Special Thanks to Fr. Sunil for spending his precious time with us. We acknowledge the prayers of every sister in our Province. Now we are firm in our convictions to be a true sister of St. Joseph of Chambery.



Women's Day @Davangere

S. Pushpika Ottupurakal

Province of Nagpur



For over a century, "International Women's Day" is held on 8th March. Each year, it is marked as a day of celebration and advocacy for women's rights and equality around the world. This year too it was a global event of joy and action. It celebrated the social, economic, cultural, and political achievements of women.

It's a day when women are recognised for playing various roles in different spheres of life. Women have a robust spirit which makes them excel in their fields. They contribute massively to the lives of their family members and the country at large.

For many people, the role of women is limited to household chores only. However, this needs change as women deserve equal freedom and opportunities in everything like men. The world is moving towards gender equality. A

change is required and is also essential. Since ages, it is observed that men have had more advantages in every sphere of life in comparison to women. However, this calls for a change as we all are human beings and should be treated equally with equal rights and opportunities.

Be it in professional life or personal life, celebrating women is an obligation for every man. Women across the nation come together, crossing the boundaries, from various cultural and ethnic groups, to remember their struggle for peace, justice, equality, and development.

International Women's Day is all about the feeling of self-worth and achieving the goals set. It is about making the society realise that each individual has to work in a different way, contributing towards attitudinal changes in society, and thus shaping

a better future along with women.

Keeping this occasion in mind, Women's day celebrations were organized at St. Thomas' Church, Davangere, on 13th March 2022. The Parish Priest, Fr. Anthony Nazareth, took the initiative to pray for every woman who belonged to the parish and who always played the role of a wife, sister, mother, etc., who are ever ready to bear everything silently and who are ever willing to go the 'hard way' without any complaints. After the Holy Mass, all women from the age of 21 to 60 were asked to gather in the school auditorium where all were felicitated.

Forty-three women took part in the games which were organized by the parish priest Rev. Fr. Anthony Nazareth, and Parishioners. All women were very happy and participated in all the games, like musical chair,

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Fullness of Life in Jesus Christ

S. Priyanka

Province of Tanmaya



We the T. P. Sisters of Tanmaya Province experienced this fullness of life during our gathering in Tanmaya, from 3rd to 10th June 2022. It was an awesome experience which we attended whole heartedly.

We began our get together with a meaningful prayer service conducted by Sr. Sheela Koottala who made us to offer empty cup and lighted candle as the symbol of our empty life to be filled with God Himself.

Hereafter the first three day's sessions were taken by Sr. Frances Regis, who helped us to journey with our inner

self to awaken the light within. Creative meditations and different healing exercises helped us to become aware of our weaknesses and overcome them to some extent.

The next three days, we enjoyed our sessions with Sr. Regi Komoroth, who enhanced our knowledge regarding Neuro-Linguistic Programming. Through this session we learnt that the map is not territory- it is a pattern.

The way we represent the world refers to reality, it isn't reality itself. Interpretations may or may not be accurate. Sr. Regi also helped us to know and accept our own self, that

we are beautiful and loveable. It helped us to grow in our self-esteem.

Having energized by the lively sessions we then entered into recollection for a day on 9th June 2022 in order to prepare ourselves for the renewal. We spent our precious time in prayer and had confession. Being prepared well on 10th June 2022 we the thirteen T. P. Sisters renewed our vows in the presence of Sr. Prabha Malayil, our Provincial Superior. We thank God for this beautiful opportunity and we have decided to count our blessings in our lives and go forward in our religious life.

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passing the ball and bombing the city, etc. The presence of the Religious Sisters added enthusiasm to the group. The women were radiant with joy

as the winners received prizes. The finale of the programme was a sumptuous dinner for all, sponsored by one of the Parishioners. Thus this short

programme came to a close with women meeting with each other and affirming that they would keep in touch.

Communication Week for the Novices

The Novices

Interprovince Novitiate, Pachmarhi



An eight-day session was conducted on Communication for the novices of the four Indian Provinces by Sister Navya Neelam CSJ, the Coordinator of ICC (International Communication Commission of the congregation) at Fox Rock, Pachmarhi – at the interprovince Novitiate from March 28 to April 6, 2022. Twenty-four novices and six postulants participated in these sessions.

Communication is a way of life for the sisters of St. Joseph with a charism of Communion. We cannot live the charism without communication. The sessions focused on the fact that as human beings we are always communicating through all that we say and do. “Communication is an important topic for the sisters of St. Joseph. To live our charism of Double Total Union we need to communicate, and it is very essential

for us.” “Through proper communication skills, we can build up our relationship with others, with nature and God.” “Through these classes, I became aware that we communicate right from the time we wake up till we go to sleep. We constantly communicate using our five senses.”

Our relationship with God, with others, nature, and ourselves are immersed in the process of communication. We are in communication with God through our prayer. We are in communication with others through our relationship with them. We are in communication with nature through our interaction with nature. Our life itself is 24 hours of communication.

“The evening was the best time of the day - the hour of adoration conducted by Sister Navya. Each day different ways of prayer were organized which connected to the daily session and deepening our

relationship with God with the help of variations in singing, music, videos, reflections, body movements, sharing, etc.” We were enabled to look at God as a loving Abba who loves to be in friendship with us, like a prodigal Father lavishing all His love upon us. We became aware that we often have the tendency to look at God as a shopkeeper giving us whatever we ask Him. “I came to know the reality of our world through the presentation we had in groups on the War between Russia and Ukraine.” “Learned how to browse the internet for the first time while doing the search for Russia-Ukraine war.” We had the opportunity to learn how to write news articles, profile stories, and opinion stories. Various activities like Bible skits, group and individual presentations, group discussions, one-to-one sharing, photography, writing of articles, writing minutes of the day, reading practice for the

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Pilgrimage to the Roots

S. Gloria Clarence

Province of Tanmaya



When one thinks of roots, a positive energy vibrates, for roots provide strength and anchors plant to the ground. This was the entire purpose of the programme “Roots and Wings” at LePuy, France. The programme was organized from 3rd to 13th May 2022. Eleven participants from Five congregations (St. Joseph of Chambéry, Annecy, Lyons, Cuneo and Institute) were present. Sr. Gloria Philip (St. Joseph of Argentina) and Sr. Judy Donovan (St. Joseph of Lyons) were the resource persons.

The whole programme was centered on three key words - Observe, Contemplate and Flow. The input sessions enhanced our understanding on our Roots (History, Charism, Spirituality etc.) in the afternoons and evenings we went on a pilgrimage, walking to the Church and the College where Fr. Medaille prayed and preached, walking on the streets where our Founder and the first sisters walked, being in the First Kitchen and in the place of guillotine, synography, grave of Mother Fontbonne all led me TO BE in our beginnings.



Sr. Simone (Institute of St. Joseph, France) elaborately narrated the 17th Century History of France which led to the establishment of our Congregation and 18th Century of French Revolution.

The whole atmosphere at Lepuy International Centre was peaceful, comfortable and had the space for learning. Evenings after dinner we put up cultural programme from various countries, through which we were all enriched and enjoyed the cultures and traditions of other countries.

My pilgrimage to the roots continued even during my stay at Chambéry 13th -22nd May. Sr. Jona organized my pilgrimage well, to the grave of Mother Marcoux, St. Jean De

Maurienne, Chambéry city, Memory Hall, Aix les Bains Communities, nursing care home etc. It continued to help me understand past and present. All through my pilgrimage, I experienced God as a constant guide journeying with me and helping me with enriching experiences.

My pilgrimage continues for my whole life in ‘LIVING AND BEING’ with all the learning and experience. As a conclusion, I have learned to look at everything through the lens of God. I am flying with the wing that is strengthened at the roots. This also enriches my Flow. Flowing is not an action, it is letting God pass through us, and God enlivening us and let God live through us.



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days’ Eucharist and Gospel, video shooting for YouTube publication, kept us all interested and active

throughout the time schedule.

“My long-awaited dream came true when I got to hold the DSLR camera in my hands and learnt to take pictures.”

“These were joyful and happy

moments for us.” “The class has helped me to grow in my communication with others, be creative in my communication style and experience God more intimately.”



Memories and Experiences of Postulancy

Postulants

Province of Nagpur



We the year of postulants are really privileged and honored to share our two years of experience of postulancy as these experiences have touched us and are deeply engraved in our memories. During this year we developed deep relation with Jesus our Master. Prayer has become our spiritual food, leading us to live God-centered life. The power of prayer brought us closer to God and helped us to change our lives.

"The branch cannot bear fruit by itself unless it abides in the Vine." [Jn15:4]. These are the words that helped us to enjoy our community life. We

realized that we cannot love Jesus unless we love each other. As Jesus says "love one another as I have loved you". [Jn15:12]

We got many opportunities to involve in various activities like community prayer, working in the garden joyously, cooking, stitching, playing music, singing, learning computers and so on. These activities helped us to develop our personalities, knowledge, talents and helped us to grow in perfection.

In the beginning, we were like tiny seeds without any growth but as the classes started we began to grow spiritually,

physically, mentally, and emotionally. Mother Teresa says "Do small things with great love. "We learned to do small things with smiles on our face and our desire began to grow to follow Christ our Saviour.

Hardships and difficulties helped us to grow in the love of God and in our religious life. We got the confidence to face challenging situations. "If you wish to be my disciple take up your cross and follow me." Today we are grateful to God for journeying with us and helping us to go forward in our religious life.



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