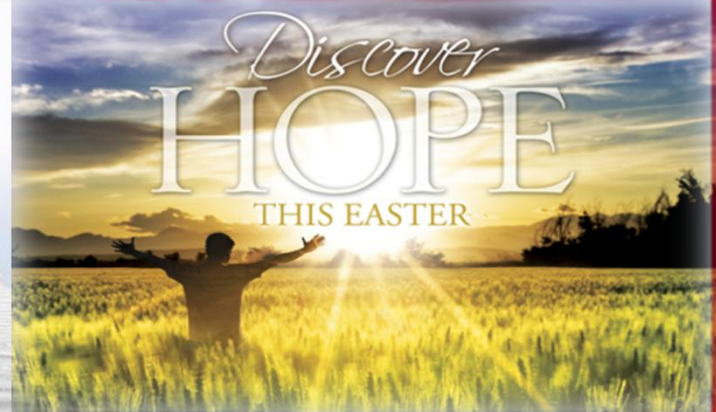


PROVINCE FLASH DAUGHTERS OF THE CROSS CALCUTTA PROVINCE

PF/2024/1 March News Bulletin For Private Circulation Only

My dear Sisters, Associates, Friends and Well-wishers,

Jesus' rising from the dead, marks the birthday of our eternal hope. From the tragedy of the Crucifixion is born the hope of Easter. Hence, death has not had the final say. Where there was despair, God brings us hope. Where there was darkness, God brings light. Where there was death, God bring us not just life, but new and everlasting life. These are the gifts that God offers each of us through the resurrection of Jesus.



Resurrection is Good News, but at the same time, it can be painful because it involves death. Before the power of the Resurrection can take hold in our own lives, we are called to die to sin, to die to self. We may even have to die to our own dreams, so that God can do what He wants to do with our lives. Resurrection is about seeing our world in a new way. Early that Easter morning, Mary did not find what she was looking for, the dead body of Jesus. But she found something better than she could have imagined: The Risen Jesus! Sometimes, the things we think we want most are not granted to us. What we get instead is an experience of God's new ways of working in the world. That's the power of the Resurrection

The good news that our God is a God who in the end does not disappoint, a God who in the end is not absent, a God who in the end does not abandon his creation and his people. This is the Gospel, the good spell that in the end our God pronounces the definitive and decisive no to all injustice and sin, to all that impoverishes and enslaves us, to all that belittles and dehumanizes us, that in the end our God is victorious over all the negative and destructive forces and powers which threaten us and ultimately envelop us in death itself.

Since that first Easter morning, we continue to celebrate the power of God to open the chains of death so that we might see life in its fullness. Easter assures us that God's signature activity is to bring life out of death. We cannot always grasp how God is doing that. We believe that God is always on the move to bring new life out of the many forms of death that we experience. Easter is not just one Sunday. Easter is a way of life. It is a life where Christ is always at the center lifting us from the things that keep us in the grave and do not allow us to experience the life that God intends for us.

With the hope and joy of Easter, let us follow our Risen Lord who has suffered, died and risen in great glory.

In union of Prayers,

Happy Easter!

Regife
Sr. Regi Mathew F. C.
Provincial

**Superiors' Meeting
at
Kidderpore**



**It's such a happiness when
good people get together.**

Jane Austen



**Get together at
Matigara**



News from Nepal Mission

Maheshpur



We are fortunate to extend our mobile clinic service to Bhutanese Refugee centre, Beldangi at Damak. There are 7000 refugees in the camp. The condition of the camp is pathetic. Most of the people in the camp are sick and aged parents, suffering from Diabetics, Hypertension, Thyroid, depression and so on. They struggle for their survival, with no proper food, medical care and proper house. Many of their children have gone abroad, but only few send money for their parents and rest are left alone.



On 2nd March we had our 13th Annual general body meeting at Maheshpur. The presence of our Provincial Sr. Regi and Sr. Antonia her councilor for the meeting was very much appreciated by all. 42 members were present for the AGBM. We were very much taken up to see the presence of many lay members in spite of their busy schedule. The participants were happy and felt at home. Safira Dorjee, one of our hostellers participated in the District level sports and won the fourth prize. Many of our hostlers took part in the sports and won prizes.

Sr. Mallika Neraparambil

Tulachan

The school organized a small exhibition of project works on different subjects. The students made interesting craft items out of old and recycled materials such as bottles, books, clothes, paper bag etc. Every class has got a nature corner and children are quite enthusiastic about caring for the plants. Every Friday we have PT, games, dance and singing classes to build up the Co curricular skills of the students.

The community regularly visits families and during the Lenten season we took up praying the Stations of the Cross in the families.

The visit of Sr. Regi and Sr. Anthonia was a joyful event not only for us but also our students and teachers. They put up a lovely programme in their honour.

Sr. Edna Nirmala Dewan

News from the land of Red Rivers and Blue Hills... Assam

Rangjuli

The Annual Sabha of Rangjuli parish took place at Chechapani substation from January 18th to 22nd, 2024 with the inaugural programme on 18th by Rev. Fr. Joseph Mapilaparabil. The event was meticulously organized, spanning several days and featured various activities aimed at fostering spiritual growth and community encouragement.

An evening Marian procession illumined by lit candles captivated the participants, providing a solemn and spiritually uplifted experience. Sr. Gladys and Pamongs of different substations trained the children for the Sacraments of first Holy Communion and Confirmation. 72 children received the first Holy Communion and 54 received the Sacrament of Confirmation.

On 17th February, Sr. Gladys attended the Religious Women's Day celebrated in the Archdiocese of Guwahati. It was very enriching programme for the religious.

The Annual Examinations of the year 2023-24 in school was conducted from 17th February to 9th March. Hostel children are on holidays after the examinations. New session will begin on 4th April.

Sr. Gladys Tom

Hatigopa

This year 11 class X students appeared for the board examinations. Annual Examinations at our school are over and we are getting ready for the new session to start on 3rd April.



It's a blessing that a connecting road to our convent and school is being constructed.

Our parish Gojapara is a big parish with 42 substations, grouped into three centers.

This year we had two Sabhas in two different centers. This time around two hundred adults and children received the Sacraments of Confirmation and first Holy Communion.

Our parish is blessed to have another priest ordained on 20th January. Fr. Crosper Sangma from Hatigopa celebrated 25th year of his ordination. We have been able to be part of all these occasions and programmes of the parish through our service.

Sr. Helen Momin

Diphu

Last three months were marked by celebration of various events: coming together, sharing joys and happiness.

At the onset of winter we experienced pleasant weather but as the days were passing mercury started falling, but enjoyed good health and wealth of knowledge and wisdom.

The district of Karbi Anglong, Assam celebrated the Golden Jubilee of their foundation of Autonomous Council. The festival was for the promotion of their culture, language, tradition etc. and lasted for ten days and attracted thousands of people, national figures and international celebrities.

A group of students had gone to Delhi, Agra and Manali to feel the snow and returned with their third eye opened.

The holidays were time for refreshing and updating mind, body and spirit.

Sr. Dominica Kindo

Sikkim... the Land of Enchanting Tranquility

Jorethang

It was great joy for our community at Jorethang to revive the dance class after a few years of gap. In January 2024, Sr. Francisca had organized class for the Classical Indian Dance (Bharat Natyam) with 10 students. On 30th January, a short program was held for the students to perform their dance. Their parents were invited to the event. They were glad to see their children's performance within a short period. Students were felicitated with certificates for the month-long course.

On 10th February, South-West Deanery had arranged a day of Charismatic prayers and recollections at St. Francis Parish, Jorethang. We three sisters also took part in it. Many people participated in this graceful event and were healed. The preachers of the day were Fr. Robin Kalikotey and Fr. Francis Lepcha.

The Coordinator of Nari Sangh Sr. Francisca Lepcha had organized a day of recollection for the mothers on 24th February, at Lungchok Parish. 101 mothers participated in this programme. Resource person was Fr. Marcel Rai, Parish Priest of Lungchok Church. The Legal Cell group also gave a talk on awareness of Domestic violence.

Sr. Mamata Bara

Mamring

Our Bishop solemnized the Eucharist on our Parish Feast. He had breakfast in the convent and appreciated all that we had done during the Flash flood of October 2023.

Sr. Helen and Sr. Margaret along with about 36 parishioners had gone to Pakyong for Maha Prayer Sabha on 17th January. The chief Minister of Sikkim, Prem Sing Tamang and other dignitaries also graced the occasion.

Finally, our approach road from the main road was repaired. We all heaved a great sigh of relief. The residents of both Upper and



Lower Mamring thanked and felicitated the Transport Minister for contributing a lion's share to the road repair. This felicitation program was held in our school premises. In his speech, he has promised to build a roof over our open stage. That remains to be seen...

The Investiture Ceremony of our school was solemn. The principal in her speech stressed on **LEADING BY EXAMPLE**.

We are happy to share with you all that Sr. Margaret Subba was awarded Lifetime Achievement Award in recognition of contribution to the advancement of education through the years.

Sr. Margaret Subba



New Alipurduar

We as community have begun our service towards the weakest and poorest students in our locality to give them English coaching from the month of January. We feel happy, that the parents of these children have realized the need for better education for their children as they requested us to take English coaching class for their children. Since then we have 13 students attending the class on regular basis.

Our main target for the year 2024 is to feed the faithful with spiritual food "WORD OF GOD". So we have divided the villages in different groups and are conducting "SCC" prayer in the parish and sub-centers. We go with fathers to different villages and help them to pray and reflect the Word of God.

On 7th April, we have first Holy Communion for the children in our parish, so we are busy preparing them. As part of our Lenten journey we had arranged prayers and Stations of the Cross for the people in our community chapel on Fridays. Some villagers joined us for the prayers on every Friday. We also arranged for the Sacrament of Confession in our chapel.

On 10th March, we had arranged health camp in our centre for the people of this area. It was a great joy for us to have our sisters and doctors from Navjeevan Hospital with us, to help the people here.

Sr. Sanjita Barwa

Gorubathan

"Grace carried us and by Grace we carry on..."

Our new academic session-2024 embarked on 5th February 2024. Six students completed their studies successfully and got admission for their higher studies in other schools. At present we have 97 students and some more yet to come. Also our school's name is changed to St. Joseph's school, Gorubathan. We thank God for all the blessings of the Academic year 2023 and we seek God's incredible blessings for this New Academic session 2024.

Our fencing work has begun. This year we have three hostel children with us. We continue to visit the sick and the families in our place.

Sr. Jyotsna Barla

Land of orchids - Kurseong

St. Helen's Convent

Teachers' Orientation Programme was held on 24th February. The resource person Fr. Xavier in his speech highlighted and stressed on Learning Disabilities in children. He explained about various types of Learning Disabilities like dyslexia, ADHD, dyscalculia, dysgraphia, dyspraxia and so on. He made the sessions interesting and captivating through power point presentations. There was good interaction between the resource person and the teachers. The orientation was very fruitful and the teachers found it very motivating.

Parents Orientation programme was held on 2nd March. The resource person for the day was Mr. Peter Lepcha, coordinator for English department, Salesian College Siliguri. His talk highlighted the importance of proper parenting skills. Parents showed great interest and were grateful to the school authorities for organizing such an

informative and inspiring orientation programme.

Investiture Ceremony of the Student Council was held on the 5th of March. This year the ceremony was held on a grand scale. The members of the Student Council came marching in with their team flags, candles and flowers. The Chief Guest was Sir Pawan Agarwal a renowned Mathematics teacher, who is going to retire this year. The ceremony commenced with the lighting of lamp by the Chief Guest in front of the portrait of Blessed Mother Marie Therese. Information about the patron saints of the four teams was read out and the story of three outstanding leaders was read out by the teachers.



Sr. Deepshika Rai conducted the oath taking ceremony. Prayers were offered for the newly elected captains. Chief Guest then addressed the Student Council with highly motivating message. Songs and beautiful instrumental music made the ceremony an outstanding one.

Sr. Josephine Lepcha

St. Joseph's Convent

Sr. Mary Therese and Sr. Sujata visited Lalmati, where there is a ray of hope - one Class X girl is willing to join us. Kindly pray for her. St. Joseph's Primary School resumed new academic year on 15th February, Sr. Sangeeta gave welcome and motivational speech to the students

and a flower was given to each students as a token of love by the sisters the teachers.

✚ St. Joseph's Primary school conducted Parent-Teacher Meeting on 19th February.

✚ 27th February, 2024 was a sad day St. Joseph's Primary school. A dedicated and helpful group D-staff, Miss Norkit Lepcha, passed away on this day. She was sick for a long time. She was very loving and kind towards the sisters, teachers and parents. She served almost 25 years. It is a great lose for the entire St. Joseph's family. With the permission of the Education Department the School declared a holiday the flowing day to give her respect and tribute.

✚ 53 students have come to the hostel in this new academic year. We had a meeting with the parents and informed them about the rules and regulations of the hostel. Parents were happy with the information given and assured to cooperate with us.



Sr. Sujata Kujur

Hatighisa



✚ We had a community outing to Nepal and visited all three communities. Sr. Flora was delighted to visit the communities and all of us enjoyed the trip to Nepal.

✚ Terai sisters had get-together at Hatighisa. We had games and small gifts were exchanged, all enjoyed the day together.

✚ We conducted prayer service for class X and XII students before their Board Examinations.

✚ We also visited tribal college students in Naxalbari hostel.

✚ Painting of the house and hostel is done it looks new and beautiful.

✚ Sisters Anastacia and Aruna prepared 26 couples for the Sacrament of Marriage in our parish.

✚ Along with our Associates we went to the villages for prayers during Lenten season.

Sr. Aruna Tirkey

Siliguri

Jesu Ashram Convent

Every Lenten season Jesu Ashram arranges retreat for all staff and students. This year they had gone to the Retreat Center at Chopra. Every Saturday and Sunday big groups of people gather there for Charismatic prayer and many healing takes place.

These days the number of Cancer Patients is increasing. Doctors are coming from different places and giving classes on Palliative Care, Leprosy and Tuberculosis. Doctors also give motivational classes for the students. All our outgoing students of the 20th batch have got jobs in different hospitals.

Sr. Julietta Kindo

St. Joseph's Convent

Our diocese had organized a get together for Mahila Sangh on 7th January at Prabhu Jesu Girja, Matigara. Programme begun with the Holy Eucharist solemnized by Rt. Rev. Bishop Vincent Aind. After the Holy Mass beautiful cultural programme was put up by different parishes. At the end festive meal was served to everyone.

Crusvir children had a day of exposure on 28th January, to **Teesta Udyan**, Jalpaiguri. It was a good time for them to know and to mingle with others.

Bagdogra local CRI had a meeting on 4th February, at our St. Joseph's School. The resource person Fr. Sanjeev SJ highlighted the present political-religious scenario of our country, making us aware about our constitutional rights. He encouraged us that as religious leaders it is our duty

to make our fellow citizens aware of their responsibility and rights towards the country.

Sr. Sheela and Sr. Rajni had the opportunity to attend the Community Awareness Programme organized by the Diocese of Bagdogra on 21st February, at Seva Kendra, Siliguri. The resource person Fr. Stany SJ from Gujrat made the gathering aware about the caste system which was present in the past and continues till today suppressing the weaker section and hampering the growth of individuals and of the nation.



Terai vocation promotion team had organized a day of **'Come and See'** programme on 3rd March, at St. Joseph's School, Matigara. 58 young and enthusiastic girls participated in it. The day begun with the Holy Eucharist. Fr. Sunil broke the Word of God beautifully and made the girls understand the meaning of **'Come and See'** programme by narrating his own vocation story. After the Mass in the first session sisters shared the life of our foundress Blessed Marie Therese and the apostolate of the province.

The gathering was overjoyed with the presence of our Provincial Sr. Regi. In the second half sisters shared their vocation story and their experiences with the girls. At the end there were interactions with the girls individually and in common. The day ended with vote of thanks and concluding prayer. Let us continue to pray for these young girls that the day's sessions and sharing may help them to reflect and to answer the call of God.

The faithful of Prabhu Jesu Girja, Matigara had the Lenten preparation in different SCC groups by Fr. Lijo VC. It was a great spiritual help for the people to prepare for the great feast of Easter.

Sr. Rajni Kerketta

St. Joseph's School:

Class XI Commerce students visited Prerana Educational Centre. It is a centre for differently abled children. Our students were really moved by the life of the children at Prerana. They were very happy to spent time with these children and they realized how God has blessed them with good health. Our students learned a lot from these children.

Our class XII students had an educational trip to Shantiniketan. On their way back they went



to Buniadpur, Karuna Health Centre, as part of their social work programme. Students were astonished to see our hospital. Sr. Regina took the staff and students to different wards and operation theaters and explained to them the functions of all the equipments. They also went to different villages. Teachers and students appreciated the hospitality of our sisters very much. They are very grateful to them.

On 13th January, St Joseph's High school Matigara had organized Needle work, Art and Craft,



Science and Mathematics exhibition. Parents and students came to see the exhibition and they were very happy.

On 13th January, Class XI Arts students went to visit an old age home as part of their outreach programme. They spent time, listening to them and consoling them. Students gave money for their meal. It was an enriching experience for them.



As part of outreach programme, Class XI Science students visited Hatigisa health centre. The students had heart touching experience there.

Sr. Lucy Thaikattil

Shanti Bhawan Convent

With the purpose of accommodating people and students who come to Siliguri to write various examinations and avail medical care etc., we renovated our guest house which has given a new

look now. Last month we accommodated 40 students and two teachers of Navjeevan College of Nursing, Gayaganga. They had come for their practical experience at Siliguri hospital.

On 11th February, we celebrated Holy Childhood Day in the Parish. Children of our parish had special Mass. Sr. Lalita, Sr. Rojinta, M.C. sisters and some volunteers made this day memorable for the children. Bible quiz was conducted by Sr. Rojinta, Mrs. Amita and Mr. Gabriel. Children had many outdoor games. Celebration ended with lunch and prize distribution.

Our parish celebrated the International Women's Day on 10th March. Sr. Rojinta motivated them with her speech. They had input session by Miss Alisa Yadav from Seva Kendra on "Child's protection"

During this Lent our Associates and prayer group members go to pray in different families every day. Sisters also join them.

Sr. Veronica Chungath

Our Lady of Good Counsel Convent

Our Associates have their regular meetings and recollections. Sr. Nilima accompanied them to Ranichira for pilgrimage. She also took the youth to Jaigaon for pilgrimage. Sisters are visiting different families for promoting Vocation. The three candidates in Gayaganga completed Class XII examination and will be leaving for Calcutta soon.

➡ The school reopened on 4th January 2024 and there were 167 new admissions in the primary section and 233 in the High School.

➡ As usual the combined Republic Day celebration was held at St. Peter's School Ground. The students participated in March past and drill display.

➡ The Madhhymik and H. S. Examination completed this time in the month of February itself owing to the upcoming General Election. There are

Goromtoli

This year we have 145 children in our hostel. They are very small but very sweet to look at them. We have about 15 Associates of the Cross. They are doing well taking interest in visiting the families and praying for the sick etc. We had the Annual sports in the school. Many of our children had taken part and received prize too. Sr. Celine and the parishners had gone for pilgrimage to the seven churches during the Lenten season.

Sr. Celine Lakra

167 M.P. Students and 171 H.S. students appeared for their respective Examination.

➡ The total number of Hostel students this year is 192. They had orientation session to begin the New Year with enthusiasm and zeal.

➡ The parish celebrated the silver jubilee and golden jubilees of the married couples in the parish. The parish also bid farewell to our Bishop Rev. Vincent Aind as he is appointed as the Arch Bishop of Ranchi Arch Diocese.

Sisters of Our Lady of good Counsel Convent,

Navajeevan Convent

➡ On 26th January our students performed March past, and hoisted the national flag in the campus.

➡ C.T scan installation work is under progress.

➡ The Staff residence is ready to shift from the month of April.

➡ Training programme was conducted through Hamilton Care for ICU staff on ventilator monitoring.

➡ Nestle company conducted a training program for the staff on importance of pre-biotic, probiotic baby feed.

➡ Hospital gave farewell to 3 of our nursing staff.

➡ Nursing staff organized a fund raising programme by putting up food stalls in order to help out the needy.



➡ We have introduced new set of uniform for the nursing staff and security guard.

Sisters from Navajeevan Convent



Jordighi



✚ Our hostel children returned on 3rd January. 17 new children have joined this year and number has come up to 39. Provincial gifted us with two dozens more beds. So, we are doubling up our prayer to fill up the beds. Hoping for more by the New Academic year in April.

✚ On 31st January the school Annual day was conducted. The parents were happy to see their children's program on stage. Our hostel girl was selected to be M.C of the program.

✚ On 1st February the hostel picnic on our own ground was an exciting day. Children collected firewood and did the cooking. They had games on the ground with lots of prizes.

✚ Blessed Mother Marie Therese's Birthday was celebrated as grandly as we could. Mother Marie Therese has been happy to see the two communities – Karuna Sadan and Jordighi together for Mass and breakfast at Jordighi - the mother house for Karuna.

✚ Sr. Jayshri attended the Superiors' meeting in January. The hand book for the animation of the community was welcomed with great eagerness and we read it and shared in the community. It has awakened in us the personal responsibility to make and live a happy community.

✚ On the 25th February Sr. Regi spent a day with us. A very relaxing and grace-filled day as we recalled and thanked God for the six years of our Lord with us and we continue to pray for Sr. Regi and the mission ahead.

✚ We three communities joined together to wish Fr. Patras on his jubilee day. We thank God for his dedicated service in Jordighi mission.

✚ We also have cultivated our land for winter vegetables and our pond is full of fish.

Sr. Leela Mancheril

Karuna Sadan

The Account section and Dental Clinic at our Hospital was blessed by Fr. Sunny.

On 20th of January Sr. Mary George accompanied by Sr. Rosalia visited our mission. They were happy to see the growing missions in the diocese of Raiganj with FC presence. She also shared her mission experience with us.



Class XII students of St. Joseph's School, Matigara visited our mission. They also visited some of the surrounding villages accompanied by our health workers. They cherished the lushy village life of people. It was a good interactive activity.

Every heart was moved to celebrate its first Republic Day in Karuna Health Mission Campus. The celebration was attended by all the available staff. The flag hoisting was carried out by Fr. Sunny and he delivered an enriching speech on the occasion.



On 27th January, diabetic clinic was organized under Dr. Mary Cruz which was beneficial for many local suffering with diabetes. Medical camps were organized in different villages as part of the hospital outreach programme.

The World Sick Day was observed on 11th February. A small programme was organized for the OPD patients by the staff. A skit was performed by health workers on the theme- "Importance of relationship during suffering"

Sr. Marina and Sr. Jaya attended a week of Practical classes from 4th February to 12th February on Community Health Enablers at Hyderabad after completion of an online course for three months. Sr. Regina and Sr. Bini attended SDFI Meeting held in Goa.

Sr. Regina, Sr. Marina and Fr. Sunny attended West Bengal Progressive Nursing Homes & Private Hospital Association Meeting held at Kolkata on 27th and 28th February. Sr. Regina and Fr Sunny also attended a seminar on CSR conducted at Nitika by Don Bosco fathers.

In effort to make this Lenten journey meaningful the community decided to study and

reflect on Chapter theme and the Chapter documents on Mondays and Constitution and directory reading and reflecting from Tuesday to Friday followed by a test to be conducted after Easter. On Saturdays 8 hours of Adoration.

Sr. Mary Jaya Polppas

St. Vincent's Home

CITY of Joy - Kolkata

"The only constant is change! Change can be happy and exciting as well as messy and complicated".

Over the past two or three decades, the world has witnessed extraordinary changes and evolution, particularly in the realm of technology. This rapid pace of change has not only reshaped society, attitudes and the way of living but also has made us rethink the relevance of human skills and faculties.

On 24th February, some of our sisters had the opportunity to attend half day input session on "Digital Literacy" organized by the CRI Team of Calcutta. Though the theme is not a matter that can be grasped within such a short duration, it was worth listening and at least getting familiar at with the digital vocabularies.



The very emphasis given during the session was on AI (Artificial Intelligence) which has been replacing human skills, intelligence, and critical thinking capacity in a rapid pace. For example, the replacement of human teachers by AI driven classes, and digital learning tools (online learning platforms), in the healthcare, technological innovations for diagnosis and treatment, therefore replacing human doctors. Apart from these the Virtual assistants like Google Assistant and Alexa,

automatic vehicles, AI –driven language translation services etc. are becoming more and more widespread. The question arises; at what pace are we with these rapid changes and AI innovations which is nearly replacing human beings; moreover as a religious how are we going to be effective in our missions? Change is certainly painful and causes chaos, but are we going to brood over the fact and remain stagnant or find ways and means to rise above the challenges?

Sr. Rose Mary Rai

Brain Rain in the World of Science and Art...



On 2nd February, St Paul's Boarding and Day School organized the Science and Art Exhibition. The opening of the program was done by Sr. Jessy Antony. Students presented their projects. There were a number of working models on display, revealing the creativity of the students. Some of the notable ones were rainwater harvesting, hologram, the circulatory system and many more. This year we had models and items from Mathematics department too. There were lots of creative things on display.

Along with the Science exhibition the audience even witnessed the wonderful Art and Craft articles exhibited by the students. They showed their creativity by displaying their art and craft prepared by them throughout the year. Sr. Jessy, along with the Principal went around admiring and appreciating creativity and hard work of the students. Apart from models, students also organized visual presentations to help everyone understand the concepts of their working models. All enjoyed the day and indeed by the grace of God it was a successful day.

Sr. Ani Kindo

Highlights from Superiors' Meeting 2024: The first meeting of the year began with the stewards of the communities. The superiors of all the houses in the Province came together in St. Vincent's Home on 13th and 14th January 2024 with our Provincial, Sr. Regi. The sessions were conducted by Sr. Regi based on the policy booklet "Guiding Principles on Province Animation/ Governance". Sister took us through the entire handbook explaining with examples from our daily living and also allowing us to share our own experiences of animating the community. These two days was a good opportunity to come together and share and listen to one another.

In spite of her busy schedule Sr. Regi put in her efforts into bringing out these guidelines to help us live our lives more effectively. We appreciate and thank you dear Sister for your love and concern for each of us.

CRWI Workshop: CRWI comes to the aid of the religious with Grievance Redressal Cell!

The CRWI conducted a training programme for 3 days in Dhyan Ashram from 19th to 21st January for the trainers from the North and the North East zone. 45 religious women were part of this training programme from the entire Northern belt of India including the North eastern region. The resource persons for this training programme were: Sr. Elsa Muttathu PBVM, CRI National Secretary; Sr. Mary Scaria, Advocate, Supreme Court of India, Sr. Rushila Rebello DHM lawyer and POSH trainer and Mrs. Amita Joseph, Advocate, Supreme Court of India.

The GRC (Grievance Redressal Cell) is an initiative of the women's executive of the CRI, created in response to the need expressed by the members for a space for grievance redressal. It works exclusively within the domain of the CRI. The GRC is guided by the existing legal frameworks like the POSH Act 2013 and 'Motu Proprio' the Apostolic Letter of Pope Francis issued on 7th May 2019.

Justice Peace and Integrity of Creation

"Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience."

— Pope Francis, *Laudato Si*

Justice Peace and Integrity of Creation is the way of Pope Francis's Pontificate. He is a prophet of our times for justice, peace and for the common good of all including creation. For he says "Everything is related and we human beings are united as brothers and sisters on a wonderful pilgrimage, woven together by the love God has for each of his creatures and which also unites us in fond affection with brother sun, sister moon, brother river and mother earth."

JPIC is a commission under the USG and UISG that works on the principals of Fratelli Tutti, Laudato Si, Laudate Deum and the Catholic social teachings acting as a catalyst building bridges and bringing about social transformation in the world. It has its roots in the Pastoral Constitution, Gaudium et Spes.

JPIC Promoters work with groups that address critical issues concerning peace, justice and integrity of creation. The Commission-sponsored Working Groups (WGs) address specific JPIC concerns which are fully supported and endorsed by the USG/UISG. They are: Integrity and Creation WG, Anti Trafficking WG, Refugees and Migrants WG and Africa WG.

The vision, which guides the JPIC Commission to animate religious, is the evangelical counsels, experience, social analysis and spiritual reflection for greater awareness and understanding of issues to take concrete actions for the transformation of the world and common good of all.

The mission of the Commission is to help the members explore and integrate JPIC into their lives and mission and make known the Church's call to live the Gospel vision of Justice Peace and Integrity of Creation by focusing on the needs of people who live in situations of extreme need and those excluded and marginalized.

The animation of JPIC consists of four elements: *experience, social analysis, theological reflection/scripture/charism and action.*

As Christians and more so as religious Justice Peace and Integrity of Creation is a way of life for us or should become one if not yet running through all our ministries and activities, big and small towards a systemic transformation.

— Sr. Juliet George

St. Catherine's Home



On the occasion of the world day of the sick, on 11th February, we had the Eucharistic celebration presided over by Fr. Sam V C. It was indeed a grace filled moment for all our residents as they were profoundly touched by the healing power of God.

“You have two hands, one to help yourself and the other to help others,” goes a saying. We extended a warm welcome to our three new members, Gracie Patchiah, Letisia, and Maria Aurita.

On 17th February students from Our Lady Queen of the Mission, Kolkata visited our residence. The children entertained our inmates with their colorful and mind blowing performance.

The Municipal Corporation of Kolkata had conducted a health camp in St. Catherine's Home under the scheme “The elder persons' care and protection” which is recently launched. They provided medicine for the residents.

Sr. Lucy Abraham and one of the staff attended an input session on “Awareness on Medicine” in Apollo Hospital. Many vital points were discussed with regard to medication.

We are appreciative of the contributions and short programme of St. Teresa's Secondary school students on every Saturday and the voluntary service rendered by the students of St. Xavier's College.

Sr. Reena C.

St. Teresa's Convent

The New Year brought newness of hope, promises, opportunities, challenges as we welcomed 2024 with joy. Sr. Cecilia attended the first meeting of the Superiors 2024, on 13th and 14th of January at St. Vincent's Home.

The community attended the Bible Convention by Fr. Mathew Naickomparabil V.C and team at Don Bosco School, Park Circus and Recollection for priest and religious in Emmaus Retreat Centre, Minto Park, Kolkata. It was an enriching experience.

The month of January was a season of picnic. There was picnic for students, teachers and non-teaching staff. The non-teaching staff of both St. Paul's and St. Teresa's went to Sunderbans for their annual picnic.

There were different activities observed in the school. There was a seminar on “Mental Health” by the Brahmakumaris and “Disadvantages of packed food/junk food” by Mr. Revant Himatsinka a well-known certified health coach organized by the Rotary Club for the students.

On 2nd February, farewell was given to Mrs. S. Roy assistant teacher and Sujit (night guard). There was a small program by the students. The management and the staff gave them gifts as token of love, appreciation thereafter all joined for delicious lunch. There was Art /craft and needle work exhibition for the entire school.

One of the well wishers celebrated the birthday of her twin sons with our evening coaching students. They distributed cake and stationary items for all students.



Sr. Namita Kerketta

"We are an Easter People and Alleluia is our song!" *Saint John Paul II*

F.C.1: Is it possible to sing 'Alleluia' in every situation? The Newspapers and TV news bombard us with desperate situations of the world – bombing, killing, persecution, injustice. Thousands of people migrating to foreign land for shelter and livelihood. Countless young and old suffering from deadly diseases like cancer. Our personal pain and strife, too, pull us down to the valley of misery and hopelessness. It looks like an 'eternal Good Friday'. How can one sing alleluia?

F.C. 2: Wait! Wait! Give a pause to your list of suffering. You sound like the two disciples travelling from Jerusalem to Emmaus, disheartened and disappointed. Their hopes shattered with the death of Jesus.

F.C. 3: Do you think all these will be transformed into new life? How?

F.C. 2: The Mother Church invited her children on 14th February 2024 for an annual spiritual renewal which will help us see the personal and global situation with a new pair of glasses. Mother Church has presented us 3 ways to attain this spiritual transformation.

F.C.3: Hurry! What are they, please?

F.C. 2: They are: Prayer, Penance and Almsgiving.

F.C. 1: Can anyone shed some light on these?

F.C. 2: Definitely. Prayer helps us to get connected with the Lord. Penance to sacrifice joyfully to share more and almsgiving to reach out to the needy.

F.C. 1: How well you have explained. Thank you very much indeed.

F.C.3: How was your Lenten observance besides giving advice? It was a time to "contemplate him on Calvary, in the company of Mary, his Mother, St. John and Mary Magdalene, so as to understand the language of the Cross ...(Cont. Art. 2).

F.C. 2: It was also a time for introspection, to shed old and pale leaves of anger, envy and other negative emotions and put on fresh leaves of love, acceptance and forgiveness (Const. Art. 121).

F.C. 1: Wow! Now, I can perceive and see the ray of hope in the midst of disaster, confusion and injustice.

F.C. 2: Jesus is the only hope for this broken world. He is the light to illumine the dark areas of life. He empowers us to stand tall against the challenges of our daily life.

F.C. 3: Jesus Christ is the only answer who through His Paschal Mystery fills us with hope, courage and strength. His victory over sin and death gives us the meaning of suffering and fills us with lasting joy of Resurrection (Const. Art. 13).

F.C.2: Therefore, to live as Easter People means to believe in the Resurrection of Jesus Christ and to believe that there is life after death.

F.C.1: Can we draw an action plan to be Easter People after Easter?

F.C. 2: Make your smile contagious penetrating the hearts of the sad, depressed and hopeless.

F.C. 3: Lend a helping hand to the helpless. Be a voice of the voiceless.

F.C. 1+2+3: Go forth. Be an Easter people. Be the hope and joy for the world. Let the Easter Candle burn brightly.



Novitiate – the Power House

As we glance back on our Novitiate community we are filled with gratitude for the blessings of each moment of our life. The following were the long awaited programme:-

From 22nd to 24th of January we had online classes on "Non Violent Communication" by Sr. Anjela Rodrigues FC. She discussed with us how to be more effective and efficient persons in today's world focusing on our character and our dealings with others.



On 26th of January we celebrated the Republic day. We had a solemn holy Eucharist celebrated by Fr. Robert S.J. followed by flag hoisting. We sang

hymns in different languages, cooked dishes of different states which we cherished. In the evening we had cultural programme of different states. By celebrating this great event we learned to appreciate our unity in diversity.

From 17th to 20th February we had classes on Ignatian spirituality by Fr. Suresh SJ motivating us to draw strength from the Lord through our personal prayer and daily reading of the word of God. He explained the connection between the conversion of St. Ignatius of Loyola and St. Augustine along with our own convictions of Jesus through our contemplative prayer which will enable us to serve the Lord more joyfully and be committed to Him.



The peak of our excitement, happiness and nervousness was when Major Ambrose from Shillong arrived in our Novitiate community for the Tavam retreat on 1st March. This was a great experience for each one of us. Through different

meditation techniques we were cleansed psychologically, emotionally, intellectually, physically and spiritually. The baggage that we were carrying from childhood were all cleansed. He made us understand our vows clearly as we are the spouses of the Divine and we need to prepare ourselves completely in body, mind and soul for this great union. He taught us to live a blissful life by understanding our own 'engrams' (negativity) that attract others' 'engrams'. He explained to us how to live the message of Jesus, of love and forgiveness. When there is love one cannot hate anyone, not even our enemy. He enlightened us through various topics how to be connected with the Divine Supreme power. He also motivated us by giving positive inputs through different meditations, affirming us with positive thoughts to live and carry forward our mission.

By attending this retreat (2nd March to 12th March) each of us is energized and refreshed. We have experienced the divine power within us through meditation. On the final day we felt true happiness and were bubbling with joy.

As we look back on our days we feel that we are blessed to have received many opportunities to form ourselves and it was all possible because of our Formators who have played a great role in our lives. We express our sincere gratitude towards them and implore God's blessings and a blissful life.

Alma Ekka 2nd year Novice

Glimpses from the Sunderbans...

Basanti

St. Teresa's School, Basanti has taken initiative to introduce to our students various new activities to help them come out of their comfort zone.

School activities play a vital role in shaping a student's holistic development by providing a platform beyond the classroom setting. The leadership training program under the guidance of Fr. John Rogers SJ helped the students to develop essential leadership skills like decision making and effective communication also taking charge of events and projects. The annual day programme, fancy dress competition, picture talk and mini sports changed the entire outlook of the students towards school.

Our campus is blessed with various activities. The new academic year 2024 brought many new students to our school and hostel. There was a vocation camp for the students of classes VIII upward, and the response was quite good, students

from Gosaba, Ranigarah and Basanti participated. The Lenten charismatic retreat was organized for the parishioners for three days. Fr. George VC and team from Chopra helped the faithful to prepare well for the paschal triduum.

Sr. Stephy Albin

Gosaba



It was a wonderful experience for the parents of the students of St. Joseph's Primary school Gosaba as they participated in the Parents Orientation organized by the school management. Fr. Pradeep

Roy who was in charge of the Family Commission, Baruipur for around 30 years was the resource person. He was accompanied by Ms. Jaya Duloi who had been working with him. They conducted the program and parents actively participated in group discussions and sharing. We got positive feedback.

The Annual Sports Day of our school was held on 6th February. It was a long awaited day for the students for which they had many days of practice and preparation. PSI Jahid from Gosaba graced the occasion as chief guest of the day. The sports began with March past followed by flag hoisting by the chief guest. The students were encouraged and supported by their teachers and parents who were invited for the sports. Students participated with full energy and joy. Each student who received a prize was proud at their achievement and had a great feeling of importance as they went up to receive the medal from the chief guest. We all await the arrival



of our annual sports day every year. We love our school Annual Sports Day. It was a wonderful day. Marie Therese Convent, Gosaba has opened a hostel from 7th January 2024. We have 4 students at present. It is an initiative to help the students coming from far also for single mothers who have to go out for work.

The convent had a big potato harvest this year.

Sr. Julita Kujur

Glimpses of our mission...

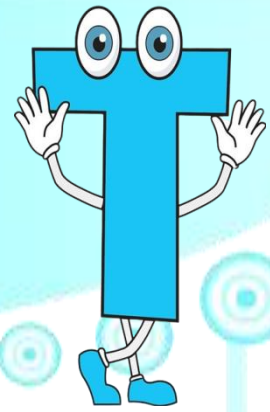
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A tribute to the letter "T" By Sashi Tharoor

The tongue's terrible tendency to tell tall tales totally tarnishes traditional transcommunication theories. The tempestuous tirades traceable to the tongue testify to the traumatic tactics of this tiny tab of tissue. Thousands that take the time to think, try to tame the tumultuous torrent of the too talkative tongue. Temporarily, the tide turns. Towering tempers turn to tenderness. Then, tragically, the trend tapers. The tongue trips, teeters, then takes a tumble; the temptation to trifling twaddle triumphs. Take time to tabulate this timeless truth: to train the tongue takes the tremendous talent of trust. Theology teaches that trust thrives through toil. Therefore, throttle the testy tongue! Terminate the trivial topics that tinge the tenor of talk! Trim the trashy, tasteless terms that transgress traditions of truth! Trounce the trite themes that toady to thoughtless tattling! Theoretically, the tantalizing target of a true, tactful, temperate tongue torments and teases those that tackle the task. To tell the truth, thrilling triumph throngs the tracks of the tough, tenacious thwarter of tawdry talk.

SIMPLY



Coffee **T**he coffee shop owner's shop was very crowded on Saturday, and the customers seemed unending. He had been on his toes since morning. Towards the evening, he felt a splitting headache surfacing, and eventually, it worsened. Unable to bear it, he stepped out of the shop, leaving his staff to look after the sales. He walked across the street to the Pharmacy to buy himself a painkiller to relieve his headache. He swallowed the pill and felt relieved. He knew that in a few minutes, he would feel better. As he strolled out of the shop, he casually asked the salesgirl, "Where is the Chemist? He is not at the cash counter today?" The girl replied, Sir, he was having a splitting headache and said he was going across to your coffee shop. He said a cup of hot coffee would relieve him of his headache. The man's mouth went dry, and he mumbled, Oh! I see. How strange but true. The Chemist relieves his headache by drinking coffee, and the coffee shop owner relieves his headache by taking a pill. Similarly, many of us travel across the lengths and breadths of the earth and also visit various shrines and holy places to find peace. Eventually, we realize that peace is within us at all times and in our hearts & minds. PEACE comes from being content with ourselves & being grateful for what we have with us.



URGENTLY NEEDED...

Not BLOOD

But,

An **ELECTRICIAN** to restore the joyful current between people, who do not speak to each other anymore...

An **OPTICIAN** to change the outlook of people...

An **ARTIST** to draw a smile on everyone's face...

A **CONSTRUCTION WORKER** to build a bridge between neighbours...

A **GARDENER** to cultivate good thoughts...

A **PLUMBER** to clear the choked and blocked mindsets...

A **SCIENTIST** to rediscover compassion...

A **LANGUAGE TEACHER** for better communication with each other...

And Last but not least,

A **MATHS TEACHER** for all of us to relearn how to count on each other...

Apply today...

Tomorrow might be too late...

EMPLOYMENT
Opportunities

Qualities of a Great Woman

1. **She Is Intelligent:** She opens her lips and oozes wisdom. One can have a hard and serious talk with her. She talks about personal development and growth.

2. **She Is Emotionally Stable:** Yes, she may be hurt, feeling low and going through much, but she's a master of her feelings. She remains calm and collected.

3. **She Multiplies:** She'll turn one hundred into a thousand, a thousand into a million. She doesn't sit pretty lazy waiting for things to be done for her.

4. **She Loves Being Loved:** Yes, she is not waiting to be done for things, but when you love her and do good to her, she is receptive and appreciative. In as much as she loves to give, she welcomes being served and given too.

5. **She Loves Through Food:** She will make attempts to cook the best meals. Tasty and delicious healthy foods for self and her loved ones and in the process, feed your soul too.

6. **She's Fun:** Though she's intelligent, she can also act silly, crack jokes, tease, laugh; she is great company. A lively and charming person to stay around.

7. **She Knows How to Call For Help:** When she's stuck or in trouble, she knows how to ask for help. She doesn't suffer alone. She knows not only how to ask for help and the right person to ask.

8. **She's A Reflection of God:** You see her and see God, she's becoming more and more like God: loving, forgiving, graceful, strong valued and creative through God's Word and prayers.

9. **She Is Confident:** Whether she is an introvert or outgoing, she has a high self-esteem. You can't bring her down. She has admirable qualities and walks head up without being cowed.

10. **She Feeds Her Mind, Body And Spirit:** You will catch her often reading stimulating materials

like books or novels, praying, eating the right foods, meditating and working out.

11. **She Keeps Relationships:** She will have strong people surrounding her, whether a best friend, a clique of girlfriends or a bunch of close friends. She values relationships with friends and family.

She's A Reflection Of God: You see her and see God, she's becoming more and more like God: loving, forgiving, graceful, strong valued and creative through God's Word and prayers.

At Home with Self

In the quiet of my haven alone,
Where thoughts weave and dreams are sown.
A sanctuary within, a space untold,
At home with self, a story unfolds.

Silent whispers of the heart's embrace,
Chasing solitude, finding solace and grace.
In the gentle cadence of time's soft hum,
I discover the symphony within, a sacred strum.

No need for masks, pretences set free,
A dance of authenticity, just me and me.
Reflections bloom in the mirrors of my mind,
At home with self, true serenity I find.

The walls echo with laughter and tears,
Echoes of moments, both triumphs and fears.
A canvas of memories painted in hues,
In the embrace of solitude, my spirit renews.

Amidst the silence, a symphony of thought,
A sanctuary where my essence is sought.
At home with self, in the quiet embrace,
I discover the beauty of my own grace.

Sr. Pratima Hembrom

Gone for Heavenly Reward

27 th December 2023	-	Sr. Sangeeta Tigga's father
31 st December 2023	-	Sr. Jessie Antony's father
7 th January 2024	-	Sr. Anjela Kujur's brother in law
18 th January 2024	-	Sr. Leela's cousin
4 th February 2024	-	Sr. Shila Louis' aunt
5 th February 2024	-	Sr. Helen Momin's grandmother
10 th February 2024	-	Sr. Leela's cousin
14 th February 2024	-	Sr. Prabha Lakra's grandmother
25 th February 2024	-	Sr. Anjali Francis' uncle
5 th March 2024	-	Sr. Anthonia Arulandu's mother



***Prayers...
Blessings...
& best wishes
for our delegates
to the
General Chapter
2024***

