



PROVINCE FLASH DAUGHTERS OF THE CROSS CALCUTTA PROVINCE

PF/2025/1 April News Bulletin For Private Circulation only

Dear Sisters,

I am happy to bring out this issue of the Province Flash as we approach the most glorious event in history, Easter. It is during spring time that we celebrate Easter, a time of new life, of colours, of enthusiasm wafting in the air.

Easter reminds us that we are saved by the risen Lord's mercy, our hope guaranteed by God's power, power of salvation. The empty tomb witnessed to the resurrection event. And women were the first witnesses of the resurrection. The resurrection of Jesus brought different understanding of the seeming tragedy, disaster and failure.



The transformation of the disciples as a result of the Easter experience was amazing. Easter is not only concerned with the recalling of the resurrection of the Lord Jesus and its effect on the first disciples but it is the meaning of this event in our day-to-day life.

When we look back, we find that the past months have not been easy for us, challenges were many. In our personal life, in our communities and in our mission we had encountered no less trials but with providential care we have been able to face them, undeterred by our vulnerabilities and brokenness. The stories from our communities testify to the ways in which we have struggled to be faithful to our charism in spite of setbacks on various fronts.

Fidelity to the charism presupposes our living of the paschal mystery which is the nucleus of our lived spirituality. Our apostolates bear testimony to our love for Jesus manifested in our involvement in the life of the people.

May the exchange of news and views, joys and tears of our mundane life bring love, joy and hope in our synodal journey!

Happy Easter!

With love and prayers for each one of you


Sr. Catherine FC
Provincial

Kidderpore

St. Vincent's Home

Keeping in mind the Year of Youth that we are commemorating as a Congregation, we, at St. Vincent's Home organized the first get together for the youth of our parish as well as the neighbouring parishes on 8th March 2025. The gathering was welcomed by Sr. Sini. Keeping in mind the uniqueness of the day Sr. Juliet spoke on Blessed Marie Therese highlighting how empowered she was and how she empowered others around her. Our Associate Mrs. Sabreena Pote, spoke to them on self-worth and focused on leadership qualities interspersing her session with activities and games. The gathering was vibrant mix of indoor games, team building activities and the meaningful interactions. After spending a meaningful time together, we departed with tea and snacks.



Sr. Namita Kerketta

St. Catherine's Home



The World Day of Sick was celebrated in a significant way. It was a solemn moment for all of us here. The high light of the occasion was the placement of the statue of Our Lady of Lourdes at our main entrance. It was brought in a solemn procession by Fr. Anthony Patrick Paul, our Parish priest. Some of the sick and elderly of the parish also were present. After prayer, all were ushered inside the chapel. We had a healing



prayer service and father prayed over each one. The parish council also served refreshments to all who were present.

As part of the Jubilee year, the community has decided to take active part in the parish activities in a concrete way. One of us joins the intercessory prayers in the parish as well as in the families.

Another meaningful occasion was the talk and video show arranged by Fr. Mathew George SDB on **“Growing old gracefully”**.

This year International Women’s Day was celebrated in a grand way. Indrani Dhār, an ex-Paulite and a renowned name in the entertainment industry who is also a very active well-wisher of our Home, organized variety of events that day. She invited two famous personalities from the Tollywood Rituparna Sengupta and Alokanda Roy the famous dancer. They shared their experiences about how they faced challenges and

difficulties in their lives. Dr. Dipankar Sarkar gave us a talk on Mental Health. On the whole, the programme was very beneficial for us.

The Daughters of St. Paul’s led the stations of the Cross in our Chapel one Friday, some parishioners also benefitted from this unique experience along with our inmates.

We organized a short picnic for our ladies in the FC Niwas Garden where we had games for them and a special Zumba dance by the staff and sisters.

Sr. Veronica Arrasarakadavil

St. Teresa’s Convent



Our community actively participated in the celebration of All Consecrated Day on 2nd February at St. Ignatius Parish. The event brought together a number of MC Brothers, FC Sisters, and Providence Sisters who are working in the parish. This gathering was an opportunity to honor and recognize the dedication of those who have chosen a life of service and commitment, fostering a spirit of unity and gratitude among all attendees.

The Jubilee Cross was first brought to our community chapel, marking a significant moment for our parish. Accompanied by Fr. Patrick, Fr. Peter, and several parish council members, the Cross was welcomed with two days of dedicated prayer. As the Jubilee Cross makes its way around the parish, our community is actively engaged in visiting families who are hosting the cross, fostering a sense of connection and spiritual reflection. This initiative encourages deeper familial bonds and community solidarity as we collectively honor this meaningful symbol of faith.

The pilgrimage to Bandel by the Associates of the Daughters of the Cross from our community was a spiritually enriching experience. Accompanied by Sr. Cecilia, the group journeyed to the historic Bandel Church, known for its deep religious significance and

serene atmosphere. Upon arrival, they were engaged in prayer and reflection, Holy Eucharist and way of the cross allowing themselves to connect with their faith in the peaceful surroundings of the church. This time spent in prayer not only strengthened their spiritual bonds but also deepened their commitment to their mission and values as Associates of the Daughters of the Cross. Overall, it was a well-spent day that left a lasting impression on all participants.



Highlights from school: We had a special mass on 7th January in the school, to celebrate the Feast of Blessed Marie Therese, fostering a sense of community and spiritual renewal as students returned to their studies after winter vacation.

A heartfelt farewell was organized for the 12th grade students at school. This event celebrated their achievements and offered wishes and prayers for their future endeavors.

On January 23rd, a Day of Recollection was organized for our Catholic/Christian students. It was an opportunity for spiritual renewal, allowing students to engage themselves in prayer, reconcile with oneself and with others, and deepen their faith.

On January 24th, the entire school enjoyed a delightful picnic, providing an opportunity for students and staff to relax and create lasting memories outside the classroom.



A special day of outing to Digha for the non-teaching staff of St. Teresa Secondary School, St. Paul's Boarding and Day School, and St. Vincent's Home, provided a well-deserved break for the staff members, allowing them to relax and enjoy a day of leisure away from their usual responsibilities. This event not only fostered camaraderie among the staff but also acknowledged their vital contributions to the schools and the community, promoting a spirit of appreciation and teamwork.

Teresian Alumni Gathering (Batch 1974-75):

The school celebrated the Golden Jubilee of the Teresian Alumni from the batch of 1974-75. To honor this significant milestone, current students organized a heartfelt program featuring performances and presentations, showcasing their appreciation for the alumni's contributions to the school community. This event celebrated the past and strengthened the bonds

between former and current students, emphasizing the enduring legacy of the Teresian spirit.



On March 25th some of the Interactors of our school visited the studio of TAAZA TV and got to know about the different departments that toil 24x7 to provide us with Taaza news. They got the opportunity to meet Mr. Bishambhar Newar - Owner and Editor of Hindi newspaper Chhapté Chhapté and TAAZA TV. His son Mr. Vikram Newar explained the details of news making to the students. The students were told to write a Report of an incident which took place in the city. They posed as news readers in front of the camera and read out their reports. They received gifts and refreshments from the Newars of Taaza TV and Mrs. Abha Lunia the President of the Rotary Club of Calcutta Presidency. It was truly an enriching experience for the students.

Sr. Jasmin Sebastian

St. Agnes Convent, Howrah

Agnesian café: A Taste of Tradition at the school Exhibition

We are thrilled to share that St. Agnes Convent School successfully launched a new startup bakery for our Annual Exhibition. The bakery named '**Agnesians Café**' was a model project conceived and implemented by the students of class XI, showcasing their entrepreneurial skills and innovation. Before starting with the sales, the students established dedicated teams to see to the various aspects of the startup.

Ahead of the launch of the 'Agnesians Café' on the day of the Annual Exhibition they conducted a trail sale to gauge the response to their startup bakery. This soft launch allowed them to test their products, the taste of their products, pricing and marketing strategy and provided them with feedback to make necessary changes before the official launch. During the second round of their trail sales, they saw a much more robust



Agnesian Café



response from the customers. They had taken steps to address the issues encountered during the first round including streamlining their payment process and expanding their product offerings. As a result, they saw a significant improvement in customer satisfaction.

On the day of the Annual Exhibition, Agnesian Cafe was officially launched attracting a large number of people towards it. The cafe experienced an unexpected surge in revenue and profit. Moreover, the students gained valuable skills and knowledge that extends beyond the classroom. We will continue to encourage our students to open many more startups. We hope to make this project a part of our Annual Exhibition for years to come.

Sr. Deepsika Rai

Barasat

Pilgrims of Hope: On 3rd February, we had gone to Bandel on a pilgrimage. We spent time in prayer with our beloved Mother Mary. We experienced that people have so much faith and devotion towards our Lady. We realized that Mother Mary welcomes and reveals God's immense love for the humanity.

Another remarkable occasion for us was the formees gathering held on 1st March at Anjali Apostolic Novitiate, Barrackpore. 50 formees from different congregations had gathered. Fr. Biju, the CRI president

welcomed all the formees and formators. We began our programme by introducing ourselves and saying our favourite Bible quotation. Our resource person Fr. Leo MSFS spoke about the hierarchical needs and stress management. We had an inspiring Eucharistic celebration followed by lunch. In the afternoon we had creative cultural bonanza, where all the congregations performed well. The day concluded fruitfully and novices got to learn many things this day.

Novices

Sacred Heart Convent, Baidyapur

In the month of January, we got two postulants for 15 days who came for the mission experience. We took them for visiting the houses and prayers, it was a good experience for them.

On 8th February we had Annual sports day in our school all the students participated in it actively. Now the day came for which we had waited the community outing which was the day of relaxation and enjoyment everyone enjoyed.

We had gone to Rakhoskhali one of the substations of our parish for Mass on Ash Wednesday. We had the good missionary experience; we had an adventurous journey to reach the place. We had to change number of vehicles, moreover, the boat in which we were sailing got spoiled in the middle of the river and we waited for another boat to rescue us. I remembered and realized that Missionaries go through many difficulties and challenges in life for the mission. I felt very much the missionary spirit within me.

Sr. Priya Ekka

Marie Therese Convent, Gosaba

The Joy of Visiting Satjelia Mission: For the past 22 years, after the late Fr. A. Gabric, one of the greatest missionaries to the Sundarbans, the mission at Satjelia Island was completely left out due to some reasons. After lots of prayer, discernment, and discussion we, together with our parish priest, brother, sisters, catechist, and CLC mothers visited the Satjelia Island. First, we visited four Catholic houses and went to the graveyard for the blessing of the graves. After that, we went back to the house and prepared the faithful for Holy Mass, Confession, and Rosary. The adults made their confession and received the Sacraments of Reconciliation and then the Holy Eucharist. We could



see the joy of receiving communion after 22 years of lapse. After everything was over, all those present were served with lunch. There have been three visits to the Island since then and a gathering for the children in Gosaba parish. I am very grateful to God for these joyful events on Satjelia Island.

I also like to take this opportunity to thank Sr. Catherine our Provincial, Sr. Veronica and sisters at St. Catherine's Home and all the sisters of the province for your prayers, concern, messages and visits while I am in St Catherine's Home recuperating. please continue to pray for me till I start walking. Thank you sisters.

Sr. Suchita Tete

Daughters of the Cross Convent, Goromtoli



The Jubilee Cross was welcomed to Raiganj Cathedral by all the faithful, priests and religious, in a very grand way. There were three Crosses. The three Crosses were explained to the people by our Bishop Fulgence Alexius Tigga. Then these three Crosses were taken in procession to the Cathedral with prayers, drums and dances and placed them in front of the alter and had Holy Eucharist celebration.

The three crosses were sent to the three regions where different parishes prayers and adoration was offered. The day when it came to our parish on 2nd March 2025, first it came to our small chapel. Oh, what joy, we felt! We had Holy hour and prayed for various intentions. Next morning we took it to the parish hall in a procession with our children.

We had Holy Mass and after this we had adoration with parishioners for an hour. This cross was taken to each village and each family. So, all the villages and families of our parish were blessed and we all received abundance of blessings and graces. As we are the Daughters of the Cross, we really felt blessed and proud of ourselves about the Cross.

Sr. Bridget Kerketta

Daughters of the Cross Convent, Jordighi

We three communities joined together to celebrate senior citizen-Treasured group. We had Holy Eucharist specially offered for the senior citizens. Then we had short program and games for them. Every one enjoyed the program. We ended our program with supper.

Lent is the season of prayer, fasting and penance. We had three days of retreat in our parish for all the faithful people of the parish. Many people got the opportunity

to come and pray for their families. Sisters also joined for Holy Eucharist, Adoration and rosary. In the evening, we had rosary procession with the blessed sacrament to the houses in nearby villages. Father blessed their house. At the end of the procession father prayed for each one of us. It was a wonderful experience.

Sr. Jyostna Lakra

Karuna Sadan, Buniyadpur

It was a delightful event for the young underprivileged youth of the locality to participate in the inaugural function of the institute- Karuna Institute of Allied Health Sciences, a unit of Kaurna Health Mission. Currently, 2nd batch of students are getting ready for their final exams.

The Feast Day of Blessed Marie Therese was celebrated with great devotion. The day began with the

Eucharistic Celebration. To mark the day, a small programme was organized by the staff.

The Book Fair organized by Buniadpur Municipality invited the hospital to keep a medical stall displaying hospital services. This was a week programme during which the public were offered free medical checkup by the hospital team.

The Immunology Clinic was organized for three days as Dr. Sr. Christina had generously accepted the



request and had come all the way from Tamil Nadu. Many patients benefited by this event.

There was a remarkable event as Health Apostolate Meeting of the Province was held in Kaurna Hospital to discuss issues and concerns in a meaningful way. With an agenda full of insightful sessions and interactive discussions, the event offered valuable takeaways for all participants. "To mark this event, the statue of Divine Mercy Jesus at the main gate of the hospital was blessed.

The 33rd World Sick Day was observed attended by all including IP and OPD patients and their families. Students and Staff performed songs, dances and the Drama based on Pope Francis's Theme: "Hope strengthens in times of trials and suffering".

As a part of promoting unity and good relationship, hospital arranged for a day of picnic for the staff.

Sr. Marina Thapa

Navjyoti Convent, Dundajhar

We provided an opportunity for our students and staff with one day picnic to have a joyful and memorable day for themselves.

The oath taking ceremony for 47 students of various domains was held in January.

We conducted a session on human trafficking for all the students. Input sessions were given by Advocate Anupriti Soren.

To honor the women, Women's Day was celebrated on March 8th. We invited our students' mothers for the programme. Students put up entrainment programme and motivational talks were also given to the mothers. After the programme lunch was served for all. They were very happy and appreciated the initiative.



Sr. Molly Eyyalil

Navjeevan Convent, Gayaganga

On the 26th January the Republic Day celebration came to its peak as the three schools of St. Peter's, St. Mary's and Navjeevan marched on at one beat at St. Peter's School ground.

We celebrated the world consecrated day on 2nd February with our neighboring communities: Our Lady of Good Counsel Convent, Navjyoti Convent and the Jesuit community.

We observed the world sick day on 11th February, we had triduum services followed by meaningful Eucharistic celebration.

Sr. Divya and few staff members had organized a medical camp at Debejohora on 22nd. About 86 patients benefited from it.

The women's day celebration brought great joy and unity among us as the men band took up the initiative in conducting a meaningful programme.

Sr. Pratima and Sr. Hema had gone to Binaguri and Bendinor parish. Sr. Pratima and Sr. Rajni Prisca to Chatterhat parish for vocation promotion. Sr. Fransisca Lepcha shared her vocation story and inspired many at CRI meeting, held on 9th March at Our Lady of Good Counsel Convent.

A total number of 76 young students had the oath taking ceremony on 28th February at the Lamp lighting event, 40 GNM and 36 BSc students in particular.

On 14th March, students celebrated the festival of Holi. The sumptuous meal and sweets added more joy and color to the celebration.



Sr. Fransisca Lepcha

Our Lady of Good Counsel Convent, Gayaganga

- ✚ During the month of January ten years of finally professed sisters had programme at O.L.G.C. Convent Gayaganga. About 35 sisters participated in this gathering.
- ✚ New parish Priest Fr. Alvin Minj S.J. was welcomed to the Parish and gave farewell to outgoing Parish Priest Fr. Peter Pappu S.J.
- ✚ Our new Bishop Paul Simik of Bagdogra diocese was welcomed in the Parish on the 9th March.
- ✚ The academic session commenced on 3rd January with Teachers' orientation by Fr. John Ravi S.J. Delhi Province.
- ✚ About 240 new students are admitted from classes V to IX.
- ✚ St. Mary's Girls Hostel has 198 students in the new session.
- ✚ Annual School Sports was conducted on 20th January where our students showcased their athletic talents.
- ✚ Republic Day was celebrated in a fitting manner on the 26th January.
- ✚ Parent teacher meetings were conducted for all the classes.
- ✚ M.P., H.S. and class XI Examinations concluded.

Sr. Beena Varghese

Daughters of the Cross Convent, Jorethang

Sr. Mary Therese, the coordinator of South-West Deanery's charismatic group was assigned to preach on the theme "Pilgrims of Hope" to the charismatic gathering on 22nd February. It was held in Gazing Parish where around 100 people participated.

One 7th March Sr. Wilfrida attended a day of recollection in Jorethang Parish. It was arranged for the preparation of women's day celebration. The resource person of the day was Fr. Robin our Dean. In his talk he emphasized the important role of women in our Indian society.

Sr. Mamta Bara



FC Convent, Hatighisa

Palliative centre provides dignified care to all who need long term care and all those in the last lap of their journey. Here all our staff whether nursing or fourth grade each one contributes joyfully to keep this noble mission active and alive.

We the sisters of Hatighisa community were the first and luckiest ones to meet Bishop Paul Simik as he entered India. Along with the faithful of Hatighisa we were present to welcome Bishop at the toll gate in Hatighisa. After the reception some of the parishioners escorted him to Good Shepherd Cathedral. Bishop paid a surprise visit one day to the community and our hostel children welcomed him with greeting songs.

On the occasion of the World Sick Day, we had a small prayer service. All those who were able and on wheel chair were brought together for it. Fr. Shaji SJ blessed each individual and prayed over them. As new session began our hostel children had an orientation and motivational talk. Children thoroughly enjoyed the program and expressed to have again.

Sr. Jyoti Kess

Jesu Ashram, Matigara

We had farewell and certificate distribution ceremony for the third year students who successfully completed their training in Jesu Ashram. We also had farewell programme for Sr. Geetha Cheriyan who left for her new mission to Alipurduar and one of our senior nursing staff who retired from job in Jesu Ashram. We are grateful towards them for their dedicated service to us and to our patients and students. We at Jesu Ashram community were glad to welcome Sr. Sanjita Barwa and Fr. Alex Minj to our Jesu Ashram family. We had school health programme in Hatighisha for the students of classes 5 to 9. Sr. Julieta Kindo gave a health talk. Fr. Julius had arranged doctors for health check-up and we also distributed some medicines. 197 students were treated and given the medications according to their needs. We have admitted 19 health worker students for this academic year 2025. So now they all are getting on well in their training programme. Last month we had gone for picnic to Gorubathan together with staff and students and had a good enjoyment and came back refreshed.

Sr. Sanjita Barwa

St. Joseph's Convent, Hatigopa



Our school bid a fond farewell to the class X students. The ceremony was beautifully conducted by the Class IX students. 24 students of our sixth batch of Class X have left an indelible mark on our school community.

We also bade farewell to Sr. Saly who went for her new mission to Rangjuli.

We had the joy of Sr. Francisca Lepcha's visit to our community, and we joined with her for the vocation promotion to our parish and the neighbouring parishes.

Sr. Anu James

Daughters of the Cross Convent, Rangjuli

✚ Sisters in Rangjuli took part in various activities and programme in the parish as well as in the diocese. Sr. Gladys took part in the faith exposure programme at Gojapara parish in January.

✚ We had four days' parish Annual sobha at Kasibari village of our parish. The parishioners as well as the faithful from various parishes took part in it and renewed their spiritual life with input sessions by the resource persons, sacraments of reconciliation and the Holy Eucharist.

✚ On 2nd February, a new Church was inaugurated and blessed by His Grace Rt. Rev.

Emeritus Thomas Menampampil, in Tillapara village.

✚ Sr. Gladys together with Sr. Gloria from Diphu, went around to different parishes for the vocation promotion.

✚ We also took part in celebrating the Jubilee of the Consecrated people organized by the diocese.

✚ All our hostel children have done well in their final examinations and now have begun their new academic session. Four of our hostel girls have written their class X HSLC examinations and are waiting for their results.

Sr. Gladys Tom

Christalaya Convent, Maheshpur

Our hostel girls are doing well in their studies as well as in all other co-curricular activities. Saloni Khadiya of class VII studying in Birendra Government High School at Chandragadi won five first prizes in annual sports. Six of our girls took part in Inter school dance competition from Moran Memorial School and won the first prize. Five other girls took part in the science exhibition and won the second prize.

Sr. Mallika had gone for the Jubilarians' gathering to St. Joseph's Convent Matigara. She was very happy to meet all other jubilarians of the province and to attend the programme arranged for them.

Sisters Bindu, Urmila and Meena attended a two-days' conference of the National CRN in Narayanghat. There were about 83 participants. The resource persons gave us input sessions based on the topics 'Pilgrims of Hope', explanation of the jubilee logo, plans for the jubilee year, Labour Law, registration of CRN and about all the Catholic schools coming under one umbrella and getting registered as association of Catholic schools. It was really an enriching experience for all of us.

Sr. Bindu Meenambadath

St. Joseph's Convent, Korobari



On 18th January, 32 members of the Nepal Associates of the Daughters of the Cross from all three units came together to Tulachan for a common recollection and meeting. The programme ended with the Eucharistic celebration by Fr. Pius. Our Associates and sisters in Tulachan are actively participating in prayers in different families once a week.

School had Annual sports day. The chief guests, Nepal Daughters of the Cross-society members, MC members, and sisters were present and above all parents who added joy and support.

Sr. Shanti had accompanied the Krusveer children to Siricia for retreat. We feel happy to see our students doing well. The students participated in different competitions in Wada such as quiz, drawing, race, hand writing, speech etc. and received prizes.

Three days retreat, healing prayer service was held in our parish for the parishioners. The resource person was Fr. Markus Kisku. People experienced the healing touch of Jesus. The sisters also took part in it and helped out in the Parish.

Sr. Sanjucta Kujur

St. Helen's Convent, Kurseong

Sr. Shila and the youth of St. Paul Parish visited the senior citizens those who are sick and bed ridden and had Holy communion service for them. They were so delighted and taken up the by this visit that tear of joy welled up in their eyes. They were also given small gifts as a token of love.

St. Paul's Parish's youth coordinator Sr. Shila and the youth members made a pilgrimage to Manresa, the Jesuit novitiate in Kalimpong from 7th to 9th February. The main purpose was to deepen our faith journey. Reflection and motivational talk were given by Sr. Emilia S.J.C. They had personal counselling and confession, healing session and sharing. Fr Patel S.J. offered the Holy Mass for them. They were happy and are grateful to Sr. Shila for arranging this programme.

Sr. Shila Louis





St. Joseph's Convent, Kurseong

The Darjeeling Diocese had organized Holy Childhood Convention in St. Augustine's School, Kalimpong from 6th to 8th January. There were about 570 children from various Parishes taking part in this convention. Many activities were conducted for children and classes were given on the Year of Jubilee, Mental Health, Save the Nature etc.

We had organized a day of recollection for the children of our parish on 16th March. After the Mass Fr. Roshan S.J spoke about the Holy Eucharist and good manners.

On 21st March St. Joseph's Girls' Primary School had Parents teachers meeting. During the meeting parents were given many information regarding their children. There was a short awareness programme for the parents by our resource person Fr. Roshan SJ.

Sr. Sangita Tigga

Daughters of the Cross Convent, Mamring



The teaching staff of the school had an Orientation Programme to equip oneself with better skills for the new academic year. The school also elected some student leaders to create and lead themselves for the better discipline and make good atmosphere in the school. They had an Orientation session before they were installed. Thus, all slowly geared up to take a start-up for 2025.

Sisters had attended the CRI Meeting at Pakyong and the ARCEIS Meeting at St. Josephs' school, Rhenock. Sisters helped the parishioners in various activities, such

as; Holy Childhood Day, youth gathering etc. Sisters always try to visit the parishioners specially those who are sick or ask for their house blessings or just going for prayer in their houses.

Sr. Maxima Bara

Karuna Nilaya Convent, Gorubathan

In the month of January, Sister Mariana attended a programme on Child welfare.

Ladies of our parish and sisters visited the sick people in the villages and prayed for them.

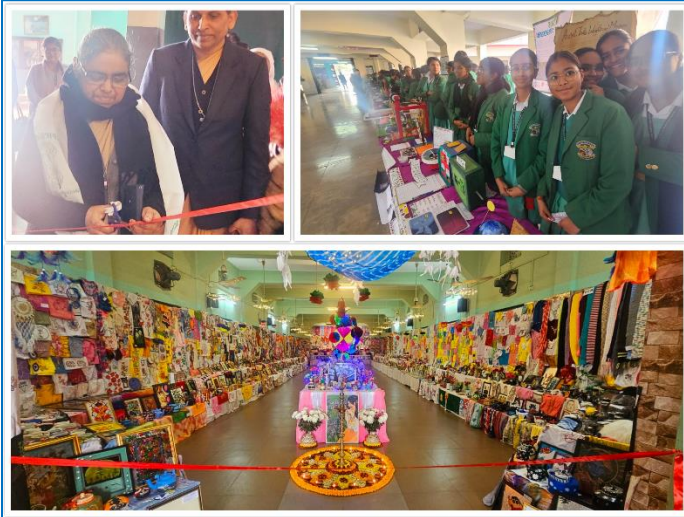
We had organised a day of picnic to Malpark for our students and the staff. Everyone enjoyed and are refreshed for the new academic year 2025.

We celebrated the festival of colours with all our students and staff.

Sr. Jyostna Barla



St. Joseph's High School, Matigara



The school organized Art & Craft, Science, Mathematics, History, Geography & AI exhibition on 11th January. Sr. Reena Chittilappilly F.C., inaugurated our exhibition. The walls of the auditorium were covered in paintings, mirror art, and tie-dyed scarves. There were also many dream catchers, needle work designs on cloth and hand-woven scarves carefully pinned up. The room buzzed with parents, teachers and students admiring it all. The science exhibition was not just about science models, rather it was about ideas that have the power to change our lives forever.

On 21st January, our school hosted a farewell for the students of 2024-25 batch.



The school organized picnic for all the students on 22nd January. Literary students also went for picnic with High School students to "Dream Land". It was a memorable day in their life.

We began the new academic session on 1st April. There was a training session for all teachers for Tata class edge to ensure a seamless transition and enhanced learning experience of the students. This initiative aims to equip teachers with the necessary skills to leverage technology and create engaging, interactive learning environments for their students.

Sr. Lucy Thaikkattil

Coming Home to One's Own Self: A Journey of Grace and Transformation



With deep gratitude to God, and to Sr. Catherine, our Provincial, we look back at the opportunity to participate in the Tanmaya course at Sadhana. This sacred journey invited us to step beyond external realities and turn inward, exploring the depths of our own being, uncovering our strengths, shadows, tendencies, and desires. It was a journey of coming home to ourselves-the selves that God lovingly created us to be. One of the most profound aspects of this experience was the awakening to what truly resides within us-our thoughts, emotions, and the deeper forces that shape our actions and relationships. As we walked this inner path, we came face to face with the unresolved emotions that had long remained in the shadows, influencing us in ways we had not fully recognized.

There were emotions-perhaps buried for years-longing to be acknowledged, processed, and healed.

In the gentle embrace of this journey, we found the courage to bring these emotions into light. We became aware of the patterns in our interpersonal relationships. But this awareness was both challenging and liberating. It empowered us to take responsibility for our emotions rather than feel helpless in difficult relational situations. With this newfound clarity, we saw that our relationships are not solely shaped by external circumstances but how we choose to engage with them from within.

As we move forward, we do so with renewed hope and purpose. We commit to living with openness, faith, and perseverance, allowing the lessons of this journey to shape our personal and spiritual growth.

We walk forward with confidence, knowing that God continues to guide us, shaping us into the fullness of who we are meant to be.

Sr. Sony Thomas & Sr. Lidwin Mary

Renewal for Ten years' Finally Professed Sisters



We had a two-days' get together for all the 10 years finally professed sisters at Gayaganga on 11th and 12th January. It was a time of renewal for all of us. We were glad to have Sr. Selma HC in our midst for the sessions. She made us to think and realise, the newness that God offers us every day to begin a new history in our life, in our mission (**Rev: 21:5 Behold I make all things new**). With much love and concern for our growth she led us to introspect our inner self and supported us to accept

our vulnerabilities, and taught us to understand our wholeness that comes from self-understanding. She, through her experiences and various examples helped us to learn how to handle our emotions and criticisms in mature ways in our missions. Her guidance to us was: build up self-confidence; inner security rests of two pillars e.g. **1. Personal mood, 2. Self-esteem**. We need to have desire, longing, be honest with God about our faults and failures, desire more of God than anything else.

Sister cleared many of our confusions and doubts regarding midlife crisis, making us aware that transition is to let go of old self and enter into new beginning. Midlife transition could start with lethargy, monotony, uncertainty, restlessness, wasting time, loss of interest, boredom, regret, self-doubt, anger, religious doubt, anxiety, and helplessness, fear, dissatisfaction. So, we need to integrate together our strength and weakness creatively.

Sr. Sanjita Barwa

My Journey at Prerana

I am glad to share my transformative journey at Prerana with Boat as a metaphor for my life's journey. Before going to Prerana I felt a deep longing for something in my faith and mission. Though I was engaged in serving my community and mission carrying out my responsibilities and participating in various activities, I sensed a lack of surrender and fullness of life. Standing at the shore of uncertainty and doubt tossed me about. I heard Jesus my Saviour calling me to embark on this journey. At that moment the boat of life was waiting for me, ready to take me on adventures of life. Stepping into the boat I joined a diverse group, all seeking transformation. Each course became a guiding map, with Jesus as the wind on my sail, propelling me forward. The psychosexual integration course was a groundbreaking experience that helped me to confront and heal the wounds of the past, allowing me to embrace my body as a sacred temple worthy of love, respect and care; while a psycho- spiritual integration deepened my self- awareness and helped me find my true self anew. Discernment of the spirit called me to listen to my inner voice and discern God's will. A new way of being religious expanded my understanding of faith and created a new way in living my life and mission, and Covenant Spirituality strengthened my bond with Jesus. Healing the inner child set the skies of soft liberation. The inward journey retreat allowed me to grow into a more authentic and compassionate self. I encountered the depths of my inner world and have started navigating my life's journey with greater, clarity, purpose and direction. This experience has given me tools to integrate my faith into daily life, serve with deeper purpose and embrace my true calling. I realized that the boat of life of my journey was not just about reaching a destination but about the ways in which I grew, the ways in which I was healed and the ways in which I discovered new depths of faith and identity and have experienced moments of beauty, blessing and wonder and I see that I have made significant progress have set sail on my journey and Jesus continues to guide and direct me.

Sr. Mamata Bara



Ode to Life

Life, believe, is not a dream,
A journey that has been,
Moments of planning, moments of building,
Moments of joy, moments of sorrow
Moments of success, moments of enlightenment
Moments of loneliness, moments of togetherness
Moments of braving, moments of leisure
Moments of swimming upstream, moments of failure.
Life, woven by such moments
Seems to have flown in the unknown
But, nay, they fly around
Spreading sweet fragrance of loving service
Amidst God's people of Calcutta province
Making one grateful, cheerful to live life gloriously and victoriously.

Sr. Martina Beng

(Dedicated to the senior sisters of Calcutta province)

Jubilee



Twenty golden and diamond jubilarians of terai, hills, Nepal and Raiganj had the joy of coming together for a day of sharing, reflection and celebration on 9th February, at St. Joseph's Convent Matigara. The day started with joyful procession, holding the jubilee banner and singing the joyful hymn of entering the city of Jerusalem. The organisers of the day sisters Martina and Saly gave fitting introduction for each sister and as a token of appreciation and welcome, honoured them with traditional khada. The day was followed by talks and sharing. To make this event more meaningful and memorable, unique and unforgettable, they had solemn Eucharistic celebration, where the celebrant emphasised on surrendering oneself to God. Being part of the digital world, they captured them and went to their communities, renewed and re-energized to revitalise the gospel values.



It was a joyful evening for the sisters of all seven communities of terai to welcome our shepherd Rt. Rev. Bishop Paul Simik in our midst on 5th April at St. Joseph's Convent, Matigara. Joy and excitement could be seen in the face of each sister. In the evening as the dry leaves muffled from one place to the other, we could feel that nature too was extremely glad to welcome its shepherd. Bishop was warmly welcomed with arti and tikka. The evening was lifted up with the joyful songs and the atmosphere was filled with fragrance of fresh flowers from the garden.

As we welcomed our Bishop, we too offered prayers for him and each community leader gave a brief introduction about the community members and the apostolates of the community. Bishop too appreciated our presence in the diocese and our efforts for the betterment of the people. The short felicitation program ended with a solemn blessing.

Sr. Prisca Rajni Kerkett



ST. JOHN'S MEDICAL COLLEGE ALUMNI ASSOCIATION
is pleased to announce
that the

"Sr. Dr. Mary Glowrey Award 2025"
is awarded to

SR. DR. REGINA KOTTACKAL FC

UG batch of 1979 & PG-General Surgery 1991-1994
Karuna sadan Convent, Buraipukur, Dakshin Dinajpur district West Bengal



The Award will be presented on April 25th, 2025 during the Graduation Ceremony

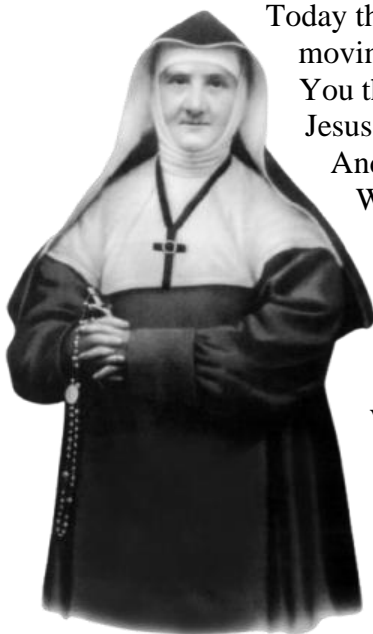
Congratulations! dear sister Regina. We are proud of you. We thank you for your dedication and tireless efforts in bringing God's healing touch upon thousands of people. May God bless you always.

Wake Up Call from Mother Marie Therese...

Wake up, wake up, my Daughters
The world is Changing, the world is Advancing
The world is moving very fast.

Wake up, wake up, my Daughters
Open your inner eyes, open your hearts.
In the midst of pain and miseries,
In the midst of suffering and struggle,
In the midst of war and violence
God awakens you
To go beyond your comforts,
Beyond your limitations.

Launch into the deep and deeper core
of your being,
What more and more can you do;
For the Lord and His People?
Wake up, wake up, my daughters.
The world has changed but not God,
He remains the same, faithful and ever merciful.



My Beloved Daughters,
Today the world is continuously changing and
moving,
You therefore, don't be afraid but cling onto
Jesus,
And face the reality of the world
Wake up, wake up, my Daughters.

When you do, small and menial tasks,
Do with great love and enthusiasm,
If you do with love, My Daughters,
The grace will start to overflow in life.
Wake up, wake up, my Daughters
Grow in love, grow in grace, grow in
service
And fulfill my dreams today, in the 21st
century.

*Sr. Francisca Lepcha
(Junior)*

Prerna Niwas Convent, Deonia

As the entire Church is celebrating the Jubilee year with the theme 'PILGRIMS OF HOPE' we also together with our Associates planned out the ways to celebrate this jubilee year. We decided to conduct monthly recollection for our Associates. On 18th February six members of our Associates accompanied by sisters went for a pilgrimage to Korobari. When we arrived the place we had a grand welcome by Sr. Shanti Picardo and all the Associates who had gathered from Maheshpur and Korobari. Programm began on time. Sisters Lucia, Nirmala and Sanjukta gave sessions on different topics. Associates were very much impressed by the input sessions as they came to know little more about our Congregation, as well as about the family life. There was group discussion to plan out about the celebration of the jubilee year effectively. All enjoyed and benefited from this get together of three unites of Associates of the Daughters of the Cross.

Sr. Maria Goretti Kullu

Glimpses from Sundarbans

We celebrated the silver jubilee of Sr. Anita Tirkey and Sr. Sheena Poulouse on 18th January. Rev. Bishop Shyamal Bose, and Rev. Bishop Emeritus Salvatore Lobo offered the solemn Eucharist along with our parish priest Shisir Khan. After Mass there was a short

felicitation program by the hostel girls, school staff, sisters and family members. Presence of Sr. Catherine our Provincial, her council and our sisters from Kolkata, family members from both sisters doubled our joy. The program concluded with a sumptuous lunch.



On 20th and 21st January, Primary (Bengali) and High school held their sports day. The sports day really gave high school students a boost, encouraging them to compete at the district-level athletics carnival. Several girls received gold and silver medals from the district level. Sr. Sheena and Sr. Sanju handed over the certificates and medals and thanked everyone for their hard work and dedication to the school.

St. Teresa's English Medium school held its annual day celebration on 7th February with Fr. Robert as the chief guest. The theme for the day was 'Family is the Heart

of Home” and the program featured a range of entertaining events. Parents were extremely happy to see their children’s smiling faces on the stage.

On the 16th February, ten girls from our Parish with Sr. Rita Kujur and Sr. Helen Francis had gone to Barupur for the holy childhood celebration.

On the 9th March six of us made a prayerful trip to Bandel Church. Being the first Lenten Sunday, it drew a huge crowd of faithful from all corners of West Bengal.

On 31st March Little Flower Convent organized a youth program for the boys and girls of Basanti, Gosaba and Ranigargh parishes. Resource persons of the day were Fr. Peppin Ganna, youth assistant director Philip Minj and Nethan. About 50 youth attended the program. It was a fruitful day indeed!

Sr. Helen Francis

The Joy of Love...

On 15th March, a symposium was held at Morning Star Seminary Barrackpore, bringing together scholars, clergy, and lay people to explore and discuss on "Amoris Laetitia" - **The joy of love:** the post synodal apostolic exhortation. In his teachings Pope Francis emphasizes, the importance of "Marriage and Family" as an integral part of Society and the Church. He invites the universal Church to cultivate an attitude of compassion and gratitude to uphold the sanctity of marriage and family as the union of hearts and minds. Amoris Laetitia understands love primarily as God's Love that allows us to love others with joy, dignity and respect. The triune God is a communion of love reflected in marriage and family. The sacramental marital union is a voluntary self-giving love. This is a vocation to live the "Agape" of Jesus as expressed and experienced in the "Breaking of the Bread". Through his teachings Pope Francis is advocating an empathetic church that activity engages with people rather than merely enforcing moral standards. He calls for a church extending God's mercy and fostering their growth through pastoral accompaniment in marriage. Study reveals that a family that has love as it's heart can overcome any calamity. Forgiveness is vital for our emotional and spiritual wellness. Pope Francis recommends forgiveness in marriage and family as the life long journey of mutual discovery and intimacy. He invites all the families to imbibe the spirit of the Holy Family to encounter God's Mercy and grow in Holiness.

Sr. Daisy Joseph

Helena Hostel, Diphu



The farewell program of the students of class XII was conducted on 9th February by the class XI students and those pursuing their graduation. The programme began with a beautiful prayer service for the outgoing students. The care and concern of the sisters towards students was appreciated. The students also expressed that the hostel was not only a place of academic learning, but it was also a place of growing in wholeness. Pretty, one of the outgoing students, was honoured as the best Helenite from her batch. She was appreciated for her punctuality for all the activities in the hostel. The program ended with a delicious meal.

Sr. Manju Dung Dung

Gone for Heavenly Reward

9 th January	-	Sr. Francis Anne's aunt
13 th January	-	Sr. Pratima Dungdung's mother
16 th January	-	Sr. Jyoti Ekka's uncle
16 th January	-	Sr. Shanti Sardar's brother-in-law
19 th January	-	Sr. Francis Anne's sister-in-law
9 th February	-	Sr. Molly's cousin brother
12 th February	-	Sr. Cella SMI (Sr. Teresita's cousin)
18 th February	-	Mr. Wilfred (brother of Sr. Winefred and Sr. Mary Therese)
5 th March	-	Sr. Namita Kerketta's cousin
19 th March	-	Sr. Eliza Rai's aunt
22 nd March	-	Sr. Mansi Naskar's uncle
31 st March	-	Sr. Dominica Kindo's brother