



# PROVINCIAL CIRCULAR - INK

## *Province of Sacred Heart of Jesus*

XXVI/10

March 2019

*My dearest Sisters,*

*Affectionate greetings from the Provincial House Bangalore!*

During the year we have been reflecting on the theme of holiness from the Apostolic Exhortation of Pope Francis “Gaudete et Esultate”. Now it is appropriate time for us to reflect on holiness from the liturgical season which provides us with ample opportunities for growth in sanctity.

### -----LITURGICAL CELEBRATIONS-----

#### ASH WEDNESDAY

With the ritual of the Ash Wednesday on the 6<sup>th</sup> of this month we have entered into an important time of the liturgical year. Ash Wednesday is the gateway to Lent. Ashes are a symbol of penance made sacramental by the blessing of the Church, and they help us develop a spirit of humility and sacrifice.

Lent is a season that reminds us to repent and get our lives centered, our priorities straight, and our hearts clean. This holy season offers us a new chance to say, "yes" to the Lover of our Souls who created us, who made us in his own image. Lent is the time for a restoration project that will reveal the beauty of God's design for us, showing once again the scale, proportion, and priorities intended by our Maker. Further, Lent is a season of hope and with ashes on our foreheads and hope in our hearts, we go forth to love and serve. For by God's grace in Christ, we do not have to stay the way we are.

Lent is a time to ask ourselves what we can do to deepen our prayer life, our relationship with others, and what we do for the poor and the helpless in our midst.

Here are Ten simple Lenten practices so that indeed this Lent will be the best Lent in our lives. “If today you hear the voice of the Lord, harden not your hearts...”

#### **1. PRAYER**

Instead of being Martha this Lent, why not try to imitate Mary of Bethany? What did Mary do, as Martha nervously and frenetically rushed to and fro? Mary simply sat at the feet of Jesus, looked

at Jesus intently, listened attentively to His words, carried on a friendly and loving conversation, and simply loved Jesus. In Lent why not make the proposal- in imitation of Mary of Bethany—to pray a little bit more and better! Prayer delights the Heart of Jesus!

## **2. RECONCILIATION AND PEACE**

If it is such that there is some person in your life that you have bitterness towards, resentment, maybe even hatred, then Lent is a most propitious time to reconcile. Build a bridge and knock down the barrier. Lent is time to throw out the old and rotting yeast and to be renewed in our social relationships!

## **3. PENANCE**

Jesus said explicitly: “Unless you do penance you will perish.” Give up something you like for love of God and for the salvation of souls. By saying “No” to self, we say “yes” to the coming of God in our hearts! Beg the Holy Spirit for light to give up what is most pleasing to God!

## **4. THE WORD OF GOD**

In the holy season of Lent the Church warmly exhorts us to have a real hunger for the Word of God. Jesus in response to the first temptation of the devil responded: “Man does not live on bread alone, but on every word that comes forth from the mouth of God.” May this Lenten season be motivated by a daily meditation of the Word of God! Use a prayer method suggested by Pope Benedict XVI called *Lectio Divina*: read, meditate, contemplate, pray, and action—put into practice the good insights you have received. This will result in a transformation of life; as St. Paul asserted: “It is no longer I who live but Christ who lives in me.”

## **5. ALMSGIVING**

Lent is a time to give, especially to the poor, sick, marginalized and the rejected of society. Remember Pope Francis’ many gestures of loving the poor, kissing the repulsive and rejected of the world. “Whatever you do to the least of my brothers, that you do to me.”

## **6. THE THREE T’S**

Following up on almsgiving why not examine our life in these three areas and see where and how we can give, as Blessed Mother Teresa said: “Give until it hurts!” **Time!** Give of your time to others. **Talents!** We all have talents. Lent is time to conquer our laziness and work diligently to cultivate our God-given talents. “Better to wear out than rust out!” **Treasures!** If you decide to give you will find food, clothing, money and material possessions to give. You are giving to Jesus in the poor!

## **7. JOY**

Be joyful! Try to implement this acronym: J. O. Y. J—stands for Jesus! O—stands for others; Y—stands for you! If we put Jesus first, then others second and finally ourselves as last then we will experience the joy of the Holy Spirit and it will overflow on the others we meet!

## **8. DAILY MASS AND COMMUNION**

By far the best way we could possibly live out the Holy Season of Lent is by drawing close to Jesus as possible. In Holy Mass and Holy Communion, not only do we draw close to Jesus, but we actually receive Him into the very depths of our being, our inner sanctuary which is our soul. However, go to Mass and Holy Communion with intentions, especially to repair for sin and prevent sin. Why did Jesus suffer so much in His bitter Passion?

## **9. CONQUER YOUR OWN DEVIL**

All of us have our own weak point where we easily fall. But also we all have our own devil that attacks us—often going for our weak point. Check out where the devil attacks most. You might just go through the Capital sins and see where the devil has an opening. In Lent we are soldiers

enlisted in the arm of Christ the King. Time to fight against our personal devil with the strength of Jesus the King. We are weak, but God is strong. Nothing is impossible for God!

#### **10. MARY AND LENT**

Try to live a strongly Marian Lent. Pray the Sorrowful Mysteries of the Rosary. Make the Way of the Cross, walking with Our Lady of Sorrows. Strive in Lent to live these holy days through the eyes of Mary and with the Sorrowful and Immaculate Heart of Mary.

In conclusion, my dear sisters, if we can choose to live out these proposals with generosity of spirit, this will be the most holy of all our Lents. We will be able to live out the fullness of the Paschal Mystery—to suffer and die with Jesus so that we will rise with Him in the glory of the Resurrection!

#### **MONTH OF ST. JOSEPH**

John Paul II in his apostolic exhortation “The Guardian of the Redeemer” calls Joseph the just man. What does that mean? It means that he was a holy man. A righteous man. A man of honesty, integrity, and virtue. St. Joseph is the greatest and holiest saint after the Blessed Mother herself. In fact, some of the Doctors of the Church said that there was no grace ever given to any of the Saints (except Mary) that was not given to St. Joseph as well. St. Thomas Aquinas says that God gives grace proportionate to our office and to our state in life. Think how much grace St. Joseph received to be the foster father of the Son of God and the virginal spouse of the Immaculate Conception. So St. Joseph is that just man. He is the greatest of Saints because he was the closest one to Jesus and to the Blessed Mother. He emptied himself of self, and became filled with the love and life of God. He gave himself fully to God through accepting his unique and specific vocation as a guardian of the Redeemer. May St. Joseph be our model in our spiritual journey.

#### **ANNUNCIATION OF THE LORD**

When we reflect on the Annunciation to Mary, and her acceptance of the angel's message, we also reflect on our own vocation -- our own calling from God. In the Lord's Prayer, we pray, "Thy kingdom come, thy will be done, on earth as it is in heaven" -- an echo of Mary's "Be it done unto me according to your word." Each time we commit ourselves to embracing God's call and accepting His will, we mark a new point on the path of our relationship with Him. For the rest of her life, Mary pondered her extraordinary encounter with God, turning the weight of the angel's message over and over again in her heart. From the manger to the cross, Mary's life was radically changed -- her relationship with God profoundly deepened -- the moment she said "Yes." Mary received and welcomed God's Word in the fullest sense -- becoming impregnated with it, and bearing it to the world. It is Mary above all others who can teach us what it means to live by faith, and how to respond when God's providence disrupts the daily course of our lives, overturning its rhythms and expectations. Despite her fears and uncertainty over how this promise could be fulfilled, she still answered "Yes." Are we able to respond to God this way and obey Him unconditionally?

#### **----- RECALLING EVENTS -----**





## **COURSE**

Sr. Alice Chacko & Sr. Sumi Joseph will be attending 3 days course on fund raising and Indigenous resource Mobilization in Patna – Seva Kendra from 12 – 15 March 2019.

## **SINCERE THANKS & APPRECIATION**

- ✚ A million thanks to all the sisters of the province for the wonderful celebration of the provincial community day on 13<sup>th</sup> February 2019. It was an experience of family get together. The spiritual preparation based on the Apostolic Exhortation *Gaudete et Esultate* and the creative and meaningful presentation was really enriching. The meaningful liturgy, useful gifts, lively recreation, sharing of delicious snacks from all the communities and the joy and enthusiasm were the highlight of the celebration. Sr. Elizabeth Pothan was the brain behind this mega celebration. I appreciate her wholehearted animation and hard work.
- ✚ I would like to express my heartfelt thanks and appreciation to Sr. Monica Thomas and community for the loving hospitality shown to the 2<sup>nd</sup> Batch of Annual retreatants, and Team members from 12<sup>th</sup> – 14<sup>th</sup> February, the days of the annual evaluation and planning as well as the Provincial Community day and Jubilee celebrations.
- ✚ A Special word of THANKS to all from all the Jubilarians Srs. Lorenza D'Silva, Vazhappilly Marie, Manjil Mary, and Gomez Constance & Karimpil Mary for the prayers, gifts and the wonderful day of jubilee celebration.
- ✚ Our sincere thanks to Fr. James Kalapurayil SDB who preached the retreat for our sisters from 05- 12 th February 2019. It was a wonderful opportunity to grow in holiness by learning to be united with Jesus constantly.

## **FEAST OF GRATITUDE – 2019**

I come to you with joy to communicate the theme of the Feast of Gratitude that will make us feel in communion even more intensely with the whole Institute that is alive and working on the five Continents. It is always beautiful to remember that this feast is a typically Salesian tradition whose origins go back to 1849 when in the Oratory of Valdocco at Turin, the boys decided to celebrate Don Bosco's name day with more solemnity. Two of them, although poor, put their money together and bought two silver hearts to give to their father and friend. It was an emotional day for everyone, but especially for Don Bosco who was surprised by the creativity and affection expressed by his little scamps (cf. BM III 534-535). Thus it became a beautiful custom, expected and prepared each year with joy and care.

The experience then passed to Mornese where mother Mazzarello, humble and reluctant to receive any attention to her person, learned from Don Bosco himself the educational significance of this celebration.

Today, the Feast of Gratitude for us and for the educating communities is a desired date in which we together express our thank you to the Lord for each sister, for the young people, for all those

who share with us the educational mission.

Above all, we want to express our affection and gratitude to our Mother, bond of communion and center of unity (C 116), for her untiring self-giving, for being the sign of the Father's love, a guide who directs the journey of the Institute with wisdom and courage.

**This year, the feast will be celebrated on April 26, 2019  
in Bellflower, California**

**in Mary Immaculate Province in the United States.**

The theme proposed by our sisters is taken from the words that are at the base of the Statue of Liberty, symbol of the people of the United States:

***"Give me your tired, your poor,  
Your huddled masses yearning to breathe free"*** (Emma Lazarus)

Kindly find in the file attached the circular letter of Sr. Chiara Cazzuola, the Vicar General. Let us study, assimilate and live the theme and pray much for our Mother.

### **CONVOCATION OF THE GENERAL CHAPTER**

I am happy to communicate to you that our beloved Mother General has officially convoked the General Chapter XXIV, according to article 138 of the Constitutions. It will begin in Rome in the Generalate on September 18, 2020. The General Chapter "is a key moment for evaluation, reflection, and guidance in a common search for God's will". All the FMA and educating communities collaborate in this event "through their prayer, study, and proposals" (135)., Mother has designated *Sr. Chiara Cazzuola* as the **Moderator** who takes on the responsibility of accompanying the preparation and development of General Chapter XXIV. I ask you to begin now to invoke the Holy Spirit both at the personal and community levels for the good outcome of the next General Chapter.

**The Chapter Theme is: "Do whatever he tells you" (Jn 2: 5).**

**Communities that generate life in the heart of Contemporaneity.**

**Circular** No.985 and the prayer for the General Chapter will be sent to you a little later.

### **FORTH COMING PARLIAMENT ELECTION**

As we are nearing the Parliamentary Election, let us intensify our prayers for our country, that every citizen may be enlightened by the Spirit of God, and vote for the right candidate. Let us continue to entrust India into the hands of Our Blessed Mother.

### **SALESIAN PROVINCIAL CHAPTER**

Our loving and prayerful greetings to Fr. Mathew Thonikuzhiyil S.D.B. and the province of the Sacred Heart of Jesus for the XVth Provincial Chapter which will be held from 28<sup>th</sup> April to 2<sup>nd</sup> May 2019 with the theme : what kind of Salesians for the youth of today?

## REQUEST FOR PRAYERS

- ✚ For the exam going students, including the student sisters. We assure them our prayers and sacrifices.
- ✚ For our dear Sr. Helen Thonippara who needs our prayerful support.
- ✚ For the brother Sr. Josephine Savarimuthu who is seriously ill and under treatment.
- ✚ For the sister in law (Mrs. Molly Thomas) of Sr. Bridget Thonippara who is undergoing treatment.

## HEARTFELT CONDOLENCES & ASSURANCE OF PRAYERS

- To Fr. P. Gomes Nirmol Vincent and confreres of the Province of Kolkata at the demise of Bro. Mathew Thaiparambil SDB on 1<sup>st</sup> February 2019.
- To Sr. Nirmala Lazar and the sisters of the FMA Chennai Province at the demise of Sr. Clara Jeganathan (69) on 3<sup>rd</sup> February 2019.
- To Sr. Rita Dora Thomas and the sisters of the FMA Province of Mumbai at the passing away of Rev. Sr. Teresina Barreto on 5<sup>th</sup> February 2019.
- To Fr. K. M. Jose and the confreres of Chennai Province at the demise of Fr. Enchil Kuriakose SDB (77) on 20 February and Bro. Meril Rodrigo SDB(72) on 3<sup>rd</sup> March 2019.
- To Sr. Elizabeth Kuruvila at the demise of her brother in law Mr. Michael (58) on 26 February 2019.
- To Sr. Shantha Bandanadam at the loss of her maternal uncle Mr. Anthony on 18<sup>th</sup> February 2019.
- To Sr. Rose Ezarath and the Sisters FMA Province of Kolkata at the passing away of Sr. Catherine Das FMA (72) on 8 March 2019 at Cure Point Nursing Home, Barasat.

## CONCLUSION

In this year's Lenten message the Pope invites believers to prepare to celebrate the paschal mystery with mind and heart renewed, warning that "Sin leads man to consider himself the god of creation, to see himself as its absolute master and to use it, not for the purpose willed by the Creator but for his own interests".

The theme chosen this year is *"For the creation waits with eager longing for the revealing of the children of God"* (Rom 8:19)

"Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them".

I wish you all a fervent Lenten season!

*Yours affectionately,*

*Sr. Celine Jacob*

*Sr. Celine Jacob*  
*Provincial*



