



Istituto Figlie di Maria Ausiliatrice

Salesiane di Don Bosco

**Sacred Heart of Jesus Province - INK
Bangalore - India**



PROVINCIAL CIRCULAR
SACRED HEART CONVENT, BANGALORE 49

XXVII/10

March 2020

My dearest Sisters, Affectionate and Prayerful Greetings from the Provincial House Bangalore!

We have just entered into the grace filled season of lent, which is a new beginning, a path leading to the certain goal of Easter, Christ's victory over death. This season urgently calls us to conversion. Christians are asked to return to God "with all their hearts" (Joel 2:12), to refuse to settle for mediocrity and to grow in friendship with the Lord. Jesus is the faithful friend who never abandons us. Even when we sin, he patiently awaits our return; by that patient expectation, he shows us his readiness to forgive. Lent is a favourable season for deepening our spiritual life through the means of sanctification offered us by the Church: fasting, prayer and almsgiving. Fasting enables one to set right relationship with one self, prayer help one to have a deeper relationship with God and almsgiving is a means to establish relationship with others. Dear Sisters, Lent is an opportune time for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbour. The Lord, who overcame the deceptions of the Tempter during the forty days in the desert, shows us the path we must take. May the Holy Spirit lead us on a true journey of conversion, so that we can rediscover the gift of God's word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need. Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor. Then we will be able to experience and share to the full the joy of Easter.

10 New Valuable Ways You Can Fast During Lent:

- 1. Fast from Noise**
- 2. Fast from Gossip**
- 3. Fast from Comfort**
- 4. Fast from Excuses**
- 5. Fast from Complaint**
- 6. Fast from Busyness**
- 7. Fast from Expectations**
- 8. Fast from Putting Yourself First**
- 9. Fast from Asking God for What You Want**
- 10. Fast from Being Ungrateful.**



----- CELEBRATIONS -----

INTERNATIONAL WOMEN'S DAY- MARCH – 8th

The theme for International Women's Day 2020 is, **I am Generation Equality: Realizing Women's Rights**. A strong woman is the one who can dare to raise her voice for the cause she believes in, and this strength lives in a corner in every woman's heart, it just needs to be searched.

Pope Francis marked on International Women's Day 2019, stressing the "irreplaceable contribution of women in building a world that can be a home for all," through their efforts toward peace and love. "Women make the world beautiful, they protect it and keep it alive." "They bring the grace of renewal, the embrace of inclusion, and the courage to give of oneself," Pope Francis said about the role of women in "making humanity a family", that peace, born of women, "arises and is rekindled by the tenderness of mothers." "Thus the dream of peace becomes a reality when we look towards women." He said they "dream of love into the world". "If we take to heart the importance of the future, if we dream of a future peace, we need to give space to women," Pope insist on saying "A world where women are marginalized is a sterile world because women don't just bear life but transmit to us the ability to see otherwise, they see things differently," Francis said. "They transmit to us the ability to understand the world with different eyes, to understand things with hearts that are more creative, more patient, more tender." Let us encourage and promote leadership among the girl children, so that they will be able to take up vital responsibilities in the Family, in the Society and in the Church.

ST. JOSEPH- 19th

St. Joseph was a silent servant of God. There are no recorded words of St. Joseph in the entire Bible. There are words in the Old Testament for the great patriarch that we can apply to St. Joseph. But in the New Testament there are no recorded words for St. Joseph. He's always there, though, as a silent presence. In fact, even his death is wrapped in silence. There is no account as to how Joseph was buried. He's a man of silence. He is a strong man and a man with a deep interior life. Silence in our life helps us develop a life of prayer. Joseph was a man of prayer who listened to the word of God. He was not distracted by the many exterior things - he was always a man of interior life. We picture St. Joseph as a silent worker, as a craftsman, who suffered in silence as well. He did not complain, and he did not grow angry at God and say, "Why are you doing this, why do we have to flee to Egypt?" He was a man who accepted these things in silence. As we celebrate the feast of our patron let us ask ourselves Am I growing in interiority? Do I spend enough time with Jesus? Do I listen to Jesus when he speaks to me in different situations of my life? Do I spend sufficient time in front of the Blessed Sacrament to discern His will? Do I truly follow St. Joseph by being a man of integrity and silence?

ANNUNCIATION OF THE LORD- 25th

God gives us grace and he expects us to respond with the same willingness, obedience, and heartfelt trust as Mary did. When God commands, he also gives the help, strength, and means to respond. We can either yield to his grace or resist and go our own way. When we submit our lives to God's will, we allow God to sanctify us and we become more like Jesus. Submission to God develops within us a humble heart and can only bring us many blessings. Obedience and commitment are two key principles for spiritual



success. When we submit our lives to God we are actually telling Him that we are ready to obey His commands and we are committed to His cause. To submit to God may be a difficult task to pursue but it can be done with His grace. It is oneness with our Lord Jesus Christ, a sign of holy allegiance, great internal strength, power, and peace. When we submit our lives to God, we freely give ourselves in total surrender. We forget and set aside all our concerns that we may be able to give even more. Even in difficult times, we must continue to give ourselves with equal and constant generosity. When we give more and more of ourselves, we stand to lose our very own identity. But as we give up more of ourselves, God gives more of Himself to us. He fills us with a resilient strength far beyond our comprehension. When we submit our wills to Jesus, we become more like Him and we begin to imitate Him. We start to speak His Words and walk along the paths of His will. Our will and His will become one and we are perfectly united. We become ONE with Him and the Father. He blesses us and bring us to beyond measure! If we do say *yes* to God's requests in our lives, and try to co-operate with Him in the situations he presents us with, we have the possibility and privilege of spiritually bringing Christ into the world for others to see.

FEAST OF WORLD GRATITUDE DAY - 2020

I come to you with joy to communicate the theme of the Feast of Gratitude that will make us feel in communion even more deeply with the whole Institute that is alive and working on the five Continents.

This year, the theme proposed is: “Your life is a tree that bears fruit”. Thank you Mother!

This year, the feast will take place in Rome, in the Roman Province of St. John Bosco on 26 April 2020.

The logo represents a luxuriant tree reaching out towards the city, symbolically represented by the bridge over the River Tevere and by St. Peter's dome, which draws life from the river and gives it to the young in a circularity that opens to the newness indicated by the Spirit.

The Institute is always nourished at the living source of Jesus and of the Church and in it has given witness of a consecrated life spent in total dedication to the young people, in the “*da mihi animas cetera tolle*” and in the response to the mandate “*A te le affido*”.

Let us all feel involved, FMA, laity, young people in giving thanks to the Lord at the completion of these six (or more precisely twelve) years of service of animation and government of our Mother, “bond of communion and center of unity of the Institute” (C art. 116). There are many reasons for the gratitude we wish to express: for her fidelity, for her incessant giving of herself with love and wisdom for the charismatic mission that she communicates with so much enthusiasm, for the courage with which she has faced numerous trips and the inevitable hardships to reach the educating communities in every part of the world without ever sparing herself but rather with an ever joyful face.

In this grand world thanks to the Lord, there shines like a star in the galaxy, the gratitude which each community also expresses and celebrates in mutual gratitude between the FMA, laity, and young people for the gift of sharing and co-responsibility in carrying out, not without daily difficulties, the educational mission. The Sisters of St. John Bosco Roman Province suggest a community meditation on Psalm 1, using the attached reflection, if you deem it useful, and in the time preceding the Feast, to pray the *Our Father*, the



prayer of the children, of those who are in harmony with the Creator and all of Creation.

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

COMMUNICATIONS

LAUNCHING THE NEW INSTITUTE'S WEBSITE

I am sure by now all of you are aware of the new Website of the Institute and began profiting from its new feature. We appreciate the tireless efforts made by Sr. Maria Helena Moreira, General Councillor for Social Communications, Sr. Gabriela Imperatore and team, which has given rise to the launching of the New Website for the Institute - www.cgfmanet.org, on the Feast of St. John Bosco, 2020. The intent of the IFMA website as a new informative space is to broaden our gaze on a world in constant change, interacting with the various audiences, so that all maybe Interlocutors capable of giving sense and meaning to experience and co-creators of Good News. Let us make maximum use of this social communication medium to enrich ourselves with the formative materials available in the website and also Contribute towards it by supplying news and views.

LOGO FOR THE 150th ANNIVERSARY OF THE FOUNDATION OF THE FMA INSTITUTE



The Logo of the 150th Anniversary of the Foundation of our Institute (1872-2022) is made known which is created by Maria Fernanda Bastidas Zapata, a young girl belonging to the Province of Mary Help of Christians of Medellin (CMA) Colombia. The Logo accompanies the three year preparation for the 150th of the Foundation of the our Institute (1872-2022), which was officially opened by the Mother General Sr. Yvonne Reungoat, on 5 August 2019, in the room of Mother Mazzarello at Mornese.

Maria walks in this house the slogan proposed for the Celebrations of the 150th Anniversary of the Foundation of our Institute is visible in the Logo, in which the name MARIA remains unchanged, while the rest of the phrase is translated in the four languages. The phrase takes up the words said by Don Bosco in 1885, in the house of Nizza Monferrato: "The Madonna walks in this house and covers it with her mantle" (cf. Cronistoria V, 51-52)

ONLINE COURSE

Sr. Monica Thomas, Sr. Shiny Karackatt, Sr. Jisha Abraham, Sr. Dayana Rodrigues, Sr. Kamalabhai, Sr. Mary Rani Hrudaya Raj and Sr. Praveena Madhavan registered to participate in the **Online Coordinators 3.0 Course** on three Thematic Modules from 3- 22 March 2020 with the objective of



acquiring communication skills, with a focus on information, to educate oneself to “good” quality communication aimed at the good which requires Studying Salesian Charismatic Communication; Being in the digital spaces with evangelizing intentionality. The Course is coordinated by Sr. Elisa Molinari, Collaborator of the FMA Communications Sector. We wish them an enriching experience.

CATECHETICAL ASSOCIATION MEET

Sr. Josmy Jose participated in the Indian Catechetical Association meet from 12 –14 February at Nitika Don Bosco, Kolkata. The Theme of the meeting was “Education to Love: A Catechetical Perspective”

MEETING OF THE HISTORY WRITING COMMITTEE

Sr. Cecily Thomas and Sr. Maria Soosai Sahaya Sangitha Rani will participate in the meeting of the committee for History writing towards the centenary of FMA presence in India which will be held from 16- 18 March 2020 at Kodambakkam, Chennai. We wish them God’s blessings and a fruitful experience of working together.

TRAINING BY MIRACLE FOUNDATION

There will be a three day programme of “Training for Child Care Institutions” conducted by the Salesian Sisters India in partnership with Miracle Foundations for the Sisters in charge of YaR centres/ Boarding from 11-13 March 2020 at Provincial house Bangalore. 8 sisters from various communities of the Province will participate in the training programme. Hearty Welcome to the trainers and experiential learning for the participants.

BLESSING OF ANGAMALY CONVENT

It was a great dream fulfilled for the province of Bangalore and the community of Angamaly on 29th February as the convent was blessed and consecrated by His grace Rt. Rev. Dr. Antony Kariyil DD, the Archbishop of Ernakulum Angamaly. During the homily he emphasized that the tabernacle should be the centre of a consecrated community. Grateful prayers were incessantly uttered by the entire assembly for the loving interventions of God, inspite of the obstacles and struggles which were experienced. I wish and pray that this institution may continue to work with great enthusiasm in offering integral education to thousands of young people and children for the glory of God and for the good of every one.

CONGRATULATIONS

To Sr. Alice Chacko, for the hard work she put in for compiling and printing the reports of the PCI meetings from its inception until now (1989 – 2019). I appreciate her great sense of belonging to the Institute and her sincere commitment.

BEST WISHES & PRAYERS

To all the sisters and students who are doing their public examinations. May the Holy Spirit enlighten and help them to do their exams well and come out in flying colours for God’s glory and for the good of the society.

SINCERE THANKS & APPRECIATION



- My Sincere Thanks to Sr. Margrat Mathai for coordinating the Annual Evaluation and Planning from February 15 & 16 2020. Thanks to all the Animators and Team members for their collaboration in preparing the Annual, Sector-wise Plan. Our sincere thanks to Fr. Jose Xavier who was guiding and directing us to evaluate and plan in the best way focusing on the mission and the growth of the Province.
- I would like to express my heartfelt thanks and appreciation to Sr. Monica Thomas and community for the loving hospitality shown to the Animators, others who made their Annual Retreat and Team members.
- A million thanks to all the sisters of the province for the wonderful celebration of the provincial community day on 17th February 2020. The celebration went on the whole day and every one played an active part. It was enriching and interesting. The spiritual preparation based on the Objective of the General Chapter XXIV and the study of “Acts of the Apostles” the creative exhibition of Chart by the 33 communities were really marvellous. The meaningful liturgy, useful gifts, generous availability of everyone, the joy and enthusiasm were the highlight of the celebration. The brain power of Sr. Elizabeth Pothen the vice provincial was behind this amazing celebration. I appreciate her wholehearted animation and hard work. A special word of thanks and my sisterly appreciation to every sister of the campus communities for their personal involvement in preparing the programme and realizing it, for all the arrangement made for its success and for the joint celebration of the Provincial Community day with marvellous cultural evening and delicious dinner. Once again sincere *Thanks* to everyone.
- I thank particularly members of the provincial house headed by Sr. Monica Thomas and the campus communities, for the meticulous planning, preparation, arrangements and coordination for the celebration of Silver, Golden and Diamond Jubilee of our sisters in a solemn and colourful manner. All those who participated in it expressed their appreciation.
- Our sincere thanks to Fr. Jose Parappully SDB who preached the retreat for our sisters from 08-15th February 2020. It was a wonderful opportunity to spent long hours with Jesus and to have desert and paradise experience all through the retreat days.
- A Special word of **THANKS** to all the communities from all the Jubilarians Srs. Annie Kottaram, Cecily Thomas, Anna T, Alice Chacko, Crocetta Thomas, Elsa Devasia, Saly Abraham and Valsa Mathew for the prayers, gifts and the wonderful day of jubilee celebration.

PRAYERS REQUESTED

- ❖ For father of Sr. Mary Jayanthi Boyopati
- ❖ For Fr. Joy Pulikan SDB as he is in the ICU after a massive stroke
- ❖ For bishop emeritus Mathew Anikuzhikattil, the brother of Sr. Annie Kottaram who is seriously ill and is undergoing the dialysis
- ❖ Let us ask for God’s mercy for those affected by the corona virus, for their protection and strength, for the doctors who are faithfully working to bring healing and hope and for wisdom for



the leaders in the nations that are dealing with this tragedy.

CONDOLENCES & ASSURANCE OF PRAYERS

We express our heartfelt condolences and prayers

+ To Sr. Alphonsa Kurisinkal and the sisters of the FMA ING Province at the unexpected and sudden demise of Srs. Teresa Puthenpurakel and Teresa Mukalayil on the 07th and 09th February 2020.

+ To Fr. Januarius S. Sangma and the fathers of the SDB ING Province at the loss of Br. Aloysius Induar SDB on 08th February 2020.

+ To Sr. Margaret Amalanathan and the sisters of FMA INT province at the sudden and sad death of Sr. Arokia Jebamani on 14th February 2020.

+ To dear Srs. Mary and Molly Joseph at the lost of their beloved aunt Sr. Teresa Puthenpurackel on 7th February 2020.

+ To dear Sr. Celine Antony at the death of her beloved mother Mrs. Kochu Mariam on 23rd February 2020.

+ To Fr. Paul Olphindro and all the confreres of SDB INS Province at the loss of Bro. Dominic Indwar SDB on 28 February 2020.

May they Souls Rest in Peace!

“ LENT IS THE AUTUMN OF THE SPIRITUAL LIFE, DURING WHICH WE GATHER FRUIT TO KEEP US GOING FOR THE REST OF THE YEAR”. - St. Francis De Sales

I wish you all a fervent season of Lent!

Yours affectionately

Sr. Celine Jacob

*Sr. Celine Jacob
Provincial*

