



Istituto Figlie di Maria Ausiliatrice

Salesiane di Don Bosco

Sacred Heart of Jesus Province - INK  
Bangalore - India



**PROVINCIAL CIRCULAR**  
SACRED HEART CONVENT, BANGALORE 49

XXVIII/12

May 2020

### **My dearest Sisters, Loving & Prayerful Greetings from the Provincial House Bangalore!**

I am so happy and grateful to God for the amazing graces and blessings that the Lord has showered on us as the entire province was able to make the ONLINE retreat from 22-27<sup>th</sup> April. I was delighted to hear from every community your wonderful experiences of this unique and unusual practice. It was a time of recalling the infinite love of God. It was a rare opportunity for each sister in the Province to reflect on the same theme, and to pray over the same scripture verses. It was also a wonderful time to pray and to intercede intensely for the suffering humanity that is affected and infected by the deadly Pandemic. I express my sincere thanks and congratulate dear Superiors and each sister for creating a favorable ambiance for the retreat in your community. I am sure that you are still in the grace of the retreat and continuing to spend more time in the presence of the Blessed Sacrament and interceding for the suffering brothers and sisters.

### **COVID 19 PANDEMIC**

On March 11, 2020 the World Health Organisation (WHO) declared that corona virus, or COVID 19, was now a —pandemic, a term used only when a disease has become truly disastrous. The current COVID 19 pandemic is in many ways unprecedented in recent history. This virus acted as a warning. In a matter of weeks, the great illusion of a material world that thought itself all-powerful seems to have collapsed. By now a virus, a microscopic virus has brought this world to its knees, a world that looks at itself, that pleases itself, drunk with self-satisfaction because it thought it was invulnerable. The current crisis is a parable. It has revealed how all we do and are invited to believe was inconsistent, fragile and empty. We were told: you can consume without limits! But the economy has collapsed and the stock markets are crashing. Bankruptcies are everywhere.

Day by day all of us are rediscovering our fragility. We are discovering that the earth as a common home requires much more. It requires solidarity in accessing the goods of creation as a "common good", and solidarity in applying the fruits of research and technology to make our "home" healthier and more liveable for all. In this, we rediscover God, who has entrusted us with such a vocation of **being in solidarity with others**. We are rediscovering how much **destiny of each of us is linked to that of others**. We are rediscovering the **value of the things that matter and the worthlessness of so many things** that we once considered. The COVID 19 pandemic is exacting a heavy toll on families, isolating its victims from loved ones, while medical professionals run the race to save lives, all from a disease

medical science cannot yet grasp. This virus is a demon in so many ways. It has taken the lives of thousands of people around the world.

Amid the hopelessness of death by a virus infection, for which we are yet to find a medical cure, we hear the stories of joy too. A mother who was COVID 19 positive and on a respirator recovered and went home carries her newborn baby. Young people are selflessly giving their time, risking their lives to work as volunteers. Even if people are not out there volunteering in public places, they are taking care of each other. There is so much positive energy being generated because we have compulsorily **found value in Jesus' command to love one another.**

Pope Francis said in his March 27 address and prayer to end the pandemic in St. Peter's Square: The worldwide corona virus pandemic is not God's judgment on humanity, but God's call on people to judge what is most important to them and resolve to act accordingly from now on. In prayer, he said: "It is not the time of your judgment, but of our judgment: **a time to choose what matters and what passes away, a time to separate what is necessary from what is not. It is a time to get our lives back on track with regard to you, Lord, and to others.**"

"**The time has come for the Church to take up the joyful call to mercy once more.** It is time to return to the basics and to bear the weaknesses and struggles of our brothers and sisters. Mercy is the force that reawakens us to new life and instil in us the courage to look to the future with hope". The experience of the Pope speaking and praying in the completely empty St Peter's Basilica, or even in St Peter's Square, is significantly noticeable and more intense. His words, his presence, his presentation of the Blessed Sacrament were just mesmerising. Pope Francis also sent a letter on Saturday, 25th April encouraging Catholics to pray rosary throughout the month of May. In that letter he said, —Contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. Being a universal Catholic Church leader, if Pope Francis could do such and show us how we could be responsible for ourselves and doing adequately through this COVID 19 lockdown, let each of us take every chance as an opportunity to grow in our prayer, faith and spirituality which must permeate everything of our life whatever we do.

Can this pandemic make us more empathetic? Can we reflect together as communities and come up with suggestions for the post Covid 19 period?

## -----CELEBRATIONS-----

### **ST. JOSEPH THE WORKER**

In the Gospel of St. Matthew, in one of the moments when Jesus returns to his town, to Nazareth, and speaks in the Synagogue, the amazement of his fellow townspeople at his wisdom is emphasized. They asked themselves the question: "Is not this the carpenter's son?" (13:55). Jesus comes into our history, he comes among us by being born of Mary by the power of God, but with the presence of St Joseph, the legal father who cares for him and also teaches him his trade. Jesus is born and lives in a family, in the Holy Family, learning the carpenter's craft from St Joseph in his workshop in Nazareth, sharing with him the commitment, effort, satisfaction and also the difficulties of every day. This reminds us of the dignity and importance of work. The Book of Genesis tells us that God created man and woman entrusting them with the task of filling the earth and subduing it, which does not mean exploiting it but nurturing and protecting it, caring for it through their work (cf. Gen 1:28; 2:15). Work is part of God's loving plan, we are called to cultivate and care for all the goods of creation and in this way share in the work of creation! Work is fundamental to the dignity of a person. Work, to use a metaphor, "anoints" us with dignity, fills us with dignity, makes us similar to God, who has worked and still works, who always acts (cf. Jn 5:17);

it gives one the ability to maintain oneself, one's family, to contribute to the growth of one's own nation. Today, on this Feast of Saint Joseph the Worker, let us pray to God, remembering the model of Joseph.

### **ST. DOMINIC SAVIO – 6<sup>th</sup>**

Saint Dominic Savio is a wonderful hero for young people today. This teenage saint's way to holiness was to live the spirituality that was shared with him by St. John Bosco and his Salesians, basically a life lived simply by doing the everyday duties of life in an extra ordinary way. It is a youth spirituality that can be lived by people of all ages. As a youth, Dominic spent hours rapt in prayer. His raptures he called "my distractions." Even in play, he said that at times, "It seems heaven is opening just above me. I am afraid I may say or do something that will make the other boys laugh." Dominic would say, "I can't do big things. But I want all I do, even the smallest thing, to be for the greater glory of God." With regard to setting one's life's programme so early in life, making firm decisions to become a saint and having strong positive influence on the peer group, Dominic Savio is a model not only for the youth, but for all of us. Let us confront ourselves with this teenager Saint to see how serious we are in living our commitment and how decisive we are in making right resolutions and being faithful to them.

### **ST. MARY D. MAZZARELLO – 13<sup>th</sup>**

The life of St. Mary Mazzarello was polarized in Jesus in the Blessed Sacrament and in Mary, the Immaculate Help of Christians. From her very childhood, Mary's soul was mysteriously attracted towards Jesus in the Blessed Sacrament, and the Mass became the center of her piety and life. She felt a great need of Jesus and therefore she counted every sacrifice as nothing in order to go to Mass to receive Him. Her docility to the Holy Spirit helped her to understand that the Mass exacts a total giving of oneself in association with the offering of the divine victim in a spirit of love. Gradually the whole life of St. Mary was transformed and she began to live the Mass in the daily sacrifice of her hard work, and still more in the persevering spiritual combat which she waged against herself. As we are preparing ourselves to celebrate her birthday on 9<sup>th</sup> and her feast on 13<sup>th</sup> of this month, let us ask Mother Mazzarello the grace to remain united and faithful to Jesus even in the midst of our occupations, distress, discouragement and this time of pandemic crisis.

### **FEAST OF ASCENSION – 24<sup>th</sup>**

The Ascension does not point to Jesus' absence, but tells us that he is alive in our midst in a new way. He is no longer in a specific place in the world as he was before the Ascension. He is now in the lordship of God, present in every space and time, close to each one of us. In our life we are never alone: we have this Advocate who awaits us, who defends us. We are never alone: the Crucified and Risen Lord guides us. "We have One who always defends us, who defends us from the snares of the devil, who defends us from ourselves and from our sins," "Let us not be afraid to turn to him to ask forgiveness, to ask for a blessing, to ask for mercy! He always pardons us, he is our Advocate: The Ascension of Jesus into heaven acquaints us with this deeply consoling reality on our journey: in Christ, true God and true man, our humanity was taken to God. Christ opened the path to us. He is like a roped guide climbing a mountain who, on reaching the summit, pulls us up to him and leads us to God. If we entrust our life to him, if we let ourselves be guided by him, we are certain to be in safe hands, in the hands of our Saviour, of our Advocate." Let us trust Him wholeheartedly and pray for all people in this time of crisis.

## MARIAN MONTH & MARY HELP OF CHRISTIANS

The month of May is a special time for us Catholics to pay homage to our Blessed Mother Mary. Don Bosco used to always say, "Have faith in the Blessed Sacrament and Mary Help of Christians and you will see what miracles are." Devotion to Mary Help of Christians was spread far and wide through the work of St. John Bosco and continues to be propagated in the world by the Salesian family which recognizes and invokes Mary Help of Christians as its principal patroness. From the very beginning, St. John Bosco, the great educator, placed his work as a priest and founder under the protection of Mary Help of Christians, to whom he turned for every need. His confidence in Our Lady's help and protection was greatest when things were difficult or confusing, and he would often turn to her, saying, "So, shall we begin to do something? ". Don Bosco placed the Institutes he founded under her maternal protection: the Congregation of St. Francis de Sales, called "the Salesians of Don Bosco", and the "Daughters of Mary Help of Christians. Our Lady Help of Christians is therefore inseparable from the great Salesian Family, which has given the Church a host of Saints, Blesseds, Venerables and Servants of God. In 1862, Don Bosco said to Fr. Cagliero, "Our Lady wants us to honor her with the title of Mary Help of Christians. The times are so sad that we need the Holy Virgin to help us preserve and defend the Christian faith".

Let us continue to call on Our Lady, Help of Christians, in this time of crisis, - Covid – 19 so that her Immaculate Heart will triumph and her Divine Son Jesus, will reign in the hearts of all mankind and save us from this deadly Virus. Let us entrust ourselves to her protection by praying this prayer below:

**Most holy and Immaculate Virgin, Help of the nations, we place ourselves under your motherly protection. Throughout the Church's history you have helped us in times of trial, temptation and danger. Time and time again, you have proven to be the Refuge of sinners, the Hope of the hopeless, the Consoler of the afflicted, and the Comforter of the dying. We promise to be faithful disciples of Jesus Christ, your Son, to proclaim His Good News of God's love for all people, and to work for peace and justice in our world. With faith in your intercession, we pray for the young and old, our family and friends, for the poor and abandoned, and for all the dying. Help us to attain good health and the boundless joy of being forever with our Father in heaven. Amen.**

## FEAST OF PENTECOST – 31<sup>st</sup>

Pentecost literally means 50th. It is a feast celebrated on the 50th day after the Passover feast by the Jews, and it is a feast celebrated on the 50th day after the feast of the Resurrection of Jesus by the Christians. We need to permit the Holy Spirit to direct our lives: As we celebrate this great feast Let us question ourselves and see whether we are guided and controlled by the promptings of the spirit in our daily life situations:- **a)** by constantly remembering and appreciating His Holy Presence within us, especially through the Sacraments of Baptism and Confirmation; **b)** by fortifying ourselves with the help of the Spirit against all types of temptations; **c)** by seeking the assistance of the Spirit in our thoughts, words, and deeds, and in the breaking of our evil habits; **d)** by listening to the voice of the Holy Spirit speaking to us through the Bible and through the good counsel of others; **e)** by fervently praying for the gifts, fruits and charisms of the Holy Spirit; **f)** by renewing our lives through the anointing of the Holy Spirit; and **g)** by living our lives in the Holy Spirit as lives of commitment, of sacrifice, and of joy. We are called to love as Jesus loved, not counting the cost. As Saint Paul exhorts us, "Walk by the Spirit, and do not gratify the desires of the flesh. If we live by the Spirit, let us also walk by the Spirit" (Galatians 5:16, 25).

## VISITATION OF OUR BL. LADY- 31<sup>st</sup>

*"Mary set out and traveled to the hill country in haste..."* Luke tells us that Mary undertook in haste the long and perilous journey from Nazareth to a village in the hill country of Judea. Mary didn't need any help whatsoever from Elizabeth. But Elizabeth certainly needed assistance and a companion during her

‘sensitive pregnancy’ given her age. This just only teaches us that we should not only be a kind and helpful Visitor to our own family and loved ones, but even to those people who are ‘not of much service to us’- including the poor, the sick, the oppressed, and the unloved. Doing acts of charity and love for them might not benefit you in any way, as they can’t ever return the favor to you, given that they are poor and incapable. But God wants us to be a good visitor to them, to bring to them His love, not for what it is we can gain but for His sake. “Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.” (Matthew 25:40) It is good to realize that Mary’s kindness to her old cousin Elizabeth also showed how deep her faith to God was. Even Elizabeth was incapable of helping her in return in any way, she wanted to help her because she knew that loving a person in need was loving God Himself. Her help to Elizabeth, by the way, was not limited to physical assistance; Mary brought her physical as well as emotional and spiritual consolations. As such, she did corporal and spiritual works of mercy to Elizabeth. As we remember the 27<sup>th</sup> anniversary of the formation of our Province on this day let us ask Mary our Mother to make our lives a song of praise for the great things the Lord is doing for us in our lives and in our mission.

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## COMMUNICATIONS

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### **SINCERE APPRECIATION & THANKS**

I appreciate and congratulate for the efforts made by dear Sr. Rosy Lopez, Directress of CDEW in collaboration with FIDES as well as motivating all the communities to take necessary steps to reach out to the poor and the needy in your neighbourhood in this crisis period of Covid 19.

### **CONGRATULATIONS!**

Hearty Congratulations to all the novices who will be making their first profession and the Junior sisters who are preparing for the final profession in the various Indian provinces. May Our Blessed Mother accompany them so that they may be signs and bearers of God’s love to many young people.

### **CONGRATULATIONS & ASSURANCE OF PRAYERS**

- **Entry into Novitiate**

To our six Postulants Biji Rajan, Sharmista Joy, Kharkongor Phibakordor, Lakashiang Auxilia, Maria Jasmine and Sangama Salome We congratulate them and pray that they may respond to God’s call with great generosity and love. I sincerely thank Sr. Thresia Augustine and community for accompanying them and preparing them to take a new step in their religious life.

- **First Profession**

We have five Second Year Novices who will make their First Profession on 24<sup>th</sup> May at the Provincial house Chapel. Srs. Benny Dixy, Chiyadri Baby, Komerla Thomasamma, Jacob Medona and Gittala Supriya. We thank God the Almighty for them and welcome them cordially into our religious family. We congratulate them and wish them a blissful religious life and loving fidelity to Christ. Sincere thanks to Sr. Molly Joseph and the community for preparing them for this great day.



- **Perpetual Profession**

We lift our hearts in thanksgiving to God for the gift of seven of our Junior Sisters, Sr. Injetti Vijaya Mary, Sr. Pallipam Priyanka, Sr. Sri Murva Deepthi Mary, Sr. Sathuluri Usha Rani, Sr. Anthonappa Shyla, Sr. Anthony Swamy Carmel and Sr. Gudime Vijayamma, who will be making their Perpetual Profession at the Provincial House Chapel on 24<sup>th</sup> May. While we congratulate them let us put forward our ardent prayers for a lifelong commitment to the Lord among the young people. I would like to express my sincere gratitude to Sr. Monica Thomas, Sr. Elizabeth Pothen and all the sisters of the Provincial House for accompanying them while they were doing their Intensive Juniorate in preparing themselves for their final commitment and to take this important step in their religious life.

## **TRANSFERS**

I express my gratitude to each one of you, dear Sisters, who have accepted your new apostolic assignment with much faith, availability and in a spirit of obedience. May your, willingness and sacrifice bring joy to you and life to all whom you meet in your future mission. The movement of the sisters to the new communities will depend on the situation of the lockdown. We will obey all the rules and norms of the State and Central government.

## **VOCATION**

Even though the vocation camps are impossible to conduct in this particular situation, let us contact the girls who are in touch with us and pray that they may make right decision to follow the Lord in the Don Bosco & mother Mazzarello way.

## **REQUEST FOR PRAYERS**

- ❖ For the recovery of mother of Sr. Rosily Theckanath who is hospitalized after the surgery.
- ❖ For the speedy recovery of Sr. Rita Fernandes FMA ( INB) the aunt of Sr. Dayana Rodrigues
- ❖ For all the people all over the world who are affected by COVID 19 and those who take care of them as well as for their dear ones.

## **SINCERE CONDOLENCES & ASSURANCE OF PRAYERS**

- ✚ To dear Sr. Elizabeth Pothen at the loss of her maternal Uncle Mr. M. Mathew on 8 April 2020.
- ✚ To Fr. Thathireddy Vijaya Bhaskar and the fathers of the SDB INH Province at the passing away of Fr. Yeddanapalli Anthony Selvaraj on 9 April 2020.
- ✚ To Fr. Savio Silveira SDB and the fathers of the INB Province at the demise of Br. Michael Condillac SDB 12 April 2020.
- ✚ To dear Sr. Dayana Rodrigues at the sudden demise of her cousin brother Mr. James due to heart attack on 21 April 2020.
- ✚ To Sr. Nirmala Lazar and all the sisters of INM province at the demise of dear Sr. Philomena Solomon on 28 April 2020.

✚ To Sr. Annie Kottaram and her family members at the passing away of Mar Mathew Anikkuzhikattil their brother who was the first Bishop of Idukki diocese, who passed away this morning in the hospital at Kolencheri, Kerala.

*May their Souls Rest in Peace!*

*Wishing you the choicest blessings of God and our Blessed Mother!*

*Yours affectionately,*

*Sr. Celine Jacob*

*Sr. Celine Jacob  
Provincial*

**Wishing you a very Happy Feast of St. Dominic Savio, St. Mary Domenica Mazzarello & Mary Help of Christians!**



**“LET PRAYER BE THE WEAPON THAT YOU ALWAYS KEEP AT HAND”**

**St. Mary Mazzarello**