



Istituto Figlie di Maria Ausiliatrice

Salesiane di Don Bosco

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



PROVINCIAL CIRCULAR
SACRED HEART CONVENT, BANGALORE 49

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**My dearest Sisters,
Loving & Prayerful Greetings!**

SEASON OF LENT

Ash Wednesday marks the beginning of Lent. Lent is a season especially set aside for prayer, fasting, and almsgiving, and that it culminates in the Paschal Triduum and the Easter Season.

“Jesus was led by the Spirit into the wilderness.....He fasted forty days and forty nights” (Matthew 4:1-2)

The Forty Days of Lent have a great biblical precedent, not least in the forty years the people of Israel wandered in the desert in search of the Promised Land. The example for our own practice of “Quadragesima” lies in the forty days Jesus was in the wilderness before he undertook his public ministry. A time of discipline and preparation is essential before any important event or decision in life. Prayer, Fasting and Abstinence are the three tools we use as we prepare to celebrate the great mystery of Easter, the Passion, Death and Resurrection of our Lord. No accident that the Lenten exercises really came into focus with the Baptism of Adult Converts at the Easter Vigil and the Reconciliation of Sinners during the days preceding it. These important events also lie in the foundation of the Lenten Season.

Fasting and Abstinence have nothing to do with hating or despising the world and its material goods. Neither are they ways of punishing ourselves. Fasting is one way in which we deepen our awareness of God. It enables us to step back from the usual habits and distractions and give particular attention to God. An outward restraint can be a sign and symbol of an inner attention, and a help towards it. This is a meaning of the great symbol of ashes given on Ash Wednesday, the first day of Lent. This is also the Prayer which lies at the heart of Lent reminding ourselves to give time to God so that God may speak to us in the silence of our heart.

All major faiths encourage fasting and abstinence as spiritual disciplines. The Christian Faith is no exception. Jesus himself fasted in the desert as part of his preparation to meet his tempter. The early



Christians observed fasts. (Acts 13:2 14:23). The Fathers of the Early Church recommended the practice also, “Fasting is food for the soul and nourishment for the spirit”.

When Jesus fasted in the wilderness for forty days, he did so in order to clarify his relationship with God and the nature of his calling. To face inner temptation, he needed to explore how he stood in relation to material needs and worldly power, and to affirm that his ultimate trust was in God “Man does not live by bread alone but by every word that comes from the mouth of God”. (Matthew 4:4). Our fasting and abstinence, if we are serious about them, have a particular significance in a world dominated by a culture of consumption. Today we are all encouraged to think of ourselves as ‘consumers’ or ‘customers’, as if the material things of creation had no other meaning than to be used by human beings. Fasting is a form of restraint in which we stand back to contemplate things as they are in themselves, as they are in relationship to God the creator, and not just they exist for us. “Fasting prevents us from identifying ourselves with the world in order merely to possess it, and enables us to see the world in a light coming from elsewhere. Then every creature, everything, becomes an object of contemplation. Fasting puts between ourselves and the world a wondering and respectful distance”.

Have you ever thought of Lent as a yearly second chance? Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God’s desires for us. Since most of us find that we’ve wandered from God’s path, Lent becomes that **second chance, or do-over,** to “return to God with our whole heart.”

Adieu! Sr. Josephine Pereira – A Vibrant Missionary for 37 Years!

“He who began a good work in you will carry it on to completion until the day of Christ Jesus”. (Philippians 1:6.) Yes, the good work that God began in the life of our dear Sr. Josephine Pereira was brought to completion on 15 January 2021. “Death is not extinguishing the light. It is putting out the lamp because the dawn has come.”, Said, *Rabindranath Tagore*. We will not see the light, but we will feel the warmth, for her memory will live on in our hearts and minds.

“The song is ended, but the melody lingers on...” said Irving Berlin a song writer. Yes, I would say the song will linger on till memory fades; the unassuming, unpretentious, ascetic, dedicated, disciplined life of Sr. Josephine Pereira lived so fruitfully and meaningfully as missionary for 37 years. Her death was the crowning point of her life. As she lived, so gently she breathed her last. She made her first Profession on 24 May 1955 at Kotagiri, Chennai and she left as missionary in 1982. She was one of the pioneers of first missionary group to South Sudan. She worked first at Tonj, very distant village, isolated and marked by great poverty, but with immense trust in Mary Help of Christians, Sr. Josephine engaged in the pastoral activities of the Salesian parish.



She always made herself available to the community and pastoral commitments: housework, liturgical animation, visits to families, and participation to all pastoral activities with children, young people and women. She lived her vocation with joy, fidelity and greatest trust in the help from above and with an open heart and mind, always ready to learn. Until the last few days she was surrounded by children who helped her to get to her workroom,

where she diligently worked as a seamstress. On 11 January she did not feel well and was diagnosed with

pneumonia. The sisters and the doctors took good care of her but God wanted her to be with Him to care for all from heaven. Thank you, Sr. Josephine, for your testimony of generous life, faith and your tenacity.



02 nd	WORLD DAY OF CONSECRATED LIFE
04	ST. JOHN DE BRITTO
7 th	BLESSED PIUS IX
08	ST. JOSEPHINE BAKHITA
09	BLESSED EUSEBIA PALOMINO
11 th	OUR LADY OF LOURDES
17	ASH WEDNESDAY
22 nd	THE CHAIR OF ST. PETER
25 th	Sts. ALOYSIUS VERSIGLIA AND CALISTUS CARAVARIO



Nulla Osta

On 13 January 2021, the Congregation for the Causes of Saints communicated the Nulla Osta from the Holy See for the opening of the Cause of Beatification and Canonization of the Servant of God, **Mother Rosetta Marchese** (1922-1984). In 1975, during the XVI General Chapter, she was elected Visiting Councillor and in the following General Chapter of 1981, she was elected Superior General. On 8th March 1984, after a long illness and suffering, Mother Rosetta Marchese concluded her earthly life, offering it for the holiness of her sisters like St. Mary Mazzarello. In July 2019, her *Cause of Beatification* opened. Her profound interiority and her educational passion in the footsteps of Don Bosco and Mother Mazzarello are generative sources of life and hope for the FMA Institute. While rejoicing for this great news let us invoke her assistance for our personal sanctity and for many holy vocations.

Voice of Gratitude

- My Sincere Gratitude to Sr. Rani Jacob and community at Guntur for your spirit of hospitality and hard work in accommodating two batches of retreatants of AP and Telangana and the meeting of local Economers. A special word of Thanks to Sr. Rosily Theckanath and community for making all the arrangements for the third retreat at Palluruthy for the sisters of Kerala Region. May God bless and reward!

- Our sincere thanks to Fr. Michael Raj SJ who preached the first retreat, and Fr. Sagar Babu CSsR the second retreat for our sisters Andhra Pradesh & Telangana region from 11 – 18 January & 20 – 27 January 2021 respectively, and the third retreat by Fr. Jaison Narippara SDB in Kerala at Palluruthy. I believe that it was a wonderful opportunity to spent time with Jesus all through the retreat days and to renew the spiritual life.
- **PCI Formators Meet: Congratulations** to Sr. Tamizharasi Kanickaraj, the PCI National Coordinator for Formation for organizing online meeting on the ‘Guidelines for the Formation period of Temporary Vows’ from 25 to 27 January 2021. I appreciate her for organizing it precisely and fascinatingly and animating the sisters with much enthusiasm and ardour. I thank Sr. Molly Joseph and Sr. Sahaya Sangeetha who are responsible of Formation Sector of our Province and for presenting the introductory session and for attending the same.
- A million thanks to Sr. Margaret Mathai for consolidating the responses of the communities and sending them to the PCI in preparation for the GCXXIV. Thanks and congratulations.

FORTHCOMING EVENTS

- CDEW is organizing a capacity building webinar on Human Rights Education, Sustainable Development Goals and Govt. Schemes on 13th and 14th of February for Sisters in charge of the sector and teachers involved in NCP and Human Right Issues in Andhra and Telangana.
- A webinar on the same topics will be conducted for 8 centers of Kerala and 2 centers of Karnataka. Date will be informed later.
- **Congratulations** to Miss Ancy Mary from Maradiyur who was elected as the Minister of Sustainable Development Goal -12 Responsible Consumption and Production, at a National Level Meeting held for NCP children.

CELEBRATION OF PROVINCIAL COMMUNITY DAY

While preparing intensely for the forthcoming Provincial community day which is on 13th February 2021, let us remember to live the spirit of “Fratelli Tutti” not only during the days of preparation but all through the year with greater fervour and ardour. Thank you dear sisters for the prayers offered for the Province, sisters and for me. May God bless you abundantly and I reciprocate my gratitude with my sincere prayers for all of you.

SINCERE CONDOLENCES& ASSURANCE OF PRAYERS

- ✚ To dear Sr. Lourdes and Fatima Antony at the loss of their nephew Mr. Antony Victor (52) on 24 January 2021.
- ✚ To dear Sr. Helen Netto, at the passing away of her nephew Mr. Stanley Gomez (70) on 02 February 2021.

✚ To Sr. Ruth del Pilar Mora the Provincial and Sisters of AES Province at the passing away of Sr. Josephine Pereira, the first Indian Missionary in Sudan on 15th January 2021.

May their Souls Rest in Peace!

Dear Sisters, let us keep on centering our attention on our preparation for the centenary celebrations. We shall continue our journey with Mary, accepting the mandate “I entrust them to you” reviving the family Spirit and strengthening community communion. *In Frattelli Tutti*, No. 140 says, ‘Life without Fraternal gratuitousness becomes a form of frantic commerce, in which we are constantly weighing up what we give and what we get back in return’. The FMA community does not seek for rewards or laurels; instead we live as sisters fully engaged in giving, not expecting profit in return. Thus we engender joy and generate fraternal communion and friendship. Every community should live the spirituality of preventive system in such a significant way, living this communion of life of one single body, of the body of Christ.

In the Article 51 we read that each sister, willingly give her contribution to the creation of the genuine educational environment of Valdocco and Mornese.

Dear sisters, let us pause and reflect how “I” can make “My” community like that of Valdocco and Mornese.

Wish you all a happy Feast of Our Lady of Lourdes and a holy, transforming and fruitful season of lent.

Affectionately,

Sr. Celine Jacob

Sr. Celine Jacob
Provincial

