



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/8

January 2021

**My dearest Sisters,
Loving & Prayerful Greetings for a hope filled 2021.**

I wish and pray that God make your year a happy one! Not by shielding you from all sorrows and pain, but by strengthening you to bear it, as it comes, not by making your path easy, but by making you sturdy to travel any path, not by taking hardships from you, but by taking fear from your heart, not by granting you unbroken sunshine, but by keeping your face bright, even in the shadows, not by making your life always pleasant, but by showing you when people and their causes need you most, and by making you anxious to be there to help. God's love, peace, hope and joy to you for the year ahead.

Mary Mother of God

We celebrated the *Feast of Mary, the Mother of God*, on New Year's Day and my prayer and wish for each one of you dear sisters was that the Lord Jesus and His Mother Mary may enrich our lives during the New Year 2021 with an abundance of God's blessings and wipe away from the hearts of all her children the fear, uncertainty and lack of trust. The *Feast of Mary, the Mother of God* is a very appropriate way to begin a new year. This celebration reminds us that the Blessed Virgin Mary, the Mother of God, is also our Heavenly Mother. Hence, our ideal motto for the New Year 2021 should be "Through Mary to Jesus!" This is an occasion to intensify our devotion to Mary, who is our Mother, Teacher, guide and model and we can be proud to be **Daughters of Mary Help of Christians and we owe our vocation to this august mother,**

Fraternal Life

Dear Sisters, Let us continue our pilgrimage together, reflecting on our fraternal life. Now that we have entered in to a new year and so I recommend strongly dear sisters to begin, continue and end the year in the company of St. Joseph, the patron saint of our institute. He is the head of the Holy Family and our religious community is fashioned after the Holy Family at Nazareth. Don Bosco wanted Family Spirit to characterize all our communities and this requires the commitment of every member of the educating community. Our communities of sisters will resemble the Holy Family of Jesus, Mary and Joseph, if we live the obedience of the son of God, the humility of the Mother of God and the holy, dynamic silence of His foster Father.

Art.50 of our constitution noticeably conveys to us the techniques and demands of living the Family Spirit gifted by Don Bosco and Mother Mazzarello. They wanted everyone to feel at ease and welcomed at the Salesian Institutions. As we continue making this Salesian tradition of the family spirit, ***we should live The Family Spirit as the fourth vow, with the same joy, commitment and fidelity.***

A visible expression of living this Family spirit is to prefer always the good of others and choose the hardest part for oneself in a joyful, Salesian simplicity in all the occasions great or small without any pretension or self importance.

The Salesian Family Spirit is rooted in John Bosco's appreciation and imitation of the spirituality of St. Francis de Sales. The gentle, down to earth approach and the cultivation of genuine relationships of St. Francis caught the heart of Don Bosco and his spirituality expressed itself in creating a family spirit among the young entrusted to him. St. Mary Mazzarello and the first Sisters of Mornese developed that same art of leading people and living the spirit of Our Founder towards configuration with Christ. This tradition is an important and ever-relevant way of living and acculturating the Gospel. The first community of Mornese was stamped with a simple, serene, family atmosphere. This favored the building of authentic relationships, attracted young people, and disposed them to listening; making them more open to the plan of God for them in life.

What is my contribution to the perfect living of this exceptional gift given by our founders, in the community and among young people?

Do I welcome everyone with respect, esteem and understanding?

I recommend dear sisters to read individually and as community the conference of Mother Mazzarello at the end of the year 1880(Const.Pg 472) .We might have read it a number of times ,but I believe ,reading and reflecting on the same again will bring fresh illumination and help us understand clearly the forethought and visualization of our Holy Mother.

As we journey towards centenary, In this second year in preparation for the FMA India Centenary Celebrations, we continue to ‘journey with Mary through the Course of the Century (1922-2022) and Beyond’, with the objective “Accept the mandate: I entrust them to you: Reviving the Family Spirit and strengthening Community Communion”.



1 st	MARY MOTHER OF GOD
3 rd	ST. KURIAKOSE ELIAS CHAVARA
6 th	EPIPHANY
12 th	BAPTISM OF THE LORD
14 th	BLESSED DEVASAHAYAM
15 th	BL. LUIGI VARIARA
18 th – 24 th	UNITY OCTAVE
22 nd	BLESSED LAURA VICUÑA
24 th	ST. FRANCIS DE SALES
25 th	CONVERSION OF ST. PAUL
26 th	REPUBLIC DAY
27 th	Sts. TIMOTHY AND TITUS
31 st	ST. JOHN BOSCO



FORTHCOMING EVENTS

CONGRATULATIONS& BEST WISHES

On behalf of all the sisters of INKBangalore, I congratulate Fr. Jose Koyickal SDB, the new Provincial elect of the Salesian Province of SACRED HEART PROVINCE OF BANGALORE (INK) and Fr. John Davis Maniparamben SDB, PROVINCE OF JESUS THE GOOD SHEPHERD NEW DELHI (INN).

We invoke God’s abundant blessings upon them as they undertake the challenging mission of animation and governance of the Provinces.

MEETING

From 25-28 January 2021, there will be an online meeting of the PCI Formation Team. The meeting will deal with the presentation of the contextualized text of the Document “Guidelines for the Formation period of Temporary Vows”. 2 sisters from all the 7 Provinces will take part in the meeting. The participants from our Province are Sr. Molly Joseph and Sr. Sangeetha Shaya Rani.

PCI PROVINCIALS AND CENTENARY COMMISSIONS MEET

On 23 December 2020 we had the on-line meet of FMA PCI centenary preparatory meet. At 10.00 a.m. the 7 provincials of PCI had the meeting to decide upon the finance for the expenses to be met by the various commissions and other common issues. At 11.00 a.m. all the coordinators of the centenary commissions along with St. Joseph Teresa INB, the General Coordinator of FMA PCI Centenary commissions, joined the meet and presented the action plans of each of the commissions.

THANKS: To all the communities for sending your feedbacks and reflections based on today’s context under the 3 nuclei of the GCXXIV Working Document. A special note of thanks to Sr. Margaret Mathai who compiling the same and sending to PCI President.

ECONOMERS’ MEETING

The annual closing of the accounts will be region wise in the following dates: **04 - 06 January** for those of Karnataka region, **07– 10 January**, for those of Andhra and Telangana region and **11 -14 January** for those of region Kerala. May the Spirit of the Lord be with our dear Sr. Saly Abraham and all the economers to assist and guide them in this important task of the province.

HAPPY STAY & FRUITFUL EXPERIENCE

Our dear Sr. Lissy Jose after having waited long time due to the COVID – 19 situation has now reached safely to the community of Ersilia Canta Rome to begin the course on Salesian Spirituality . Let us pray that she may have an enriching experience at the heart of the Church and the Centre of the Institute. We wish you God’s blessings!

ANNUAL RETREATS

Kindly keep aside all your usual commitments and prepare yourselves for this important time of personal and community renewal. Due to the difficulty in travelling to Bangalore, this time we have decided to keep the retreats in the different regions. Here below are the dates fixed for the retreat.

Andhra &Telangana - Guntur

11 – 18 January 2021 - Fr. Michael Raj SJ

20 – 27 January 2021 - Fr. Sagar Babu CSsR

Karnataka – Provincial House

April 12 - 19 2021 - Fr. P I Thomas SDB

May 24 – 30 2021 - Fr. Jose Mathew SDB

Kerala -Palluruthy&Kunnamangalam

04 - 11 February 2021- Fr. Jaison Narippara SDB (Malayalam) - **Palluruthy**

15 – 22 April 2021 - Fr. Xavier Tharamel S J - **Kunnamangalam**

The list of participants was sent to you. Kindly check the list and if there is any change, inform me and Sr. Shiny Karakkat.

PRAYERS REQUEST FOR THE SICK SISTERS & DEAR ONES

- ❖ Sr. Kiran who met with an accident and is under medication
- ❖ Sr. Alphonsa Pathadan who underwent a surgery and is recovering
- ❖ For the mother of Sr. Sahaya Jaculine Selvi
- ❖ For the brother of Sr. AnitaThomas who is ill and undergoing treatment
- ❖ For the father of Sr. Florence Levion who is under medication and is suffering much

SINCERE CONDOLENCES& ASSURANCE OF PRAYERS

- ✚ To dear Sr. Florence Levion at the sudden demise of her dear brother Mr. Lorence Levion (36) on 05 December 2020.
- ✚ To dear Sr. Lucy Michael at the loss of her aunt Mrs. Marykutty (68) on 26 December 2020.
- ✚ To Sr. Rita Dora and the Sisters of INB at the passing away of dear Sr. Beatrice Monteiro (82) on 24 November.
- ✚ To dear Sr. Rosily Devassy, at the loss of her beloved mother Mrs. Rosakutty (85) on 28 December 29, 2020
- ✚ To Fr. Kochamkunnel Jose SDB, and the confreres of INM Province at the demise of Fr. Felix Koikara SDB on 26 Decmber2020.
- ✚ To dear Sr. Crocetta Thomas at the sudden demise of her dear brother John Bosco on 11th January 2021.
- ✚ To Sr. Rani Jacob at the passing away of her paternal uncle Rev. Fr.Thomas Kalathipullattu (92) on 10th January 2021.

May their Souls Rest in Peace!

QUOTES AND THOUGHTS FROM BLESSED LAURA VICUÑA WHOSE FEAST WE CELEBRATE ON 22ND.

As we reflect on the life of our little saint on her feast day, let us go through a few of her thoughts to touch and transform our lives.

"Mary is my mother. What consoles me most is the thought that I am a Child of Mary."

"Be devout to Jesus in the Blessed Sacrament and to Mary Help of Christians. Be constant in virtue."

"Love Jesus and Mary and you will be happy at the moment of death."

"My God, give me a life of love, of mortification, of sacrifice."

"Be loving and kind to your neighbour. Do not despise the poor. Do not treat anyone with coldness and you will be respected by all."

"You must know how to suffer and to forgive each others' failings, and love each other as good friends."

"It seems to me that God Himself keeps the memory of His presence alive in me. Wherever I am, at school, in recreation, everywhere, the thought of God is with me, to help and console me."

"If we remembered often that God sees us, how many failures we would avoid. There would be no need for Assistants! We would do everything well."

"We must live only for Jesus. I will consider myself a little fool for Jesus."

"O Jesus, since I cannot be accepted among those who consecrate themselves to you in the Institute of the FMA (Daughters of Mary Help of Christians, Salesian Sisters), I offer myself completely to your love. I want to be all yours, even if I have to remain in the world."

"From sticks planted in obedience roses bloom. Remember, Merceditas, just as a dry stick can bloom, so can God speak through the voice of Superiors."

THE GENTLENESS OF FRANCIS DE SALES

Throughout all of his writings, in his life and teaching, the saint emphasized and reemphasized the two virtues of humility and gentleness. They were for him the two virtues that make us most closely resemble Jesus. The words of Jesus, "Learn of me for I am gentle and humble of heart" (Mt. 16:18) are at the very heart of his spirituality. By such terms he wishes to describe all that is truly good and rightly cherished and held dear, all that is lovely, loving, and lovable, all that is merciful, mild, and kind, all that is most gentle even when most firm, all that checks and disciplines only to cleanse, strengthen, and save, all that wishes only our good and seeks only to help us and to bring us to what we should be, all that is bright and joyous in itself and that alone can bring joy and peace to men's hearts,"

Francis not only taught gentleness and worked arduously and ceaselessly to instil it in others, he lived it to an extraordinary degree. His very close friend, confidante and admirer, Jean Pierre Camus (1584-1652) wrote: "With regard to gentleness...it seemed that this virtue in him appeared in human form and that he was rather gentleness itself than a man endowed with this virtue." So Camus saw him as the very embodiment of gentleness and believed that this is why he had such a great influence over others of bringing them around "to God's service and in the way of salvation" because this virtue made him all things to all people. It seemed to Camus that the more the saint was harassed, "the more tranquil he was... Samson gathered honey from the mouth of lions and found peace amid war....He found oil in the rock and gentleness in the bitterest bitterness.

Imagine the courage and strength needed to walk up to your enemy and disarm him with such a gentle, kind and sincere remark! Hence, one kind word wins more willing service than a hundred harsh words or stern reproofs. May we learn from St.Francis De Sales true spirit of gentleness.

Don Bosco- A Man Continually in Prayer

Don Bosco's enormous activity and continual union with God never ceased till the end of his life. They were intertwined each with the other and made him a perfect blend of nature and grace. A man who was constantly at work is likely to be agitated, tense, impatient and nervous, especially when disturbed. Nothing like that in Don Bosco: 'He had peace in his mind and in his heart for anyone who was to come to him, at any time, when busy with any work.' Pius XI admired his 'supreme composure, a mastery of time, by which he gave his attention to all who came, with such a calm tranquillity as if he had nothing else at hand.' It is to be noted that Don Bosco's calm did not leave him even in the most difficult moments, when he had no bread for his boys, when the building that had cost him so much collapsed, when for 10 long years he lived in conflict with his Bishop and even when there was not enough money to build the Sacred Heart Basilica. Never a bitter word or an expression of rebellion – at times one could notice that he felt the blow but immediately he recovered his calm, and more than that, his joy and cheerfulness. While not denying the fact that Don Bosco lost his serenity, calm and peace, he lost his calm, became serious, when he was confronted with an offence of God. The man who is so patient, so calm and indulgent, always the master of himself, that same man feels his blood boil when he is faced with sin and scandal.

As we have entered into the year 2021, my wish and prayer for each one of us is that we may become persons of prayer, living in His presence and becoming persons of gentleness.

Happy Feast of Bl. Laura Vicuna, St. Francis De Sales & St. John Bosco!

Affectionately,

Sr. Celine Jacob

***Sr. Celine Jacob
Provincial***