



Istituto Figlie di Maria Ausiliatrice

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



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

YEAR OF ST. JOSEPH AND MONTH OF ST. JOSEPH

Dear Sisters, We are in one month preparation for the feast of St. Joseph. On 8 December 2020, Pope Francis published an Apostolic Letter [Patris Corde \(With a Father's Heart\)](#) commemorating the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church. To mark the occasion, the Holy Father has proclaimed a "Year of St Joseph", running from December 8, 2020 to December 8, 2021.



The year of St. Joseph, indicted by the Pope through the Apostolic Letter "Patris corde", is in the Institute a sign of hope which helps us to renew our love for this great Patron, icon of tenderness, of taking care, of listening, of obedience, of acceptance, of creative courage, and protector in difficult historical times. "Each of us can discover in Joseph, the man who goes unnoticed, discreet and hidden presence, an intercessor, a support and a guide in times of trouble" (Patris corde).

From the charismatic point of view, it is interesting to highlight how at Mornese and then at Nizza, St. Joseph was a continuous and constant presence in the daily life of the first communities. He was invoked as the economer of the house, protector of the works, and custodian of the spiritual life. Mother Mazzarello recommended devotion to him and "wanted prayers to St. Joseph to have a particular aim to be obtained from him, that our house be freed from any subjects not suitable for religious life, or of those among the students who were not edifying for their companions. Many times we had the opportunity to see the effectiveness of these particular prayers addressed to St. Joseph" (Maccono, Saint Maria Domenica Mazzarello, vol. 1, 308-309). (Cir. Mother General 1005)

Let us take initiative to re-read the numerous references to the active presence of St. Joseph from the very beginning of our history in the Chronicles of the Institute and in the biographies of our first sisters.

I request everyone to read and reflect on the Apostolic Letter "PATRIS CORDE" 'WITH A FATHER'S HEART' of the Holy Father Francis also the Strenna 2021 of the Rector Major Fr Ángel Fernández Artime.

J

Joseph the **Just Man**

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. Joseph is that just man. He is the greatest of Saints because he was the closest one to Jesus and to the Blessed Mother.

O

Joseph the **Obedient one**

Joseph was truly obedient to the will of God in his life. The Angel said, “Have no fear about taking Mary to be your wife.” As soon as Joseph knew God’s will for him, he obeyed. When the angel told Joseph that Herod was planning to destroy the child, Joseph immediately got up and began the flight to Egypt. Joseph was an obedient man. Whenever he was warned in a dream he always obeyed the will of God. He never questioned Divine Providence.

S

Joseph the **Silent One**

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. A strong man, 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. Why? Because God lived in his very house. 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 never grumbled at God.

E

Joseph the **Example**

St. Joseph was an example to Jesus in his words and in his actions. He has been called the World’s Greatest Father. Joseph was truly a father to Jesus in every way except for physical generation. He was the father who taught Jesus how to speak, how to read, and how to make doors and windows. Note the example that St. Joseph gave the Christ child and remember the saying, “Your example shouts so loudly I cannot hear what you say.” Isn’t that the way children look at their parents? What was the example that St. Joseph gave to the Christ child? He was the perfect example, the world’s greatest father, the educator of Jesus and he homeschooled Jesus and taught him the virtues.

P

Joseph the Patron

St. Joseph is our benefactor who prays for us. Joseph is the patron Saint of fathers, husbands, and workers. We should always pray that we will have the same kind of death that St. Joseph had, dying in the arms of Jesus and Mary. He is the patron Saint of a happy death, which means dying in the arms of Jesus and Mary and Holy Mother Church. Go to St. Joseph for the grace of a happy death.

He is also the patron Saint of the universal Church. Everything that St. Joseph did for Jesus he now does for the Church. Why? Because the Catholic Church is the mystical body of Christ himself. The Blessed Mother is the mother of the Church and St. Joseph is the foster father and guardian of the Church.

H

St. Joseph the Helper of the Blessed Mother

St. Joseph was the virginal spouse of the Blessed Virgin Mary. In God's plan of salvation he was a loving husband, kind, considerate, affectionate, and self-sacrificing. St. Joseph had an awesome responsibility with the Blessed Virgin. They worked as a team. St. Joseph had the responsibility for spiritual leadership since he was the head of the family. God's message from the angel was revealed to him even though the Blessed Mother was much holier through her Immaculate Conception. Obviously, Jesus as the Son of God and creator was far greater, but St. Joseph was chosen because he was the head of that family, just as every one of you is the spiritual head of your family.

Let us reflect on St. Joseph: that [Just man](#), that loving leader, that [Obedient](#) man; let us reflect on his [Silence](#), his [Example](#), and his [Patronage](#) of our own lives and of the Church, and let us to try to imitate St. Joseph the [Helper](#) of Mary.

ST. JOSEPH, PATRON OF THE UNIVERSAL CHURCH, PRAY FOR US THROUGHOUT THIS HOLY YEAR!

I express my special THANKS to Sr. Annie Thoppil, the Vice Provincial for preparing one month practices in preparation for the Feast of St. Joseph.

HOLY WEEK

Holy means "set apart." Christians set apart an entire week - Holy Week - to recall the events surrounding the suffering, Death, and Resurrection of Jesus. For us **Holy Week**, is the **week** when we remember and celebrate the death and resurrection of our Lord and Savior, Jesus Christ. **It** is meant to be a **week** of looking inward as we follow the pattern of death and resurrection in our own lives. It is a time to acknowledge our limitations and shortcomings and forgive all who had offended us. "We are the people of God; He loved us and chose us for His own. So then, we must clothe ourselves with compassion, kindness, humility, gentleness and patience" (*Colossians 3:12*).

It is a time for us to "get rid of all bitterness, passion and anger. No more shouting or insults, no more hateful feelings of any sort" (*Ephesians 4:31*).



07 th	SAINTS PERPETUA AND FELICITY
08 th	INTERNATIONAL WOMEN'S DAY- MARCH
19 th	ST. JOSEPH
25 th	ANNUNCIATION OF THE LORD
28 th	PALM SUNDAY OF THE LORD'S PASSION



MISSION EXPERIENCE AT KAVERI NAGAR BANGALORE

Our nine young sisters who are doing the Intensive Juniorate had their two weeks of mission exposure at Kaverinagar, Bangalore from 14 - 28th February. During the mission experience they had visited 950 families and organized motivation programmes for different age groups. A day for the elderly and sick and distributed food, get together with the catholic families, Organised Eye Camp, Conducted youth Meet, SHG women's meeting, and animation of children below 10 and above 10 in two different days, Parish animation, animation for children at the Government School and took sessions on Importance of education, on child rights, Good and bad friendship, respect towards parents and elders, presence of God and child trafficking. They were guided and assisted by Sr. Ancy Mathew the junior mistress, and Sr. Agnes the programme coordinator in charge of social ministry. They also had a profound and fruitful experience of family apostolate and parish ministry. I express my sincere Thanks to Sr. Monica Thomas, Sr. Agnes Fernandez and Sr. Ancy Mathew for this wonderful opportunity provided for our young sisters to reach out to the poor and the needy. I appreciate our junior sisters for their enthusiasm, hard work and joyful service.

INAUGURATION OF "FEED A MOUTH PROGRAMME"

"You are all brothers" Mt.23:8. Inspired by the recent encyclical of Pope Francis "FRATELLI TUTTI", and Moved by the plight of the poor people around especially the old, sick, bed ridden, handicapped and the elderly widows for food, the **FIDES** courageously stepped into this new venture " **feed a mouth programme**" by mobilizing the resources locally from the generous benefactors, well wishers and friends. It was inaugurated on 01 February 2021 along with other NGO representatives, Police Inspector Mr. Devadass and Panchayat members. There were fifteen aged people who were brought from the nearby villages. After the inauguration they were served hot meals prepared by the Sisters, staff members

and friends. On the same day 120 food packets were taken to the six villages. I appreciate and congratulate Sr. Monica Thomas the animator of Provincial house and the community for taking up this initiative of solidarity for the poor and needy. May God bless all of us that we may continue to serve and dedicate our life for the marginalized of the society.

A SPECIAL YEAR TO BEAR WITNESS TO FAMILY LOVE

The Dicastery for Laity, Family and Life is proposing spiritual, pastoral and cultural initiatives to accompany families in the face of contemporary challenges. The project is intended to support parishes, dioceses, universities and ecclesial associations in celebrating the Year “Amoris Laetitia Family,” which has been announced by Pope Francis. On 19 March 2021, the fifth anniversary of the Apostolic Exhortation ‘**Amoris Laetitia**’, on the joy and beauty of familial love, Pope Francis will inaugurate the Year “Amoris Laetitia Family,” which will conclude on 26 June 2022 on the occasion of the X World Meeting of Families in Rome. The Holy Father will be present for the Meeting.

“The pandemic experience has highlighted the central role of the family as the domestic Church, and has shown the importance of community ties between families,” the Dicastery said in a statement announcing the Year. “Through the spiritual, pastoral, and cultural initiatives planned in the Year ‘Amoris Laetitia Family,’ Pope Francis intends to address all ecclesial communities throughout the world, exhorting each person to be a witness of family love.”

INTERNATIONAL WOMEN'S DAY

A woman is a personification of love, resilience, strength and beauty. Although her existence should be celebrated everyday but to mark her contributions we have International Women's Day dedicated to her. This day is celebrated to observe women's success and part in cultural, political, social and economic development. It is also acknowledged to make people aware of women's rights and gender equality. Women's Day is celebrated on March 8 every year.

The theme for International Women's Day, 8 March 2021 (IWD 2021) was announced as: “**Women in leadership: Achieving an equal future in a COVID-19 world.**” This theme seeks to draw attention to and celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic. It is also aligned with the priority theme of the 65th session of the Commission on the Status of Women, “Women's full and effective participation and decision-making in public life, as well as the elimination of violence, for achieving gender equality and the empowerment of all women and girls”, and the flagship Generation Equality campaign, which calls for women's right to decision-making in all areas of life, equal pay, equal sharing of unpaid care and domestic work, an end all forms of violence against women and girls, and health-care services that respond to their needs. As women leaders, let us celebrate this day and empower and challenge as many women as possible in our contact to make them agents of social change.

HUMAN RIGHTS DAY

Our 8 Centres of Andhra and Telangana had been helping our school children and children of our NCPs with Human Right Education for the past 2 months. On March 13th these centres will be having a grand


celebration of HUMAN RIGHTS DAY in their centers; many involving the parents and SHG women. All the best dear Sisters.


CONGRATULATIONS : Heartiest congratulations and prayerful wishes to **Sr. Meenakshi D'Silva FMA** who is appointed by Mother General as the 8th Provincial of Mumbai Province (INB). May the Lord bless the Province of Mumbai with its new leader as she takes up this important mandate. A word of sincere thanks to **Sr. Rita Dora Thomas** for her loving services, collaboration and friendship in the past years.


VOCATION PROMOTION


Jesus says in Matthew 9:38 “to beg the master of the harvest to send laborers into the vineyard.” Of all the ways we can work toward the increase of vocations to religious life, prayer is undoubtedly the most essential. Make a commitment to pray for this intention. Besides prayer, our joyful witnessing life is also significant. Many youngsters claim that they were never invited to explore a vocation to religious life. Ask young people who you think exhibit characteristics required of religious if they have ever considered a vocation to religious life. Give an opportunity for good catholic young girls to stay with the community and make an experience of prayer, community life and mission. After that we could think of conducting the vocation camp region wise.

VOICE OF LOVE AND GRATITUDE

 My sincere thanks to all the sisters of the province for the grand celebration of the provincial community day on 13th February 2021. Though the celebration was Online the one month preparation, its practice Vigil service and the programme by each community kept us united and active whole day and every one played an active part. It was enjoyable, inspiring and exciting. The spiritual preparation based on the study of the latest encyclical “FRATELLI TUTTI” on fraternity and social friendship. The presentation of the document Online by the 33 communities (region wise) were in fact amazing. Thanks for the interest and initiatives taken for the presentation. The meaningful liturgy helped us to experience God and to live the theme of the feast in the concrete situations of life. The presence of the sisters of Bangalore communities added joy, and enthusiasm. **At the same time I felt deep down in my heart an emptiness of your absence during the celebration. We missed your physical presence dear sisters.**

 The creativity and intelligent work of Sr. Annie Thoppil the Vice provincial was behind this remarkable celebration. I appreciate her wholehearted animation, cooperation 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 events, for all the arrangement made for its success and for the joint celebration of the Provincial Community day with an appetizing dinner. Once again I thank everyone from the bottom of my heart.

 A million thanks to Sr. Monica Thomas and all the sisters of the community for the planning, preparation arrangements, and coordination for the celebration of Provincial community day.

 A special word of thanks to the Media Sector of the province, Sr. Monica Thomas, Sr. Jisha Abraham and the other sisters who collaborated for compiling the study of the documents, programme and the festal

wishes of 33 communities of the province in ONLINE. Thank you dear sisters, for the time spent for the outcome of this wonderful celebration.

With profound sense of gratitude and love I say a Big Thank you to dear **Fr. Joyce Thonikuzhiyil** for the past six years of animation and memorable service in the Province of Sacred Heart of Jesus Bangalore. Thank you dear Fr. Joyce for your prayerful and brotherly support and above all for your co-operation and collaboration, in particular for the spiritual animation. Prayerful Greetings to you dear **Fr. Jose Koyickal** as you have taken up the important mission of leading the province. May the Spirit of God enlighten you and our Blessed Mother accompany you in your leadership ministry.

SINCERE CONDOLENCES& ASSURANCE OF PRAYERS

- To the Provincial and the Confreres of the Province of Dimapur at the demise of Fr. Pulinthanathumalayil Cyriac (PC), who breathed his last on 04 February 2021.
- To Sr. Kiran Kumari Jupudi at the loss of her dear mother Mrs. Maria Rani on 20 February 2021.
- To the Provincial and the Confreres of the Province of Bangalore at the demise of Fr. Mathew Thekkekkara who passed away on 1st March 2021.

May their Souls Rest in Peace!

Dear Sisters, 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." As you journey through this annual second chance, remember that each step brings you closer to the welcoming arms of our loving God.

Wishing everyone of you a very HAPPY FEAST OF ST. JOSEPH

Affectionately,

Sr. Celine Jacob

Sr. Celine Jacob
Provincial

