



**XXX/ 09**

**01 February 2023**

**My dearest Sisters,**

**Loving & Prayerful Greetings from Provincial House Bangalore!**

“Time and Tide wait for no man”-said Geoffrey Chaucer an outstanding English Poet of the 14<sup>th</sup> century. How true these words are when we consider the unexpected demise of two of our dear Sisters: Sr. Crescentia (RIP on 27.11.2022) like a bolt from the blue, and that of Sr. Annie Kottaram (on 17.1.2023) though not so sudden, yet no one thought she would leave us so soon. Though these are unavoidable facts of life which we have to face, “*partire è un pò di morire*” is also true, especially after having lived, loved and shared our lives together for so long. But the legacies they have left behind, of their kindness and concern, their spirit of sacrifice and hard work, of prayer and love for the poor will continue to flood our minds and illumine the paths we have yet to tread.

We have just celebrated the Feast of Don Bosco and we move on to another month. Though short, it will bring us to a time intense spiritual renewal in us and in the Community and in the Local Church, offering us a good opportunity for the intensification of prayer and penance, opening hearts to docile welcoming of the divine will.

### **WORLD DAY OF PRAYER FOR CONSECRATED LIFE**

World Day for Consecrated Life will be celebrated in the Church on Thursday, February 2, 2023. A day dedicated to pray for all those who have made commitments in the consecrated life on their special day. In 1997, Pope Saint John Paul II instituted a day of prayer for women and men in consecrated life. This celebration is attached to the Feast of the Presentation of the Lord on February 2nd. This Feast is also known as Candle Mass Day; the day on which candles are blessed symbolizing Christ who is the light of the world. So too, those in consecrated life are called to reflect the light of Jesus Christ to all peoples.

The Church invites us to walk together as a community in the synodal spirit of participation, where members exercise responsibility for one another through mutual listening, excluding no one. “No one, no one, should be excluded or feel excluded from this journey; no one, no one, should think ‘it doesn't concern me’.” It is a going back to our vocational call, to rediscover the enthusiasm, amazement and joy of feeling and being part of a project of love, for which we made our lives available for the good of humanity.

This participation/synodality begins within us from a "change of mentality, from a personal conversion, in the community, in the workplaces and structures to expand into ministries and mission". Participation also means co-responsibility, especially in the missionary dream of reaching out to all, of caring for all, of feeling that we are all brothers and sisters, together in life and in history, which is the history of salvation.

### **BL.EUSEBIA PALOMINO**

Sr. Eusebia was born in Cantalpino (Salamanca, Spain) on December 15, 1899. Her childhood was poor but happy, illuminated by the great faith of that very poor home, in which father, mother and sisters

alternated work and prayer in an atmosphere of mutual love and charity towards everyone. Her first encounter with Jesus in the Eucharist at the age of eight gave her a surprising perception of the meaning of belonging to and offering oneself as a total gift to the Lord. Very soon she had to leave school to help the family, and after proving her early maturity in looking after children of local families – she was just a child herself still – while her parents were at work, at twelve years of age she went to Salamanca with her older sister and worked as a domestic with some families as child minder and Jill of all trades. On Sunday afternoons she attended the festive oratory run by the Daughters of Mary Help of Christians and got to know the Sisters who decided to ask her to help in the community. Eusebia accepted more than willingly and immediately began to work: she helped in the kitchen, brought in the wood, looked after the cleaning of the house, hung out the washing in the large courtyard, accompanied some of the girls who were attending the state school and carried out other tasks in town.

Eusebia's secret desire to consecrate herself completely to the Lord grew and became more and more the substance of her prayer and everything she did. She said: "If I carry out all my duties diligently I will please the Virgin Mary and will one day succeed in being a Daughter of the Institute." She did not dare ask for this due to her poverty and lack of education; she did not think she was worthy of such a grace, she thought, since it was such a great Congregation. The Sister who was the Visiting Councillor, and to whom she confided her wish, welcomed her with motherly kindness and reassured her: "Do not worry about anything." And in the name of the Mother General she gladly decided to admit her.

On 5 August 1922 she began her novitiate in preparation for her profession. Hours of study and prayer alternated with hours of work filled Eusebia's days, and she was very happy. In 1931, on the eve of the Spanish Revolution, Sr. Eusebia offered herself to God as a victim for the salvation of her brothers and sisters in Spain and throughout the world. For three years she bore indescribable sufferings in a joyful crescendo of longing for Heaven, which opened its doors to her on February 10, 1935. Her remains lie in Valverde (Huelva, Spain). She was beatified by Pope John Paul II on April 25, 2004 in Rome. Eusebia's short life was full of challenges, which she bore with grace and piety. Let us be inspired by her life facing everything with optimism.



## **ASH WEDNESDAY & HOLY SEASON OF LENT**

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. The Lenten journey toward *metanoia* is indeed a spiritual exercise because it involves both a new way of being and a new way of acting. However, such a journey should never be "spiritualized" in the distorted sense of being disconnected or out of touch with the world around us. Life in our fraternities and ministries demands that we pay attention to the social and political issues that touch the common good. We can only proceed on this journey with God's grace and with moral courage. If we are to see, judge and act as Jesus did we must be prepared to embrace the cross in all its

dimensions. The cross that marked on our foreheads on Ash Wednesday must transform us from within and lead us to act with the “heart of God” and the “mind of Christ” so as to foster the common good.

This year Ash Wednesday is on 22 February. Together we prepare for the great Easter mysteries by committing ourselves to fulfill our baptismal call to maturity, holiness, service, and community. Our response to each call will demand sacrifice, mortification, asceticism, and denial of our own self-will. Mortification helps to "put to death" the cancer cells of sin; asceticism brings a discipline that makes us increasingly free and responsible. Again, this action and grace of the Holy Spirit are what enlighten, enkindle, and empower us to live more fully the way of discipleship.

During the Jubilee Year 2000, Pope St. John Paul II called us to conversion, reconciliation, and solidarity. To continue to live that call, we might take the spiritual and corporal works of mercy as a penitential model. These fourteen practices demand great sacrifice and generosity; they also draw us more deeply into conformity with the Lord. Focusing on one of these works each week may be a practical way of integrating them into our personal, family, and parish lives.

Penitential practices express in visible signs and deeds, the interior conversion of heart. Jesus says in Lk.13.3, “Unless you do penance, you shall all likewise perish.” Because we are called by Jesus to give our whole selves to the Father, conversion means a radical reorientation of our whole lives toward God's kingdom. We turn away from evil, resolve not to sin, and trust in God's amazing grace. There will be sadness for past wrongs but deep joy in the working of grace.

In the end, our life in Christ is about loving God with our whole heart, mind, and soul, and about sharing God's love with others. Penitential practices are essential if we are to turn away from sin, believe in the Gospel, and share God's love with one another. I wish everyone, a very fruitful season of LENT.

## **WORLD DAY OF THE SICK**

Eleventh February, the feast of Our Lady of Lourdes is the **World Day of the Sick**. Let us entrust to Our Blessed Mother all the sick and the suffering people of the world. Several of our Sisters' dear ones are sick or aged and ailing; some of our Sisters too. Let us surrender them all to Our Lady of Lourdes and seek her powerful intercession. .



<b>02</b>	<b>WORLD DAY OF CONSECRATED LIFE</b>
<b>04</b>	<b>ST. JOHN DE BRITTO</b>
<b>07</b>	<b>BLESSED PIUS IX</b>
<b>08</b>	<b>ST. JOSEPHINE BAKHITA</b>
<b>09</b>	<b>BLESSED EUSEBIA PALOMINO</b>
<b>11</b>	<b>OUR LADY OF LOURDES</b>
<b>22</b>	<b>ASH WEDNESDAY</b>
<b>22</b>	<b>THE CHAIR OF ST. PETER</b>
<b>25</b>	<b>STS. ALOYSIUS VERSIGLIA AND CALISTUS CARAVARIO</b>

## VOICE OF GRATITUDE

- My Sincere Gratitude to Sr. Monica Thomas and community for your spirit of hospitality and hard work in accommodating the meeting of local Economers during the submission of Account and the first batch of retreatants. May God bless and reward you!
- Our sincere thanks to Fr. Biji Thomas SDB INC who preached the first retreat for 50 sisters. I am sure that it was a wonderful opportunity to spend time with Jesus in listening and deepening His word and thus renew the spiritual life.

## TEAM EVALUATION, PLANNING & CELEBRATION OF PROVINCIAL COMMUNITY DAY

On 17<sup>th</sup> & 18<sup>th</sup> February there will be the Annual Evaluation & Planning of the different sectors by the Team members and Animators at Sacred Heart Convent Bangalore. On 19<sup>th</sup> February we come together as a family to celebrate our oneness and to raise our hearts in thanksgiving to God for our life and mission. We will also remember to pray for the entire province and our mission.

## SECOND ANNUAL RETREAT

The Second Annual Retreat which is for the Animators will begin at 5.30 p.m. on 10<sup>th</sup> February and conclude with the Mass at 7.00 a.m. on 17<sup>th</sup> February 2023. Rev. Fr. Biji Thomas SDB from Kolkata province will be the preacher.

## CANONICAL VISIT OF SR. CELINE JACOB

We are happy that Sr. Celine Jacob is once again in our Motherland, this time visiting the Province of “Our Lady of Snow” Trichy. We extend our greetings and good wishes to dear Sr. Celine and the province of Trichy with the assurance of our prayers.

## REGIONAL CONGRESS OF THE SALESIAN COOPERATORS

The Regional Congress of the Salesian Cooperators – South Asia Region will take place at NBCLC (National Biblical, Catechetical Centre), Bangalore on 18 – 19 February 2023. The theme of the Congress will be oriented towards “Synodality” during this era of Synod 2021 – 2024 that is going on in the Church. We entrust this important event in the Salesian Family to the protection of Mary Help of Christians.

Sr. Lucrezia C. Uribe, the FMA World Delegate of the Salesian Cooperators from Rome will participate in the Congress after which she will be with us in the Provincial House for two days. A hearty welcome to her!

## CONGRATULATIONS

Hearty Congratulations and sincere good wishes to the newly appointed Provincials of:

INM – Sr. Margaret Devadoss

INT - Sr. Majella Fernando. As we congratulate them we pray that they be accompanied and guided by Mary Help of Christians in their leadership ministry in the Province.

## WE CONTINUE TO PRAY FOR OUR SICK: SISTERS AND DEAR ONES

- For Sr. Lizy K.V who is undergoing one more course of chemotherapy.
- For the brother of Sr. Anna Thayil Mr. Johnson who is undergoing chemotherapy.
- The grandniece of Sr. Rosy Lopez who is recovering after a delicate operation of the pancreas.
- For dear mother of Sr. Suni Antony who is very sick
- Brother of Sr. Elsa Devasia who is on palliative care.

## SINCERE ASSURANCE OF PRAYERS

- ✚ The Provincial and confreres of the Province of Shillong at the unexpected death of Cl. Pynshngaiñ Hahshah (19) on 18 December 2022.

- ✚ The Provincial and confreres of the Province of Chennai at the demise of Fr. Amalraj Thomas (78) on 20 December 2022.
- ✚ The Provincial and confreres of the Province of Dimapur at the demise of Fr. Mathew Tharakkan (88) on 03 January 2023.
- ✚ To dear Sr. Rosy Malayatty at the loss of her dear brother Mr. Davis Malayatty (73) on 04 January 2023.
- ✚ The Provincial and confreres of Kolkata province at the loss of Fr Thomas Pulickal SDB (76) on 08 January 2023.
- ✚ To dear Sr. Bridget Jacob at the demise of her cousin Mrs. Annakutty (60) on 10 January 2023.
- ✚ To dear Sr. Rosily Theckanath at the demise of her paternal uncle Mr. Antony Theckanath (79) on 13 January 2023.
- ✚ To dear Sr. Mary Yash Anthony at the loss of her paternal uncle Mr. Peter (78) on 17 January 2023.
- ✚ To dear Sr. Aruna Kumari at the sudden passing away her brother - in - law Mr. Luther Paul (54) on 19 January 2023.
- ✚ To Sr. Devamani Gummadi at the demise of her brother- in- law Mr. Andrew (60) on 25 January 2023.
- ✚ The Provincial and confreres of the Province of Thruchy at the sudden demise of Fr. Marcel Lincoln (60) due to acute cardiac arrest on 01 February 2023.

## CONCLUSION

I conclude with a Lenten Prayer of the American writer William Arthur Ward:

Fast from judging others; feast on the Christ indwelling in them.

Fast from emphasis on differences; feast on the unity of all life.

Fast from apparent darkness; feast on the reality of light.

Fast from words that pollute; feast on phrases that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on trust.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from unrelenting pressures; feast on unceasing prayer.

Fast from hostility; feast on non-violence.

Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from personal anxiety; feast on eternal truth.

Fast from discouragement; feast on hope.

Fast from facts that depress; feast on truths that uplift.

Fast from lethargy; feast on enthusiasm.

Fast from suspicion; feast on truth.

Fast from thoughts that weaken; feast on promises that inspire.

Fast from idle gossip; feast on purposeful silence.

Gentle God, during this season of fasting and feasting, gift us with your presence so we can be a gift to others in carrying out your work. **Amen.**

**Good wishes and prayerful greetings to all in the Family.**

**Affectionately,**

*Sr Lucy Rose*

Sr. Lucy Rose Ozhukayil  
Provincial