

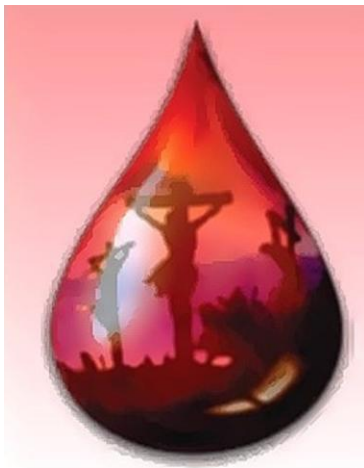


XXXI/ 02

01 July 2023

My dearest Sisters,

Prayerful and affectionate Greetings from the Provincial House Bangalore!



The month of July is dedicated to the Precious Blood of Jesus. Devotion to the Precious Blood goes back to the very foundations of the Church, whereas “*The feast of the Precious Blood*” was instituted in 1849 by Pope Pius IX. The history behind the dedication of month of July goes like this: during the First Italian war for Independence in 1849, Pope Pius IX sent into exile to “*Gaeta*”. He went there with Don Giovanni Merlini, third Superior General of the Fathers of the Most Precious Blood. While the war still raging, Don Merlini suggested to Pope that he create a universal feast to the Precious Blood to beg God’s heavenly aid to end the war and bring peace to Rome. On June 30th the Pope made a statement that he intended to create a feast in honour of the Precious blood. The war soon ended and he entered Rome shortly thereafter. On August 10th he made it official and proclaimed that the 1st Sunday in July will be dedicated to the Precious Blood of Jesus Christ. Later Pope Pius X assigned July 1st as the fixed date to this celebration.

The divine Blood of Christ shed upon the Cross always recognized by the Church as the price paid for human kind’s redemption. The Sacraments were brought forth through His Blood. Prefigured by the animal sacrifices of the Old Testament, the Blood of the Lamb and its power to purify us from sin, are discussed innumerable times in the Epistles of the New Testament. The Precious Blood which we worship is the Blood which the Savior shed for us on Calvary and reassumed at His glorious Resurrection; it is the Blood which courses through the veins of His risen, glorified, living body at the right hand of God the Father in heaven; it is the Blood made present on our altars by the words of Consecration; it is the Blood which merited sanctifying grace for us and through it, washes and beautifies our soul and inaugurates the beginning of eternal life.

The New Testament writers stress the preeminence of the sacrifice of Jesus, at the same time they develop a theology of the Precious Blood according to the sacrificial theology of the Old Testament. The Apostles’ teaching enters three areas: the salvific death and resurrection of Christ, the Eucharistic liturgy and the heavenly liturgy. John recalls how blood and water flowed from the heart of the Saviour (Jn: 19. 34; 1Jn 5. 6-8), assuring us that the spirit of God, whom the water symbolizes, flows to us through the sacrifice of Jesus’ blood. Peter in a passage of great power, proclaims our Redemption through the Precious Blood (1Pet: 1.18-19). Paul assigns our redemption (Eph 1.7) and justification (Rom 5 .9) to the saving blood. Through it we are brought nearer to God. It has given peace (Col 1. 20) and has been put forward as a propitiation for our sins. The great price with which we have been bought is the blood of Christ (Acts 20.28).

The bloody sacrifice of Jesus is re-enacted sacramentally in the Eucharist. The sacrificial blood of each Mass renews the covenant of Calvary. It affects a real union with God because the body and blood of Jesus are given to the

redeemed as their food and drink. This banquet is the pledge of eternal glory for body and soul. In the resurrection of the body the total life-bearing efficacy of the Precious blood is realized. Paul reminds us that the blood of the Eucharist joins us to one another as well as to Christ. The sharing of the blood of Christ (1Cor. 10.16) makes Christians one. Through the Precious Blood of Christ let us beg God's heavenly aid to end the violence in Manipur as well as other parts of the world, war in Sudan and Ukraine and bring peace to the entire world. Let us spend every day a few minutes before the Crucifix contemplating how much our beloved Jesus has suffered for us and the invaluable price of his precious Blood.

In the Gospels Jesus is addressed as God, only by St. Thomas in his exclamation "My Lord and my God" (Jn.20:28). May St. Thomas, the Apostle of India, who shed his blood to bring Jesus to our Indian land, whose feast we celebrate on 3rd July increase our faith and courage. It will do good to ask St. Thomas to defend the Christian faith in our motherland especially to our brothers and sisters in Manipur.

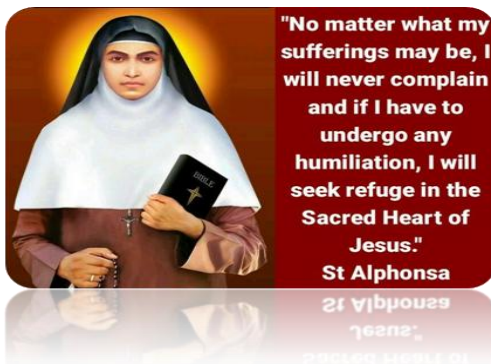
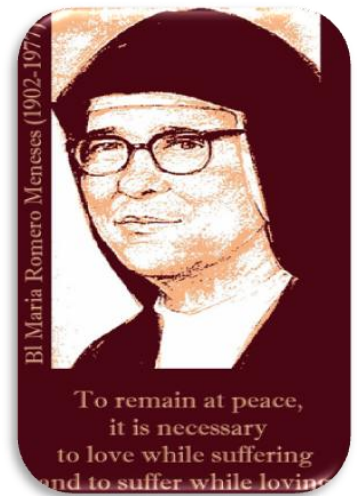
On 6th July the Church celebrates the feast of a young saint, St. Maria Goretti who preferred to shed her blood to protect her purity rather than committing sin. Let us remind our young girls of the priceless value of the virtue of purity and pray for them.

Along with the many Saints we commemorate in this month two women stand out as models for our life as consecrated Religious and Salesian missionaries.

BLESSED MARIA ROMERO

The life of Bl. Maria Romero, the first "Blessed" from Central America, was a constant miracle of activity and contemplation. Sr. Maria Romero, who was so active, was also eminently mystical. She was a soul of deep union with God. Educated, intelligent and capable, Maria felt the call of Jesus in her heart – she chose the path of religious life. To Maria, it seemed that Don Bosco's charism of working with the young and the poor was created to fit her aspirations. An excellent Catechist and untiring Social worker, Sr. Maria Romero worked miracles for the people with the help of Mary Help of Christians.

She worked hand in hand with the Blessed Virgin whom she addressed as her Mother and Queen. She had great faith in Jesus in the Blessed Sacrament and in Mary Most Holy whom she called 'my Queen'. She always felt her hand close to her and her powerful protection. "In all respects, she always sent Mary Help of Christians as the vanguard; *"Place your hand, My Mother, place it before mine"*. **Nothing, absolutely nothing did she do or undertake without consulting Mary.** May she inspire us to live fervently the Marian month in the Salesian way together with our young people!



ST. ALPHONSA

The Feast of St. Alphonsa is an invitation to us consecrated Religious to live our lives with commitment and joyous fidelity even in the midst of challenges and obstacles. The central message that comes from the life of the Saint is a living experience of Christ that can lead us to a loving appreciation of his suffering for us and a meaningful acceptance and offering of our sufferings to the Lord in love, because the suffering accepted with the crucified Lord is saving and redeeming.

In her we celebrate an exceptional Indian woman who was convinced that her cross was the very means of reaching the heavenly banquet prepared for her by the Father. By accepting the invitation to the wedding feast, and by adorning herself with the garment of God's

grace through prayer and penance, she conformed her life to Christ's and now delights in the "rich fare and choice wines" of the heavenly kingdom. From childhood, she wanted to be a bride of Christ and do good things for people after the example of her favorite patron saint St. Therese of Lisieux who once appeared and told her that she will one day become a saint.

God has sent St. Alphonsa, to show us that suffering is not only useful, but necessary. She considered suffering as a gift from God. She teaches us by her example that we must suffer not only for our own sins, but for the sins of others too, as we are all members of the same Body of Christ. As Christ suffered for us, we too must suffer for one another and thus make up for what is wanting in the sufferings of Christ, since Our Lord can suffer no more, we have to suffer.

St. Alphonsa stands as a challenge to the modern world who deplores their grief and miseries. She was meant by our good God to teach us in this pleasure intoxicated age this truth: 'unless a grain of wheat fall to the ground and decay, it cannot bear any fruit' and that 'he who doth not carry his cross and follow our Crucified Master is not worthy of Him'.

Marian Month – 15 July – 15 August

We keep the Marian month from 15 July to 15 August concluding with the Solemnity of the Assumption of the Blessed Virgin Mary. Let us live it fervently especially in our Communities and with our youth helping them to deepen our knowledge and love for Mother Mary. Our holy Founders Don Bosco and Mother Mazzarello made use of every opportunity to promote devotion to our Blessed Mother. Let us be creative in choosing initiatives to animate our young people and their families.



The custom of the family recitation of the Holy Rosary is the most efficacious means. It is most pleasing to God – when, at eventide, the Christian homes resound with the frequent repetition of praises in honor of the holy Queen of Heaven! Then the Rosary, recited in the community/family, assembled before the image of the Virgin, in an admirable union of hearts, unites them with those absent and those dead. It links all more tightly in a sweet bond of love, with the most Holy Virgin, who, like a loving mother, in the circle of her children, will be there bestowing upon them an abundance of the gifts of concord and family peace.

Let's celebrate!

03	ST. THOMAS
06	ST.MARIA GORETTI
07	BL. MARIA ROMERO
15 July – 15 August	MARIAN MONTH
16	OUR LADY OF MOUNT CARMEL
22	ST MARY MAGDALENE
25	ST JAMES, THE APOSTLE
26	STS. JOACHIM & ANNA
28	ST. ALPHONSA MUTTATHUPADATHU
29	MARTHA, MARY & LAZARUS
31	ST. IGNATIUS OF LOYOLA



MEETING OF THE ANIMATORS

There will be a day of animation for the Animators of communities on 03 August 2023 and a day of sharing on 04 August in Sacred Heart Convent, Bangalore, prior to the Diamond & Golden Jubilee Celebrations. On 05 August morning we will have the Holy Eucharist celebrated marking the foundation day of the Institute and jubilee celebrations. It is good that the Animators are here to join the celebrations, thus we can together thank God and Mary Help of Christians for the precious gift of our Institute and of our sisters who gave their best in the Church, following the way of Don Bosco and Mother Mazzarello.

DIAMOND & GOLDEN JUBILEE CELEBRATIONS

We raise our hearts and minds in thanksgiving to God for the 60 years of committed life of our dear Sr. Marie Chollanal and 50 faithful and dedicated years of dear Srs. Elizabeth Kuruvila, Lilly Chinnappan, Mary Antony, Pauline D'Silva, Rosilin Pandaraparambil, Rosy Lopez, and Teresa Thomas as we will be celebrating their Diamond and Golden Jubilee of profession on 5th August 2023 at Sacred Heart Convent, Bangalore.

CONGRATULATIONS!

We rejoice with Sr. Teresa Joseph of INB Province on her appointment as Representative to the Commission on World Mission and Evangelism (CWME) of the World Council of Churches (WCC) for the period 2023 to 2030. It is a rare honour and a sign of approval from the part of the Church for the Institute and in particular to FMA India that the Dicastery of promoting Christian Unity has appointed Sr. Teresa to the Commission. As we congratulate Sr. Teresa, we wish her an enriching experience. Certainly she will continue to enrich Fma India with her reflections and experiences.

BENTORNATA!

Hearty welcome to dear Sr. Josmy Jose, who will be arriving on 27th July to spend her vacation! We are glad to have you Sr. Josmy back with us to spend your holiday time with us. We wish her a safe journey.

VOICE OF GRATITUDE

- Heart-felt thanks to Sr. Sherly Joseph the Animator and Community of Sacred Heart Convent, Provincial House for the hospitality extended to the Sisters during the new economers' animation and meeting of all the Economers of the Province from 24-26 June 2023.
- On behalf of all the Sisters of the Province I express my gratitude to dear Sr. Saly Abraham for animating the new Economers as well as for her generous availability and sacrificing spirit for the good of the Province and its mission.

BUON VOYAGE

- I will be going to Castelgandolfo - Italy on 5th July for the New Provincial's Course that will take place from 6th July to 26th July. I will be back to the Province by 27th July 2023. Keep me in your prayers that I may have a fruitful time and enriching experience. During my absence, you can refer to Sr. Annie John the Vice Provincial, if you need to consult or seek help for the ordinary needs of the community and its mission.
- Sr. Nirmala Joseph will be going to Rome for the Salesian Spirituality Course on 5th July 2023. As we wish her *Buon voyage* let us pray that she may have an enriching experience at the Centre of the Church and of the Institute.

WORLD YOUTH DAY (WYD)

Sr. Nirmala Mummadi will participate in the World Youth Day celebrations 2023 at Lisbon, Portugal from 1st to 6th August along with Sisters and some Young people from the FMA Provinces of India.

She will be leaving on 31st July and return on 12th August. We wish her a fruitful time and enriching participation.

COURSES

- Sr. Jayanthi Boyopati, Sr. Geetha Mathew, Sr. Bala Savarimuthu, Sr. Lucy Appamma, Sr. Swarnalatha Marneni, Sr. Prameela Sundari and Sr. Victoria Rani Marsakatla attended a Course on Effective Counselling and Spiritual Direction at Don Bosco Provincial House Hyderabad from 26 – 31 May. They found it useful and enriching.
- We wish Sr. Lissimol Joseph, Sr. Saritha Joseph and Sr. Jamuna Varkey who will be attending a Leadership Course from 1st to 11th July, at NBCLC. We wish them a fruitful and enriching experience!
- From 20th to 27th July Sr. Mini Thengumkudiyil, Sr. Mini Leon and Sr. Udaya Rani will be attending a Counselling Course at NBCLC. We wish them an enlightening experience!

INITIATION OF POSTULANTS

Our Candidates are preparing themselves with an Annual Retreat at Sacred Heart Home, Karunapuram. Sr. Shiny Karakkat and the Community are accompanying them taking care of their formative journey. On 24th July three Aspirants will be initiated into Postulancy by Sr. Jayanthi Boyopati, Provincial Councillor. Congratulations dear Postulants!

- ❖ Anusha Renukuntla
- ❖ Cecilia Sundurika Basumatary
- ❖ Dashisha Nongrum

Let us keep all our Candidates in initial formation in our prayer. Take keen interest in promoting Vocations and close follow up of girls who show signs of vocation.

REQUEST FOR PRAYERS

- Kindly continue your prayers for the speedy recovery of the brother of Sr. Celine Selvam who is ailing.
- The Mother of Sr. Venila Dominikki who is operated and needs our prayerful support.
- Let us not forget our sick Sisters and parents and relatives of all our Sisters.

PRAYER CAMPAIGN

- In view of the general elections in our country in 2024, we have begun a prayer campaign for good Governance on 17 June, Feast of the Immaculate Heart of Mary. As we are challenged by the political reality prevalent in the country, it is our bounden duty to prepare for this event with prayer and other initiatives that can motivate ourselves and others to a responsible life. Therefore I ask each Community to take up this as an urgent appeal. We shall send to you the prayer on whatsapp. You may choose the same or what is proposed by the Local Church in your area.

PRAYER FOR PEACE

- Sr. Florence Leivon had a long struggle to come out of her village because of the violence in Manipur. We thank God that she has come back safe to the Province. But the situation remains tensed and we need to continue to pray.
- Our brave missionaries Sr. Miriam Kallathupullathu and Sr. Teresa Manakalayatt along with another Polish missionary chose to remain with the wounded war victims bringing them comfort and healing. Our Sisters had the option to quit and go to safer places. But with heroic courage and love for the war victims they replied: "We shall not leave our people and go". They are asking prayers for them to discern and decide as Mother General is advising them to leave Khartoum as the situation is becoming worse.
- We are aware and very much concerned about what is happening in Manipur, Sudan and in Ukraine. We pray for the suffering people.

SINCERE CONDOLENCES & ASSURANCE OF PRAYERS

- ✚ To Fr. Jose Koyickal and Salesian Confreres of INK Bangalore at the demise of Rev. Fr. Ittira Mondoth SDB (84) on 23rd June 2023 at Mamma Margret Home, Aluva.
- ✚ To Sr. Mary Antony at the demise of her beloved brother Mr. Leon (80) on 23rd June 2023 in Kerala.
- ✚ We remember with gratitude along with Rector Major and pray for the departed soul of his mother Mrs. Isabel Artime García, who passed away at Luanco- Gozon, Spain on 24th June 2023.

CONCLUSION

We are already in the new academic year. Our campuses are lively with the scampering feet and laughter of children and youth. As we are busy with our many activities let us not forget the words of Don Bosco that in our lives the contemplative and active life must go hand in hand, reproducing Martha and Mary.

The latest Circular of Mother General 1029, titled **Mystics with open eyes** intends to educate us in prayer, a central aspect of our identity as Daughters of Mary Help of Christians. Therefore, she says, consciously make space, with praise, adoration, gratitude, to the Holy Spirit who prays in us to acquire a dynamic and fruitful power that works in the unwinding of time, keeps us in communion with him and, through him and in him, strengthens fraternity and gives evangelical efficacy to the mission. And it is only in the encounter with him that the Church can win the temptation of spiritual worldliness, and to open oneself to the Holy Spirit who inhabits and gives life to it.

Sometimes we too risk getting lost in a thousand interests and activities, overwhelmed by a flood of information, of images that can weaken the freedom and depth of our inner life to the point of anesthetizing, with surrogates, the innate desire for the Infinite that inhabits our Heart. We too could experience the difficulty of enjoying the beauty of the Christian life and of the religious vocation, of "remaining" in God's love, and of perceiving the heartbeats of his Father.

Perseverance in prayer was possible for Mother Mazzarello, as a prayer of the heart, which adapts to the rhythm of work, gives it meaning and illuminates it as eternal. She lived the mystique of everyday life in the encounter with God, loved above all things, and with the people who were entrusted to her. Her simple and solid faith, and that of our first sisters of Mornese, made the praise of God "perennial", even in the toil of each day. Let us therefore find moments during the day to open our hearts to God, above all knead our daily life with prayer because prayer is the breath of the soul.

Let us hear Mother Mazzarello repeating to us to take courage and become holy with great trust and strong faith in God. To Mary, Mother of the Institute I entrust this commitment to walk on the path of holiness of our communities. Let us do it with our young people, the Educating Community and the Salesian Family.

Good wishes and prayerful greetings to all in the Family.

Affectionately,



Sr. Lucy Rose Ozhukayil
Provincial