



XXXI/09

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**My dearest Sisters,
Loving & Prayerful Greetings from Provincial House Bangalore!**

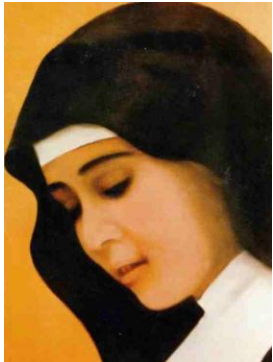
January 2024 came and went all too soon, in the midst of many celebrations and events inviting us to reflect and choose the priorities in life. The first group of Sisters made a significant experience of their Retreat. It is during the Retreat that the Lord knocked at the heart of our dear Sr. Helen Netto and she peacefully embarked on her journey to the Author of life. The tapestry of Sr. Helen's life was woven with threads of faith, family and a profound calling that led her to the life of service and devotion. Her unwavering faith, commitment and generosity are source of inspiration for us as Rabindranath Tagore said, "Death is not extinguishing the light. It is putting out the lamp because the dawn has come". May her legacy inspire us to embrace the simplicity, generosity and joyful spirit she so beautifully embodied. The Lord who was pleased with the living faith in her family and the boundless affection shared among the siblings, visited her family once again in a week's time on 25th January, 2024, and called Mrs. Freeda the sister of Sr. Helen to enjoy the bliss of eternity. May the Lord welcome them to His Kingdom of eternal peace and joy!

WORLD DAY OF PRAYER FOR CONSECRATED LIFE

The **28th World Day of Consecrated Life**, which will be celebrated on Friday, February 2, 2024, carries the resounding theme of "**Pilgrims of Hope on the Path of Peace.**" This significant occasion, dedicated to honouring and uplifting those who have devoted their lives to God through sacred vows, marks a momentous juncture for reflection and prayer. Across diverse religious vocations, encompassing priests, brothers, sisters, and consecrated laypersons, the World Day of Prayer for Consecrated Life serves as a beacon, illuminating the invaluable contributions of these devoted individuals within the fabric of the Church and beyond. Initiated by St. John Paul II in 1997, this day harmonizes with the feast of the Presentation of the Lord, a day synonymous with the symbolic illumination of candles, signifying Christ as the Eternal Light. Analogously, consecrated men and women are called to radiate the love and enlightenment of Jesus Christ through their altruistic endeavors, be it tending to the destitute, engaging in contemplative prayer, or infusing their professional pursuits with divine purpose. As we mark this occasion, we contemplate the profound significance of consecrated life, recognizing the unwavering commitment, fervent prayer, and selfless service exemplified by those who have embraced this sacred calling. Moreover, it is a moment to foster vocations to consecrated life and extend gratitude for the spiritual abundance they infuse into the ecclesiastical community. In a poignant convergence of reverence and anticipation, St. Peter's Basilica emerges as the focal point for the commemorative ceremonies on the Feast of the Presentation of the Lord. At 5:30 p.m. on February 2, 2024, the Eucharistic Celebration, under

the auspices of His Holiness Francis, will resonate within its sacred confines. Notably, this year's liturgical observance will be elevated by the participation of delegates from the International Meeting of Consecrated Women and Men in Preparation for Jubilee 2025. From February 1 to 4, Rome will host approximately three hundred representatives from diverse spheres of consecrated life, united in contemplation and dialogue centered on the theme of pilgrimage towards hope and peace. Let us unite ourselves in prayer and solidarity, amplifying our support for this momentous occasion within the tapestry of the Church's heritage.

BL.EUSEBIA PALOMINO



Eusebia Palomino Yenes, born in 1899 in Cantalpino, Spain, into a family rich in faith but poor financially, learned early the value of sacrifice. Her father, Agustín, toiled as a farmhand, while her mother Juana Yenes, looked after the home and the four children. During the winter, her father was forced to seek charity from other families to feed the family. Despite their hardships, her father's catechesis during their walks instilled in her a profound appreciation for creation and faith. At eight, her first communion deepened her spirituality. She worked in Salamanca, displaying remarkable maturity. Her involvement with the Daughters of Mary Help of Christians introduced her to community service, where she eagerly embraced various responsibilities, from kitchen duties to caring for children and aiding in education. Eusebia's early life exemplified resilience, faith, and a heartfelt dedication to serving others. Eusebia's fervent desire to please the Virgin Mary led her to become a Daughter of the Institute. Beginning her novitiate on August 5, 1922, she embraced a life of study, prayer, and work, finding immense joy in her devotion. Two years later, in 1924, she professed her vows, binding herself to her beloved Lord. Assigned to Valverde del Camino, a small town in southern Spain. The girls at the school and the oratory, when they first met her, could not hide their disappointment: the new arrival seemed like a rather insignificant person, small and pale, not pretty, with huge hands, and to top it all, she had an ugly name. She appeared unremarkable to others, but her dedication and love for her faith shone brightly in her service to the community. The little ones were soon won over by her tales about the missions, or the lives of the saints, or episodes of Marian devotion, or anecdotes about Don Bosco, all of which she remembered thanks to a good memory. She was able to make them attractive and telling through the power of her own conviction and simple faith. Everything about Sr. Eusebia reflected God's love and her strong desire to see that He was loved. This shone through the topics she preferred to talk about in her conversations: first of all, Jesus' love for all humankind saved through his passion. *The Five Holy Wounds* were what Sr. Eusebia read every day. She drew points for teaching from this devotion, using a simple set of rosary beads, which she advised for everyone with frequent hints. The other “pole” of Sr. Eusebia's piety and catechesis was the “True devotion to Mary,” taught by French Saint Louis M. Grignion de Montfort. This was to be the soul and weapon of Sr. Eusebia's apostolate throughout her short life. She targeted girls, young people, and mothers of families, seminarians, and priests. “Perhaps there was no parish priest in all of Spain,” it was said during the beatification process, “who did not receive a letter from Sr. Eusebia about being Mary's slave.” On February 9, 1935, Sr. Eusebia went to receive her reward for her faithfulness and was beatified on April 25, 2004. May the life of Sr. Eusebia Palomino Yenes inspire us to draw young recipients' souls closer to God!

ASH WEDNESDAY & HOLY SEASON OF LENT



“Remember that you are dust, and to dust you shall return.” With these words, the priest, referencing Genesis 3:19, imposes the ashes on the forehead on Ash Wednesday, marking the beginning of Lent on February 14, 2024. As we embark on the Lenten journey, marked by the solemn reminder of our mortality we are called to a period of introspection and spiritual renewal. St. Teresa of Avila wrote, “Our Lord is pleased only with the motions of the heart; and although, to please Him, we must begin with exterior practices, but we must soon pass to the interior. For it is from the heart that acts of penance that are acceptable to God must spring. If our deeds are not animated with the spirit of penance, they will not be useful for the attainment of the end we have in view, and thus we shall labour in vain.” St. Teresa of Avila’s wisdom echoes through the ages, emphasizing that while external acts of penance are crucial, they must be accompanied by a genuine transformation of the heart. Lent is not merely a time for outward observance but a profound opportunity for inner reflection and growth. We are urged to move beyond superficial practices and delve into the depths of our souls, seeking true repentance and a sincere desire to draw closer to God. It is through this inner work that we can authentically embody the spirit of Lent and contribute to building peace in our world. Let us heed St. Teresa’s call to genuine conversion, recognizing that true change begins within us. May our prayers, fasting, and acts of charity not only transform our own hearts but also inspire positive change in the world around us. As we journey through Lent, may our sincere efforts pave the way for a more peaceful and compassionate world.

WORLD DAY OF THE SICK

The World Day of the Sick is an observance established by Pope John Paul II in 1992 and is celebrated annually on February 11th, the Feast of Our Lady of Lourdes. It’s a day dedicated to raising awareness about the challenges faced by people who are sick, as well as recognising the valuable contributions of caregivers and healthcare professionals. It’s also an opportunity for communities to reflect on the importance of compassion, solidarity, and support for those who are ill. The World Day of the Sick serves as a reminder of the need for compassionate healthcare, access to medical treatment for all, and the importance of caring for the physical, emotional, and spiritual needs of the sick and suffering. It’s a day that highlights the universal human experience of illness and our shared responsibility to promote healing and alleviate suffering wherever possible. Let us entrust to Our Blessed Mother all the sick and suffering people of the world. Several of our sisters’ dear ones are sick, elderly, or ailing; some of our sisters are too. Let us surrender them all to Our Lady of Lourdes and seek her powerful intercession.

Let's celebrate!

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



VOICE OF GRATITUDE

- My Sincere Gratitude to Sr. Sherly Joseph 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. Emanuel Vallipalam OCD, who preached the first retreat for 52 sisters. I am sure that it was a wonderful opportunity to spend time with Jesus in listening to and deepening His word and thus renew the spiritual life.

CONVENTION OF NOVICE FORMATORS

Sr. Thresia Augustine will be participating in the Convention organized the Formation Sector for Novice Formators from 7th to 27th February at our Generalate in Rome. We wish her all the best for her participation and sharing of experiences from our FMA world.

WORKSHOP FOR SOCIAL COMMUNICATIONS COORDINATORS

The National Social Communication Coordinator of PCI, Sr. Maria Rajeshwary, is organising a *Workshop on Artificial Intelligence* for social communication coordinators from February 9th to 11th, 2024, at Don Bosco Skill Mission, Bengaluru, Karnataka. Sr. Nirmala Joseph and Sr. Florence Levion will be participating in it.

SECOND ANNUAL RETREAT

The Second Annual Retreat which is for the Animators will begin at 5.30 p.m. on 9th February and conclude with the Mass at 7.00 a.m. on 16th February 2023. Rev. Fr. Deepak MCBS from Kerala will be the preacher.

TEAM EVALUATION, PLANNING&CELEBRATION OF PROVINCIAL COMMUNITY DAY

On 16th&17th February there will be the Annual Evaluation & Planning of the different sectors by the Team members and Animators at Sacred Heart Convent Bangalore. On 18th 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.

27th INDIAN CATECHETICAL ASSOCIATION

The 27th Indian Catechetical Association (ICA) 2024 will be held from Feb 21st to February 23rd at Don Bosco Matunga, Provincial House, Mumbai, with the theme echoing an Eco-Catechesis. Sr. Alice Chacko and Sr. Sumathi Bulla will be participating in it.

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

- For dear mother of Sr. Suni Antony who is very sick.
- For the sister of Sr. Teresita Thomas who is partially paralyzed due to a stroke.
- For the brother of Sr. Maria Rajeshwary who is very sick.

SINCERE ASSURANCE OF PRAYERS

- To dear Novice Maria George, at the loss of her paternal uncle Mr. Jacob Vadakkedem (70) on 06 January 2024.
- The Provincial and confreres of Kolkata province at the loss of Fr Thomas Pulickal SDB (76) on 08 January 2023.
- The Provincial and sisters of the Province of St. Thomas the Apostle, Madras at the sudden demise of Sr. Sagaya Selvi Periyanyagam (56) on 19 January 2024.
- To dear Sr. Bridget Kabilai, Sr. Rose Mary Kabilai and Fr. Vincent Kabilai at the demise of their dear mother Mrs. Arogya Mary Kabilai (84) on 21 January 2024.
- To dear Sr. Auxilia Lakashiangat the demise of her maternal grandfather Mr. Krishon Buam (63) on 24 January 2024.
- To Sr. Rosely Devassy at the demise of her maternal aunt Mrs. Elizabeth Chacko (85) on 27 January 2024.

CONCLUSION

Citizenship and Ecology are the burning issues challenging the world today. The Apostolic Exhortation of Pope Francis ‘*Laudate Deum*’ is an in-depth study on the causes and our much-needed response to the burning ecological crisis faced by our Common Home. It proposes ways and means to find urgent solutions to it. Pope Francis asks us to remember that there are no lasting changes without cultural changes, without a maturing of life-styles and convictions within the societies, and there are no cultural changes without personal changes. As Educators, we have great responsibility and opportunity to bring about personal changes through our Educating Communities. We may not be able to make giant strides, but decide on small, but effective steps to bring about the desired effect.

Our Mother General’s Circular No. 1033 entitled *On the way towards an Integral Ecology* throws much light on this theme and gives many practical suggestions under the title “*Our Educational Contribution: Citizenship and Ecology*”. Together with the Educating Community, let us adopt the steps that are feasible in our situation and thus respond to the earnest requests of the Pope to cooperate with his efforts to bring about change of hearts and culture and Integral Ecology.

Good wishes and prayerful greetings to all in the Family.

Affectionately,



Sr. Lucy Rose Ozhukayil
Provincial