



XXXII/09

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My dearest Sisters,

Loving & Prayerful Greetings from Provincial House Bangalore!

Returning from Tiruchirapalli after the enriching experience of the Triennial Verification, I bring you fresh and affectionate greetings from our beloved Mother Chiara, the Vicar General Sr. Maria del Rosario and the General Councillors Sr. Nilza Fatima and Sr. Celine Jacob. As we bid farewell to January 2025—a month filled with profound celebrations and moments of reflection—we are once again invited to pause, discern, and embrace the true priorities of life.

With hearts overflowing with gratitude, we, along with the Province Delegates, extend our deepest appreciation to each of you, dear sisters, for your fervent prayers and unwavering accompaniment during this important moment of renewal. Your spiritual support has been a source of strength and grace, reminding us of the beauty of our shared vocation.

A special word of thanks to our beloved Mother General and her Council, whose passionate dedication and inspiring guidance have rekindled in us a renewed zeal for our mission. Their animation has been a profound source of encouragement, instilling fresh enthusiasm and fidelity in our service. We assure them our continued prayers, especially for the fruitfulness of the upcoming verifications in the weeks and months ahead. May the Lord bless their efforts abundantly.

With equal warmth, we express our sincere gratitude to Sr. Fernando Majella, Provincial of Trichy Province; her Council; and all the dear Sisters of INT Province. Their generous hospitality, meticulous planning, and joyful spirit created an atmosphere of comfort and fraternity, allowing us to fully benefit from our gathering. Their kindness and dedication did not go unnoticed, and for all they have done, we hold them in our prayers, asking the Lord to bless them in the most bountiful way.

It is with great joy that I now share beautiful news: Sr. Maria del Rosario García Ribas has announced that the **Feast of Gratitude 2025** will be celebrated in the Mary Help of Christians **Province of Vietnam** on April 26. This cherished occasion, deeply rooted in our charismatic tradition, offers us a precious opportunity to express our filial love and profound gratitude to our dear Mother, Sr. Chiara Cazzuola, the centre of unity in our Institute. As a family, enveloped in prayer and mutual love, we come together to celebrate this radiant expression of belonging and fidelity.

With hearts full of appreciation, we offer our support and prayers to Sr. Maria Hoàng Thị Thu Hà and the dear sisters of the VTN Province as they prepare to host this significant event. As we embark on this

journey of preparation, we invoke Mary, Mother of Hope, in this Jubilee Year, that she may continue to bless and guide our Institute along the path of holiness. May she strengthen us as missionaries of hope and accompany us in this journey of profound thanksgiving, drawing us ever closer in communion and love.

WORLD DAY OF PRAYER FOR CONSECRATED LIFE

In 1997, Pope Saint John Paul II instituted the World Day for Consecrated Life, a day dedicated to honouring the profound gift of consecrated men and women in the Church. This annual celebration is closely linked to the Feast of the Presentation of the Lord on February 2, also known as Candlemas. On this day, the Church blesses candles, a powerful symbol of Christ, the Light of the World. In the same way, those in consecrated life are called to radiate His divine light, illuminating the path of faith, hope, and love for all people.

This day invites the Church to rediscover the beauty and richness of consecrated life—a life wholly given to God in the service of His Kingdom. It is a moment of deep gratitude, reflection, and renewal, calling consecrated persons to rekindle their missionary zeal and strengthen their communion with the Holy Father and the entire Church.

On February 1, 2025, at 5:00 PM, Pope Francis will preside over Vespers at St. Peter's Basilica in honour of the 29th World Day for Consecrated Life. This sacred gathering will be a moment of thanksgiving and renewal, as consecrated men and women from around the world reaffirm their commitment to living as beacons of Christ's light in a world yearning for hope and truth.

May this occasion inspire all of us to embrace our call with ever-deepening faith and joy, reflecting the presence of Christ through their witness of love, service, and single minded fidelity to the Gospel.

BL.EUSEBIA PALOMINO

Eusebia Palomino Yenes was born on December 15, 1899, in Cantalpino, Spain, into a poor but deeply faithful family. As a child, she accompanied her father, a seasonal worker, as he begged for food, yet she found joy in his company and trusted in God's providence.

At eight, a profound Eucharistic encounter ignited her desire to belong entirely to God. Forced to leave school, she worked as a nanny in Salamanca, where her love for God shone in her care for children. She attended the Oratory at the "Sancti Spiritus" School, impressing the Sisters with her humility and joyful service.



Despite fearing rejection, her silent trust was rewarded when a visiting superior accepted her into the Daughters of Mary Help of Christians. She professed her vows in 1924, serving in Valverde del Camino, where her kindness, storytelling, and wisdom drew people of all ages to seek her counsel.

Amid rising anti-Catholic persecution in Spain, she offered herself as a victim for the nation's salvation. Shortly after, in 1932, she was struck by a mysterious illness, enduring great suffering with unwavering peace and joy. Her hidden sacrifice bore fruit even after her death on February 9, 1935.

When war broke out, Valverde was miraculously spared from destruction at a site where, years earlier, Sr. Eusebia had instructed students to bury medals of Our Lady for protection in the four cardinal points on the outskirts of Valverde. They divided the medals into four equal parts, and, because one was left, Sister Eusebia indicated that it was to be buried at the entrance of the road that connects Nerva and Riotinto to Valverde, so there would be stronger protection. When the war broke out (Sr Eusebia was already dead), it became known that an entire troop of miners' trucks tried to penetrate Valverde to raze it to the ground. At the same point mentioned above of the House of Direction, they returned to Riotinto under the pretext of artillery, cavalry, tank, and armoured car resistance there. There was none of this. That point was defended by about fifty phalangists and civilian guards (cf. Positio II, 248)". Twenty years after her Beatification, the profile of this Daughter of Mary Help of Christians appears very timely for her fortitude and her ability to overcome her limited education, poverty, and illness in order to contribute to the expansion of the civilisation of love.

Even today, her life speaks powerfully to us. In a world still marked by violence and unrest, Blessed Eusebia reminds us of the strength found in surrendering to God's will. Like her, we are called to offer our prayers and sacrifices for peace, trusting in divine providence to transform hearts and nations. May her example inspire us to be instruments of love, courage, and unwavering faith in the midst of trials.

WORLD DAY OF THE SICK

The World Day of the Sick, instituted by Pope Saint John Paul II in 1992, is observed each year on February 11, the Feast of Our Lady of Lourdes. This special day calls us to be mindful of those who are suffering from illness, to acknowledge the dedication of caregivers and healthcare workers, and to renew our commitment to offering compassion and support to the sick.

Illness touches every human life at some point, reminding us of our shared need for care, love, and healing. As Christian communities, we are invited to reflect on the importance of solidarity, ensuring that no one suffers alone and that both physical and spiritual needs are met with tenderness and mercy.

Let us turn to Our Blessed Mother, the Health of the Sick, entrusting to her maternal care all those who are unwell—especially our sisters, their loved ones, and the elderly among us. May her intercession bring comfort, strength, and healing to those in need.



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
18	ST. KURIAKOSE ELIAS CHAVARA
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. Jerry V.M. SDB, of Dimapur Province, who preached the first retreat for 43 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.

HEARTY CONGRATULATIONS

We extend our heartfelt congratulations to Sr. Sumi Joseph, Directress of FIDES, and her dedicated staff for receiving the Best NGO Award in Mahadevpura. The award was conferred by former Minister Aravind Limbavali and MLA Manjula during the Bharat Mata Pooja and Mahadevpura Fest on January 25, 2025. Held at Katamnallur, the event honoured outstanding contributions. FIDES was recognised for its unwavering dedication to uplifting the marginalised, reflecting its commitment to service, empowerment, and social transformation.

WELCOME BACK HOME

Sr. Mary Aayila has returned back to the Province on 27th January 2025, after having rendered her missionary service in the Italian Province of Piedmonte for the past 15 years. We are happy to welcome her back and wish her a pleasant stay in the Province. Presently she is in the Provincial House. After the Spiritual Retreat and a time spent with the family, she will move to the assigned community.

JUNIORS MEET

The Juniors' meeting will be held at Sacred Heart Convent, Bangalore, on February 1–2, 2025, under the guidance of Sr. Thresia Augustine, Coordinator for Formation. The first day will be dedicated to recollection, confession, and the celebration of the Holy Mass, while the second day will be enriched by sessions led by Sr. Thresia and Sr. Hunbih Mary Dkhar. May this sacred gathering be a grace-filled occasion, fostering a deeper understanding and renewal of your vocational commitment.

SECOND ANNUAL RETREAT

The Second Annual Retreat which is for the Animators will begin at 5.30 p.m. on 7th February and conclude with the Mass at 7.00 a.m. on 14th February 2025. Rev. Fr. James Mathew SDB, from Kolkata Province will be the preacher.

TEAM EVALUATION, PLANNING&CELEBRATION OF PROVINCIAL COMMUNITY DAY

On 14th&15th February there will be the Annual Evaluation & Planning of the different sectors by the Team members and Animators at Sacred Heart Convent Bangalore. On 16th 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.

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

- For Sr. Constance Gomez who is sick and very weak.

CONDOLENCE AND ASSURANCE OF PRAYERS

- To dear Sr. Lucia Rani at the demise of her paternal aunt Mrs. R. Innsiammal (98) on 8 January 2025.
- To dear Sr. Arogyam Madanu at the demise of her paternal aunt Mrs Bhagyamma Madanu on 9 January 2025.
- To dear Sr. Maria Kallathupullathu (Miriam) and Sr. Rani Jacob at the demise of their paternal uncle Mr. K.S. Scaria (89) on 13 January 2025.
- To dear Sr. Aliamma Joseph at the demise of their dear cousin Mrs. Mary Scaria on 16 January 2025.
- To dear Sr. Sinymol Varghese at the demise of her paternal uncle Mr. Chacko (88) on 22 January 2025.
- To Sr. Rosa E.J at the sudden demise of her niece husband Mr. Arun Mukkuzhy (30) on 24 January 2025.
- To the Provincial and confreres of Kolkata province at the loss of Fr Abraham Panackachaly SDB, (90) on 29 January 2025.
- To dear Sr. Florence Sabreena at passing away of her maternal grandmother Mrs. Philomena (86, on 29 January 2025.

CONCLUSION

As we journey toward the 150th anniversary of the first missionary departure of the Daughters of Mary Help of Christians, I wish to echo the exhortation of our beloved Mother Chiara in Circular 1045: let us rediscover the beauty and vitality of the missionary spirit that has animated our Institute since Mornese and Nizza. This spirit is not merely an aspect of our mission but its very essence—a force that nurtures family unity, apostolic boldness, and deep collaboration within the Salesian Family.

Inspired by the luminous witness of “Sister Maria Troncatti,” a model of missionary holiness and reconciliation, we heed the call to “revive the fire” and renew our commitment to evangelisation. Her canonisation in this Holy Year is both a gift and a summons, urging us to be a radiant presence of hope and love in today’s world, bearing Christ’s light to every corner of humanity.

Good wishes and prayerful greetings to all in the Family.

Affectionately,



Sr. Lucy Rose Ozhukayil
Provincial