



XXXII/11

01 April 2025

My dearest Sisters,

Wishing each one of you a fervent Holy Week and very JOYFUL EASTER!

April marks the transition from winter to spring—a time of renewal and rebirth. As we welcome this month, brimming with the promise of new beginnings, let us embrace it as an opportunity for growth, joy, and positive change in our lives and in the world around us.

However, the onset of spring serves as a reminder of the delicate beauty of life. Myanmar faces a heart-wrenching tragedy, with the devastating earthquake leaving countless lives shattered, homes destroyed, and hearts broken. In this moment of profound sorrow, we are called not only to reflect but to act—with our hearts, our voices, and our prayers.

I urge all of you dear sisters to lift Myanmar in prayer, asking for strength, healing, and hope for its people. Let us pray that the nations of the world come together, offering their support and solidarity, and that Myanmar rises from this darkness with resilience and renewed hope.

As we approach the sacred moment of Holy Week, let us draw near with optimism, embracing new challenges with faith. May this time of reflection and renewal inspire us to be a beacon of hope, both for ourselves and for those who need it most. Together, in prayer and in purpose, we can be a source of light in the lives of many.

Holy Week:

Holy Week stands as the pinnacle of the Christian liturgical calendar, a sacred time that invites us to enter deeply into the mysteries of our faith—the passion, death, and resurrection of Jesus Christ. It is not merely a week of commemorations but a profound journey that leads us from the depths of human suffering to the heights of divine glory. For us religious, this week holds a particular significance, as it is both a reflection of our vocation and a call to renew ourselves.



The sacredness of Holy Week lies in its ability to make present the central events of our salvation history. Each liturgical celebration—from Palm Sunday to the Easter Vigil—unfolds the narrative of Christ's love, sacrifice, and triumph over sin and death. It is a time when we are invited to walk with Christ in His passion, to stand at the foot of the Cross, and to witness the transformative power of His resurrection. For us who have chosen to follow Christ more closely, Holy Week is not just an external observance but an internal pilgrimage of the heart.

Preparing for Holy Week as followers of Christ requires a deep spiritual readiness. This preparation is not solely about liturgical duties but about cultivating an interior disposition that aligns with the gravity and grace of the sacred days. Prayer, reflection, and silent contemplation become vital as we enter into the

mystery of Christ's suffering and love. We are called to examine our own lives—our joys, struggles, and commitments—and to offer them alongside Christ's own sacrifice.

Furthermore, Holy Week challenges us to live out our charism in our communities in new and profound ways. Whether through acts of service, prayer, or silent adoration, we participate in the liturgy not just as observers but as witnesses to the transformative power of God's love. This is a time to renew our "yes" to Christ, to deepen our understanding of His paschal mystery, and to allow His resurrection to reshape our hearts and lives.

In the sacred rhythm of Holy Week, we find not only the story of Christ's journey to the Cross but also the invitation to live that journey ourselves. As religious, may we embrace this sacred time with hearts open to the depths of God's love, preparing ourselves to proclaim the joy of the Resurrection with renewed faith and fervour.

Palm Sunday: Palm Sunday marks the beginning of Holy Week, a day filled with profound symbolism and deep spiritual significance. It commemorates Jesus' triumphant entry into Jerusalem, where the crowds welcomed Him with waving palm branches and shouts of "Hosanna! Blessed is he who comes in the name of the Lord!" (Luke 19:38). This joyful procession contrasts sharply with the suffering and sacrifice that will unfold in the days ahead, setting the tone for the mystery of Christ's passion.

The palms symbolize victory, peace, and eternal life, reflecting the people's hope that Jesus would be their long-awaited Messiah, the one who would bring liberation. However, their understanding of His kingship was limited to earthly expectations, while Jesus was on a mission far greater—bringing salvation through His sacrificial love.

For us, Palm Sunday is not just a historical event but a call to examine our own hearts. Are we like the crowd, quick to praise when things go well, but hesitant when faced with the cross? This day challenges us to recognize Jesus not only as the triumphant King but also as the suffering Servant who will bear our sins.

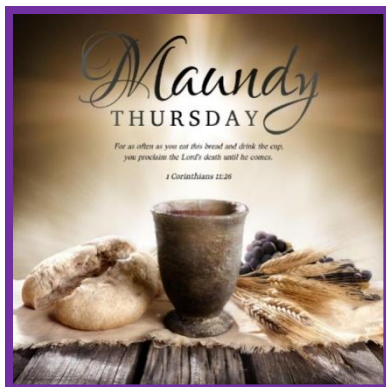
As we begin Holy Week, let us carry the spirit of Palm Sunday in our hearts—not just in words of praise but in a willingness to walk with Christ through His passion, trusting that His resurrection awaits us. May our lives be a continual "Hosanna," proclaiming His glory not only in times of joy but also through our trials and sacrifices.



Maundy Thursday: Holy Thursday, with its rich spiritual and theological significance, continues to hold profound relevance in the modern world. Commemorating the Last Supper, the institution of the Eucharist, and Jesus' commandment to love one another, this sacred day transcends time, speaking to the deep human need for connection, service, and selfless love.

In today's fast-paced, individualistic society, Maundy Thursday challenges us to pause and reflect on the core of our faith. The act of Jesus washing His disciples' feet—a symbol of humility and service—strikes a powerful contrast to the often self-centered values of modern life. It calls us to embrace humility, to serve others without expecting anything in return, and to recognize the dignity of every person, especially the marginalized and the vulnerable.

The Eucharist, instituted on this day, remains a cornerstone of Christian life, offering nourishment for the soul in an era where spiritual hunger often goes unnoticed amidst material distractions. In the modern



world, where people grapple with loneliness, division, and a longing for deeper meaning, the Eucharist is a reminder of Christ's enduring presence among us—a source of unity, hope, and love.

Furthermore, Jesus' new commandment to love one another is a radical call to action, urging us to move beyond superficial gestures to genuine, transformative love. In an age marked by conflict, injustice, and social fragmentation, Maundy Thursday serves as a beacon, reminding us that true Christian leadership is rooted in service, compassion, and sacrificial love.

Ultimately, Maundy Thursday is not just an event of the past but a living invitation to embody the love of Christ in our relationships, communities, and daily lives, making His presence felt in a world that desperately needs His light.

Good Friday: Good Friday is a solemn day that invites us into the depths of mystery, grief, and profound love. It is the day we remember the Passion and crucifixion of Jesus Christ—a moment that marks the intersection of human suffering and divine redemption. As we stand before the Cross, we are called not only to witness but to enter into the heart of Christ's sacrifice, allowing it to transform our hearts.

In the stillness of this day, we are beckoned to meditate on the words of Jesus from the Cross: "Father, forgive them, for they know not what they do" (Luke 23:34). These words are not just a prayer for His enemies; they are an echo of His boundless mercy, a reminder that forgiveness flows even from the depths of suffering. As we reflect, we are challenged to ask ourselves: Where do I need to receive forgiveness? Where am I called to extend forgiveness to others?

The Cross is the ultimate symbol of love—not the love that is easy, but the love that gives everything, even in the face of rejection and pain. "Greater love has no one than this, that someone lay down his life for his friends" (John 15:13). In His suffering, Jesus reveals that true love is sacrificial, selfless, and enduring.

As we meditate on Good Friday events, let us not rush past the darkness. Instead, sit with it. Feel the weight of sin, the ache of separation, and the depth of sorrow. But also, allow the light of Christ's love to shine through the darkness, for it is in His wounds that we find healing.

In the silence, hear His whisper: "It is finished." Not as a cry of defeat, but as a declaration of victory—a victory won not with power, but with love.



JOYOUS EASTER: Easter Sunday is the triumphant celebration of the most profound event in human history—the resurrection of Jesus Christ. It is a moment that shatters the darkness of Good Friday and fills the world with the light of new life, hope, and transformation. In a world often gripped by crisis, despair, and uncertainty, the message of the resurrection is not just a distant echo from the past; it is a living, breathing promise that speaks directly to our hearts today.

The resurrection is a powerful declaration: "Death does not have the final word." In every corner of our broken world—amid war, poverty, illness, division, and personal struggles—Easter reminds us that hope is never lost. Just as Christ rose from the dead, new life can emerge from even the deepest darkness. The stone that sealed His tomb was rolled away, not so Jesus could escape, but so we could see that He had conquered the grave.

For those feeling overwhelmed by the weight of life's challenges, Easter is a call to rise above fear and doubt. It's a clarion call to believe in the possibility of renewal, even when everything seems shattered. The same power that raised Jesus from the dead is at work in us, offering healing, peace, and the courage to face tomorrow.



This Easter, let us carry the message of the resurrection in our hearts and actions. Let it inspire us to be beacons of hope in a world that desperately needs it. For in the darkest moments, the light of Christ shines the brightest, and His love will never be overcome.

DIVINE MERCY SUNDAY

The Church, in her profound wisdom, places before us the feast of Divine Mercy on the first Sunday after Easter—a luminous beacon that beckons us to rest in the ocean of God’s boundless love. Divine Mercy is not merely an attribute of God; it is the very form His eternal love assumes as it reaches out to us in the depths of our fragility, our wounds, and our human frailty. It is in our brokenness that His mercy becomes most radiant, for it is not in our perfection but in our need that His compassion flows with uncontainable abundance.



Consider the tender gesture of Jesus on the cross, where, despite the agony of His suffering, He turned to the repentant thief beside Him and whispered words of eternal hope: *“Truly, I say to you, today you will be with me in Paradise.”* This act was not just a promise but an overwhelming outpouring of mercy—an embrace extended even in the final moments of His earthly life. Here, mercy is not measured by merit but by the boundless love of God that transcends all sin, all regret, and all despair.

As we enter these fervent days of the Divine Mercy Novena, let us not only be recipients of this grace but also channels through which His mercy can flow to others. The reflection on God’s mercy beckons us to examine the way we embody this divine gift in our daily lives. Are we mirrors of His compassion? Do our hearts echo the mercy we have so freely received?

May the celebration of the Feast of Divine Mercy fill our souls with renewed hope and a deeper commitment to live as true bearers of God’s love. Let us carry this mercy into our communities, offering forgiveness, understanding, and compassion as freely as we have been given it freely. Wishing you all fervent days of novena to the Divine Mercy and a joyful, fruitful celebration of this sacred feast.

WORLD DAY OF GRATITUDE

As we draw closer to the celebration of the World Gratitude Day on April 26, 2025, in the vibrant Vietnam Province “Mary Help of Christians” (VTN), let us open our hearts in fervent prayer for our beloved Mother General and the entire General Council. This sacred occasion, themed “Igniting the Gospel of Hope,” is not merely a commemoration but a luminous expression of the bond that unites us as Daughters of Mary Help of Christians, woven together in the tapestry of faith, mission, and love.



The World Feast of Gratitude offers us an extraordinary opportunity to experience the profound interconnectedness of our Institute, transcending geographical boundaries and cultural diversities, as we stand united in gratitude and joy. Through the live streaming available on <https://www.festadelgrazie.org>, and the rich array of preparatory materials provided on the Institute’s website, we are invited to journey together in spirit, reflecting on the countless blessings bestowed upon our Institute and each of us personally.

We extend our heartfelt appreciation to the “Mary Help of Christians” Province of Vietnam for their joyful hospitality and the meticulous care with which they are orchestrating this family event. Their dedication echoes the very essence of our charism—an embodiment of missionary zeal and warm, loving service. This year’s Feast of Gratitude holds a special significance as we anticipate the canonization of Blessed Maria Troncatti—a moment that calls us to deepen our own

commitment to holiness. As Mother Chiara Cazzuola reminded us in Circular 1046, “This is for all of us a time of special grace, a call to renew ourselves as an Institute to continue, with courage and joy, the path of holiness that God asks us to follow today.”

With hearts filled with gratitude, we turn our prayers toward our dearest Mother Chiara and her Council, joining in the chorus of thanksgiving alongside the young people and lay collaborators who enrich our mission. May our gratitude blossom into acts of love and service, reflecting the light of Christ in every corner of our lives. May our blessed Mother, Mary Help of Christians, continue to guide, inspire, and lead us on the path of faith, hope, and charity.

HEARTY CONGRATULATIONS

We rejoice with the entire Salesian Family at the election of the new **Rector Major Rev. Fr. Fabio Attard** and we assure him our prayerful support for him and for his noble mission of guiding the Salesian Congregation and the Salesian Family faithful to the spirit and charism of Don Bosco. Our good wishes and greetings to the Members of the newly formed General Council. We congratulate and pray for them all that they may enjoy the blessings of the Lord in abundance.

Fr. Stefano Martoglio – the Vicar
Fr. Silvio Roggia – Formation
Fr. Rafael Bejarano – Youth Ministry
Fr. Fidel Maria Orendain – Social Communication
Fr. Jorge Mario Crisafulli – Missions
Fr. Gabriel Stawowy – Administration

Regional Councillors

Fr. Alphonse Owoudou – Central and Western Africa
Fr. Bizimana Innocent – East and South Africa
Fr. Romero Hector Gabriel – America South Cone
Fr. Matthew Williams – East Asia and Oceania
Fr. Biju Michael – South Asia
Fr. Roman Jachimowicz – Central and Northern Europe
Fr. Hugo Orozco Sanchez – Inter America
Fr. Juan Carlos Godoy – Mediterranean



❖ With heartfelt gratitude, I extend my deepest appreciation to each one of you for your unwavering dedication and fervent efforts in promoting vocations throughout this academic year. I am especially grateful to our Regional Coordinators—Sr. Josemary Dunna for the AP & TS region, Sr. Nirmala Joseph for the Karnataka region, and Sr. Rosily Devassy for the Kerala region—who have been instrumental in guiding and nurturing vocation ministry.

Vocation camps are sacred moments of encounter with the Lord, where young hearts are invited to listen to the whisper of God’s voice amidst the noise of the world. They are opportunities to ignite the flame of faith, to kindle the courage to respond to the divine invitation, and to cultivate the fertile ground where seeds of holy vocations can take root and flourish.

As we entrust these upcoming vocation camps to the Lord, let us unite in prayer for their success—praying that they may become fertile grounds for the blossoming of new lives dedicated to God’s mission. I also encourage every community to reach out with heartfelt invitations to young women within your circles to embrace this precious opportunity for spiritual growth and discernment.

May the Spirit of the Risen Lord breathe new life into these camps, inspiring countless hearts to say “yes” to the call of holiness, and may the joy of our vocation journey continue to shine brightly in the world.

Karnataka: April 06-09 in SHC

AP & TS: April 09 - 12 in Ongole

Kerala: April 27-28 in Vazhichal

I would like to express my sincere gratitude to these communities for all the arrangements made and for their generous availability to welcome the young people to the community

- ❖ II Phase of the II Novitiate: We warmly welcome Sr. Dhanya Sahayaraj, Sr. Frinsha Francis, and Sr. Jacinta Kopuri, who will embark on the second phase of their second novitiate at the Bangalore Provincial House from April 15 to May 15. Let us accompany them with fervent prayers as they immerse themselves in this sacred time of preparation for their final commitment.
- ❖ Summer Programme Participation: Sr. Suni Antony will attend the summer formation programme organized at Kristu Jyoti College, Bangalore, from April 22 to May 24. May she be enriched and refreshed through this transformative experience.
- ❖ III Batch Annual Retreat: The third batch of Sisters will commence their annual retreat at 5:30 p.m. on May 2, concluding with the Eucharistic celebration at 7:00 a.m. on May 9. We are blessed to have Rev. Fr. Jerry V.M. SDB from Dimapur Province as the retreat preacher. May this retreat deepen their encounter with the Lord’s love and grace. Before the Retreat, there will be a two day Animation & Sharing on the relevant issues faced by our Educative Mission today.
- ❖ Junior Sisters’ Renewal Programme: Junior Sisters are expected at the Provincial House for the renewal programme on the evening of May 12. The sessions will begin at 9:00 a.m. on May 13, followed by the Annual Retreat and renewal of Vows. They will return on the evening of May 24, carrying the fruits of spiritual renewal.
- ❖ A sincere word of thanks to Sr. Sherly Joseph and the community for graciously hosting the meeting of those in charge of the YaR sector organised by NDF at the Provincial House on March 24. Our heartfelt appreciation extends to Sr. Sheela Jacob and the CDEW staff for their meticulous arrangements, ensuring the event’s success.

AUDITING OF SOCIETY ACCOUNTS

We extend our sincere blessings to Sr. Sini Varghese and all the local Economers as they prepare for the annual auditing of accounts. This vital ministry reflects our commitment to stewardship and integrity in service.

From April 22–25, the Sisters of Karnataka will meet at the Provincial House; from April 29–May 2, the Economers of Telangana and Andhra Pradesh will gather at Uppal Navajeevana. For the Kerala Economers, the meeting will be at Palluruthy House from May 5–9.

I am deeply grateful to the Superiors and Sisters of Navajeevana Uppal, Palluruthy, and the Provincial House communities for their generous hospitality and availability. May the Lord bless these gatherings with wisdom, clarity, and grace.

REQUEST FOR PRAYERS

- ❖ For our elderly and sick parents and dear and near ones of our sisters.
- ❖ Sr. Miriam Vettukallel asks for special prayers for her sick brother.

CONDOLENCES AND ASSURANCE OF PRAYERS

- ✙ To Sr. Liza Philip at the loss of her paternal uncle Mr. T. K. Kuruvila (92) on 04 March 2025.
- ✙ To Sr. Meenakshi D'Silva at the loss of her beloved father Mr. Gregory D'Silva on 05 March 2025.
- ✙ To Sr. Praveena Madhavan at the loss of her maternal uncle Mr. Jose R. (53) on 06 March 2025.
- ✙ To Sr. Florence Leivon at the passing away of her brother-in-law (32) on 06 March 2025.
- ✙ To Sr. Mary John (missionary in Africa Zambia) at the demise of her paternal uncle Mr. V.J. Abraham (85) on 14 March 2025.
- ✙ To Srs. Lourde Antony & Fatima Antony at the loss of their nephew Mr. Arun Gilbert Christy (40) on 16 March 2025.
- ✙ To Sr. Hunbih Mary Dkhar at the loss of her paternal uncle on 17 March 2025.
- ✙ To the Provincial and Sisters of INS Province at the demise of Sr. Sylvestra Khonglah FMA(76) on 20 March 2025.
- ✙ To Novice Sr. Maria George at the passing away of her maternal aunt Mrs. Rosy Madathil on 25 March 2025.

CONCLUSION

I would like to conclude taking some key points from Mother General's Circular 1047, focusing on the theme of Easter and the spirit of fidelity to God and the Constitutions:

Mother General exhorts us to embrace the Lenten journey as a profound call to return to God with all our hearts, reflecting on the boundless mercy and love of the Father. This sacred time of conversion reminds us that our joy is rooted in our fidelity to God and the Constitutions, which are not mere rules but a living covenant that shapes our identity as Daughters of Mary Help of Christians.

As we move towards the celebration of Easter, we are called to embody the spirit of renewal that the Paschal Mystery offers. The reflection on Don Bosco's and Mother Mazzarello's unwavering commitment challenges us to see the Constitutions not as restrictions but as pathways to holiness and genuine freedom in Christ. Their lives were testimonies of how living out our charism with simplicity, love, and courage can transform both ourselves and the world around us.

The words of Pope Francis, especially his message about the strength found in love, prayer, and self-giving despite physical frailty, resonate deeply with us. They remind us that our mission is not just to be

active in ministry but to be living witnesses of the Gospel, radiating hope and joy, especially in the face of challenges.

Pope Francis also invites us to reflect on the role of new technologies in our lives. His prayer intention for April challenges us to pray that these tools may not replace human relationships or the dignity of the person, but rather help us confront the crises of our times with compassion and solidarity.

May this Easter inspire us to renew our covenant with God, to live out our vocation with generous hearts, and to be vibrant signs of hope and love in every community we touch. Let us carry the light of the Resurrection in our hearts, illuminating the path for others with the hope that never fades.

Good wishes and prayerful greetings to all in the Family.

Affectionately,

A handwritten signature in black ink that reads "Sr. Lucy Rose". The script is cursive and elegant, with the "S" and "R" being particularly prominent.

Sr. Lucy Rose Ozhukayil
Provincial