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My dearest Sisters,

As we step into the radiant month of May, our hearts are drawn once again to the loving embrace of our Blessed Mother. In this sacred time, we, the Daughters of Mary Help of Christians, are invited to deepen our devotion and to experience anew the maternal presence of Mary in our lives and in our mission. In a world often marked by conflict and uncertainty, May shines forth as a beacon of hope, inviting us to rediscover the peace and strength that flow from Marian devotion.

This year, our prayers are especially marked by remembrance and anticipation. We lift our hearts in gratitude for the life of Pope Francis, whose humble witness and courageous voice for truth and justice stirred the conscience of the Church and the world. His simplicity reminded us of the Gospel's call to serve the poor and uplift the marginalized, and his unwavering trust in the Spirit's guidance challenged us to live authentically and speak boldly. As we commend his soul to the mercy of God, we also pray fervently for the new Pontiff who will take up the mantle of Peter in this crucial time in history.

The month of May is also rich with the luminous presence of saints from our Salesian Family. We begin by honouring St. Joseph, patron of interior life and tireless worker in the household of faith. Soon after, we celebrate St. Dominic Savio on May 6—a youth ablaze with purity and zeal, shaped by Don Bosco's fatherly care. We rejoice in the radiant memory of our Co-foundress, St. Maria Domenica Mazzarello, whose maternal love continues to animate our communities. The month also calls us to honour other giants of Salesian sanctity: St. Louis Orione, St. Leonard Murialdo, and Blessed Joseph Kowalski—each a beacon of fidelity and holiness in their priestly and apostolic lives.

Crowning it all, of course, is the great Solemnity of Mary Help of Christians, our celestial Protectress and constant Inspirer. Let us live this month with joyful fidelity, deep prayer, and renewed enthusiasm for our mission, just as Don Bosco and Mother Mazzarello taught us—always under the loving gaze of Mary, who walks with us and leads us unfailingly to Jesus.

In this spirit of renewal and hope, we also extend our heartfelt congratulations to Rev. Fr. Fabio Attard, - the newly elected as the 11th Successor of Don Bosco to lead the Salesian Congregation. Fr. Attard's election as Rector Major marks a historic moment for our Salesian Family, and we assure him of our prayers and support as he embarks on this new chapter of leadership. We also congratulate the newly elected General Councillors and also the newly nominated Fr. Thathireddy Vijayabhasker of the INH Province, as the Secretary of Rector Major, and pray that the Holy Spirit may guide them in their service to the Congregation and to the young people entrusted to our care.

May this month of May be a time of grace and renewal for each of us, as we continue our journey of faith and service under the loving guidance of our Blessed Mother.

ST. JOSEPH THE WORKER



As we begin the month of May, the feast of St. Joseph the Worker on May 1 invites us to pause and contemplate the quiet yet powerful witness of a man who shaped salvation history not with words, but with unwavering fidelity and tireless work. He remains hidden in the background of the Gospels, yet his life radiates clarity of purpose that speaks deeply to the modern world.

St. Joseph's hands, calloused from years of labour, carried more than wood and tools—they carried the weight of trust in God's plan. He worked not for recognition or personal gain, but in service of love: love for Mary, love for Jesus, and love for the mission entrusted to him. His workshop in Nazareth was more than a place of toil—it was a sacred space

where God's providence met human effort.

Don Bosco's esteem for St. Joseph reflects his belief in forming "good Christians and honest citizens". For Don Bosco, work was not merely functional—it was formative. St. Joseph's life shows us that true holiness is not reserved for extraordinary acts but is found in the faithful offering of our daily responsibilities, done with love and integrity.

Today, in a world that prizes efficiency and productivity, St. Joseph calls us to rediscover the sacredness of ordinary work. He reminds us that in every task—no matter how hidden or humble—we can participate in God's creative action. As Salesian educators and missionaries, we are invited to mirror this spirit: to build, to nurture, and to protect the lives entrusted to us, especially the young and the poor, not with noise but with presence.

In this Year of Jubilee, let us draw close to St. Joseph the Worker. Let us ask him to intercede for all who labour in silence, for those whose work is unnoticed but essential, and for the unemployed and those who struggle to find meaning in their professions. May he teach us to work with hearts anchored in faith and hands open to serve.

ST. DOMINIC SAVIO

As we celebrate the feast of St. Dominic Savio on May 6, we are reminded that sanctity is not measured in years, but in the depth of one's love. Though his life was brief, Dominic's soul burned with an extraordinary fire for God—expressed not in grand gestures, but in daily acts of quiet heroism and deep devotion.

One day at the Oratory, Dominic noticed a boy being mocked for his poverty. Without drawing attention to himself, he returned to his room, gathered his few belongings—including a small medal he treasured—



and offered them gently to the boy. “This is just between us,” he said softly. “I want you to know you’re loved.” It was a simple gesture, but it left a lasting impression. The boy later recalled that it was the first time he had ever felt Jesus’ love through a peer.

This hidden act of mercy speaks volumes about the kind of holiness Dominic lived: one rooted in compassion, humility, and the courage to affirm the dignity of others—even when no one is watching.

Another time, Don Bosco found Dominic lingering in the chapel long after morning Mass. “Dominic, what are you doing?” he asked. The boy replied with radiant simplicity, “*I’m staying with Jesus.*” For him, the Eucharist wasn’t a ritual—it was a relationship. He knew Jesus was truly present, and he wanted to remain, to listen, and to love. That kind of spiritual attentiveness, especially in one so young, reveals a soul profoundly united with God.

In both moments—the courtyard and the chapel—we see the essence of St. Dominic’s sanctity. Whether through quiet charity or deep prayer, he allowed Christ to live and act through him. His life echoes what Don Bosco often said: “Holiness consists in being always cheerful and doing one’s duty well.”

As we honour this youthful saint, may we, too, learn to love without counting the cost, to pray with hearts open to silence, and to see in every moment an opportunity to grow in holiness! Let us guide the young not only by teaching but also by showing—through our example—that it is possible to be truly joyful, deeply prayerful, and radically kind.

MARY D. MAZZARELLO

In the hills of Mornese, where the vineyards rolled gently under the Italian sky, a young woman once walked briskly from house to house—not with fanfare, but with purpose. She brought more than thread



and needle to the girls she taught to sew. She brought joy, dignity, and a deep sense of God’s love. That woman was Maria Domenica Mazzarello.

Before she became our Co-foundress, before she ever met Don Bosco, she was already forming hearts through the quiet power of presence. She believed that holiness could be woven into everyday life: in a stitch done with care, a word spoken with kindness, or a burden silently carried for someone else. Her sanctity was not dramatic—it was luminous in its simplicity.

When Don Bosco recognised in her a soul aligned with his own dream for young people, it was Mary who had already prepared her. Maria Domenica didn’t just admire Mary—she allowed Mary to shape her. This Marian formation wasn’t sentimental; it was a radical

transformation of heart. She once said, “If you truly want to be Daughters of Mary, then let your life be like hers: humble, obedient, strong, and joyful.”

One small but beautiful detail reveals the depth of her trust: each night, she would place the keys of the house at the feet of a statue of Mary Help of Christians. It wasn’t just a gesture. It was her daily act of surrender—acknowledging that the Institute was not hers but Mary’s. This spiritual abandonment became the foundation of her leadership.

And she led not from a place of control but from communion. When a sister was discouraged, she didn't offer correction first—she listened. When the girls were rowdy or sick, she didn't complain—she rolled up her sleeves and stayed close. Her love was hands-on, never distant. Her holiness was earthy and accessible, built on patience, sacrifice, and tireless fidelity to her mission.

Today, we do not simply honour a founder—we rediscover a mother. Her wisdom echoes into our time, inviting us to holiness not by imitation, but by transformation: allowing Mary, as she did, to shape our hearts; allowing Christ, as she did, to become the centre of our daily work, community life, and service to the young.

As we celebrate her feast, may we, like Mother Mazzarello, live with joyful simplicity, rooted in God's will, ready to serve, and open to the daily whisper of the Holy Spirit!

SOLEMNITY OF MARY HELP OF CHRISTIANS

The feast of *Mary Help of Christians* is not only a cherished celebration for the Salesian Family—it is a call to return to the very heart of our identity. In Mary, we do not merely find a figure of comfort and consolation, but the bold, prophetic woman who stood at the foot of the Cross and who now stands at the crossroads of history, still whispering to the Church and to each of us: “Do whatever He tells you.”

For Don Bosco, invoking Mary as Help of Christians was never just a devotional formality—it was a spiritual strategy. It was his answer to a turbulent world, and it is still ours. In an age where truth is often diluted, where youth wander without purpose, and where the Church faces external pressures and internal fragmentation, Mary remains the luminous figure who gathers, strengthens, and sends forth.

The title *Help of Christians* is deeply eschatological—it reminds us that we are not abandoned in our battle for holiness and mission. Mary is not simply a shelter from the storm but a star that leads us through it. Her help is not passive; it is maternal, personal, and deeply involved in the concrete struggles of the People of God. She stands beside educators in classrooms, missionaries in the margins, and sisters in quiet acts of daily service. She is present in the fatigue of prayer, the silence of sacrifice, and the trembling yes of obedience.

In this light, Don Bosco's words, “She has done everything,” are not sentimental; they are theological. Mary does everything because she brings Christ into everything. Her role is to shape hearts to be like His, and her method is to walk with us step by step, as she did with the Church from its first breath. As Daughters of Mary Help of Christians, this feast reminds us of our consecrated vocation to be Marian in style and apostolic in heart—to be women of faith who generate life, not through power, but through love, listening, and unshakeable fidelity. In a world that rewards noise and ambition, Mary teaches us the quiet power of presence, intercession, and trust.

Let us approach her feast not only with hymns and processions, but with a deeper renewal of our confidence in her. Let us entrust to her the future of our communities, the dreams of the young, the wounds of the world, and the mission entrusted to us. And let us allow her to do what she has always done best—not to take centre stage, but to gently guide us toward Jesus and say again, “Do whatever He tells you.”



III & IV ANNUAL RETREATS

The Annual Retreat for the III Batch of Sisters will commence at 5:30 p.m. on 2 May 2025 and conclude with the Holy Mass at 7:00 a.m. on 9 May 2025. The retreat will be preached by Rev. Fr. Jerry VM, SDB, from the Dimapur Province.

The IV and final retreat will take place from 15 to 22 May 2025, culminating in the Renewal of Vows by the temporarily professed sisters. The preacher for this session will be Fr. James Mathew, SDB, from the INC Province. May these days of spiritual renewal be a time of deep encounter with the Lord and a rekindling of our vocational commitment!

FORMATION COURSE

We wish a fruitful time and an enriching experience to Sr. Suni Antony, who is attending a Formation Course at Kristu Jyoti College Bangalore from April 20 to May 28, 2025.

STUDENTS FOR ITALY

Sr. Jissy Chandy will be going to Italy- Rome, to participate in a two-year course on Salesian Spirituality at Casa Madre Ersilia Canta. We extend our heartfelt wishes to her for a deeply enriching and grace-filled journey at the heart of the Church and our Institute.

WELCOME BACK

Sr. Sophy Joseph will be returning to the Province after having completed the Formation Course in our Faculty “Auxilium” at Rome. We welcome her back with joy and wish her a fruitful mission in the Province.

JUNIORATE AT GUWAHATI

Sr. Kalukolla Haseena and Sr. Sangma Namsila will be joining the interprovincial intensive Juniorate programme at Guwahati. We accompany them with our prayers, wishing them a formative experience filled with growth, grace, and joyful learning.

TRANSFERS

I extend my appreciation and thanks to each of you, dear Sisters, who have been entrusted with a new appointment or mission through transfer. Your willingness to embrace this change in a spirit of faith, joyful availability, and obedience is a powerful witness to our consecrated life.

May your generous “yes” be a seed of new life—bringing hope, vitality, and Christ’s love to every community and person you encounter in your new mission field.

All Sisters receiving transfers this year are requested to arrive at their new communities by 28 May 2025. Should unforeseen circumstances delay your arrival beyond 1 June, please communicate promptly with both your Animator and myself, providing the reason and the expected date of arrival.

Let this transition be a grace-filled passage toward deeper communion and renewed apostolic zeal.

ARRIVAL OF CONTACT PERIOD CANDIDATES

We joyfully await the arrival of young women who have heard the gentle whisper of God’s call and are eager to experience our Salesian way of life more closely. These young girls, including those who have journeyed with our Sisters across different places, will arrive at Guduvanahalli by 31 May 2025. I kindly request your attentive care in ensuring their safe arrival and warm welcome. Let us accompany them with

prayer and sisterly support, that they may feel the embrace of our community and the joy of belonging to Christ.

CONGRATULATIONS & ASSURANCE OF PRAYERS

- **Entry into Novitiate**

With hearts full of joy and gratitude to God, we extend our warmest congratulations to our dear Postulants, who will begin the period of Novitiate on 23rd May 2025:

MAKRI Julia, KATARI Keerthana and PAREKATTIL Anu Poly

as they take a significant step forward on their vocational journey by entering the Novitiate. May this sacred time of formation be marked by a deepening intimacy with the Lord, a generous response to His call, and the blossoming of joy, love, and fidelity in their hearts! We also express our sincere appreciation to Sr. Shiny Karakkat and her community for their dedicated accompaniment and nurturing presence, which have helped prepare these young women for this moment of grace and commitment. Let us continue to encompass them with our prayers and fraternal support, entrusting their journey to Mary, our loving Mother and guide.

- **First Profession**

With immense joy and profound gratitude to God, we extend our heartfelt congratulations to the Novices who are preparing to make their First Profession, offering themselves wholly to Christ in the Salesian consecrated life:

BAMON Aitimary & MARAK Altina R from INS.

HEMBROM Sara & RAMAI Louni Susanna from ING

GEORGE Maria, KADAVAKOLLU Sindhu Priya & KARUPALLI Padma Priya of INK,

We thank the Lord for the gift of these courageous and faith-filled young women who, with joy and love, will pronounce their first vows, consecrating their lives in the service of the Kingdom and the young, especially the poorest.

This moment of commitment is a radiant sign of hope and renewal for the Church and our Institute. We also express our sincere appreciation to the Present and Past Provincials of Shillong and Guwahati—Sr. Elizabeth George, Sr. Alphonsa Kurisinkal, and their Councillors—for their generous collaboration in sending Novices to participate in an intercultural Novitiate experience, enriching their formation and expanding their vision of communion and mission. Let us surround our newly professed Sisters with our loving prayers and support that they may walk forward with fidelity, joy, and apostolic zeal. We are grateful to Sr. Thresia Augustine and the Novitiate Community for accompanying them in their formative journey. The celebration at 7.00 a.m. will be presided over by Rev. Fr. Alex Kalathikattil, Rector of Visvadeep Community.

- **Perpetual Profession**

With hearts lifted in profound gratitude, we praise God for the precious gift of the Perpetual Profession of our beloved Sisters:

Sr. FRANCIS Frinsha

Sr. KOPURI Jacinta and

Sr. SAHAYA RAJAN Dhanya Mary

They will joyfully seal their covenant of love with the Lord through their final vows on 24th May 2025, during the Holy Eucharist celebrated in the Provincial House Chapel. This sacred and definitive “Yes” is a powerful witness of love, fidelity, and total self-giving to the mission of Christ among the young. As we rejoice with them, let us also uphold them with our fervent prayers, that their consecrated lives may

bear abundant fruit in the vineyard of the Lord. Rev. Fr. Bosco Ponthokkan SDB, Rector of Kristu Jyoti College will preside over the solemn Eucharistic Celebration 11.00 a.m.

- **Renewals**

On 22nd May 2025, fifteen Temporarily Professed Sisters will renew their sacred commitment to the Lord during a prayerful celebration at Sacred Heart Convent, Bangalore. The six Sisters of the Intensive Juniorate in Guwahati and Shillong will renew their Vows on 24th May. Let us accompany these dear Sisters with our loving prayers and support that they may remain steadfast in their vocation, deeply rooted in Christ, and joyfully faithful to the call they have embraced.

REQUEST FOR PRAYERS

- ❖ For our elderly and sick Sisters in particular our dear Sr. Constance Gomez.
- ❖ For the sister-in-law of Sr. Elizabeth Pothen who is seriously ill in USA, the niece of Sr. Maria Goretti who is seriously ill.
- ❖ All our sick parents and relatives who need the support of our prayers.

CONDOLENCES AND ASSURANCE OF PRAYERS

- To Fr. Biji Thomas SDB of INC province at the demise of his beloved brother Fr. Bobby Thomas Vattamala (50) on 2 April 2025.
- To Srs. Catherine and Mary Aayila at the passing away of their beloved priest brother, Rev. Fr. Thomas Aayila (89) on 17 April 2025.
- To Sr. Margrat Mathai who lost her beloved brother Mr. Devasia (68) on 26 April 2025.

CONCLUSION

As I conclude, I would like to end with the words and invitation of our Mother General, who, in her recent circular 1048, calls us to renew our awareness of Mary's maternal presence and identity within our Institute. Mary is not only our Model and Teacher, but the very heart of our charism. The Institute belongs entirely to her—she is the Inspirer of our mission and our constant companion in our journey of faith.

Each of us, as Daughters of Mary Help of Christians, is called to be Mary's "living memory". The Practical Commentary on the Constitutions is a precious guide, urging us to deepen our understanding of our Marian vocation. Let us study it, pray with it, and allow it to shape our lives.

Mary, Immaculate and Help of Christians, teaches us to love with purity, give with joy, and serve with strength. May our lives echo her 'yes'—open to the Spirit, compassionate to the poor, and faithful in the mission. Let us, once again, take Mary into our hearts, communities, and mission, so that we may radiate her tenderness, strength, and joy to the young and to one another. May we truly be her presence, her face, and her love in today's world!

Good wishes and prayerful greetings to all in the Family.

Affectionately,



Sr. Lucy Rose Ozhukayil
Provincial