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My Dearest Sisters,

Viva Gesù!

Prayerful and affectionate Greetings from the Provincial House Bangalore!

A New Academic year dawns upon us—a sacred opportunity to begin again, to serve with renewed purpose, and to allow God’s grace to shape the rhythm of our days. As communities reassemble and schools reopen, may our hearts be attuned to the quiet whispers of the Spirit, who invites us to plant seeds of hope, joy, and holiness in the lives entrusted to our care.

We begin this fresh Scholastic Year not only with enthusiasm but also with a profound sense of ecclesial joy as the Church welcomes “**Pope Leo XIV**” as the successor of Peter. His election is a sign of continuity and renewal—a gentle reminder that the Holy Spirit is ever at work, breathing life into our Church and guiding us through changing times. Let us keep him in our prayers as he carries the weight of the universal Church on his shoulders and as we discern how best to walk in harmony with his vision of fidelity, compassion, and courage.

As educators, formators, and spiritual mothers, our mission remains deeply relevant. The world of our youth may seem distant from our own formative years, but the thirst for meaning, for love, and for truth remains unchanged. With the help of Mary, our Mother and Teacher, may we continue to be faithful signs of God’s presence—wherever we are sent.

May this new academic year be marked by collaboration, creativity, and a deeper commitment to holiness—personal and community! Let us walk forward with serenity and strength, for the One who calls us is faithful.



FEAST OF ASCENSION

The Feast of the Ascension does not mark Christ’s departure but His exaltation—a triumph of divine love that draws our gaze upwards, not in nostalgia but in hope. Jesus ascended not to abandon us but to take our humanity into the very heart of the Trinity. He leaves visibly so that we might learn to see Him invisibly, in the Eucharist, in the Word, and in the heart of our apostolic mission.

For us as consecrated women, the Ascension is not an end but a beginning—of deeper union, of greater fidelity, of more courageous witness. “Go, therefore, and make disciples,” He says. But how can we go unless our hearts remain anchored in heaven? How can we teach others to live for eternal things if we ourselves are weighed down by lesser loves?

This feast challenges us to renew our focus: to detach from the merely earthly and to let our minds and hearts rise with Christ. As St. Paul says,

“Seek the things that are above, where Christ is seated.” Holiness is nothing less than living from that place—where Christ is.

Let us look up, not just in awe, but in trust, knowing He intercedes for us. And let us look around—with the eyes of Christ—to bring heaven’s hope into the ordinary moments of daily life.

FEAST OF PENTECOST

The Feast of Pentecost invites us to remember not only a historical event but a present reality: the Church lives and breathes by the Spirit. It was the Holy Spirit who transformed the timid apostles into fearless proclaimers. It was the Spirit who took the scattered and made them one. It is this same Spirit who speaks to us today—if only we will listen.

As consecrated women, we are called to live under the influence of the Spirit—not just in moments of prayer, but in every breath, every decision, and every act of service. The Holy Spirit is not an occasional visitor. He is the divine Guest of our soul. But how often we live as if we are alone, burdened, and directionless! Pentecost reminds us: “We are not alone.” The Spirit lives in us—and He is power, joy, and fire.

St. Maria Mazzarello, so grounded in ordinary life, lived under this influence. Her simplicity did not prevent her from being a woman of fire—her zeal, her clarity, and her maternal strength all came from a heart attuned to the Spirit. Don Bosco too walked as a man possessed by divine boldness—not because he was strong, but because he was led.



In these days, when religious life sometimes feels like an upper room—enclosed, uncertain, waiting—let us open wide the doors of our hearts and communities. The world is thirsting for the witness of Spirit-filled women who radiate inner freedom and peace. Let us pray not merely to be comforted by the Spirit but to be *set ablaze*.

Come, Holy Spirit! Renew our personal prayer. Rekindle in us the gift of community. Empower our mission with youthful joy. And most of all—form in us the likeness of Christ.

Then, like Mary and the apostles, we will not remain hidden—but go forth with courage, as true daughters of Pentecost.

MARY, MOTHER OF THE CHURCH – 9 June

On this beautiful memorial of “Mary, Mother of the Church”, we turn our hearts to the one who is not only Mother of Christ but also Mother of all who belong to His Mystical Body—the Church. This title, officially recognised by Pope Francis in 2018, is not new to our hearts. As Daughters of Mary Help of Christians, we have always known her maternal presence in our lives and in our communities. But today, we are called to go deeper—to live not just with Mary, but like Mary.



At the foot of the Cross, Jesus gave her to us: “Behold, your Mother.” At that moment, Mary’s motherhood became universal. She did not cling to her own grief but opened her heart to embrace a new family. This selfless expansion of love is what we are called

to imitate—especially in our relationships with one another and with the young people entrusted to us.

Mary teaches us the virtue of presence. She was present at Cana, at Calvary, at Pentecost—not drawing attention to herself, but quietly forming the Church in its infancy. Like her, we are called to be women of presence—attentive, nurturing, and deeply rooted in faith.

She models for us the virtue of interior silence—not as withdrawal, but as the space where God speaks. In a world addicted to noise, our ability to listen, reflect, and respond with discernment is a Marian gift that keeps our mission aligned with God’s will.

Mary also reveals the strength of faithful obedience. At the Annunciation, she gave her fiat—her total “yes”. But that yes was not a one-time act; it was renewed in every trial, every moment of uncertainty, and every suffering she silently bore. Our own consecration, lived in joy and trial, is a continuation of her fiat.

To be true Daughters of Mary means more than wearing her medal or singing her praises—it means carrying her spirit into every classroom, corridor, chapel, and kitchen. It means becoming mothers within the Church—by love.

Let us ask her today to form our hearts after her own.

Mary, Mother of the Church, form us into living reflections of your humility, courage, and love.

Help us to walk gently, serve generously, and love boldly—until Christ is formed in every soul we meet.

MOST PRECIOUS BODY AND BLOOD OF JESUS

As we approach the Solemnity of Corpus Christi, on 15 June, the Church places before our eyes and hearts the mystery of divine love made tangible—the Body and Blood of Jesus Christ, offered to us in the Most Holy Eucharist. This is no mere symbol, no distant memory of a past event, but a living reality: Christ Himself, wholly present, wholly given, and wholly poured out for us.

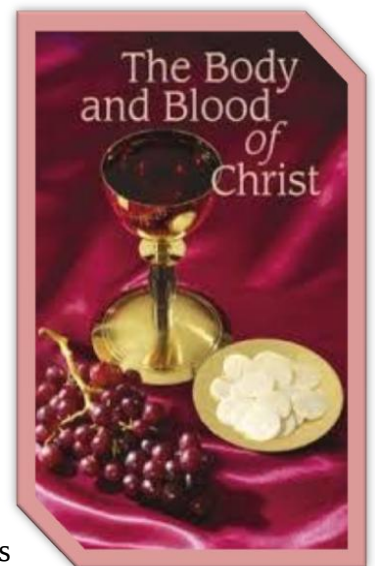
This feast is not simply a commemoration—it is an invitation. Corpus Christi calls us not only to honour the Sacrament but also to enter into it, to allow ourselves to be drawn into its very essence: **communion**. This is the mystery at the heart of our faith—the Word made flesh continues to dwell among us, not only spiritually but sacramentally, under the humblest appearances of bread and wine.

The Eucharist is not something we merely receive; it is **Someone** we encounter. Christ does not give us a part of Himself—He gives us all Himself: His Body broken, His Blood poured out, His Soul, His Divinity. Every Eucharistic celebration is a re-presentation of Calvary and a foretaste of the eternal banquet in Heaven. It is both sacrifice and supper, suffering and glory.

This feast also reminds us of the humility of God. In the Incarnation, Christ took on our humanity. In the Eucharist, He hides Himself still further—in silence, in smallness, and in simplicity. The Creator of the universe places Himself into our hands, waiting for our response. How gently He loves us! How patiently He waits!

Let us ask ourselves: How do I approach the Eucharist? Do I come as one who is hungry for God, or as one who has grown accustomed to mystery? Do I adore Him, not just in the tabernacle, but in the poor, in the broken, in the sisters around me?

This solemnity urges us to become Eucharistic souls—women whose lives are shaped by the logic of the altar: self-giving, surrender, and thanksgiving. To live the Eucharist means to live broken and poured out in



love for others. In every act of charity, in every moment of hidden service, we become what we receive: the Body of Christ.

Saint Juliana of Cornillon, whose mystical vision was the seed of this great feast, recognised that the Church was incomplete without a day wholly dedicated to adoring Christ in the Eucharist. She saw, prophetically, that without adoration, our faith risks becoming functional rather than relational. It is not enough to believe in the Real Presence; we must love Him there.

The Eucharistic miracle of Bolsena affirms this truth in another way: Christ still bleeds, still gives, and still longs to reach the hearts of the doubting and the weary. Even today, He seeks to rekindle our wonder and reverence.

Let this feast renew in us a deeper longing for the Eucharist—not only at Mass, but in the quiet moments of adoration, where words fall away and only presence remains. Let it stir in us gratitude, humility, and a desire to make our lives a continuous Eucharistia—thanksgiving. May we become living monstrances, bearing Christ within and radiating His love outside!

SACRED HEART OF JESUS – PATRON OF OUR PROVINCE



This year, as we prepare to celebrate the Solemnity of the Sacred Heart of Jesus, our hearts turn once more toward the mystery that defines our Province's identity: the inexhaustible love of Christ. But perhaps this year, the Lord is inviting us not only to contemplate His Heart—but to dwell in it, to be consumed by it, and to be transformed into hearts that resemble His own.

We live in a time marked by restlessness and noise—inside and outside the convent walls. Yet, it is into this very reality that the Sacred Heart of Jesus continues to beat—not just with divine compassion but with an urgent invitation to holiness. What kind of heart does Christ seek in us? A heart that burns without burning out. A heart like His.

Let us be inspired this year by a little-known yet profound moment in the life of St. Margaret Mary Alacoque, the saint to whom Jesus revealed the devotion to His Sacred Heart. When she once asked the Lord why He chose her—a weak, often sickly, and hidden soul—He answered, "I have chosen you because you are so little and poor. I want to show My love and power through your nothingness."

In that humility lies the secret to **total surrender**. The Sacred Heart is not asking us for brilliance or success. He asks for hearts open enough to let Him love through us—even when we feel empty, misunderstood, or tired. Isn't this also the path St. Maria Mazzarello walked? Her sanctity was not born in ecstasies but in the daily fidelity of pouring herself out for the girls of Mornese, with a smile, with sacrifice, with steadfast joy. "Let God work in you," she said, "and the work will be well done."

Similarly, Don Bosco's life was one of radical trust in God's providence. His tireless love for the young, even when he had nothing left to give, came from his profound union with the Heart of Christ in prayer, in the Eucharist, and in joyful sacrifice. He did not burn out—because he was set ablaze by a divine fire that cannot be extinguished.

So, dear Sisters, what might this mean for us—today, in our communities, schools, and apostolates?

It means choosing again, each day, to **belong fully** to Jesus.

To love without limits.

To serve without seeking reward.

To surrender our worries, reputations, and even our dreams—so that His dream may live in us.

As we renew our consecration to the Sacred Heart, let us do so not out of routine but with the desire to let His Heart beat within ours—more and more. Let our Province be known not just as “dedicated” to the Sacred Heart, but as **shaped** by it—communities where one finds warmth, joy, self-giving love, and a holiness that radiates.

In the words of the Sacred Heart to St. Margaret Mary:

"My Divine Heart is so inflamed with love for [you]...that it can no longer contain the flames of its burning charity."

May we be those flames!

SINCERE THANKS

✚ With deep appreciation, we thank Sr. Sherly Joseph and the Provincial House Community for their whole-hearted efforts in organizing and hosting several important events during the month of May. These included the retreats for our Sisters, the Renewal of Vows for our Junior Sisters, and the solemn celebrations of the First and Final Profession of our Sisters. Your meticulous planning, prayerful presence, and warm hospitality were deeply felt by all. A special word of thanks for the spirit of teamwork and availability that made these days so enriching.

✚ We also express our heartfelt gratitude to Sr. Rosa Pyngrope, Provincial of INS, to Sr. Mabel Gothrop Provincial of ING, Sr. Molly Kaniyampady, Superior of Auxilium Provincial House Community and Sr. Euginia Laloo Superior of Maria Ausilitrice Shillong Provincial House Community. Their consistent dedication, personal care, and formative guidance during the Juniorate have been a true gift to our Junior Sisters and to the Province. We are especially grateful for the spirit of sisterly collaboration and mutual support that continues to strengthen the bonds between our Provinces.



01	FEAST OF ASCENSION/ WORLD COMMUNICATION DAY
05	WORLD ENVIRONMENT DAY
08	FEAST OF PENTECOST
09	MARY, MOTHER OF THE CHURCH
21	ST. ALOYSIUS GONZAGA
22	MOST PRECIOUS BODY AND BLOOD OF JESUS
23	ST. JOSEPH CAFASSO
24	NATIVITY OF JOHN THE BAPTIST
27	MOST SACRED HEART OF JESUS
28	IMMACULATE HEART OF MARY
29	SOLEMNITY OF Sts. PETER AND PAUL

CONGRATULATIONS!

Congratulations to our Sisters and Communities for their dedicated accompaniment of students who achieved excellent results in the High School and Higher Secondary examinations. We deeply appreciate the

committed efforts of our Principals, Headmistresses, Sisters, and lay staff who guided them towards academic success. May we continue to journey with these young minds, nurturing them to become responsible and value-driven citizens of our nation!

WELCOME BACK

We joyfully welcome our four Junior Sisters—Joy Sharmista, Biji Rajan, Salomi Sangma, Jasmine Therese, Phiba Kharkongor and Auxilia Lakashiang, who will return to the Province after completing their intensive Juniorate in Guwahati and Shillong.

A warm welcome also to Sr. Sophy Joseph, returning after a fruitful and enriching experience at the Institute's Centre in Rome! She will now accompany and guide the Candidates, in their vocational journey. We wish her all the best and invoke God's blessings on her new mission.

MORNESE PROJECT

We also send our warm wishes and prayers to Srs. Saly Abraham, Jancy Augustine, Elsa Devasia and Valsa Mathew, who will be leaving for Rome on 1st June to participate in the "Mornese Project". May this time at the heart of our Institute be a fruitful and enriching experience for each of them! May the Lord accompany all our Sisters on these meaningful journeys, and may their efforts bear abundant fruits for the good of the Congregation and the wider Salesian family.

CANIDATES IN FORMATION

Our Contact Period Candidates will be part of the Guduvanahalli Community, accompanied by Sr. Sophy Joseph in their formative journey. We sincerely thank Sr. Maria Rajeshwary and the community for their openness in welcoming them and offering a meaningful community experience. Eight of our pre-Aspirants continue their Higher Secondary education at Karunapuram JMJ College and at Auxilium PU College Bangalore. The small number of Aspirants and prospective Postulants is a reminder of our shared responsibility to strengthen vocational animation, both personally and as communities.

CONTINENTAL SEMINAR

The Association of Salesian Cultural History (ACSSA) is organizing a series of continental seminars and an International convention to mark the 150th anniversary of the first missionary expedition of the Salesians of Don Bosco (1875) and the Daughters of Mary Help of Christians (1877). At the South Asian level, the Seminar will be held in India at the Bangalore Provincial House (SDB) from 27th to 29th June 2025. We are proud to share that from our Province: Sr. Sheela Jacob, Sr. Jayanthi Boyopati and Sr. Diana Rodriguez will be participating in this important event. Sr. Sahaya Sangitha Rani will present the Beginnings of the FMA Mission in Andhra Pradesh and Sr. Sheela Jacob will present a paper "The Missionary impulse of Auxilium Kottiyam to the Growth of the Charism. I will be present for the Inaugural Session on 27th.

JUBILEE CELEBRATIONS AND ANIMATION FOR SUPERIORS

The Diamond and Golden Jubilee celebrations of this year will take place on Sunday, August 3rd, 2025. On 2nd August there will be a Meeting for the Animators. After the celebrations of the 3rd, from 4th to 6th August, there will be Animation for the Superiors by Rev. Fr. Julian Fernandes SJ, who will conduct Sessions on Discernment. Fr. Julian is a well-qualified and experienced person in this field both at National and International levels.

REQUEST FOR PRAYERS

- ✚ For our elderly and sick Sisters and family members in particular of Sr. Sini Varghese, Sr. Lincy George, Sr. Maria Goretti and Sr. Seena Devasia,
- ✚ For the complete recovery of the mother of Sr. Udhaya Kumari who is under treatment.
- ✚ For the speedy recovery of the Sister-in-law of Sr. Saritha who is seriously ill and is in the ICU.

CONDOLENCES AND ASSURANCE OF PRAYERS

- ✙ To Sr. Mercy Abraham and her family members at the sudden demise of her dear brother- in -law Mr. M.A. Augustine (74) on 12 May 2025.
- ✙ To Sr. Pauline D'Silva and family members at the loss of her brother-in-law Mr. Boney Luiz on 16 May 2025.
- ✙ To Sr. Kiran Jupudi and family members at the sudden demise of her first cousin Mr. Jupudi Baburao (53) on 22 May 2025.

CONCLUSION

As we prepare to commence a new academic year, we carry in our hearts the final words of the late Pope Francis, a shepherd of profound insight and gentle courage, whose papacy gifted the world with a call to compassionate dialogue and authentic encounter.

In his last message for the 59th World Day of Social Communications, Pope Francis urged us to “*Share with gentleness the hope that is in your hearts*” (1 Pet 3:15-16). He reminded us that hope is not mere optimism or a passive wish—it is a courageous, active virtue that compels us to live and communicate in ways that lift others up, even in a time marked by conflict, disinformation, and emotional distance.

He warned of communication that wounds rather than heals; it divides rather than unites. Against this backdrop, he envisioned a new form of communication: one that “disarms”, one that resists aggression and sensationalism, and instead fosters communion, empathy, and shared purpose.

This message is especially relevant to us as educators. In the words of Pope Francis, “Communicating in this way helps us become pilgrims of hope.” He called us to be people who speak not to overpower, but to accompany; not to impress, but to inspire; not to manipulate, but to reveal the hidden good present in every person and situation.

May we honour Pope Francis’ memory not only by remembering his words but also by living them—cultivating classrooms and communities where hope is taught by example and where every student is seen, heard, and empowered.

As a new school chapter begins, we’re called to inspire the youth toward meaningful growth. Beyond intellectual pursuits, learning must also shape values, strengthen integrity, and encourage empathy. In a world of constant change, guiding young minds to become responsible, compassionate contributors to society is vital. A well-rounded approach—fostering ethics, relationships, and community spirit—deepens the impact of education. Our purpose as mentors is to help learners not only thrive academically but also lead with heart and principle.

Let us therefore be witnesses of hope, educators of heart and mind, and builders of a future rooted in truth, compassion, and courage—ever faithful to the legacies of Don Bosco and our beloved late Holy Father, Pope Francis. May we enter into this year with faith, lead with love, and teach with the quiet strength of hope.

Good wishes and prayerful greetings to all in the Family.

Affectionately,

Sr. Lucy Rose

Sr. Lucy Rose Ozhukayil
Provincial