



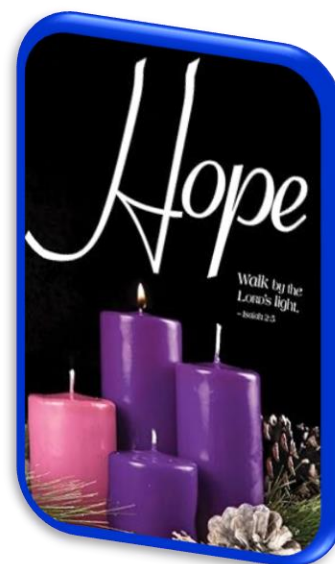
**XXXIII/ 07**

**01 December 2025**

**My dearest Sisters,  
Prayerful and affectionate Greetings from the Provincial House Bangalore!**

As we enter the season of Advent, we find ourselves once again invited into a time of quiet expectation and renewed hope. This First Sunday marks the beginning of a sacred journey — a journey of waiting, listening, and preparing our hearts for the coming of Emmanuel. Advent calls us to slow down amid our daily responsibilities, to cultivate a spirit of interior silence, and to allow God's light to shine more clearly in our lives and in our communities.

December is also illuminated by the presence of Mary Immaculate; whose feast we celebrate during this month. She shows us the beauty of a heart entirely open to God, a heart free from fear and filled with trust. Her life reminds us that holiness is lived in simplicity, humility, and joyful availability. Mary's "yes" to God was not a one-time moment but a daily posture of openness, courage, and fidelity — a posture that inspires us to embrace the grace God offers us each day.



As we journey through Advent under Mary's maternal guidance, may we learn to welcome Christ with trust, to purify our desires, and to carry His light to the young entrusted to our care. Let us allow Mary to teach us how to prepare our hearts and our communities for the birth of Jesus, cultivating hope, courage, and peace wherever God calls us to serve.

In the weeks ahead, I invite each of you to reflect on Mary's example, to open your hearts to her guidance, and to experience the joy and anticipation of Advent. May this month of December be a time of grace, renewal, and missionary enthusiasm, as we walk together in fidelity to our vocation as Daughters of Mary Help of Christians.



### **BL. PHILIP RINALDI**

Blessed Philip Rinaldi, born on May 28, 1856, in Lu Monferrato (Alessandria), stands as a quiet yet powerful witness to the transforming grace of God at work in ordinary life. What strikes most about him is his deep humility. He never sought leadership or recognition—indeed, he initially resisted his vocation—but once he opened his heart to God's call, he gave himself with astonishing generosity. His life reminds us that holiness is less about dramatic gestures and more about faithful, steady love.

Rinaldi had a gift for seeing the good in others. He encouraged countless young people, religious and lay collaborators, helping them recognise their own potential to serve. This ability to call forth the best in others reflects a deeply Salesian spirituality: a belief that every person carries the image of God, waiting to be nurtured. His support for the Volunteers of Don Bosco shows how boldly he trusted laypeople to share in the Church's mission long before this became common.

Another profound dimension of his life was his closeness to Don Bosco's spirit. He not only preserved the original fire of the Salesian charism but also creatively adapted it to new times and needs. This balance—remaining rooted while moving forward—is a lesson for anyone striving to live faithfully in a changing world.

Blessed Philip Rinaldi passed away on December 5, 1931, in Turin, yet his example continues to inspire. He encourages us to cultivate gentleness, patience, and confidence in God's timing. His life shows that when we surrender to grace, even quietly, we can become instruments of encouragement and renewal for others. May his witness inspire us to listen, trust, and serve with joyful hearts.

## IMMACULATE CONCEPTION

The Feast of the Immaculate Conception invites us once again to contemplate the tender and extraordinary work of God in the life of our Blessed Mother. From the first moment of her existence, Mary was preserved from original sin—not for her own privilege, but so that she could respond with total freedom to God's plan. Her Immaculate Conception is a reminder that God's grace always takes the first step. Long before Mary uttered her “yes”, God was already preparing her heart, forming her in holiness, and shaping her for the mission He would entrust to her.

For us as consecrated women, this mystery speaks deeply. Like Mary, we are called to openness, availability, and trust. Though we were not conceived without sin, the Lord continually pours out His grace so that we, too, may grow in interior freedom—freedom from fear, from self-centredness, from anything that prevents us from offering ourselves wholeheartedly to God and to our sisters and the young people we serve.

Mary's Immaculate life shows us the beauty of a heart completely rooted in God. Her clarity of vision, purity of intention, and courage in accepting God's will encourage us to renew our own “yes” with humility and joy. As we reflect on this feast, may we allow the Lord to purify our desires, deepen our love, and strengthen our unity as a community.

May Mary Immaculate accompany us, guide us, and help us to radiate the same peace, gentleness, and unwavering faith that marked her life. Let us entrust our mission and our hearts to her maternal care.



# Happy Feast!

## FROM THE DIVINE WOMB, HOPE IS BORN ANEW



Our hearts are drawn once again to the sacred season of Christmas- to the humble wonder of God becoming one of us-a Child wrapped in swaddling clothes, the Light shining in our darkness. This year, I invite you to contemplate this mystery through the moving story of St. Boniface and the Christmas tree, which continues to offer us deep spiritual insight.

According to tradition, St. Boniface, the great missionary to the German peoples, encountered a community preparing to offer sacrifices to Thor's sacred oak, often called the "Thunder Oak". For these people, the oak symbolized strength, power, and divine wrath. Their rituals-sometimes even involving human sacrifice-were expressions of fear before forces they believed controlled their fate. St. Boniface approached them not with condemnation but with courageous clarity. Trusting entirely in the true God, he struck the mighty oak, and to the astonishment of all present, it fell with a single blow. The people expected divine punishment, yet nothing happened. In that moment, fear gave way to awe, and hearts opened to the Gospel.

Near the fallen oak, Boniface pointed to a small evergreen tree. He told the people that this humble tree, remaining green even in the midst of winter, was a more fitting sign of the God of life, who does not demand fear but offers love, hope, and eternal faithfulness. Christ brings life in a world of spiritual darkness. That simple evergreen became, over time, a symbol of Christmas itself-of Christ, our everlasting life, who enters our winter to bring light and renewal.

Thus, the Christmas tree we place in our chapels and communities is not merely a decoration. It reminds us that God's love is constant, steadfast, and alive. Each light we hang proclaims that Christ has come to shatter the darkness. Each ornament becomes a reminder of the joy and tenderness He wishes to give us and those we serve.

St. Boniface's gentle courage inspires us as consecrated women. He invites us to meet the "sacred oaks" of today-the fears, confusions, and false securities of our time-with the same trust in Christ who brings freedom. Like the evergreen, may we remain rooted in God, steady in faith, and radiant with hope.

May this Christmas renew our hearts with the childlike wonder of Bethlehem. Under the glow of the Christmas tree, may we rediscover the warmth of God's nearness and share that light generously with our sisters and with all entrusted to our care. Let us extend the embrace of our prayers to encompass the entire world, lifting up with special devotion our Holy Father; Pope Leo; our Superiors; all Animators; sisters; parents; cherished ones; benefactors; and every member of our Educating Communities. In this sacred offering, let us not forget the lands and peoples afflicted by the scourge of war, entrusting them to God's mercy and peace.

# Christmas and New Year

blessings to all!

Let's celebrate!

01	- INTERNATIONAL AIDS DAY
03	- ST. FRANCIS XAVIER
05	- BL. PHILIP RINALDI
08	- IMMACULATE CONCEPTION
10	- HUMAN RIGHTS DAY
12	- OUR LADY OF GUADALUPE
25	- CHRISTMAS
26	- ST. STEPHEN
27	- ST. JOHN THE APOSTLE & EVANGELIST
28	- HOLY FAMILY



## CONSULTATIONS

- ✚ The consultations for the appointment of Animators of Communities have been shared. Let us fulfill this sacred responsibility with prayerful discernment and careful, responsible proposals, ensuring decisions that nurture and strengthen the communities entrusted to us.

## COMMUNITY AND APOSTOLIC EXPERIENCE

- ✚ Our Postulants completed a month of Community and Apostolic Experience from 3 to 30 November. Sara Tiilungbila and Arul Jennifer were graciously welcomed by the Community of Uppal, Sahana Mary and Blaise Masuila by Guntur Community, Deva Rani and Jisha T. V. by Khammam and Christina Immaculate by Auxilium Secunderabad. We are grateful to the Animators and their communities for accompanying our Postulants and for offering them a meaningful immersion into the life and mission



of an FMA community. Their guidance, example, and fraternal presence certainly was a blessing in the formative journey of our young Postulants.

## CONGRATULATIONS

- ✚ Heartfelt congratulations to Sr. Seena Joseph, Principal of Auxilium Nava Jyoti School, Kerala, on receiving the prestigious Derozio Award for Education and Human Enrichment 2025, the highest national honour of the CISCE. This recognition highlights her distinguished service in promoting holistic, value-based education and her dedicated efforts to advance creativity, skill development, moral formation, and academic excellence among students in rural and semi-urban communities. Sr. Seena, your achievement is a source of great pride and serves as an inspiration to many. May this honour encourage you to continue your exemplary contributions to the field of education. Warmest congratulations and God's blessings.

## SINCERE ASSURANCE OF PRAYERS

- ✚ To Sr. Suni Antony at the demise of her Uncle Mr. K.C. Joseph Kalarickal on 3 November 2025.
- ✚ To Sr. Rosily Theckanath at the passing away of her beloved Mother Mrs. Rosakutty Esthappanose Theckanath (97) on 6 November 2025.
- ✚ To Sr. Dayana Rodriguez at the passing away of her uncle Mr. Francis Fernandes (60) on 18 November 2025.
- ✚ To Sr. Showrilu Kasu at the demise of her beloved brother Mr. Kasu Chinnapu Reddy (62) on 20 November 2025.
- ✚ To the Provincial Rev. Fr. Miranda Ashley and the confreres of INB province at the demise of Fr. Fr Mathew Thalanany SDB (96) on 22 November 2025.
- ✚ To Sr. Jessy Ambiyil at the demise of her maternal aunt Mrs. Rosamma Thomas (81) on 24 November 2025.
- ✚ To Sr. Lincy George at the demise of her dear grandmother Mrs. Mariamma Devasia (98) on 25 November 2025

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

## CONCLUSION

I would like to conclude with Mother General's circular, which offers us a profound and timely invitation to welcome the grace of Saint Maria Troncatti's canonisation as a summons to renewed holiness. Mother General reminds us that holiness is not a distant ideal reserved for a few, but a path traced in the simplicity of our daily joy, the fidelity of our commitments, the passion of our mission among the young, and the openness with which we allow God to shape our lives. This celebration cannot leave us unchanged; rather, it calls each of us to a sincere discernment: what is the Lord inviting me-and us as a community-to transform, to purify, or to rekindle in order to reflect His love more transparently?

She further urges us to walk together as educating communities, to cultivate hearts that are missionary and courageous, and to intensify our prayer for peace in a world wounded by division and longing for hope. These are not merely tasks but graces-opportunities to allow God's tenderness to flow through our presence and our service.

As we echo the Church's simple yet profound hymn - *"Immaculate Mary, your praises we sing; you reign now in Heaven with Jesus our King"* - may our hearts be drawn ever more deeply to Mary, the Immaculate

Help of Christians. In her maternal guidance, may we rediscover the joy, the serenity, and the boldness that spring from a life rooted in God.

I warmly encourage each of you to read the circular slowly, prayerfully, and personally, allowing its message to enter your heart and renew within you the beautiful grace of being a Daughter of Mary Help of Christians: a woman of hope, courage, peace, and holiness.

*Once again, I extend my heartfelt good wishes to you, dear Sisters, to the esteemed members of the Salesian Family, to our dedicated educating communities, to the Parish Priests, and to the Salesians whose generous and tireless service continually enriches our mission. May the mystery of Christmas fill your hearts with deep and abiding joy, and may the New Year dawn upon you with an abundance of peace and renewed grace. Kindly convey my warm and affectionate greetings to your beloved parents and family members, assuring them of my prayerful remembrance and gratitude.*

**Good wishes and prayerful greetings to all in the Family.  
Affectionately,**

A handwritten signature in cursive script that reads "Sr. Lucy Rose". The ink is dark and the handwriting is fluid and elegant.

Sr. Lucy Rose Ozhukayil  
Provincial