



XXXII/ 05

01 October 2024

My dearest Sisters,

Prayerful and affectionate Greetings from the Provincial House Bangalore!

The month of October holds a special place in our hearts, as it ignites within us the spirit of mission and missionary zeal from its very outset. It calls us to embrace the spirit of mission with renewed enthusiasm and commitment. From its very beginning, the Church places before us the life of St. Teresa of Lisieux, the patroness of missionaries, who inspires us through her profound love for Christ and dedication to the missionary cause. Though she never physically left her convent, her intercessory prayers, sacrifices, and letters supported missionaries worldwide, demonstrating that true missionary zeal knows no boundaries.

As Daughters of Mary Help of Christians, we are reminded of our own call to be missionaries wherever we are, following the example of Don Bosco and Mother Mazzarello. Like St. Theresa, our missionary work begins in the heart, extending through prayer, witness, and acts of love to those who are distant from God. Our mission to bring Christ to others, especially the poor and marginalised, is rooted in a deep love for Him and a desire to save souls.

As we journey through this month, let us draw inspiration from St. Theresa's unwavering faith and her belief that missionary work can be carried out through love, prayer, and sacrifice. May we also pray for those on the frontlines of mission lands and offer our own small sacrifices for the salvation of souls! In doing so, we live out our Institute's missionary mandate with passion and dedication.

ST.THERESE OF LISIEUX

On the 1st of October, the Church presents us with the inspiring example of St. Therese of Lisieux, the patroness of missionaries, who, though she never left the confines of her convent, embodies the true essence of missionary life. Her devotion and deep love for Christ reached far beyond physical boundaries, making her a beacon of hope for the world. Catholics all over the world embrace this missionary call with renewed fervour, actively working to extend a helping hand to the poor in mission lands. In this context, I wish to bring to your attention some of the key reflections from the Apostolic Letter of Pope Francis, which beautifully illuminates the life and witness of St. Therese, reminding us of our own call to live the missionary mandate with passion and commitment.

Therese's life in the monastery was characterised by her spiritual companionship with missionaries. Although she never left the cloister, she supported missionaries through her letters, prayers, and sacrifices.

Her hidden life became a powerful force, interceding for the missions like an engine that powers a vehicle unseen. However, she often faced misunderstanding from her fellow nuns, receiving "more thorns than roses," yet she bore these trials with joy and love, offering them to God for the Church and the salvation of



souls. Her desire was for "roses"—graces—to fall on everyone, especially on those far from God. But where did this zeal and missionary strength come from? Two pivotal moments in her life shed light on the source of her passion. The first occurred on Christmas Day in 1886. Therese, then just 14 years old, had been a sensitive child, deeply affected by the smallest slights. That night, after returning from midnight Mass, her father, tired and worn, expressed disappointment, saying, "Good thing it's the last year," when Therese was about to open her gifts. His words stung her, and she fled to her room in tears. However, something miraculous happened: she quickly suppressed her tears, returned downstairs, and, instead of seeking comfort, she brought joy to her father. On that night, as she later recounted, her heart was transformed. No longer did she seek her own consolation, but instead, "charity entered her heart" as she began to focus on others, aiming to console Jesus by making Him loved.

This newly discovered charity became the driving force behind her intercessory prayers and her mission to "save souls." Her letters reveal this passion, especially when she wrote, "I want to save souls and forget myself for them; I want to save them even after my death." Her missionary zeal was not limited by physical action but fuelled by love, prayer, and sacrifice.

The second pivotal moment was her prayer for the criminal Enrico Pranzini, who had been sentenced to death for brutal crimes. Despite his refusal to seek religious consolation, Therese prayed fervently for his conversion. On the day of his execution, she read in the newspaper that, at the last moment, Pranzini had kissed the crucifix three times. For Therese, this was a sign of his repentance, and she rejoiced, knowing that her prayers had helped bring about his conversion.

St. Therese's life teaches that missionary work is not confined to distant lands but can be lived out in prayer, sacrifice, and love wherever one is. True apostolic zeal, as demonstrated by Therese, does not come from proselytism or force but from the powerful attraction of love. Through her life and intercession, Therese continues to inspire the Church, calling for hearts full of love to draw others closer to God.

Let us also remember to pray for the missionaries in the field, offering our own sacrifices for the salvation of souls. Like St. Therese, we can make a difference, even in silence and prayer, as we strive to live out our missionary vocation with the same fervour and dedication she showed. In doing so, we fulfil our Institute's missionary mandate to save souls and bring them closer to Christ.

SECOND SESSION OF THE XVI ORDINARY GENERAL ASSEMBLY OF THE SYNOD

The **Second Session of the XVI Ordinary General Assembly of the Synod of Bishops on Synodality** will be held in Rome from 2 to 27 October 2024, on the theme "For a Synodal Church: Communion, Participation, and Mission." **On 2 October**, on the Feast of the Guardian Angels, in St. Peter's Square the solemn Eucharistic concelebration of the opening of the Ordinary General Assembly of the Synod of Bishops will take place, with Pope Francis. Building on the first session in 2023, this gathering continues the Church's journey towards becoming more inclusive and participatory. The "Instrumentum Laboris" (working document) guides discussions, emphasizing the need for transparency, accountability, and a deeper integration of the laity, especially women, into decision-making processes within the Church.

The theme of "synodality"—the Church walking together—remains central. This session will further explore how the Church can embody a more synodal mission, one that listens to the voices of all its members, especially those marginalised and often excluded from traditional structures. The Assembly aims to make the Church more responsive to the challenges of the modern world, urging greater collaboration between clergy, religious, and lay people.

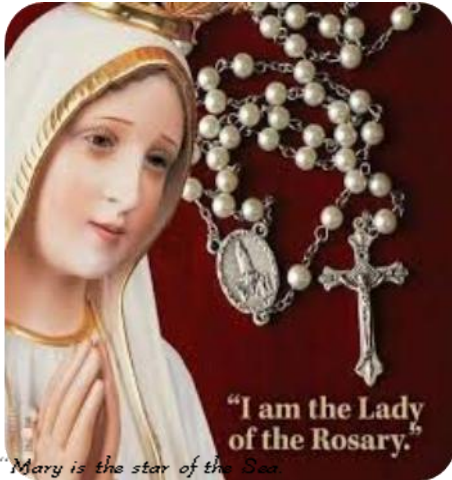
One key focus of the session will be enhancing the role of women in the Church. There is a call for wider participation of women in ecclesial decision-making and increased recognition of their contributions, whether through ministry, theological education, or pastoral leadership.

As the Synod progresses, it serves as an invitation for the whole Church to deepen its commitment to listening, discernment, and collaborative leadership, aligning with Pope Francis' vision of a Church that is open, dynamic, and attentive to the needs of all.

Mother Emeritus Sr. Yvonne Reungoat will also be present as a facilitator in the synod. She has encouraged us to join in prayer with this great Church event: "*We are all called at this moment to unite in*

the communion of prayer and in the insistent invocation of the Spirit, so that He may guide us in discerning what the Lord is asking of His Church today. (...) May everyone feel that it is not just an event that takes place in the Vatican, but rather an event in which we participate with prayer and with the desire to make the attitude of walking together grow in us, to bring our contribution to the Church."

MONTH OF THE HOLY ROSARY



*"Mary is the star of the Sea.
She never forsake those who trust in Her,
So let us get under Her protecting mantle.
She will lead us out of the danger and guide us safely to port."
St. John Bosco*

The feast of Our Lady of the Rosary beckons us to a deeper contemplation of prayer's transformative power and the maternal protection of the Blessed Virgin Mary. The Rosary is not merely a sequence of prayers but a spiritual journey through the life of Christ, seen through the loving eyes of His mother, who walked with Him from conception to resurrection. Each mystery reveals God's boundless love for humanity and Mary's humble yet vital role in the divine plan of salvation.

This devotion traces its origins to a pivotal event in Christian history—the Battle of Lepanto in 1571. At a time when Christian Europe was under threat from the Ottoman Empire, Pope Pius V called for a united prayer through the Rosary. Against overwhelming odds, the Christian fleet emerged victorious, a triumph attributed to Our Lady's intercession. In gratitude, Pope Pius V instituted the feast of Our Lady of the Rosary, originally celebrated as Our Lady of Victory, on October 7th. This historical moment underscores the spiritual power of the Rosary—not only in times of conflict but in the daily battles of life. Through each bead, we connect to Christ's life, death, and resurrection, while embracing Mary's maternal care and powerful intercession.

The Rosary, accessible to every person and season of life, is a prayer of simplicity and depth. It draws the young and old, the joyful and suffering, the sinner and saint alike, into the heart of the Gospel. As we meditate on the joyful, sorrowful, luminous, and glorious mysteries, we are invited to see the face of Christ through the heart of Mary, who treasured all these things (Luke 2:19).

In a world darkened by uncertainty, the Rosary shines as a beacon of hope. Mary, through this prayer, invites us to place our struggles and fears before God, confident that her intercession never fails. No prayer is ever wasted, and God, in His wisdom, answers in perfect time.

More than a prayer of petition, the Rosary becomes a prayer of transformation. With each "Hail Mary," our hearts conform to Christ's, learning from Mary how to say "yes" to God's will in both ordinary and extraordinary moments. Her humility, obedience, and trust serve as models for our own journey of faith.

In these times marked with violence and uncertainty, Our Lady of the Rosary offers a sure path. She invites us into deeper communion with her Son and a life of faithful love. The Rosary, far from being a mere repetition of prayers, is a powerful spiritual weapon, a source of peace, and a means of drawing closer to God. As we celebrate this feast, may we renew our devotion to the Rosary, entrusting our lives and our world to Mary, knowing she will always lead us to the heart of Christ.

WORLD MISSION SUNDAY – 20 OCTOBER

World Mission Sunday 2024: A Call to Compassion, Prayer, and Peace

Pope Francis's message for World Mission Sunday 2024, themed "Go and invite everyone to the banquet" (Matthew 22:9), focuses on the universal mission of the Church to extend God's invitation to all, especially those on the margins of the society. Drawing from the parable of the Wedding Banquet in the Gospel, the

Pope emphasises the urgency of the Church's call to outreach—inviting people everywhere to experience the joy and fullness of life in Christ.

On this World Mission Sunday, the Holy Father invites us to reflect on the heart of Christian mission: sharing God's love with all, especially the poor and marginalized. As missionary disciples, we are called to embody the Gospel through acts of compassion, prayer, and solidarity with those who carry the message of Christ to the ends of the earth.

The Pope's message reminds us that mission is not a task for a select few but the responsibility of every baptised person. In a world plagued by inequality, war, and suffering, our mission is to be bearers of hope. This begins with a commitment to help the poor, following Christ's example of love for the least among us. By feeding the hungry, clothing the naked, and offering comfort to the afflicted, we become instruments of God's mercy in a wounded world.

Supporting missionaries who bring the Gospel to distant lands is another vital aspect of our mission. These brave men and women often serve in challenging conditions, spreading the light of Christ where darkness prevails. Our prayers, donations, and moral support are essential to sustaining their work. As we contribute to the Missionary Church, we join in the great task of evangelization, bringing the Good News to those who have yet to hear it.

Finally, the Holy Father calls us to be peacemakers. In a world divided by conflict and violence, we are invited to pray fervently for peace. Let us unite our hearts in prayer, asking the Lord to bring healing to nations torn apart by war and to inspire leaders to pursue justice and reconciliation.

On this World Mission Sunday, may we renew our commitment to Christ's mission, reaching out in love to the poor, supporting our missionaries, and becoming ambassadors of peace in a broken world!



01	-	ST. THERESA OF THE CHILD JESUS
02	-	FEAST OF THE GUARDIAN ANGELS
		2nd SESSION OF THE XVI ORDINARY GENERAL ASSEMBLY
		OF THE SYNOD
04	-	FRANCIS OF ASSISI – CLOSING OF THE SEASON OF CREATION
05	-	BL. ALBERTO MARVELLI
07	-	FEAST OF THE HOLY ROSARY
11	-	ST. JOHN XXIII
12	-	BL. ALESSANDRINA da COSTA
15	-	ST. TERESA OF AVILA, PATRONESS OF OUR INSTITUTE
20	-	WORLD MISSION SUNDAY
22	-	ST. JOHN PAUL II
24	-	BLESSED LOUIS GUANELLA
28	-	FEAST OF STS. SIMON & JUDE
29	-	BL. MICHAEL RUA



WELCOME HOME!

We rejoice and thank God for bringing our Missionaries Sr. Miriam Kallathpullath and Sr. Teresa Manakalayatt back to the Province after a long and anxious waiting. They were welcomed in the Provincial House on September 13th. Both of them need rest and medical care. Sr. Teresa will be part of our Province as she will not be returning to the mission land due to her delicate health condition. We are happy to have Sr. Miriam with us and thank the Almighty for the great missionary work accomplished through them among the suffering people of Sudan and especially South Sudan.

JUNIORS' MEET

The Juniors' meeting is scheduled to take place at Auxilium Centre, Guduvanahalli, on the 10th and 11th of October 2024, under the guidance of Sr. Thresia Augustine, our Coordinator for Formation. I extend my heartfelt wishes to all the Juniors for a grace-filled gathering. May this precious time offer each of you a profound opportunity to nurture and deepen the vocational dimension of your spiritual journey.

ASIA PACIFIC CONGRESS

The Third Asia Pacific Congress of the Past Pupils of the FMA is set to unfold from October 17th to 22nd, 2024, at the Mornese Centre of Spirituality in Laguna, Philippines. The chosen theme for this momentous gathering, "Reconnecting Roots and Renewed Dreams," finds its inspiration in the profound vision of St. John Bosco, revealed during his youth at the age of nine. With great anticipation and deep respect, we extend our warmest wishes to Sr. Sangitha Rani, the esteemed FMA World delegate of the Confederation of Past Pupils, whose invaluable role as a key resource person will undoubtedly enrich the Congress with her wisdom and guidance.

BEST WISHES

On October 27th, Sr. Sahaya Sangitha Rani embarks on a new journey to Rome as she assumes the important role of FMA World Delegate for the Confederation of Past Pupils. We extend our heartfelt wishes for her success, praying that God bestows upon her His abundant grace and favour in this important and noble mission. May she be guided by divine wisdom and strengthened with His choicest blessings; may your endeavors be crowned with success, and may you be a beacon of inspiration and hope to those entrusted to you in your new journey.

SINCERE CONDOLENCES & ASSURANCE OF PRAYERS

- ✚ To Sr. Rosilin Pandaraparambil at the loss of her beloved priest brother, Fr. Thomas Augustine Pandaraparambil (79) on 3 September 2024.
- ✚ To Sr. Rosy Lopez at the passing away of her dear nephew Mr. Henry Lopez (58) on 9 September 2024.
- ✚ To Sr. Mary Mathew K at the sudden demise of her dear first cousin Mr. Thomas Abraham (75) on 12 September, 2024.
- ✚ To Sr. Maria Kandankaryil at the loss of her dear sister-in-law Mrs. Rose Kangazha on 13 September, 2024.
- ✚ To Sr. Rosa E.J., at the demise of her brother-in-law Mr. Mathew Thomas Pallath (71) on 16 September 2024.
- ✚ To Sr. Anita Thomas at the departure of her much-loved Brother Mr. Jose Nanjilathu (60) on 18 September 2024.

- ✚ To Sr. Sushma Korabandi at the sudden demise of her beloved Father Mr. K. Prakash Babu (62) on 20 September, 2024.
- ✚ To Sr. Jincy Peter at the passing away of her maternal aunt Sr. Mourisia OSsS, on 22 September 2024.
- ✚ To Sr. Mary Jayanthi Boyapati at the loss of her beloved Father Mr. B. Joji Reddy (79) on 24 September 2024.

May their Souls Rest in Peace!

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

CONCLUSION

As I conclude, I would like to highlight an incident from the life of St. Teresa of Avila, whose feast we celebrate on 15th of this month. She ascended the great heights of sanctity, and this infuriated the devil. He tried to dissuade her from her spiritual journey and began to visit her. She recorded one such occasion in her autobiography and explains what made the devil flee.

Once, when I was in an oratory, he appeared on my left hand in an abominable form; as he spoke to me, I paid particular attention to his mouth, which was horrible. Out of his body there seemed to be coming a great flame, which was intensely bright and cast no shadow. He told me in a horrible way that I had indeed escaped out of his hands, but he would get hold of me still. I was very afraid and made the sign of the cross as well as I could, whereupon he disappeared but immediately returned again. This happened twice running, and I did not know what to do. But there was some holy water there, so I flung some in the direction of the apparition, and it never came back...From long experience, I have learnt that there is nothing like holy water to put devils to flight and prevent them from coming back again. They also flee from the Cross but return; so holy water must have great virtue.

Holy water is a sacramental of the Church that invokes the saving power of God. Furthermore, holy water has a double meaning of reminding us of our baptism as well as a symbol of spiritual cleansing. Holy water is said to have great power over the devil, as the devil cannot stand this "clean" water since he is entirely unclean for all eternity. It is a reminder of the water that flowed out of Christ's side, which is a symbol of baptism, and brings to mind the day of the devil's defeat (Christ's crucifixion).

Like St. Teresa of Avila, we too can face the attacks of evil with courage, armed with the sacraments and the Holy Rosary. These are our spiritual weapons, guiding us toward sanctity and shielding us from the devil's schemes. Let us rely on them to conquer all evil!

Mother General invites us to always remember our Marian identity, our charismatic DNA, if we want to realize the dream that is not only of little John Bosco, but is, above all, the dream of God. We know that with the powerful help of Mary, Teacher and Mother, the miracle of the transformation can also happen today in us and in our young people.

Good wishes and prayerful greetings to all in the Family.

Affectionately,



Sr. Lucy Rose Ozhukayil

Provincial