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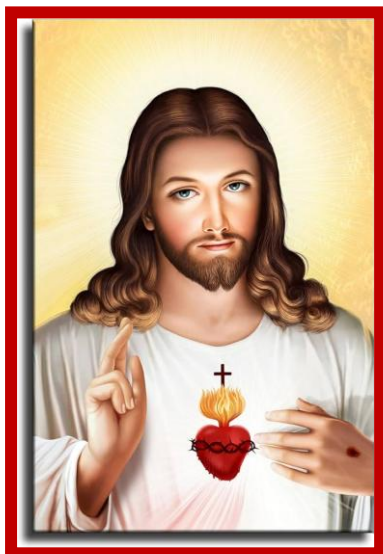
My Dearest Sisters,

Viva Gesù!

Prayerful and affectionate Greetings from the Provincial House Bangalore!

The year 2023- '24 with events that were important for individuals, communities, the Province, and for our Nation, passed into eternity leaving us with memories of blessings, joys, achievements and perhaps also failures just to keep us humble. The retreats refreshed us spiritually; the holidays renewed our physical energy. As we begin our journey through 2024-'25 let us gratefully remember our Mother Mary, the Help of Christians who led us thus far with her motherly solicitude. She will continue to guide us in the path of personal holiness and to accompany our young people who live in a culture totally different from the one in which we grew up. The news of the forth-coming canonization of the teenager Carlo Acutis proves that sanctity is not outmoded, but is very much relevant for our modern youth. It gives us an impetus to work all the more with enthusiasm to clarify our vision and goal as we carry out our mission among our young people.

SACRED HEART OF JESUS – PATRON OF OUR PROVINCE



The Solemnity of the Sacred Heart of Jesus offers us a chance to contemplate the importance of this revered symbol in our daily lives. While the image of the Sacred Heart is not explicitly mentioned in Sacred Scripture, its profound significance is woven throughout the Bible, from Genesis to Revelation. It could be said that devotion to the Sacred Heart of Jesus was first written about in John's Gospel when John records that during the Last Supper he leaned back and rested his head on Jesus' heart. In the thirteenth century, on December 27, the Feast of Saint John the Apostle, the German religious sister and mystic Saint Gertrude the Great had a vision of Saint John with Jesus during which she discussed that moment at the Last Supper. In that vision, Saint John said to Saint Gertrude, "Come, Spouse of my Master, together let us lay our heads on the tenderest bosom of the Lord, in which all the treasures of Heaven and earth are enclosed." As she rested her head on Jesus' Heart, her soul was deeply stirred with devotion, and she said to Saint John, "...did these harmonious beatings, which rejoice my soul, also rejoice yours when you reposed during the Last Supper on the bosom of the Saviour?" Saint John responded, "Yes, I heard them, and my soul was penetrated with their sweetness even to its very center." Saint Gertrude inquired, "How come, then, in your Gospel you have spoken so little of the loving secrets of the Heart of Jesus Christ?" Saint John responded, "My ministry, in those early times of the Church, was confined to speaking of the Eternal Word...but to these latter times was reserved the grace of hearing the eloquent voice of the

Heart of Jesus. At this voice the time-worn world will renew its youth, be roused from its lethargy, and again be inflamed with the warmth of Divine love” (Revelations of Saint Gertrude the Great).

The central message of the devotion to the Sacred Heart of Jesus is the infinite and compassionate love exploding from the Heart of Jesus for all mankind. It emphasizes our Lord’s sacred Sacrifice for our salvation and invites us to respond to His love. St. Peter Damian says, “In this adorable Heart, we find all the weapons necessary for our defense, all the remedies suited to the cure of our diseases, all the most powerful aids against the assaults of our enemies, all the sweetest consolations to alleviate our sufferings, all the purest delights to fill our souls with Joy. Are you afflicted? Do your enemies persecute you? Does the remembrance of your past sins trouble you? Do you feel your heart agitated by disquiet, by fear or by passions? Come and prostrate yourself at the foot of the altar. Throw yourself, as it were, into the arms of Jesus Christ. Enter even into His Heart. He is the asylum and refuge of holy souls and a place of shelter where our soul is in perfect security”.

As we honor the Sacred Heart of Jesus, let us reflect upon the boundless love and compassion emanating from the Heart of our Savior. It calls us to recognize the infinite love and sacrifice of Jesus, urging us to seek refuge and solace in His Sacred Heart. As Saint Peter Damian eloquently expressed, within this Heart, we find all we need for our spiritual defense, healing, and joy. Whether we face afflictions, persecution, or inner turmoil, the Heart of Jesus stands as our ultimate sanctuary, offering perfect security and divine love. This sacred devotion reminds us to respond to Jesus' love with open hearts, finding strength and peace in His eternal embrace.

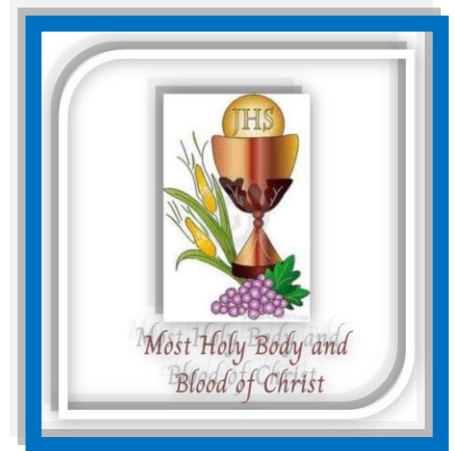
Let our Province dedicated to the Heart of Jesus continue to experience this powerful presence and love today and every day as we renew the consecration of ourselves and our communities to the most loving Heart of our Lord and Saviour Jesus Christ.

MOST PRECIOUS BODY AND BLOOD OF JESUS

The Solemnity of Corpus Christi is a profound celebration in the Catholic Church that commemorates the real presence of Christ in the Eucharist. This feast, which is rooted in mystical experiences and historical events, began with Saint Juliana of Cornillon, a Belgian mystic born around 1191. Orphaned at the age of five, Juliana and her sister were placed in the care of Augustinian nuns. In this nurturing environment, Juliana's faith blossomed through Eucharistic adoration and frequent participation in Holy Communion. She eventually took her vows and became an Augustinian nun.

At the age of sixteen, during Eucharistic adoration, Juliana had a mystical vision of the moon with a dark stripe. Through divine intuition, she understood that the moon symbolized the Church’s life on earth, and the dark stripe represented the absence of a feast specifically dedicated to the Body and Blood of Christ. Although she experienced this vision multiple times, she kept it to herself for twenty years.

At the age of thirty-six, Juliana confided her vision to two close friends—a hermit and a fellow nun. Together, they deepened their devotion to Christ in the Eucharist, frequently adoring His hidden presence and receiving Him in Holy Communion. Juliana eventually shared her vision with the local bishop, who, despite initial reluctance, approved a local feast in honor of the Blessed Sacrament. Other bishops followed suit, but not without resistance. Juliana faced opposition from her superior and some clergy, leading to her departure from the convent and years of refuge in various Cistercian monasteries.



Juliana died in 1258 while adoring Jesus in the Most Blessed Sacrament. Her death marked the end of her earthly journey but the beginning of her heavenly adoration. Her visions, however, did not fade with her passing. The local Archdeacon of Liège, Jacques Pantaléon of Troyes, who had been inspired by Juliana's visions, became Pope Urban IV in 1261.

In 1263, a Eucharistic miracle in Bolsena, Italy, further solidified the need for a universal feast. A German priest, Father Peter of Prague, experienced a crisis of faith regarding the true presence of Christ in the Eucharist. During Mass at the church in Bolsena, the host he consecrated began to bleed. This miracle profoundly impacted him, and he reported it to Pope Urban IV. The Pope, affirming the miracle's authenticity, absolved Father Peter and sent a delegation to investigate. The blood-stained corporal was brought to the cathedral in Orvieto, where it remains enshrined today. In 1264, Pope Urban IV instituted the universal Solemnity of Corpus Christi, choosing the Thursday after the Solemnity of the Most Holy Trinity to commemorate the institution of the Eucharist.

As we celebrate the Solemnity of Corpus Christi, we are invited to reflect on the true presence of Christ in the Eucharist. Kneeling before the Blessed Sacrament, we kneel before Christ's throne in Heaven, though this reality is veiled from our eyes. When we receive the Eucharist, we partake in the Body and Blood, Soul and Divinity of Christ. This profound mystery calls us to deepen our faith, allowing our spiritual senses to grow and our love for Christ in the Eucharist to flourish. Let us cherish this Most Precious Gift, seeking to increase our devotion and understanding of the Eucharist, the source and summit of our Christian life.

SINCERE THANKS

- ✦ My sincere thanks to Sr. Sherly Joseph and the Provincial House Community for making the necessary arrangements for hosting two retreats in the month of May - the Retreats of the Sisters, Novices and Postulants, for the Renewal of Vows of the junior sisters and the solemn events of Final Profession of Sr. Nisha Francis and Sr. Sumathi Bulla. My Sincere thanks to you dear sisters.
- ✦ We extend our heartfelt appreciation and gratitude to the Provincial of INB, Sr. Meenakshi D'Silva, and to the Novice Mistress, Sr. Supriya Noronha, along with her community in Nashik. Their dedicated and caring guidance has been commendable in the formation of our two novices over the past two years.
- ✦ We extend our heartfelt thankfulness and appreciation to Sr. Alphonsa Kurisinkal, Provincial of ING, and to Sr. Lydia Komuhra and her community at Auxilium Guwahati. Their dedicated care and genuine interest in the growth of our junior sisters during their intensive Juniorate over the past year have been truly invaluable.

Let's celebrate!

02	MOST PRECIOUS BODY AND BLOOD OF JESUS
07	MOST SACRED HEART OF JESUS
08	IMMACULATE HEART OF MARY
21	ST. ALOYSIUS GONZAGA
23	ST. JOSEPH CAFASSO
24	NATIVITY OF JOHN THE BAPTIST
29	SOLEMNITY OF Sts. PETER AND PAUL

CONGRATULATIONS

We congratulate our Communities who accompanied the students of our Schools obtaining excellent results in the High School and Higher Secondary exams. The Principals, Headmistresses and Sisters responsible along with the lay Staff, gave their best to lead our students to success in their academic performances. Let us try to accompany them to be responsible citizens of our country.

WELCOME BACK

We are happy to welcome our four Junior Sisters- Baby Rani Chiyadri, Dixy Benny, Litveena Kasper, and Saniga Benny who will be back to the Province on 3rd June after having completed their intensive juniorate at Guwahati. A warm welcome to Sr. Dayana Rodrigues who will be returning to the Province after an enriching experience at the centre of our Institute, Rome and two years of study of Salesian Spirituality.

CANIDATES IN FORMATION

The Contact Period Candidates will be in our Community at Bannerghatta. Sr. Marietta Kaidathara will be responsible for their formative accompaniment. Sincere thanks to Sr. Lizy C. Devasia and the Community for their openness and availability to accommodate our Candidates and offer them the experience of a Community. The pre-Aspirants continue their Higher Secondary studies as part of Karunapuram Community. The Aspirants and those to be Postulants are few in number, which is a reminder for us of our personal and community responsibility for a more effective vocational animation.

REQUEST FOR PRAYERS

- ✚ For our elderly and sick Sisters and family members.
- ✚ For the complete recovery of the mother of Sr. Maria Rajeshwary who is under medication.
- ✚ For the complete recovery of the sister-in-law of Sr. Maria Kandankaryil who is under medication.
- ✚ For the speedy recovery of the mother of Sr. Swarnalatha Marneni who is sick.

CONDOLENCES AND ASSURANCE OF PRAYERS

- ✚ To Sr. Jacinta Lobo and her dear ones at the loss of her dear cousin brother Prasad Pereira (50) on 01 May 2024.
- ✚ To the Provincial and Sisters of INC Province at the passing away of dear Sr. Teresa Koratiparampil on 02 May 2024.
- ✚ To Sr. Lucia Rani and her family members at the sudden demise of her dear brother- in -law on 10 May 2024.
- ✚ To the Provincial and confreres of INK Bangalore Province at the passing away of dear Rev.Fr. Mathew Maruvathrail (94) on 14 May 2024.
- ✚ To Sr. Teresa Kayaniyil and family members at the loss of her brother-in-law Mr. Joseph (63) on 26 May 2024.
- ✚ To Sr. Lilly Chinnappan and family members at the sudden demise of her nephew Mr. Samala David (59) on 27 May 2024.

We remember with gratitude Most Rev. Thumma Bala who was called to eternity on 30 May 2024. He was the second Bishop of the diocese of Warangal (1987 – 2011) and Archbishop of Hyderabad (2011 – 2020). Let us offer generous prayers for the soul of this great Pastor. He was friendly and paternal in his dealings with the Sisters and was instrumental in having our Houses in Warangal diocese.

CONCLUSION

As we embark on a new academic year, let us remember Don Bosco's teaching on the importance of nurturing and guiding souls. Let us strive to cultivate in our students the qualities of good and honest citizens of our country. In today's rapidly changing world, education must extend beyond academics to include character formation. Developing strong character is essential for personal success and fostering a just, compassionate society. Don Bosco's educational system, emphasizing holistic development, preventive care, personal relationships, and community involvement, offers valuable insights. His vision of nurturing compassionate, ethical, and intellectually capable individuals remains a powerful model for creating transformative learning experiences.

Character education is integral to holistic education. Academic achievements are important, but they must be complemented by virtues like integrity, empathy, resilience, and respect. These qualities enable students to navigate challenges, make ethical decisions, and contribute positively to their communities. Our mission as educators is to nurture well-rounded individuals who excel in both studies and character.

In a world marked by unprecedented challenges—global pandemics, social unrest, technological disruptions—resilience and empathy are more critical than ever. Resilient students are better equipped to face adversity and adapt to change. Empathy fosters understanding and compassion, essential for building inclusive communities. By integrating character education into our curricula, we help students develop these vital traits.

A school culture that prioritizes character development creates a supportive environment. Values like honesty, kindness, and responsibility become embedded in daily interactions, enhancing the learning experience, reducing bullying, promoting mental well-being, and cultivating a sense of belonging.

As educators, we are role models. Our behavior, attitudes, and interactions set powerful examples. Demonstrating integrity, fairness, and compassion imparts important lessons about character. Partnering with families and communities reinforces these values, ensuring character education extending beyond the classroom.

In today's world, the importance of character formation in education cannot be overstated. By prioritizing character education, we prepare students to face the future with confidence, empathy, and a strong moral compass. Let us commit to nurturing the next generation to lead with integrity and compassion, making the world a better place.

Good wishes and prayerful greetings to all in the Family.

Affectionately,

Sr. Lucy Rose

Sr. Lucy Rose Ozhukayil
Provincial