



**XXXII/ 04**

**01 September 2024**

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

As we step into the month of September, we find ourselves enveloped in the gentle embrace of the changing seasons—a time of transition, reflection, and renewed purpose. This month, we are reminded of the profound beauty of nature’s rhythm as the earth begins to prepare for the harvest, and we, too, are called to reflect on the fruits of our labour, both spiritual and communal.

My heart is filled with deep gratitude for the overwhelming support and love I received from each of you during a time of personal sorrow. The passing of my beloved sister was a moment of profound loss, yet your prayers, messages of comfort, and your presence—both near and far— offered me immense strength and solace. Many of you joined in the funeral rites, and many more sent your heartfelt condolences, wrapping me with compassion that I will forever cherish. Your kindness and solidarity have been a testament to the power of our communion, united in faith and love.

This month, we also turn our focus to significant celebrations that call for both reflection and action. On September 8th, as we celebrate the Nativity of the Blessed Virgin Mary, we are reminded of the purity, humility, and unwavering faith of our Heavenly Mother. This day holds additional importance as it coincides with Girl Child Day, a time to affirm the dignity, rights, and potential of every girl child. Just as Mary’s life was a beacon of hope and possibility, so too must we nurture and empower the young girls in our communities, ensuring they grow in an environment of love, respect, and opportunity.

September also marks the beginning of the Season of Creation on the 1st. This is a precious time for us to renew our commitment to the stewardship of the Earth, our common home. With the theme “To Hope and Act with Creation,” we are invited to deepen our awareness of the interconnectedness of all life and to take meaningful steps towards environmental sustainability. Let us embrace this season with open hearts, recognising our shared responsibility to protect and preserve the beauty of God’s creation.

May gratitude, compassion, and a deep sense of purpose guide our actions as we journey through this month. Let us enter this month with the joy of Mary and continue to support one another, drawing strength from our faith and the shared mission that binds us together.

**SEASON OF CREATION**



The Season of Creation 2024, themed "To Hope and Act with Creation," invites the global Christian community to renew its commitment to environmental stewardship and the care of our common home. Pope Francis's message for the World Day of Prayer for the Care of Creation on 1 September

2024 centers on the theme "Hope and Act with Creation," inspired by Saint Paul's Letter to the Romans (8:19-25). The Pope reflects on what it means to live according to the Spirit, emphasizing that our faith is rooted not in a distant, unattainable God but in the indwelling presence of the Holy Spirit. This Spirit, the pledge of our inheritance, fills our hearts with God's love, inspiring us to pursue eternal goods and act creatively and proactively in charity. Though the Spirit's way often conflicts with worldly thinking, it leads us to live in spiritual freedom, embodying love as the first and greatest fruit of the Spirit.

As children of God, believers are empowered to call upon God with the intimate term "Abba, Father," just as Jesus did, free from the fear of death because of Christ's resurrection. This hope, grounded in the triumph of God's love, assures us of future glory even in the face of death. It is a hope that does not disappoint, echoing the recent Bull of Indiction for the forthcoming Jubilee, affirming the enduring victory of God's love.

## **TEACHERS' DAY**

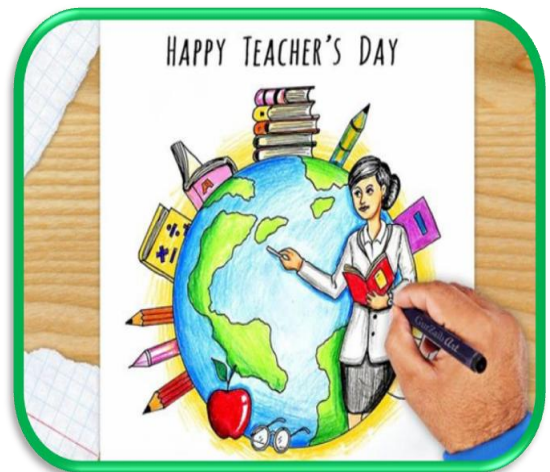
On September 5th, the birth anniversary of Dr. Sarvepalli Radhakrishnan, we celebrate Teacher's Day as a reminder of the profound influence teachers have in shaping the future. Today, we honor the dedication, passion, and tireless efforts educators put into nurturing the young minds and hearts of future generations. As we reflect on the profound impact teachers have on society, it is fitting to draw inspiration from the life of Mother Teresa of Calcutta, a beacon of compassion, humility, and selfless service.

Mother Teresa once said, "Not all of us can do great things, but we can do small things with great love." This profound wisdom reminds us that the true essence of education lies not in grand gestures but in the everyday acts of kindness, patience, and understanding that teachers offer their students. It is through these small yet significant interactions that educators leave an indelible mark on the lives of those they teach.

Mother Teresa's life was a testament to the power of love in action. She believed in the dignity of every person, especially the most marginalised and vulnerable. In the classroom, educators have the unique opportunity to mirror this belief by nurturing each student's potential, regardless of their background or challenges. By doing so, they not only impart knowledge but also instill values of empathy, respect, and compassion.

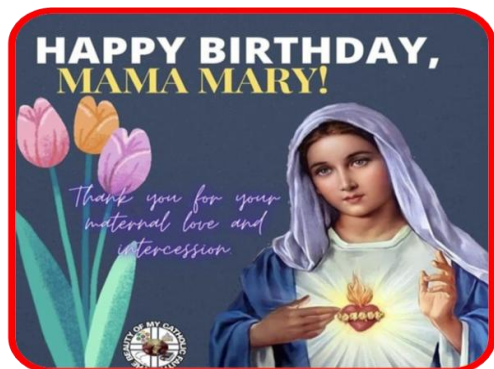
The profound wisdom shared by Mother Teresa, "I prefer you to make mistakes in kindness than work miracles in unkindness," reminds us that kindness should be the foundation of all our actions, especially in education. Mistakes are inevitable in any profession, and teaching is no exception. However, when those mistakes are made out of kindness, they become opportunities for growth, understanding, and connection. Students remember not just the lessons they learn, but the way those lessons are taught. A kind word, a gentle correction, or a patient explanation can leave a lasting impact, fostering an environment where students feel safe, valued, and encouraged to learn.

On the other hand, achieving success through unkindness may bring short-term results, but it leaves lasting scars. Harsh words, impatience, or indifference can create barriers between teachers and students, hindering their potential and damaging their self-worth. As educators, the real miracle lies in the ability to nurture, inspire, and uplift. The world needs more kindness, especially in classrooms where future generations are being formed. Like Mother Teresa, teachers are called to be role models, mentors, and



guides, leading by example and inspiring their students to become not just successful individuals but also responsible and compassionate members of society. May the message of Mother Teresa inspire us to let kindness be our guiding principle. For in kindness, even mistakes become miracles of their own, shaping not just students' minds but their hearts as well. Every act of kindness extended is a step towards building a more just, loving, and peaceful world. Happy Teacher's Day!

## **BIRTHDAY OF BLESSED VIRGIN MARY**



The Nativity of the Blessed Virgin Mary, celebrated on September 8th, is a significant moment in the history of salvation. This feast calls us to reflect on the humble beginnings of Mary, who was chosen by God to play a crucial role in His divine plan. More than just a historical event, the birth of Mary symbolises hope and the dawn of a new era for humanity, as it marks the beginning of God's plan for redemption. Mary's birth is a prelude to the coming of Christ, much like the morning star heralds the rising of the sun. From the very beginning of her life, Mary was graced with a unique holiness, preparing her to become the Mother of God. Through her, God's promise of salvation begins to unfold, initiating the divine plan that would culminate in the birth, death, and resurrection of Jesus Christ. Her birth signals the beginning of the fulfilment of the prophecies that had long foretold the coming of a Saviour. Reflecting on the Nativity of Mary invites us to contemplate her virtues—her purity, humility, and complete surrender to God's will. Born into a simple and devout family, Mary was nurtured in a faith that would later enable her to say "yes" to God's extraordinary call. Her Immaculate Conception and sinless life testify to the special role she was destined to fulfill. Her birth signifies the start of a life wholly dedicated to God, providing a model for our own spiritual journeys. Mary's life, characterised by her unwavering faith and obedience, serves as an example for all believers to follow.

The celebration of Mary's nativity also highlights God's faithfulness to His promises. Through Mary, God fulfils His covenant with humanity. She stands as the bridge between the Old and New Testaments, linking the prophecies of the Old with their fulfilment in Christ. Her birth is a powerful reminder that God's promises are never forgotten and that His plans, though often mysterious, are always for our good. St. Alphonsus de Liguori, a great Marian devotee, viewed the Nativity of the Blessed Virgin Mary as a moment of immense joy for the entire world. He believed that Mary's birth marked the dawn of salvation, as she was destined to be the Mother of the Saviour.

St. Alphonsus emphasised the unique grace surrounding Mary's birth, noting that she was conceived without sin and was full of divine light from the very beginning. He often described Mary's birth as a pure dawn that would soon give way to the radiant light of Christ, the Sun of Justice. This dawn dispelled the darkness of sin and brought with it the promise of eternal life. St. Alphonsus commented on the joy her birth brought to her parents, Saints Joachim and Anne, who had longed for a child. He said that their joy was not just personal but was shared by the entire creation, as Mary was to be the Mother of all believers. As we celebrate this feast, we are encouraged to emulate Mary's virtues—her faith, obedience, and love. Honouring her birth is not merely a commemoration of the past but an acknowledgement of the beginning of the story of our salvation. In honouring Mary's nativity, we honour the beginning of our own redemption. Mary, our Mother, invites us to trust in God's plan for our lives, just as she trusted in His plan

for hers. Her nativity is a reminder that every life has a purpose in God's design and that, like Mary, we are all called to bring Christ into the world.



01- 4 <sup>TH</sup> October	SEASON OF CREATION
05	ST. TERESA OF CALCUTTA / TEACHERS' DAY
06	BL. CARMEN MORENO & MARIA AMPARO CARBONELL
08	NATIVITY OF THE BLESSED VIRGIN MARY / GIRL CHILD'S DAY
12	HOLY NAME OF MARY
14	EXALTATION OF THE HOLY CROSS
15	OUR LADY OF SORROWS
21	ST. MATTHEW, APOSTLE AND EVANGELIST
22	BL. JOSEPH CALASANZ & ENRICO SAIZAPRICIO SDB & CO
24	OUR LADY OF RANSOM
29	ARCHANGELS: MICHAEL, RAPHAEL AND GABRIEL



## **THANK YOU**

With deep appreciation, I extend my heartfelt gratitude to Sr. Sherly and the entire Provincial House community for their meticulous organisation of the animators' meeting and the solemn Jubilee celebration. Your thoughtful attention to every detail has made these events truly memorable. Thank you, dear sisters, for your dedication and care.

## **KARTHOUM -SUDAN**

On August 4th, a group comprising the FMA community of Khartoum, a Salesian priest, and twenty South Sudanese citizens were successfully evacuated by the Sudanese Armed Forces. We are deeply grateful to God for their safe passage thus far. As we give thanks, we also continue to pray for their protection and well-being until they safely reach their destination later this month. Sr. Miriam Kallathupullathu and Sr. Teresa Manakalayatt are eagerly waiting to be back to our Province and we welcome them warmly.

## **A MILLION THANKS TO INTERNATIONAL SEMINAR!**

With hearts full of gratitude, we extend our deepest thanks to our beloved Mother General Sr. Chiara Cazzuola and her Councilors. Your presence and guidance during the grace-filled and enlightening seminar days have truly been a blessing for all the members of the PCI, our National Coordinators, and the Provincials with their Councils from the seven provinces of India. Through your wisdom and inspiration, our zeal to serve in our respective provinces has been renewed, empowering us to embrace a more

generative and Synodal approach. You have encouraged us to foster a culture of care, steadfastly walking in the footsteps of our founders.

## **GRAZIE!**

Our heartfelt thanks to the Provincial Sr. Meenakshi D'Silva and team of sisters of Mumbai Province for your outstanding hospitality and the warm family spirit you shared with us. Your meticulous organisation of accommodation, meals, and logistics was truly exceptional, reaching an international standard of excellence. Your dedication and attention to detail ensured a seamless and memorable experience for all. Kudos to you, dear sisters, for your remarkable efforts and exemplary service.

## **CONGRATULATIONS**

Congratulations and best wishes to Msgr. Arokiaraj Satis Kumar and Msgr. Joseph Susainathan on their Episcopal ordination as Auxiliary Bishops of the Archdiocese of Bangalore. May your new ministry be filled with grace, wisdom, and the guiding light of the Holy Spirit as you lead and serve the faithful. We pray that your journey in this sacred office brings abundant blessings to the Archdiocese and beyond.

## **ANNUAL RETREAT**

The FMA Provincials of India will soon be gathering at our Community in Kurseong (INC) for the Annual Spiritual Retreat, a sacred time of renewal and reflection. I shall be leaving today, the 1st of September, and will return to the Province on the 10th of September. Please be assured that each of you, your communities, and the missions will be held in my prayers throughout this retreat. We extend our deepest gratitude to Sr. Leelamma Palliparampil, Provincial of the INC Province, for her graciousness and arrangements that have made this significant spiritual event possible. During my absence, you can contact Sr. Annie John with any special needs that may arise.

## **APOSTOLIC EXPERIENCE**

Our seven Second year Novices are all set for their missionary journey to make the Community and Apostolic experience for a month from 2nd September to 1st October. The Communities of Maradiyur, Hassan, and Chamrajpet will receive them and offer them a fruitful experience both in the Community and in the Mission. Their destinations are:

Maradiyur : Sr. Karupalli Padma Priya and Sr. Louni Susanna

Hassan : Sr. Bamon Aitimary and Sr. George Maria

Chamrajpet: Sr. Hembrom Sara, Sr. Kadavakollu Sindhu Priya and Sr. Marak R. Altina.

Let us accompany them with the support of our sisterly communion and prayer.

## **TRIENNIAL VERIFICATION AT PROVINCE LEVEL**

The Triennial Verifications present a profound occasion for us to revisit and deepen our journey in the light of God's Word while engaging with the pressing challenges of our time. Having diligently completed the personal and communal evaluation of GC XXIV, we are now called to convene on September 14th and 15th at the Sacred Heart Provincial House, together with community animators and sisters. With hearts attuned to the Spirit and through earnest dialogue, this reflective gathering will be our compass in assessing the transformative processes that have been guiding our post-chapter path. In particular, it will

help us to embrace and actualise the three priority choices and deliberations enshrined in the Acts of GCXXIV.

### **SINCERE CONDOLENCES & ASSURANCE OF PRAYERS**

- ✚ To Sr. Lissy C.D. at the loss of her first cousin Mr. Joseph Annithottathil (80) on 01 August 2024.
- ✚ To Sr. Maria Rajeshwari at the demise of her beloved Mother Mrs. Saleth Mary (68) on 16 August 2024.
- ✚ To Sr. Siljo Mary J. at the loss of her beloved Father Mr. Johnson V. Thadathil, who passed away on 22 August 2024.
- ✚ To Sr. Bridget Kavalam at the loss of her paternal aunt Mrs. Rosamma Thomas Kavalam on 24 August 2024.
- ✚ To the Provincial Fr. Davis Manipamben and the confreres of Province of INN, at the passing away of Fr. Joseph Kezhakkekara SDB (84) on 26 August 2024.
- ✚ To Sr. Mereeta Louramma at the passing away of her first cousin Mr. Dixon (26) on 30 August 2024.
- ✚ To Sr. Prameela Sundari at the sudden demise of her aunt Mrs. Mariyamma (62) on 31 August 2024.

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

- For the Father of our dear Sr. Jayanthi Boyapati who is continuing the treatment.
- For the sister of Sr. Aliamma Joseph who is ailing.
- For the eldest brother of Sr. Bala Savarimuthu who got paralysed and is hospitalized.
- For the Mother of Sr. Namsila who is very serious.

### **CONCLUSION**

As I conclude, I would like to speak about the importance of carrying our daily cross in the spirit of true humility and love. We celebrate the Feast of the Exaltation of the Holy Cross on September 14th, which commemorates the discovery of the True Cross by Saint Helena in the 4th century and the dedication of the Church of the Holy Sepulchre in Jerusalem. This feast invites us to reflect on the profound mystery of the Cross, a symbol of suffering transformed into a sign of salvation.

In a world often marked by pain and hardship, the Cross stands as a beacon of hope, reminding us that through Christ's sacrifice, suffering can be redeemed. The Cross is not merely a relic of the past but a living reality that calls us to embrace our own crosses with faith and courage. As we exalt the Holy Cross, we are reminded of the depth of God's love, a love that led Jesus to lay down His life for humanity. The Cross becomes a source of strength, urging us to follow in Christ's footsteps, to carry our burdens with the assurance that we are not alone.

In the liturgy, we sing with joy, "We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world." This feast invites us to renew our commitment to live under the banner of the Cross, trusting in its power to bring forth new life and to guide us on the path to eternal glory. The Exaltation of the Holy Cross is a powerful reminder that in the Cross, we find our true identity and ultimate victory.

One of the most famous miracles associated with the Holy Cross is the "Miracle of the True Cross" during the reign of Emperor Heraclius in the 7th century. This event took place in 628 AD and is still celebrated in Christian tradition.

In 614 AD, the True Cross, the very cross on which Jesus was crucified, was captured by the Persian King Khosrow II after his forces invaded Jerusalem. The Holy Cross was taken to Persia, causing deep sorrow

among the Christian faithful. The Byzantine Emperor Heraclius vowed to recover the sacred relic, and after several years of war, he successfully defeated the Persians and retrieved the True Cross.

According to tradition, when Emperor Heraclius arrived at the gates of Jerusalem carrying the True Cross, he was richly dressed in imperial garments, intending to restore the relic to its rightful place. However, as he approached the city, a miraculous event occurred. Heraclius found himself physically unable to proceed any further. The weight of the Cross became unbearable, and he was halted in his tracks.

The Patriarch of Jerusalem, Zacharias, suggested that the emperor should dismount and remove his royal attire, humbling himself before the Holy Cross. Heraclius obeyed, stripping himself of all signs of royalty and walking barefoot, clothed in simple garments. Immediately, the obstacle vanished, and he was able to carry the Cross into the city.

This miraculous event symbolises the profound humility required to approach the mystery of the Cross. It teaches that in the presence of the Cross, worldly power and glory must be set aside. The Miracle of the True Cross reminds the faithful of the power of humility and the triumph of Christ over all forces of darkness.

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

**Affectionately,**

A handwritten signature in cursive script that reads "Sr. Lucy Rose".

**Sr. Lucy Rose Ozhukayil**  
**Provincial**