

DHYANAVANA

2017-2018



VOLUME 21



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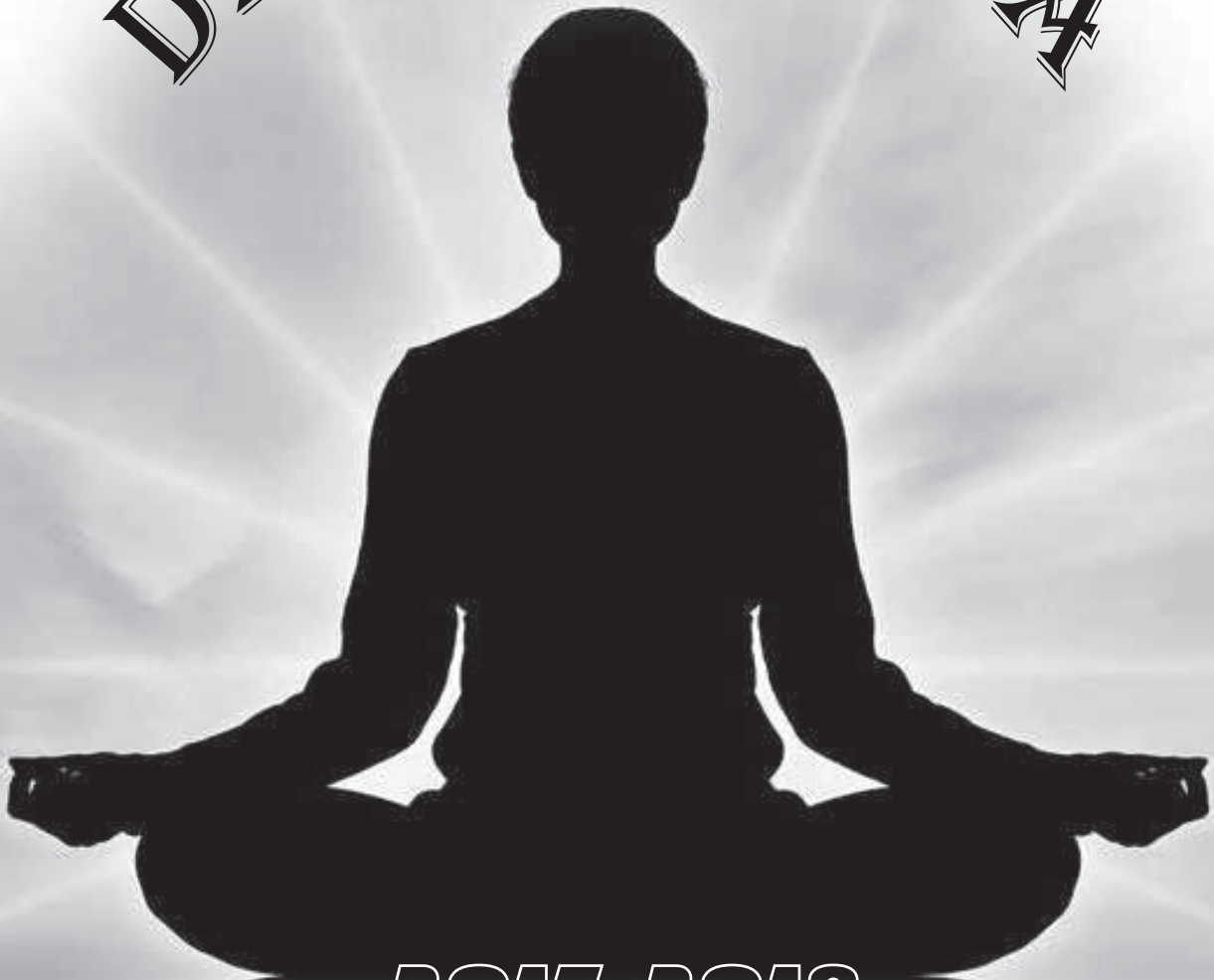
Infant Jesus

and

Our Lady of Velangani.

**Mr. Velsbert C. Rebello
and Family**

DHYANAVANA



2017-2018

INTERNATIONAL INSTITUTE OF SPIRITUALITY

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Fr. Rovel

Chief Editor's Message

Verisimilitude of Nitty-Gritty

“The most effective way to destroy people is to deny and obliterate their own understanding of their history” said, George Orwell (Eric Arthur Blair) a well known English author and journalist. Articulating history is very similar to storytelling. Factual facts, corroborations and avowal of the event/episode may remain the same, but it may elude the reader’s accuracy of the occurrence. Reader may assume, many a times, it is nothing but farrago of lies, deceits when so many variations of the narrative are available. It is not uncommon to find rodomontade narrative with snollygoster dictating the narrative. The social media nevertheless has become part of storytelling over some years now. Therefore we have no lack of Webaqoof in the society although cynical to the well formed rational mindset because they are puerile.

Elections are round the corner (2019) rostrum is already set. The power of ingenuity can present what is cull as desideratum. Someone who is renegade, can be presented with glib hagiology of the personae. Every political party does make assiduous efforts with predilection to succeed. The amanuensis are well sought after these days. Every speaker and presenter of these political parties gives us a picture of savant, though masquerading with mordant truth for calumny. But the comeuppances are not ephemeral. In the resent present it has become normal to stalking-horse without any chagrin in the political arena. This game is not for those who are namby-pamby. One can wonder, proclivity to say with ineffable ecstasy fatuous ideas and principles, petulant with sugarcoated lingua and misrepresentations. Those who can expelliarmus the opponents are the sure vanquishers.

“Then you will the know the truth and truth will set you free” (John 8:32). When we are cozen with truth, all efforts we do make to camouflage it. When the truth (a version is presented) is apocryphal, to negate acquiesce can lives be benign. Because the populism may not necessarily be factual. When overpowered by fear, either one will stop witnessing or circumlocution. We are in a time, to demur so called arcana may invite frisson. Truth is always coherent in all apposite.

Recreancy of the truth may lead to noxiousness and perniciousness of the society. Verisimilitude will always substratum of the better future.



Editorial

*The rain drop cried aloud...
“Oh! I am falling into this ocean.
What can I do in it?
I’ll lose my identity in this ocean
I’m merging in the ocean,
I’ll be hidden init...”*

Each soul experiences the journey in miniature, to what God is doing, experiencing a manifestation of its own Godliness. We as the ocean of God started out as just that, but to create the experience itself. It formed the sky above with looming clouds. The water from the ocean evaporated into these clouds so that it could later be sprinkled via raindrops. Over the deserts, forests and prairies, Why? It is because to exist solely in the infinite sea, was not what it wanted? Although each drop seems unique, it ascended from the same ocean. And as it falls, it experiences something totally unique in comparison to the other rain drops as its perspective is unique. And as it flows downward into the land, it finds a creek and makes its way back to the ocean to start the whole process again.

I can compare this process, to the process of life. Everything around me is ever changing, ever dying. There is underlying all that change a living power that is changeless that holds all together, that informing power is the Spirit of God. And is this power benevolent or malevolent? I can see that in the midst of ocean persists rain, again in the midst of death life persists; in the midst of darkness light persists. Hence I gather that God is Life, Truth and Light. This is the light which revolves around my soul, the most benevolent super God.

As mentioned above, I figuratively quote it, to the experiences I had in my beloved Dhynavana, which is a regularly frequented Institute of Spirituality by the consecrated people, aims at education towards transformation. It responds adequately to the itinerary traced by the church for the religious of the present century. Its vowed mission is to calibrate and refresh the consecrated life, today and help usher a better response of the church to the complex challenges of our civilization.

Seed is life. It represents the future. When it sprouts, it adds to the regeneration of life on the island. With seed comes food freedom. And by requesting and sharing only safe seed

produced open- pollinated seeds we are able to ensure that the seeds grown could be saved and grown in the future.

The same is true of each one of us and as a whole community of Dhyanavana. The fruitful, a variety of effective seeds formed by the consecrated women from all parts of the country in “**Global home- Dhyanavana**” is something awesome. This annual tells this unique story of small seed and gives the glimpses of our empowering and transforming experiences as Disciples of Christ in the portals of our ‘Alma Mater’. It has been a time of intellectual growth through the quality formation we have received in 9 months Diploma course in Holistic Spirituality. It has been an occasion to come to the circle of time, into the circle of love, with a series to bridge cultures together. Following its formation directed each one, to the deeper awareness, that sharing and persevering culture is a ‘value’, serves as vehicles for unity, solidarity and peace as well as an instrument for democracy and sustainable development.

“Within a person there is a stillness like a vast ocean and a sanctuary (temple) to which one can retreat at any time and be alone with oneself”. This has been a place to have a continual experience of a personal encounter with the person of Jesus Christ through true constant silence which had been a true spiritual nourishment and refreshment.

The deeper our gratitude, the harder it is to find the words to express. We are sincerely indebted to Rev. Fr. Dominic Vas OCD, the Director, Rev. Fr. Rovel. D’Souza OCD, the Dean of Studies and Rev. Fr. Victor Pais OCD, the administrator and spiritual guide of Dhyanavana Institute for their constant accompaniment and being spiritual fathers in our spiritual journey. Indeed, we enjoyed and cherish our memories spent in Dhyanavana. We express our deep sentiments of gratitude with high esteem and deep appreciation to Miss Lynn, Reginnama, didi Surabhi, Siddhappa and all the professors for journeying together to make overall renewal programme enriching and memorable one. “Merci Beaucoup” (Thank you so much) one and all.

Feel you desire, feel your love, feel your peace, feel your feeling and it is the promise, we will create our destiny through our mind, body and soul. So radiate that invisible light visibly to all sections of people. Thus, shall we become the true and credible witness of that **Love Incarnate** with a vision, mission and contemplation?

Wishing you all a grace filled Easter, 2018.



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Date:..... **15.03.2018**

MESSAGE

*"Let the wise hear and increase in learning, and the one who understands obtain guidance."
(Prov 1:5)*

I am extremely happy to know that you intend to bring out Dhyanaavana Annual Magazine of your Institution. I extend my hearty Congratulations and prayerful greeting to all the members of the Dhyanaavana Institute. May the Lord continue to bless you and lead you in His path for the life and Mission of His Church.

As you have the convocation of Dhyanaavana Spirituality Centre, Mysuru, I am reminded of the message that His Holiness Pope Francis gave at the concluding session of the World Conclave of Catholic Education in Rome on the 21st of November 2015, when he said, *"So many educators! I appreciate everything you do. We must educate and re-educate many civilizations and countries to reach out to all people because our passion for educating leads us to humanize people. Our biggest failure is limiting our education within the class rooms and within the Institutional walls. Instead we need to go out into the outskirts of society to search out for the marginalized and accompany them, educate them and empower them."*

I appreciate Dhyanaavana Institute for offering M.A., Diploma and Certificate Courses in Holistic Spirituality, conducting retreats and summer courses and for the pastoral ministry in my Diocese. Year after year, many are getting benefitted through your dedicated and generous service in the field of Holistic Spirituality. Because of your service, innumerable students and others have been benefitted. Congrats dear Rev. Fathers!!

Once again, assuring my prayers, I invoke the blessings of the Almighty God on you: the Director, the Rev. Fathers, Staff and Students. May all those who have contributed in writing and all those who are going to read this magazine, be filled with new insights and experience deep within a sense of contentment and happiness.

Thanking You

United in prayers

With Mary and Jesus

Most Rev. Dr. K. A. William
Bishop of Mysore



To
Rev. Fr. Dominic Vas OCD
The Director
Dhyanaavana, R.S. Naidunagar
Mysuru

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Message



15th of March, 2018

Dear Rev. Fr Dominic Vas,

As we glance through the achievements of our **Dhyanavana**, International Institute of Spirituality, during the past academic year, we have every reason to thank and praise God for all that his grace has enabled you to accomplish during its 21st annual round of courses with the participation of 86 students. This year the Institute takes another leap forward as the first batch of fifteen students will appear for the first year, MA degree in Holistic Spirituality from St Philomena's Autonomous College, Mysuru. I heartily congratulate all those who have successfully secured their University Degrees, Diplomas and Certificates. They have made us proud!

Side by side, true to our Carmelite charism, you have conducted weekly and month long retreats on "**The art of living the contemplative prayer life**" throughout the year. That is really a beautiful initiative and I am sure many lovers of the contemplative life will have gained a great deal for their own spiritual lives and for the service of the Church. In addition, there were special retreats on: "**Encountering Jesus in prayer**" during the Dasara and Deepavali Holidays.

Among the summer courses two **month-long spiritual renewal courses** have been conducted particularly for jubilarians, animators and formators, for men as well as women religious.

I was happy to be present at the annual **Fr Nemesio Alzola seminar** with the theme: "*The art of psycho-spiritual discernment in religious life*" on 21st of January 2018. There were very interesting and informative talks to which I had the privilege of contributing my mite through a paper on "*The pedagogy of Discernment for priestly and religious vocations.*"

It is my duty to express my heartfelt appreciation to the **present staff** of the institute: Fr Dominic Vas, who is a veteran in the administration of our communities and has also for three years been provincial superior; Fr Victor Pais, who has a degree in the art of teaching and attends to the material needs of all; Fr Rovel D'Souza who besides having an ecclesiastical degree in theology, has had a long and fruitful missionary experience in Tanzania, Africa. Under the patronage of St Teresa Benedicta of the Cross (Edith Stein) they have been deepening their own spirituality while imparting to many the riches of the science of the Cross.

Pope Francis told the Superiors General in Rome on 29th November 2013: "*Radical evangelical living is not only for religious: it is demanded of everyone. But religious follow the Lord in a special way, in a **prophetic way**.*" This is the priority that is needed right now: "*to be prophets who witness to how Jesus lived on this earth... a religious must never abandon **prophecy**.*" The repetition of the same appeal in the Apostolic letter "Witnesses of Joy", to all consecrated people on the occasion of the year of Consecrated Life (21 November, 2014) manifests the importance he attaches to it. I pray that all the religious who pass out through Dhyanavana may imbibe this prophetic spirit through the inputs offered and the guidance that is made available in prayer.

With fraternal wishes,

FR.

Fr Charles Serrao OCD
Provincial Superior



Director's Message

In Ancient Indian tradition there was “Gurukula” system. ‘Guru’ means one who drives away the darkness of Ignorance and gives the light of knowledge. When a boy reaches 8 – 12 years of age Upanayana ceremony is performed through which he becomes a “Dwijā”, ie, twice born and embraces Brahmacharya Ashrama. He is admitted to the Gurukula where he will be taught how to recite the mantras and the performance of Yajnas and Pujas.

Further, the Guru will teach him Vedas and Upanisads and other Sastras through which he will be intellectually enlightened. This knowledge or jnana will help him to progress in the marga of liberation or mukti, the attainment of moksa. Together with the other Ashramites he will form a family and also involve himself in doing the household work like cleaning, milking, collecting the firewood and gardening.

Dhyanavana is also a Gurukula. The sisters come here for long term and short term courses from all over India. The central and primary aspect of their formation is the spiritual formation. Hence, the Chapel is built in the centre of Dhyanavana names “Guru Mandir” where sisters gather morning and evening daily for Breviary prayers, meditations, adoration and shared prayer.

Intellectual formation is also an equally important aspect of their life. They study Bible, Theology, Dogma, Mysticism, Psychology and Spirituality. Knowledge deepens their faith; and faith deepens their prayer, ie, relationship and union with the Triune God.

They all form one family in Dhyanavana. More than 100 sisters belonging to different congregation, states, cultures and languages form one community. They actively participate in the daily chores of Dhyanavana like cleaning, gardening, playing and in cultural programmes. Thus in all the ways Dhyanavana becomes a ‘Gurukula’ to them.

Now as they go back to their communities and congregations, they carry the light that is lit in Dhyanavana, to light the lamps in the lives of others. I wish them God’s blessings and the protection of Mother Mary, Queen and beauty of Carmel.

Fr. Dominic Vas, OCD
Director

ANTHEM

Ch: Dhyanaavana home of love,
We aspire to rise above.
Echoes of love grow ever,
Soul to soul roll forever.

1. Divine, human, cosmic nature,
Integrates human stature.
With His grace on us we grow,
In Mary's image here below.
2. Splendid radiance of the Dove,
Teaching wisdom from above.
In patroness Edith Stein it shows,
Her noble courage in us grow.

Ch: Dhyanaavana... forever
Dhyanaavana... Dhyanaavana.

9 MONTH COURSE



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Sr. Anitha DSS



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6 MONTH COURSE



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FMM



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1 MONTH COURSE



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CULTURAL PROGRAMME



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Good wishes and Prayer



**Provincial Sr. Rachael & Sisters
Province of North East India & Nepal
Kalimpong, Darjeeling**



THANKS FOR THE FAVOURS RECEIVED FROM INFANT JESUS.



**URBAN, ANITHA AND FAMILY
MANGALORE**

Best Wishes and Congratulations



Sri Gracian Rodrigues
Winner of Best Business Award



Karnataka Government Konkani Sahitya academy honoured Sri GRACIAN RODRIGUES the best businessman in Konkani community held at Dandeli on 12th February, 2018.



Sri GRACIAN RODRIGUES

(Left to Right) Sri Manual Stephen Rodrigues, member, Karnataka Konkani Sahitya Academy; Sri Lakshman Prabhu Kumble, member, Karnataka Konkani Sahitya Academy; Sri Basti Vaman shenoy, Director, World Konkani Centre; Sri Damodor Bhandarkar, member, Karnataka Konkani Sahitya Academy; Sri P.R. Naik, President, Karnataka Konkani Sahitya Academy; Sri Rama Mesta; member, Karnataka Konkani Sahitya Academy.



Mr. Francis and Mrs. Margaret D'Souza

**Best Wishes and God's blessings on the occasion of your
Golden Jubilee of the Wedding.**

From – Children, Family, Relatives and Friends





***Thank you Infant Jesus for your blessings.
Keep us always under your protection.***

**Pascal and Rosalinda Monteiro
Ryan, Prema and Rhea Patricia Monteiro
Rochelle, Graham, Grace Rachael and Glaen Ralph D'Souza**

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THE MORE WILL I BLESS YOU

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INFANT JESUS NOVENA MASSES ON THURSDAY

Morning : 06.00, 07.30, 09.00, 10.30 and Noon 01.00 p.m (Konkani) Evening : 04.00 (Malayalam) 05.00 (English), 06.00 (Konkani), 07.00 (Kannada)

Annual Feast is celebrated every year on 14th and 15th of January. Preceded by Nine days Novena, beginning on 5th of January.

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On the lap of serene Nature

Oh how wonderful it is to proclaim
The works of God the creator who is sublime
I did not choose to be what I am
He enlightened, empowered, sustained me to become

God created everyone to be prosperous
Hard and rigid often is our phase, but to stay flexible with cosmos
Be content and motivate to keep for self-nothing
But grow gracefully, tender, beautiful and loving

Nature rejoices when we grow in stature
Closely sharing warmth with each other
It says I will nurture till you are mature
Quietly, elegantly, generously surrender

As I claimed holding each branch of the tree
It helped me more and more to be free
I experienced when too tired or things go wrong to be in garden
Because nature kept me on her lap and taught me how to calm down

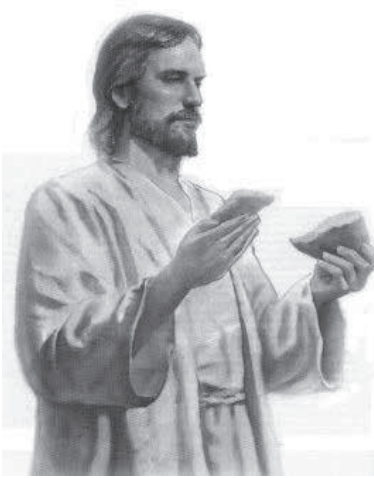
Today the story of our nature is sad
Quiet vibrant thoughts flow in us very bad
Let me motivate my mind to preserve my nature
Being gratitude to God, let me show to others through my posture

Nature always sustains and brings blessedness
Gently, lovingly, trustingly teaching me to grow in Holiness
As long as I live love this vision
Strive together to fulfill God's mission

Remember Nature is our only future
Let us be creative to nurture
Then only we can wonder
Otherwise we have to surrender

Sr Janet Flora Pinto UFS

Jesus, the Eucharistic Bread (Jn 6:51-58)



If a person does not communicate in words or gestures, he remains a mystery to us. God, too, was a mystery until he broke his eternal silence. He spoke once, and all creation came into existence (Ps 33:9, 6; Gen 1:3-13). God spoke again and this time “*the Word became flesh*” (Jn 1:14). Thus the medium of communication plays an important role to accomplish greater things in life. John, in his gospel, tells us the story of that Word-became-flesh, is also “the bread of life” (Jn 6:48) and gives his “flesh for the life of the world” (Jn 6:51c). Therefore the story of John on bread, which came down from heaven to be the bread of life, is unique in its reflection on the mystery of the Eucharist. If Paul and Synoptic Gospels relate the Eucharist primarily to Jesus’ climatic redemptive acts of passion, death and resurrection, John relates the Eucharist

primarily to Jesus’ incarnation, the Word- became- flesh. For John, the Eucharist is above all the sacrament of the incarnate Word of God, dwelling among us as our never-parting friend and companion (Jn 15:15). Paul and Synoptic Gospels present the Eucharist as an event in which the Church does, what Jesus Christ did, in memory of him. John, on the other hand, presupposes the action of Christ and focuses on the person and personal presence of Christ giving himself as nourishment to humanity.

According to the Fourth Gospel, the Eucharist is Jesus’ direct gift to those who believe, because in John it is Jesus himself who feeds those who are hungry (Jn 6:11). Thus, Johannine Eucharistic theology is one of relationship and presence. Hence John explains with deep meaning, the Eucharistic theme in chapter six of his gospel. In his thinking the explanation of Jesus as the “bread from heaven” (6:51c) can only be understood if one accepts him as “the Word come from heaven,” the incarnate Word of God, who revealed himself to Moses as “I AM” (ego eimi). The “I AM” on the Sea of Galilee (6:20) is the one who continues to speak in the discourse on the Bread of Life. In 6:35-50 eternal life is presented as the result of believing in Jesus (6:40, 47) and in 6:51-58 eternal life comes from the “eating the flesh” and “drinking the blood” of the Son of Man (6:53-54, 56). Therefore the Johannine form of the institution narrative is seen in v. 51c, “the bread which I shall give for the life of the world is my flesh.” The Eucharistic significance of 6:51-58 is also clear from the fact John uses most often the verb *trophein* instead of the usual and more respectable term *phagein* for “to eat” in this section (6:54, 56, 57, 58). The verb *trophein* indicates the physical crunching with the teeth and John, using this term, wants the believer to have a real experience of eating. John 6:51 begins to clarify what is meant by “the heavenly bread that gives eternal life.” Here “the bread” has twofold significance: Christological and Eucharistic. The words in 6:51c are similar to the Eucharistic text of Lk 22:19, “This is my body (*soma*) which is given for you.” John uses the original Semitic term “flesh” (Hebrew: *basar*; Aramaic: *besar*; Greek: *sarx*). According Joachim Jeremias, the use of the word, “flesh,” in the place of “body” is a more exact translation of the Eucharistic words of Jesus at the Last Supper who would have said, “this is my flesh,” since there is no definite Hebrew or Aramaic word for “body.” In fact, “flesh” always denotes a living person in the Bible

(Joel 2:28). It is thus more appropriate for the Eucharist than “body” because body can also denote a “lifeless body” (Jn 19:38, 40). The language of 6:51c recalls both 1:14 and 3:16. Thus v. 51c evokes the mystery of Incarnation, the gift of Jesus’ life out of God’s love for the world. In and through the *sarx* Jesus established communion and communication with humans. It is clear to see that, when Jesus said about his death in the expression, “for the life of the world” in 6:51c: Jesus will give up his flesh, as an expression of the same love manifest in the Incarnation.

Hence we can say that 6:51-58 is purely the Eucharistic theme in the gospel of John. It represents the highest point in the Eucharistic theology of the New Testament. Eating the flesh and drinking the blood in it had no significance outside the context of the Eucharist. It is in the Eucharistic celebration that one encounters the flesh and blood of Jesus Christ. Thus the faith of the church is that the glorified Christ is present in the Eucharistic celebration precisely because it is a proclamation of the Word of the cross. The flesh of Jesus which believers are asked to “eat” is not the dead body of Jesus, but the body which had entered into glory and became the Spirit-filled, Spirit-giving Body. In the Hebrew language, the expression, “flesh and blood” denotes a person, the entire human being (Mt 16:17) and in John it underscores Jesus’ gift of his “person,” his “whole self.” Hence if one wants to receive the person of Jesus, one has to receive the Eucharist under the species of bread and wine.

John is very emphatic in telling us: “Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life” (Jn 6:53-54). Hence to have “eternal life,” to have full union with the risen Lord, we need to receive him in both species of bread and wine. The bread and the wine symbolize Jesus’ own ‘flesh’ and ‘blood.’ Receiving Jesus in the sacrament of the Eucharist means to enter into a deep relationship with Jesus. Thus in the Eucharist, we praise and thank God for the gift His Son Jesus to us in the form of bread and wine. Hence we can say that the Eucharistic sacrifice is that sacrament which is also an effective memorial of Christ’s saving death and resurrection. Therefore the present celebration is an acknowledgement of the past and an announcement of the future. So John is very specific in bringing out the theme ‘bread of life.’

Sr. Jaya CSSJ

LIVE EACH MOMENT

I may never see tomorrow, there is no written guarantee
And things that happened yesterday belong to history.
I cannot predict the future, I cannot change the past.
I have just the present moment, I must treat it as my last.
I must use this moment wisely, for it will soon pass away
And be last to me forever, as part of yesterday
I must exercise compassion, make an empty life complete.
The unkind things I do today, may never be undone.
And friendships that I fail to win, may never more to won.
I may not have another chance on bended knees to pray,
And thank God with humble heart for giving me this day.



- Sr. Philomeena Gaigole PSOL

My Mother

My Mother is the greatest gift from God.
She is a woman of strength and faith.
She has never gone to any school - But
She knows the language of Love, Joy and Sacrifice.
My Mother may not know 'A' - But
She taught me to Appreciate
My Mother may not know 'B' - But
She taught me to be Braving
My Mother may not know 'C' - But
She taught me that I am Capable
My Mother may not know 'D' - But
She taught me to be dedicated
My Mother may not know 'E' - But
She taught me to be Enthusiastic always
My Mother may not know 'F' - But
She taught me to be Faithful
My Mother may not know 'G' - But
She taught me that I am Gifted of God
My Mother may not know 'H' - But
She taught me to be Honest
My Mother may not know 'I' - But
She taught me to be an Intelligent
My Mother may not know 'J' - But
She taught me the virtue of Justice
My Mother may not know 'K' - But
She taught me to be Kind
My Mother may not know 'L' - But
She taught me the language of Love
My Mother may not know 'M' - But
She taught me to Manifest God's word
My Mother may not know 'N' - But
She taught me be ever New
My Mother may not know 'O' - But
She taught me to be Optimistic
My Mother may not know 'P' - But
She taught me to be Patient
My Mother may not know 'Q' - But
She taught me to be Quiet
My Mother may not know 'R' - But
She taught me the Responsibility
My Mother may not know 'S' - But
She taught me to be Sincere



My Mother may not know 'T' - But
She taught me to be Thankful
My Mother may not know 'U' - But
She taught me to be Unique
My Mother may not know 'V' - But
She taught me to follow the Virtue
My Mother may not know 'W' - But
She taught me to become Wise
My Mother may not know 'X' - But
She taught me to be Xenodochial
My Mother may not know 'Y' - But
She taught me you are God's gift
My Mother may not know 'Z' - But
She taught me to be Zealous

- Sr. Adaikala Shantha Sheela FIHM

Perseverance



Have you ever observed the behavior of birds in the face of adversity?

For days and days the birds takes an effort to make their nest, sometimes gathering materials brought from faraway places. And when they have completed the nest and ready to lay eggs, sometimes the weather or the work of humans or some animals destroys it and it falls to the ground.

Do they stop making it? Bewildered, leave the work?....

No way .they start building the nest over again until they have laid their eggs in the nest sometimes ,and every often before the chicks are hatched, an animals ,children or a storms destroys the nest once again ,but this time with its valuable contents.

It has to go back to begin again. Even so, the birds do not ever stop; they continued to sing and build and keep singing and building.

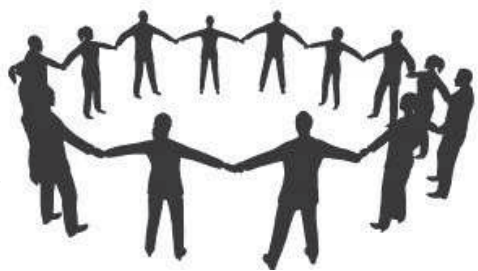
Do you sometimes get the feeling that your life, your work, your family is not what you had dreamed? Do you sometimes want to say “Enough”the effort is not worthwhile? It is all too much for me.Are you tired of it all? Do you feel that the daily struggles is a waste of time, you trust has been betrayed your goals not reach just as you were about to get them?

Similarly my life too is like the birds that make nest with lots of efforts as well as perseverance in time of failure. The daily struggle or failure is not a waste of time. Life strikes me down sometimes but I go on, I persevere in prayer, I put my faith and hope in the lord. And this inner voice comes to my mind always. No, matter what had happens do not shrink back, but move for what and this word of God too comes ringing in my ears as a voice of encouragement “my child as you come to serve the lord, prepare yourself for testing. Yes life is a constant challenge, but it is worthwhile to mostly accept it and never ever stop singing and building.

- Sr. Jaimary CFMSS

We Build the Future Together

The world is in danger of going into fragments. Each one isspecializing in different fields, like science, physics, chemistry, biology, botany,philosophy etc... But, I don't see togetherness of vision, in the future ahead.As Pope Francis rightly said in his talk, “We build the future together”emphasizing on the role of each individual, in building the society. He saidthat, it was enough for a drop of hope to exist in an individual, to creategallons of life in the society. And that individual can be brand creator ofhope, in a technocratic world. In a hope-filled message, to people of allfaiths, the powerful, as well as the powerless,which also was an illuminating commentary on the world, as we currently find it, the Christian spiritualleader and called for measures, whereby, equality, solidarity and tendernesswould prevail.



Build the Future: The principle of the universe is that, to signify one thing we in signify the other. To show up one as VIP, we neglect the other who helped one to reach to certain kind of certainty. So, in building the future, we need the past to live the present, to look hopefully towards the future. We need spark of light to get an insight that will make us to take a decision to.

Build the future. Once, Paulo Coelho in his master piece, 'the Alchemist' said, "When you want something, the entire universe conspires in helping you to achieve it." When a youth have an idea of building the future, one generation cannot neglect the generation which has gone and the generation to come. This process of interlaced, integrated outlook towards the generations would help to build the future, together. So, the youth as powerful weapon should become backbone of the society, as co-workers, in building the future for the brighter, smarter generation.

The Future Together: Every youth should consider oneself as a warrior, must strive towards building togetherness among countries. Youth must wish to see peace reigning over the surface of the earth. But, wherever we see, we find only fragmented reality of the togetherness. In each sector of life, specialized persons exist, with the minimum knowledge of the others fields. Each one is living with the motto of everyone for himself/herself, forgetting the future togetherness of the world. We are warriors of this world, who want to see the future together, looking for the treasure of togetherness, a bond of relatedness. But, all my energies are gone in vain the more I strive towards it, in search of togetherness. The more we strive to put fragmented reality into one, the more it is splitting into many other pieces. So, the burden of the yoke and the leading-striving are in the hands of the youth. It depends on the youth, whether to assemble the fragmented reality or to dismantle it.

Equality, Solidarity, and Tenderness: These utopian realities are thought of merely as unreachable goals of life, though everyone strives after them. But we often forget to arrive at a decision to reach these goals. We all know that, making a decision is only the beginning of things that will lead us to the roots of the goal of togetherness. To achieve togetherness, we need to achieve equality, solidarity and tenderness.

The 'Future You': The role of the youth in the world is irreplaceable. Their contribution for collection of the fragmented reality is very much the need, at this juncture of life. So, the 'Future You' is a call for all youth, to be the seeker of change, seeker of alternatives, masters of fusions of realities. Building togetherness is merely a step ahead of us. Therefore, one need not look for someone to lead us. Dare to know! (Sapere Aude) Dare to walk the talk! Dare to be the builders of togetherness, in the world, which is only seemingly together.

Connectedness of Life: Well! We know that, life in itself is interconnected. It is integrated, synthesized at every moment. We all have studied the circle of dependence of life, in our science, at school. To live, each animal has to depend on the other. If the chain of circle of life breaks, the rhythm (rta) of life, is being disturbed. So, youth have to realize the circle of life, of the past to the present and from present to the future. To build life of togetherness, we need to grow in equality, solidarity and tenderness. There three are the urgent needs of the world, to establish togetherness as brothers and sisters to each other.

Sr. Tiana Marak CFMSS

'THE SECRET OF CREATIVITY'

"Creativity is a classic symbol of human intelligence" - Dr. ShrirangBakhle



What is the secret of creativity? After much thought and reflection, I have penned down some of my most thought-provoking thoughts in my most thought-provoking being, which helps me to think radically. Let me begin by defining what it is to me. For me, the secret of creativity is a meticulous and fervent zest for creating a new method, skill to do or to think, that which makes the things happen easily. Gazing at a particular thing from a different point of view, rather than as it is gazed itself is creativity".

Most of us learn to look at particular thing from particular angle, which is taught to us by our elders, in the process we fail to bring forth the creativity that which is deep within us. Take for example the great personality of the world, Thomas Edison who invented the bulb. He did not discover any laws of physics not any new elements. But he used known metals and known physics laws to create the revolutionary electric bulb!

An Athens, philosopher called Heraclitus, rightly says; "*Lightning guides everything*". It is very much true in our life. Almost all the people like to see a thing from the particular attitude, but very few succeed in seeing it completely from the different angle. So, allow the magic of mind to gush forth to bring the creativity in you because the magic of creativity vows us. That light lightens / illumines the ignited mind. It is also God-given talent, natural, inborn to each of us. Can we study creativity? Yes, creativity can be studied and understood, most importantly, we can learn to be creative.

Creativity means creating a new pattern from previously known units or parts. It is also creating a new character, which does not seem to be existed before down the centuries. This is true for creativity in all fields of human activities. A music composer does not create new musical notes or new musical instruments. But s/he creates new patterns of notes and rhythms using a novel combo of vocal music and instruments. That is musical creativity. A brilliant manager does not create human beings, but constructs a novel pattern or combination of human talents to create a great organization. Therefore, creativity means creating a novel pattern of small already known units.

What is the process of creativity? A new pattern gets created through two ways. One is based on the human mind's ability of imagination. The human mind has an innate ability to create new patterns. The simplest example is speech. Every time you speak a sentence, you are being creative. Every sentence you speak is a novel pattern of words. Everyone is creative when designing his or her home. First, in our minds, we imagine a novel pattern of furniture and other decorations. Then we convert those mental patterns into reality. But there is another way towards creativity; accidents! There are many examples of accidental creating of novel patterns. Here, the creation of patterns may be accidental. But the talent lies in recognizing that there is a new and useful creation here.

I, once remember my friend giving a morning talk in a way back 2010, for the college assembly on 'the mistake turning out to be the creativity of human's intelligence, new idea/notion in the development of the society'. He said that, if a barber makes a mistake it is a new style, if a tailor makes a mistake is a new trend in clothing, if an engineer makes a mistake it is a new pattern of construction and so on. We like to eat delicious new varieties of dishes, like noodles, sandwich, pizza etc. For example, you ask the person who cooked first these dishes; he/she would surely make themselves absolutely clear by accepting the fact of accidental creation of all existing dishes. The creation of magnificent arts, fabulous structures, amazing patterns, highest smart minded attitudes etc... are born out of mistakes or hardcore zeal and hard work, '*pati*' (Greek word-passion) for the new structure/method that they want to create or achieve in their life.

So, the hallmark of a great creative mind is not only creating many new patterns but recognizing which creations would turn out to be great or popular. If you want to develop this ability, it essential know the field. It is important to study the wide spectrum of creation in that field created by other people. This helps in two ways. First, it trains the mind to read and talk the ABCs of the field. For example if you want to be a good philosopher you read all the saying of the most of the philosophers and you will learn a method to think in that line and the method of writing your own thought in a philosophical pattern. Or wise it shines forth like 'Greek and Latin' (do not understand the head and tail of it) for oneself.

Secondly, you come to know what has already been created. Creativity means creating a novel pattern that has not existed before. The opposite of creativity is copying what already exists. The creativity is a sign of an active mind. The people, who are mentally retired no longer, remain creative, whereas, some people who may be quite elderly but remain mentally fresh by being creating to be creative creatively. So, the unconditioned mind of human being be creative, because it is innate and natural. The unconditioned mind of ours be wide opened for intelligent light to spark the mind to bring forth the magic within our mind because, creativity is the classic symbol of human intelligence.

- Sr. PolimeraPranitha Prakash FIHM

PRAYER

It takes strength to be certain

It	„	„	fit in
It	„	„	to share a person's pain
It	„	„	to stand guard
It	„	„	to conquer
It	„	„	endure abuses
It	„	„	to stand alone
It	„	„	to love
It	„	„	to survive

It takes courage to have doubts

It	„	„	stand out
It	„	„	to feel your own pain
It	„	„	to let down your guard
It	„	„	to surrender
It	„	„	to stop them
It	„	„	to lean on a friend
It	„	„	to be loved
It	„	„	to live

- Sr. Jenova CMA

We need to succeed in disarming ourselves.

I have fought this war for years and years, it was terrible.
But now I am disarmed.
I am no longer afraid of anything, because 'love drives out fear'.
I am disarmed of the will to overcome, to justify myself at the expense of others.
I am no longer on the alert, Jealousy grasping my riches.

I welcome and I share

I am not attached to my opinions, to my plans.
If other better proposals come to me,
I accept them willingly Or rather, not better, but good.
You know I have given up comparisons....

That which is good, true, real, whatever it is
It is the best for me.

Therefore I am no longer afraid.
When you no longer possess anything,
You no longer have fear.

'Who can separate us from the love of Christ?'

But if we disarm ourselves

If we divert ourselves,

If we open ourselves to the God-man

Who makes all things new?

Then it is he who cancels our evil past

And gives back to us a new time
where everything is possible.



- Sr. Jenova CMA

Enjoy the Friendship Along the Ball

A BALL

is a circle, No
beginning, No end.
It keeps us together like
our Circle of Friends. But
the treasure inside for you
to see is the treasure of
friendship you've granted to
me. Today I pass the
friendship ball to you.
Pass this to someone
who is a friend
to you!

- Sr. Jenova CMA



Beyond Dreaming

Brian Leaning-Mizen (Master Mind Books)

Everyone is seeking 3 basic things:

- someone to believe in
- something to believe in and
- Someone to believe in them.

Man alone, of all creatures on earth, can change his own pattern. Man alone is the architect of his destiny. The great revolution in our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives. – William James.

Why set goals?

“It is possible to reach your goals, even if they are beyond the limits of anything u have tried before. It is only by challenging yourself that u progress.” – BorgeOusland (walked 2,845 kms across Antartica in 64 days)

Why set Goals?

The common denominator of successful people is their ability to set goals and to follow through on them.

What is Success?

It is a journey, not a destination. We are constantly striving for better things and need to recognize that we are worthy of the best.

Crisis Goal-setting:

Most people tend to be motivated by occurrences, rather than events that they have planned.

Choices!

We are where we are today in every area of our development because of the choices we have made. We need to learn to make choices and to become good decision makers.

We are good Goal-Setters:

We have constantly achieved goals, up to this point many of them unconsciously or circumstantially set for us. Make the most of your own inherent skills and start consciously setting the goals u want.

Destiny Living:

Become the controller of your life; don't just live a “settle-for” existence. Go and get the big picture. It is yours by right.

It all begins with a dream:

“Always dream and shoot higher than u know u can reach. Don't bother just to be better than your contemporaries and predecessors, try to be better than yourself.” – Anon.

- “whatever the mind can conceive and

believe, it can achieve.” – Napoleon Hill

- “whatever u vividly imagine, ardently desire, sincerely believe and enthusiastically act upon, must inevitably come to pass.” – Paul J. meyer
- “the future belongs to those who believe in the beauty of their dreams.” – Eleanor Roosevelt
- “All our dreams can come true – if we have the courage to pursue them.” – Walt Disney
- “U are never given a wish without also being given the power to make it true.” – Richard Bach

Dream Big Dreams:

= Turn on your dream machine

= Start right now to realize that your mind is like any other part of your body – if u don’t use it , u lose it.

= your dream machine may be rusty so exercise it daily with dreams and positive thought.

What if?

- It’s a great game; play it whenever u have a spare moment
- Ask yourself, ‘what if’, and then let your imagination run free

- Spend 15 to 20 minutes imagining and writing down what u would do if u won a lottery. Do this often until u are able to dream again.
- Ask yourself this question: “How big would I dream if I knew I could not fail?”

Goals:

Start Small:

As in all things that are progressive, start with small goals. That way u are setting yourself up to win.

The options:

By working out your different types of goals, it is possible to pick the options open to u. I recommend a combination of daily, weekly, monthly and medium- and long-term goals.

Tangible Goals:

These are things, possessions, places to visit, etc. Balance these with some personal development or intangible goals.

Intangible Goals:

These are goals such as building self-confidence, becoming a better communicator, parent or sibling.

Patience and Persistence:

Develop these characteristics. They are the life-blood that leads to tremendous success.

Sr. Jenova SMA

THE BEST GIFT TO GIVE

To your friend...	Loyalty
To your enemy...	Forgiveness
To your boss...	Service
To a child...	a good example
To parents...	gratitude and devotion
To your mate...	love and faithfulness
To all men and women...	love
To God...	your life.

- Sr. Stevina CCR

Success

Success comes in Can's
Failure comes in Cant's
You cannot accept any success
Unless you can accept failure
A minute of success pays
For years of failure.

The real secret to success are

Enthusiasm
Commitment.

3 P's of Success

Passion
Persistence
Patient



Failure

Failure is an event never a person

Each failure is one step

Closer to a Success

You always pass failure

On the way to Success

Failure is a Success

If we learnt from it

3 P's of Failures

Pride

Partial

Possessed

Sr. Jaimary CFMSS

On the way to calvary

On the way to life's valley

I remember someone

On the way to Calvary

I see the pain of someone

On the way of life

I lead the life unworthy

On the way of humiliation

I experience the struggle of somebody.

On the way of love

I see the sacrifice

On the way to success

I see the hand of God.

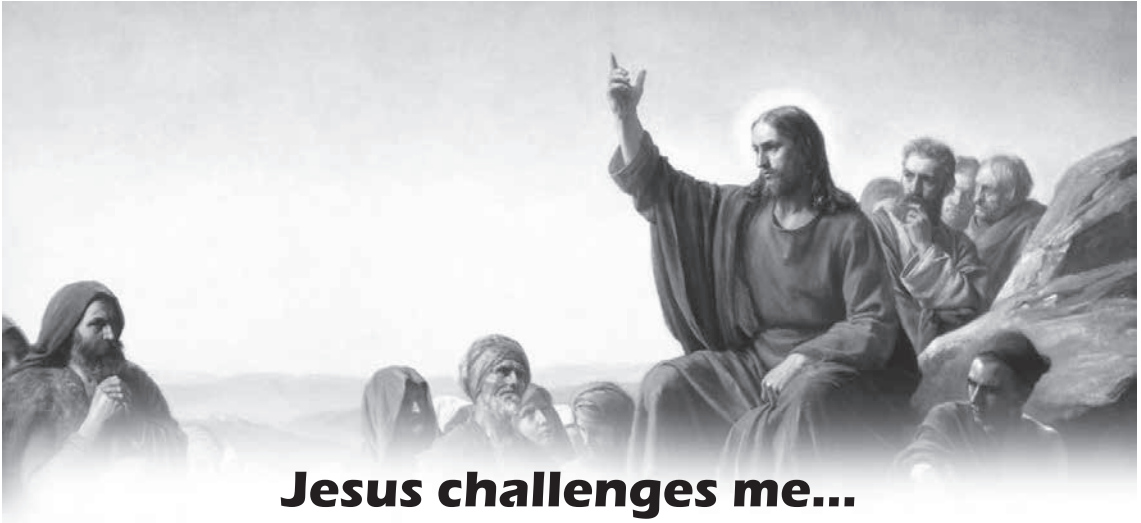
- Sr. Teresa Dung Dung DSA



All moments for god

Happy moments - Praise God
Difficult moments - Seek God
Quiet moments - Worship God
Painful moments - Trust God
Lovely moments - Love God
Graceful moments – Be grateful
Cheerful moments – Rejoice
Sorrowful moments – Search God
Joyful moments – Glorify God
All moments thank God.

- Sr. Teresa Dung Dung DSA



Jesus challenges me...

I am furious and He tells me
I am frightened and He tells me
I am doubtful and He tells me
I am restless and He tells me
I pretend to go my own ways and He tells me
I like to save my life and He says me
I like to become a boss and He says me
I like to command others and He says me
I like to hide myself and He says me

- Forgive
- Take Courage
- Have Faith
- Be Calm
- Do my will
- Lose your life
- Serve others
- Be obedient
- Let your light Shine

- Sr. Teresa Dung Dung DSA

Joyfulness



“Always be joyful, then, in the Lord; I repeat, be joyful.”
(Philippians 4:4)

Joyfulness is being filled with happiness, peace, love and a sense of wellbeing. Joy is within us. It comes from a sense of being loved and being grateful for the gift of life-joy comes when we perform what we know is right. It is the inner strength that can carry us through high times and hard times, as well.

Dhyanavana is a home, gifted by God for all women religious to be joyful always. Amidst community members belonging to different congregation culture, region, color etc., we are unique yet called by the same Lord and master Jesus Christ. It

is his call that as a religious – we should be Joyful and happy.

So let's be Joyful witness to Christ to the world.

- Sr. Philomeena Gaigole PSOL

The secret of success

Striving for success without hard work is like trying to harvest

Where you haven't planted – David



A young man wanted to know the secret to success and broached the question to Socrates. Socrates asked the young man to meet him near the river the next morning. When they met the following day, Socrates led the young man into the river. When the water rose up to his neck, Socrates suddenly ducked him into the water and held him down. The boy struggled desperately, but Socrates would not allow him to come up for air. At last when the young man could struggle no

more, Socrates pulled his head out of the water and the young man gasped to take in air. Then Socrates said to him: This is the secret to success you can only achieve success if you want it as you wanted the air.

A burning desire is the starting point of all accomplishments. Just like a small fire cannot give much heat, a weak desire cannot produce great results. The motivation to succeed comes from a strong desire to achieve a particular goal.

- Sr. Jhansi Vanaparla OLG

Hope always...

Where there is hope there is a life
Where there is a life there is a struggle
Where there is struggle there is survival

Failure...

Failure doesn't mean you are a failure
It means you have not succeeded
Failure doesn't mean; God has abundance you
It means; God has better way for you.

God's Blessings...

Count your blessings old and new
And see what God has done for you
For you will find that there are
More than you have ever thought before.



Sr. RufinaSCS

The art of being well



If you don't want to be ill...speak your feeling

Emotions and feelings that are hidden, repressed, and in illness as: gastric, Ulcer, lumbar pain, spiral, with time, the repression of the feelings degenerates to the cancer.

If you don't want to be ill...make decisions

The undecided person remains in doubt, in anxiety, in anguish; Indecision accumulates problems, worries and aggressions. Human history is made of decisions. The undecided people are victims of gastric ailment, nervous pain and problem of the skin.

If you don't want to be ill...find solutions

Negative people do not find solution and they enlarge problems. They find lamentation, gossip, pessimism. The negative thought grows negative energy that is transformed into illness.

If you don't want to be ill...Don't live by appearances

Who hides reality, pretends, poses and always wants to give the impression of being well. He wants to be seen as perfect, easy going etc. but in accumulating tons of weight. There is nothing worse for the health than to live on appearances and fades. There are people with a lot of varnish and little root. Their destiny is the pharmacy, the hospital and pain.

If you don't want to be ill...accept

The refusal of acceptance and the absence of self - esteem, make us alienate ourselves. Being at one with ourselves is the care of a healthy life. They who do not accept this become envious, jealous, imitators, ultra-competitive, destructive. Be accepted, accept that you are accepted, and accept the criticisms. It is wisdom, good sense and therapy.

If you don't want to be ill...Trust

Who does not trust, does not communicate, is not opened is not related, does not create deep and stable relation, does not know to do true friendship. Without confidence there is not relationship. Distrust is a lack of faith in you and in faith itself.

If you don't want to be ill...do not live life sad

Good humor, laughter, rest, happiness. There replenish health and bring long life. The happy person has the gift to improve the environment wherever they live. "Good humor saves us from the hands of the doctor" Happiness is health and therapy.

- Sr. Arundhathi SMSM



***"Youth is a gift of nature but age is a work of art."** -Stanislav Lee*

When young we tend to have a positive outlook. Older people, however, may think they've grown past the enthusiasms of their youth, but chances are they're doing little to stimulate their attitude. In reality, a positive attitude has no connection to age. At the age of 76, General Douglas MacArthur said, "You are as young as your faith, as old as your doubt; as young as your confidence, as old as your fear; as young as your hope, as old as your despair. In the central place of every heart, there is a recording chamber; so long as it receives messages of beauty, hope, cheer and courage; so long as you are young. When the wires are all down and your heart is covered with snows of pessimism and the ice of cynicism, then and only then are you grown old."

"When you're young, everything feels like the end of the world, but it's not; it's just the beginning." -ZacEffron

Youth haven't seen yet how time can turn things around, how new opportunities emerge. Albert Camus said, "Youth is above all a collection of possibilities."

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated age.” - Sophia Loren

That source is your spiritual being, ageless and timeless.

“Take risks in your life... If you win, you may lead. If you lose, you may guide.” - Swami Vivekananda

Win or lose is not the point. We're all valuable participants in the game of life, empowered by our uniqueness and enriched by our knowledge and experience.

“We cannot always build the future for our youth, but we can build our youth for the future.” - Franklin D. Roosevelt

It has been said that young people today have more options than ever before with less guidance. The rudimentary skills children learn in school are crucial for their intellectual development, but ultimately leave little room for spiritual and personal growth. It is time that we focus on the personal development of our younger generations. Young people are the business leaders, decision-makers, and legislators of tomorrow. Even more importantly, their minds have openness to new ideas, which is perhaps the greatest asset to any evolving society. I wish for our children to find what they can contribute that no one else can, so when they're nearing the end of their life they can look back and say, “I am going to miss this life. It was just amazing!”

- Sr. Flora Mary OSM

The Immaculate Heart of Mother Mary

- Mary A woman, who opens her heart to love you, when it's already broken, is braver than any person you'll meet. There is a flower in her heart; it just needed more room to bloom, and when she let it free.
- While she never felt quite normal, she was nowhere near crazy. She just loved too much.
- She is choosing to see the world through her heart, instead of her eyes. Mary kept all these things in her heart and ponders over it.
- She showed the world that sometimes the most beautiful things can grow in the darkest of places without the need of light. Her heart was the best part; it would always calm the storm for those who were afraid of a little rain.
- Her heart was a secret garden and walls were very high. She was a forgiver. Her heart was so large, she didn't know how to give up on people, because she always believed the good in those she loved. It was until she was walked on so many times, she had no choice but to let go of those who burned holes in her heart.



- Sr. Maria Monicka OSM

Empowering Affirmations

"It's the repetition of affirmations that leads to belief, and once that belief becomes a firm conviction, things begin to happen." - Claude M. Bristol

I feel grateful for everything I experience in this lifetime.

I overcome, I grow, and I prosper all the time.

My experiences and difficulties make me better, stronger, wiser and more alive.

I am grateful for the great health, love, and experiences - both good and bad- that my life has created for me.

I feel so grateful for all of my life experiences as they have all made me a better person.

I choose to appreciate everything I have, even the basic things such as food, breath and shelter.

I am grateful that I can think, that I have free will to use those thoughts and to change my life as I choose.

I am grateful for even things that challenge me as I know it is part of my spiritual growth.

I focus my thoughts on positivity and thankfulness, always, now and forever.

It is such a gift to have my life.

I am grateful knowing I have direct control over my well-being and am the master of my destiny.

I feel I am ready to love and to be loved.

More and more, I love and accept myself exactly as I am.

The love I give out returns to me multiplied.

I choose to receive more love, support and wealth from the vast supply of the universe.

I see the beauty in my surroundings and I radiate joy and love.

I deserve all that is good and prosperous in my life.

I choose to feel more and more confident.

I am protected, guided, and connected with the highest good at all times.

I recognize and honor my talents, abilities, and skills.

I choose to live my life the way that makes me happy.

- Sr. Maria Monicka OSM

THE LETTER "E"

In this world of E-mails- E-ticket, E-papers, E-recharge.....

Never forget "E-shwar"

Who makes everything easy for everyone every day.

"E" is the most eminent letter of the English alphabets.

Men or women don't exist without "E"

Houses or Home can't be made without "E"

Bread or Butter can't be found without "E"

"E" is the beginning of "existence" and the end of "trouble."

It is not at all in 'War'



But twice in 'peace'
 It's once in 'hell' but twice in 'heaven.'
 "E" represented in 'Emotions'
 Hence all emotional relations like Father, Mother, Brother,
 Sister; Wife & Friends have "e" in them.
 "E" also represents 'Effort' & 'Energy'
 Hence to be 'Better' from good both "e" & "s" are added.
 Without "e", we would have no love, life, wife, friends or
 Hope and see, hear, smell or taste as eye, ear, nose & tongue are incomplete without "E".
HENCE GO WITH "E" BUT WITHOUT "EGO"

Sr. Bimla, MSJ

Give a ring to Mother Teresa



"The person whom you are trying to contact is currently busy", is one of the most response we get and we hear when we try to contact urgently. Unfortunately we too are culpable of the same crime. We are too busy to think of our Neighbour, sick, poor and neglected of the society around us. Often we don't have time to listen to them. We are busy with our own mission which is entrusted to us. But, we have a great example "Mother Teresa". Though busy she was, she had time to love God and Neighbour. She often quoted, "if you judge people, you have no time to love them." She loved the humanity. She took care of the sick with

passion; she cleansed them with zeal; she fed with feelings. In all her activities, she was driven by the love of God; she saw God in each one of those she took care of. She taught humanity not by words alone but by walking the talk.

But today we have no time to meet people around us. No time to listen to them. We constantly chase after success and material prosperity that we lose sight of seeing our Neighbour around us.

The following observation unravels the shallowness of our life.

"We have taller buildings, but shorter temples.

We have bigger house, but smaller families.

We have more degrees, but less sense.

More medicines, but less wellness. We have learnt how to make a living, but not a life.

We have added years to life, but not life to years.

We've been all the way to the moon and back but have trouble crossing the street to meet the new Neighbour.

We have conquered outer space, but not inner space.

We've higher incomes, but shallow relationships.

More leisure, but less fun; more kinds of food but less nutrition.'

We are busy all the time but fail to achieve precious sometimes. We are known as human beings

but to be human is difficult sometimes. We fail to meet the sick and the dying, orphan and the unloved persons. Let us check our network coverage strength and give a ring to Mother Teresa and remind ourselves that we are called to love and to serve those around us.

- Sr. ShanthiPriya, UFS

COMMANDMENTS FOR LENTEN SEASON

ATTENDING LENTEN SERVICES
CARING FOR OUR NEIGHBOURS
ENDING OUR GOSSIPS
GIVING ALMS
INTENDING OTHERS GOOD
KINDLING OTHERS LIVES
MENDING OUR WAYS
OBEYING ELDERS
QUITTING LAZINESS
SATISFYING THE HUNGRY
UNDERSTANDING THE LONELY
WALKING WITH THE LORD
YIELDING SPIRITUAL FRUITS

BENDING OUR KNEES
DEFENDING TEMPTATION
FUNDING OUR SACRIFICES
HELPING ALWAYS
JOINING THE BATTLE AGAINST EVIL
LENDING OUR HANDS
NAILING NEGATIVITY
PRAYING PASSIONATELY
REACHING PERFECTION
TACKLING CRAFTINESS
VENDING GOD'S GRACE
XEROXING KINDNESS
ZOOMING OUR

SR. ARUNA PAIDI, MSI

WHAT I LEARN FROM NATURE

Every object of nature inspires me in its own way.

The sun, the moon and the stars teach me to be punctual.

Rivers encourage me to march forward towards my goal without feeling disappointed from any hindrances.

Rocks inspire me to have firm determination and tolerance.

I learn from bees to work hard and, from squirrels to be active

A tree gives me the message of humility and sacrifice.

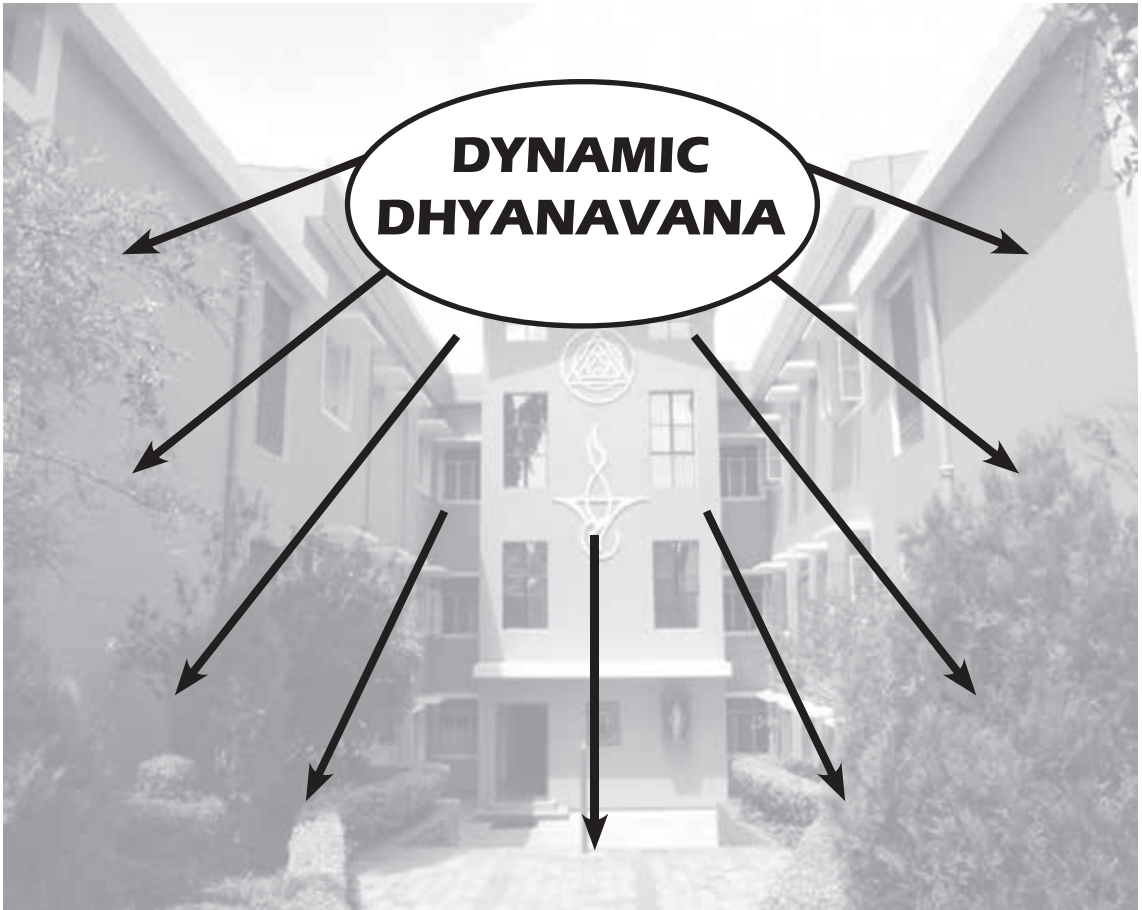
Birds and flowers teach me to be cheerful.

Nature teaches me that everything in life is perishable.

She teaches me the values of love, patience, forbearance, charity, courage and peace.

Thank you dear Lord for making such beautiful nature which helps me to experience your presence and your love.

- Sr. MerisLyngdoh C.F.M.S.S



- ✓ **DETERMINED**
- ✓ **DIRECTOR**
- ✓ **DEDICATED DEAN**
- ✓ **BLESSED BURSAR**
- ✓ **WONDERFUL WEATHER**
- ✓ **INNOVATIVE INMATES**
- ✓ **PROFICIENT PROFESSORS**
- ✓ **CARING COOKS**
- ✓ **SACRIFICING SECRETARY**
- ✓ **GOOD GARDENAR**

- SR. ARUNA PAIDI, MSI

FOR DAILY LIVING

A CUP OF WINE & BEER

W- WAKE UP WITH GRATITUDE

I- INCLUDE EVERYONE

N- NEGLECT NOONE

E- ENJOY EVERY MOMENT

B- BE POSITIVE

E- ELIMINATE NEGATIVITY

E- ENCOURAGE EVERYONE

R- RADIATE JOY

- SR. ARUNA PAIDI, MSI

I BECAME STRONGER THROUGH LIFE'S STORMS



Dear readers I would like to tell you about me through this short story. Where at times I wished and waited for the storms to pass away from me because I didn't understand the value of its. I thought that through these storms of life I would become weaker and weaker, but now I realize that the storms of life have made me strong.

Here I go to tell my life story

The young tree faced many storms through its young life. The powerful winds, torrential rains, famine, ice and snow would lie across its branches. At times the young tree questioned its maker asking, 'why have you let so many storms come in to my life?'.

The maker whispered, 'you will understand one day; stand firm, you will become strong through the storms of life. The challenges will, keep this in mind'. The young tree questioned again its maker, "If I go through one more winter the snow will surely break my branches, if I face any more powerful wind i will surely be uprooted and move away. The maker whispered, "Stand strong, dig your roots deep into the soil, you will understand someday".

Somehow the young tree kept the positive thoughts in its mind and manages to survive and make it through the events toughest of storms.

As a young tree grew taller, stronger, and matured the tree realized the storms of life had made it stronger.

So life is not about waiting for the storms to pass-it is about learning how to dance in the rain.

Sr. MerisLyngdoh C.F.M.S.S

Women Empowerment

So, God created humankind in His image, in the image of God He created them; male and female He created them. (Gen: 1-27)



The worth and dignity of a woman comes from the fact that, she is created by God in His own image and likeness. Her worth and Dignity also come from the fact that God continues to create human being through her. She shared in the creative and nurturing power of God through her motherhood. **Jawaharlal Nehru** said “Women should be uplifted for the upliftment of

the nation, for if a woman is uplifted, society and nation is uplifted”.

Mahatma Gandhi had an exalted image of woman and great hope in woman. He says, “Women and men are the salt of India. On them will be built the Indian nation. He images that, woman as his hope and ahimsa .It means she is the infinite capacity for the courage. Above all woman, the mother of man, in whom she translates her love to the whole humanity”.

Women empowerment is an active process of enabling women to realize their identity, potentially and power on all the spheres of their lives. “Women Empowerment” is a global issue, which has gained vigor (strength) in recent decades. In India, apart from the necessities in the constitution and the approval of different international conventions, several legislative acts have also been passed to ensure women empowerment.

India is well known country in the world for its rich culture of worship of female goddesses denotes a typical ways of status of women. Traditionally; an Indian woman had four fold status-role sequences. These were her role as a daughter, wife, housewife and mother. When the British came in to contact with the Indian people in the latter half of the 18th century, the position of Indian woman had deteriorated to the lowest level.

Violence against women has woven (weaker) into the structure of society to such an extent, that many of them who are victimized feel that they are at fault. India is witnessing growing violence against women. Various are the ways, through which the women are subjected to these crimes, they are as follows: Domestic Violence, Acid throwing, Dowry, Prostitution and Trafficking, Sexual Harassment, Murder and Gang Rape. Many a times the women are been targeted with such crimes. The recent incident of Nirbhya the physiotherapy student who was gang raped in Delhi on 16 December 2012 and the brutal murder of well-known journalist and human rights defender GauriLankesh, on September 5th in Bengaluru, has shocked and saddened many, the world over. In a country where 80% of women do not dare or cannot become Nirbhays, having to face daily abuses and harassment silently. Women have the great ability to distinguish between right and wrong. Women play a great role in the society. As we already know in the history, that humanity is sick if woman's role is passive. Her role at home, as well as in the society is tremendous. She draws the attention of the world as a competitor.

Development of our country depends on the empowerment of women. A man and a woman are like two wheels of a cart. A woman is a wonder, who unfolds the wisdom of humanity.

She is the window to the world of humanity. Empowerment of women is not just a matter of women having access to important resources like education and healthcare, training and employment, cash and property, etc. Rather it is women having or sharing control, women having the decision making powers to determine the nature of their use and their benefits. We, women have a serious obligation to be in solidarity with the thousands of women in the country in order to build a future for everyone. We have to generate energy and strength to counter the forces that dehumanizing situation of women of their times, in spite of great many difficulties.

Women are treasure and they have much to add to the society. Their innate talents can be brought to light only if they are free from fear, free from violence, free from any sort of enslavement. The women should be accompanied in their struggling journey and support them being the voice of the voiceless.

Even though there is empowerment among women the major problems and struggles which women are facing in the present century cannot be ignored the urgent task before us is to transform the culture of despair and death to a culture of hope and life. If we recognize, respect and respond to women as persons having identity and equality in human dignity and the complementarity and mutuality of men and women and the solidarity with creation, then well be celebrating a collaborative and compassionate leadership in foreseeing a society of peace, prosperity and joy. We need to become conscious of the enormous (huge) power, which God has given us for such ministries to transform. Discovering our hidden strength and capacity, we have to empower as caring and daring women to work for a new society.

- SR. Rini Singh ASC,

Let's Be Like...

Be like a river which never ceases flowing
Rather flows constantly in all ups and downs

Be like the honey bee which never fight though there is division of work
Rather work together sincerely till death

Be like the flowers which never feel proud though its beautiful
Rather fill the atmosphere with the sweet fragrance

Be like the ants that never break their unity in any difficulty
Rather support, care, share and live together.

Be like the tree which never grow for itself
Rather for others.

Be like the nature which never forget to give
Rather it gives and fulfills all our needs though it suffers.

Be like Jesus Christ who never lived for Himself,
Rather lived, suffered and died to save all humanity.



- Sr. SushantiGuria, DSA

Women! Pride of the World

Women, combination of five letters word,
A word marvelous, wonderfully termed
That soothes the mother earth
Enhances the beauty of creation
Dramatically changes
The Course of life on Earth,

Women created in God's image
Called for dignity and destiny
But alas! Distorted from within
Being the victims of lust, suppression,
Humiliation, dominion in the hands of men,

Many are confined behind the veil
Of pain, misery and self-dying,
Are they less than any creature?
Have they no worth, no talents, and no intelligence?
Have they no feelings?
Who is going to voice for their rights?
Who will do a favor to fight?

Women are the epitome of love, life, fire, & compassion,
Endowed with undaunted courage and strength
Vision and mission, hard work and achievements
They are the life bearer and beacon to show us the way.

Oh! How precious they are
What a glorious the planet earth
To have given birth to many Women
With such exquisite beauty of heart, mind and soul
Counted highest among God's beautiful creations
Women! They the **"Pride and strength of the World."**

- Sr. Pascalina Lepcha, SJC

Who is Jesus?

JESUS is better than... your computer
He ENTERS your life,
SCANS your problems,
EDITS your tension,
DOWNLOADS solution,
DELETES your worries,
And SAVES you.

Sr. Belina CCR



The Role of Spirituality



There is in each of us a deepest longing and desire to live a meaningful life. But our intention alone is not sufficient to unravel the purposefulness of our existence. What is unconditionally needed is a fine sensitivity to know ourselves and to discern our inclinations. Thus, we have to learn to manage our thoughts, imaginations, passions, drives etc. this way of being is what many would call '**Spirituality**'. Religion is often associated with belief system, ethical codes and communities. Beyond these, there is at their core this element of '**Spirituality**'.

We live in a new age of the spiritual evolution of humanity. Inter-religious encounter is encouraged and the converging lines in spirituality are recognized. If the believers find difficult

to relate to God in the traditional religiosity or cannot relate their faith experience to activities of daily life, one has to ask what this crisis of faith really means. Perhaps this sign of the times is an indication to devise means to facilitate our spiritual journey.

The process of development is a move towards perfection, an opportunity to fulfill our highest potential as both material and spiritual beings. Therefore, what is the use of economic progress and technological revolution, if we cannot live in harmony? Blessed John Paul had described us modern humans as "**with hands full, but hearts empty**". Spirituality is a large field of human concern. It is the demand of our very nature, of very being.

The word '**Spirituality**' is not used to measure levels, as if we were talking about temperature or humidity. Spirituality is not quantified in degrees; rather, spirituality is our response to God revealed moment by moment. Because we are always in relationships, we live out our spirituality in our family life, profession, leisure time, ministry, and prayer.

- Sr. Pascalina Lepcha, SJC

Parables are like...

Parables are like precious pearls
Abode of heavenly kingdom
Sacred mysteries of the Gospel
Gracious plan of Divine Master
Thought provoking message
Secret wisdom of God
Supplies sheltering grace
Light house to the faithful

Startling diamonds of love
Splendid stories of Jesus
Penetrates the depths of the heart
Paves significant direction
Orchestral music of the angels
Glittering works of evangelization
Richest treasures of the Almighty.

- Sr. SwarnaLatha, MSI

ATTENTION PLEASE!

The moment you are in tension
You will lose your attention
So you fall under total confusion;
This puts you to over all desperation.

Look after it may spoil
Your personal relation,
Ultimately you would not get any co- operation
Then you will make complication
Rather understanding the situation.

Try to think about solution
Many problems will be solved with discussion
This will work out better in our profession
Don't think it is my free suggestion.

It is only for your prevention
If you understand your intention
You will never have tension
Don't meditate to reduce apprehension.

If you have good "intention"
You will never be in "tension".



- Sr. Amrita Beck, DSA

Role of the Church as Co- creator



Does the Church has a role in the creation? Has the Church any religious aspect to protect creation? Well such question may arise and answer could be made. Nevertheless church has very important role in creation. The creation theory of big bang or of creation story of Bible, the seven days of creation, whatever may be the aspect of creation, the church has role in creation to conserve.

Every human being is a church and every human takes part in creation either to grow it or to destroy it. It is not hidden truth but a revealed one. The selfish attitude of human has destroyed the humanity bringing the poor and marginalized

in the world. Therefore, creation is not only the plants and animals; it also a call to uplift the poor and the needy. If it is not done the church is in a very state of injustice to the creation.

The reality is that God loves every community and the member. God desires that each develops and flourishes as he intended, as the architect of creation and sustainer of creation. We are

created in the image and likeness of God. Thus, our duty is to take care of the creation and to conserve it and not to exploit or demolish it.

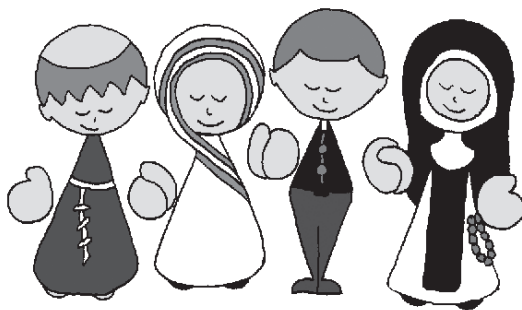
As human beings, the greatest amongst all others creation, let's bring out Jesus' loving nature in our day today life in our dealings with every little creation.

Humanity came out of creation as the culmination of creation and human beings are the causes of its growth. Humanity with ecology is creation and overall development is the main aspect of the church as co- creator.

- Sr. SarikaRai, SJC

Ten Commandments for Consecrated Life

1. Be a Gospel witness
2. Be a Living Charism
3. Be a Friend of the Poor
4. Be a Mission Maker
5. Be a Credible Human
6. Be a Proactive Person
7. Be a Prophetic Citizen
8. Be a Pioneer Citizen
9. Be a Collaborator
10. Be a Prayer



- Sr. Gracy, FIHM

Beauty of Religious Life

“Rejoice always and again I say Rejoice. (Phil 4:4)

In the church, community life is an expression of love of Christ at work among us. It expresses a life of...

C- Communion
O – Oneness and Obedience
M- Mutual love and Support
M- Meekness
U- Understanding
N- Nurturing Spiritual Life
I-Inspiration
T- Tender Heartedness
Y- “Yes” to the Will of God

L- Love and Loyalty
I-Interestedness



F- Forming oneself
E- Equal opportunity

Pope Francis says “Religious house should be the house of joy. How wonderful it is when people live together.” Thus let us live and share our joy with all those whom we live, work and come in contact with in our day today life.

Sr. Dayana, DSS

Wake up! Wake Up!

One of the authors says-
“Today’s young men desire for
European money
American job
Japanese car
Indian wife”
But
I say
Today’s young generation desire for
Happiness without suffering
Achievements without challenges
And gain without hard work.
And I pray that they may remember that-
“Dream is not what you see in sleep
It is the thing which don’t let you sleep” as said by APJ Abdul Kalam.



- Sr. Dayana, DSS

9 Surprising Reasons Why You Should Smile More

Smiling may seem like an involuntary response to something cute or funny but it is much more than that.

Here are nine surprising benefits of smiling that will make you want to smile more!

1. Smiling is contagious

Because of complex brain activity that occurs when you see someone smiling, smiles are contagious. Studies report that just seeing one person smiling activates the area of your brain that controls your facial movement, which leads to a grin.

2. Smiling lowers stress and anxiety

It’s not easy to keep smiling in stressful situations, but studies report that doing exactly that has health benefits. When recovering from a stressful situation, study participants who were smiling had lower heart rates than those with a neutral facial expression.

The next time you’re feeling stressed, just try smiling to calm yourself down.

3. Smiling releases endorphins

Smiling can help you manage stress and anxiety by releasing endorphins, chemicals that makes you happier. Endorphins are the same chemicals you get from working out or running, resulting in what is known as a runner's high. Smile more to get that high without running.

4. You'll be more attractive

Smiles are pretty darn attractive for more reasons than one. A smile suggests that you're personable, easy going, and empathetic. In fact, a study in the European Journal of Social Psychology found that smiling actually makes you more attractive to those you smile at.

5. Smiling strengthens your immune system

Smiling even makes your immune system stronger by making your body produce white blood cells to help fight illnesses. One study found that hospitalized children who were visited by story-tellers and puppeteers who made them smile and laugh had higher white blood cell counts than those children who weren't visited.

6. You'll be more approachable

Turn that frown upside-down if you want to make some friends!

Studies have found that people are more willing to engage socially with others who are smiling. A smile is an inviting facial expression that tells people you are willing to talk and interact with them.

7. Smiling will make you more comfortable

Our natural tendency is to stick to things that are familiar, but smiling decreases this need. A study found that smiling can make you more comfortable in situations you would otherwise feel awkward in.

8. You'll seem more trustworthy

If you want to improve your credibility, simply smile more. What could be easier than that?

Trusting doesn't come easily to many, but smiling at someone may help. Participants in a University of Pittsburgh study rated people who smiled as more trustworthy than people with non-smiling facial expressions.

9. You'll be a better leader

If you're in a position of power, or want to be, smiling may be the key to your success. A group of researchers from The University of Montpellier discovered that smiling is a more effective leadership technique than having great management responsibilities.

So, the next time you really want to show off those leadership skills, just grin.

- Sr. Sophia Jeyabalan, SMA

THOUGHT FOR THE DAY

“Whatever you do, or dream you can, begin it.”- Johann Wolfgang

Religious life is a mystery, a call to a particular form of Christian discipleship. Being modern prophets, Religious empowers, the people to engage in history and seek to promote justice and compassion; and foster hope. By fostering imagination, creativity, spontaneity, freedom, and challenge to grow, prophetic Religious seek to create mature and holistic view of life.

Religious must be a person of being, rather than doing; a person of love and compassion. Jesus said to his disciples, “love one another, just as I have loved you. By this everyone will know that you are my disciple” (Jn.13:34-35). Often we are busy in doing, and forget even what we are. We forget the purpose of our consecration.

The country where we live is demanding from us that which we ought to give them. We see around us people who suffer from various tragedies of life. But we just close our eyes and walk thinking it is the duty of someone else. No, it is our duty to liberate them from such problems and struggles.

India is a democratic country, where people can choose well for the betterment of all. But the present system of our realm does not allow them to act according to their right conscience. People of our nation are confused or more impressed by the wrong teaching and speeches of their shepherd. Here, the words of Jesus is very meaningful to reflect again, “Therefore do whatever they teach you and follow it; but do not do as they do, for they do not practice what they preach” (Mt.23:3).

The hour has come to think differently. We all are different. But we are not daring to show it. Now it is our turn to take the role of Jesus to bring justice and peace in the world, by longing and caring our people, thus make present heaven on earth.

Sr. Maria Therese CSN

TURNING POINTS OF MY LIFE TO JESUS



My father was the third son of a very rich landlord in Dhemajia (North East India) belonging to non Christian family. Because of the agriculture responsibility and for the studies of his other four brothers and five sisters he could not go for further studies. At his proper age he got married to my mother. They were very faithful to each other and were faithful to God as well. God bless them with even children,

two boys and five girls. Those days cultivation and having cattles and property was considered to be great. There was lack of knowledge about saving money for the future. Though my father has other business along with cultivation, he was unaware of keeping aside money for the days to come. Since they did not get the opportunity to acquire academic knowledge, with ardent desire to fulfill this dream; they sent all children for studies.

Days were passing joyfully in the joint family comprising about twenty members, until when my mother left this world as she gave birth to my youngest sister. It was my uncle who took charge to take care of us since he had only two children. The same year, a great famine took place and great was the loss of our property. This had a greater impact on my father. He got bed ridden. This led to the selling our remaining property for his treatment and meeting other needs. The outcome of this terrible phase was the pitiful condition of my family.

Having witnessed all these situations made me almost lose my hope in anything, even in my very life. It was my father's encouragement made me complete my tenth class. In course of time, there was another difficult moment I underwent along with my family. I couldn't proceed further for higher secondary studies for I had to stay back home to help the family.

As the saying goes "In every dark cloud there is a silver lining", in those gloomy days of my life a spark of light came to me in the form of advice from one of my cousin sisters to go for tailoring studies who would also take up the training expenses. Without much delay I joined the tailoring centre run by CSN sisters keeping in mind to learn and be someone in the future. It was there I gained back my joy and happiness. All the more it was in that Centre I came to know Jesus and got the desire to be the member of the Catholic Church. So with due permission received from my father, I received Baptism in the year 2004. In the same year, CSN family opened the door for me to enter into the Religious Life. After the formation years I made my First Vows in the year 2010 and am eagerly preparing for the Perpetual Commitment.

May God Be Praised for all the wonders He has done in my Life.

- Sr. Priya, CSN

PEOPLE WHO INSPIRES ARE...



Sincerity means, "Being true to oneself and to others". Be it in following rules and regulations of the society or one's own institutions. Sincerity can also mean standing for justice. Very often the human tendency is to do the wrong in the absence of others, in other words, if no one is watching. This tendency is for everyone, whether is a religious person or an ordinary person. Even if there are

people who "opt" to do against the truth, there are people who opt to follow the truth and to stand for it. They may be the people who don't have much intellectual knowledge of any books but of life experiences and have the sincere and truthful mind. These are the people who often inspires us even the religious who have acquired much knowledge and who teach and instruct the students and people in our institutions to stand for the truth and justice. Once while I was travelling in a bus, an old Granny happened to have my co- traveler. After five or seven minutes her getting into the bus, the bus reached where she was supposed to get down. Till

then she couldn't pay the bus fare due to rush in the bus. So she gave that money to another traveler to give it and she got down. This touched me a lot. As majority of the people do, she also could have gone without paying the money. But she didn't. This may be a small incident, but it teaches the society a lot and it is a lesson for all of us, who are supposed to become examples for the society. Let us be true to our conscience and let us be the people who inspire others through our life example and stand for justice, thus we may become the people who practices what we preach.

- Sr .Roncy CSN.

Break Through –A journey of Awakening

I stare into the River
The River of life
Watching as it winds,
Along the curves of the land,
There I discover
That there is stillness,
Feeling something deeper happening,
And know I will soon
Need to introduce myself.



It seems to me just about, everyone is searching for something. Be it joy, love, happiness, success, material abundance of wealth, in the dazzling world of desolation. And what has creating is a world of lack, sense of lack and the sense of lack is driving an ever greater consumption, and ever greater destruction of the environment. The magic is accelerating very quickly towards the presidness of the oblivion and the problem is, this too much looking at outside (external world) rather than looking at inside (within me). This is where the true source, your cosmic self has to be found. But it is not about forcing yourself what's out their arrival. Because that leads to frustration, lack of performing too. It's about recognizing that the inner world is seamlessly interconnected with outer world. Whether your Consciousness has a huge impact about what's going on out there. It's not however just deciding what I want to be and distancing myself from distortion, identity and attachments. It's not just about dropping us. Because all that end of doing is creating a softer polarity, a softer identity. If you being two, how can you be one.

Therefore breakthrough world is about recognizing in any single moment the tightness, constriction, in me have physical, mental or emotional level and confronting that, embracing it and honoring it. Honoring it means to fully express it. I blow it out..... And becomes your half reality, what I see, what I am creating. Then I can truly understand what it is I am thinking and looking and searching for. Once I am into it nothing to be afraid of. Example: Breaking relationships. Once I have completely accepted it not pushed away, I can completely dissolve it. It's a choice. And I can go with them, I can be with them and as I like go I become as one in it. I become the one through it and as I become the through it then I reach my Soul, It breaks through, and breaks out, on the outstretched wings of the Divine.

As John of the Cross writes when he was in the prison for nine months "Look at that infinite

knowledge and that hidden secret. What peace, what love, what silence is that divine bosom! How lofty the science, God teaches there, which is what we call the anagogical acts that so enkindles the heart, the whole self.”

It was on the every Contemplative Sundays; I was opportune enough to be with myself. They were the precious moments which allowed me to be aware of the disturbances within. I felt blessed to express myself freely with the Divine and discover myself to know what I am, where I am marching through and there by experiencing that serene cosmic power within me.

Yes, the soul of the humanity is questioning deeply, searching and yearning for a greater sense of connection with the divinity. **Break through is the Answer.**

- Sr .Sylvia.D’Souza.UFS.

Life

Life is an adventure
Venture it.
Life is a duty
Perform it.
Life is a promise
Fulfill it.
Life is a struggle
Fight it.
Life is a game
Play it.
Life is a journey
Complete it.
Life is a puzzle
Solve it.
Life is a mystery
Cover it.
Life is a challenge
Face it.
Life is a goal
Achieve it.
Therefore, love life
Live it to the full
And be sure that
We’ll achieve the goal...
That is heaven.

- Sr. Rupola SJC.



Leadership

“Leadership is the process by which an executive imaginatively directs, guides and influences the work of others in attaining specified goals.”-Theo Haimann

L – Light in dark

E – Effective

A – Availability

D – Determined

E – Efficient

R – Responsible

S – Skillful

H – High Moral

I – Integrity

P – Positive



Leadership is not about a title or a designation. It's about impact influence and inspiration. Impact involves getting results, influence is about spreading the passion they have for their work and they have to inspire team-mates - Robins Sharma

A leader is the one who is always available and active and in whom the followers have confidence. His or her character is manifested in action. The leader should develop certain qualities as competence, time management, and integrity, knowledge of legal matters, conflict resolution skills and negotiation skills. “The art of communication is the language of leadership.” Says- James Hurnes

“Leadership is the capacity to translate vision into reality.” Says- Warren Bennis

Nurturing relationship is a major element in the role of a leader. A leader fosters healthy relationship by building a culture of respect. People feel prized if they are listened and their ideas respected. Inter personal skills especially in communication, decision making are very valuable assets for leaders. A leader should have the ability to face the challenges difficulties in both pleasant and unpleasant situations.

We come across two types of leaders- True and False .the true leader is the one who is totally dedicated to his or her life for the good of others. This type of leaders are ever ready to sacrifice themselves and take risks and even they are ready to give up their lives for the sake of others. They are not worried about their lives and own benefits. They become a ladder for others and help others to climb up. And thus they become the servant of all. For Ex. Mahatma Gandhi and St. Teresa of Calcutta. On the other hand the false leaders are totally different from the true leaders. They are not ready to sacrifice themselves and don't want to take any risk. This type of leaders give commands and demands from the people. They make people ladder and when they climb up then they push down the ladder so that no one could become like them or come up to their level. They have selfish motive and superiority complex. They are mostly worried about their own benefits, name, fame, health, wealth, power, possession, dignity, respect, money, prestige, pleasure and happiness and thus they become the master of all.

Considering both types of leaders we come to know that we are in need of the honest leaders. In fact we are all called to be a true leaders.

“A leader is the one who knows the way, goes the way, and shows the way.” Says-john C. Maxwell.

- Sr. Marsa Nag DSA

VALUE OF BOOKS



Reading gives food to the mind. It enlightens the soul. Books contain the noblest thoughts of the man. They build up human civilization. They forward the light of knowledge from one generation to the other. They increase our general knowledge and open the view of the whole before us.

Reading habits also change from one period of life to other. Children like light books and simple stories. Young person's love to read religious books which are our true friends. The reading of Bible and spiritual books will always help building up a noble character.

Reading habits give us pleasure if we are traveling alone. We should develop the habit of reading books, it will enrich our mind. But it is very necessary to select books carefully. Only good books can improve the quality of human life.

- Sr.ReenaPruty SJS

THE ART OF SILENCE

Silence is a source of great strength
Silence is a gift
Silence is a true friend
Silence is a fence around wisdom
Silence is the language of God
Silence is the mother of truth
Silence is a great peacemaker
Silence is the speech of love
Silence is the most perfect expression of scorn
Silence is the most powerful scream
Silence is the beautiful voice
Silence is the real crime against humanity
Silence is the way to avoid many problems
Silence is better than unmeaning words
Silence calms the human soul
Silence is one of the great arts of conversation.



- Sr. Idhaya CIC

God's Formation

1Kings 17: 2-16

Dry Brook University - 1Kings 17: 2-7

1Kings 17: 2-4: The place God ordained

A Dry Brook: Elijah the Man of God (17:24) the name of the place 'Cherith' – hard lonely place equal to Boot camp in the military. (Ezk 22:20-22). The nature of that place – He that is faithful in that which is least is faithful also in much (Lk 16:10) Trust in God. The necessity of that place- God provides provisions in Church. God will send all of us to Cherith in life time where God will be train us. (1The 5:18, Phi 4:6-7)

1Kings 17: 4-6: The promise God offered

1 Kings 17: 4: Involved advance planning – “Oh no! What am I going to do? How will I keep this man alive?”

1 Kings 17: 5: Involved abundant peace – Building firm foundations

1 Kings 17: 6: Involved amazing provision – Phi 4:19

God calls Elijah and sends him to the dry place called 'Cherith'. He promises the water from 'Wadi' and the Ravens will bring the bread morning and evening. It happened as it is. After a particular period of time the 'Wadi' dried up because there was no rain in the land, the ravens also stopped to bring the bread. Physically he lost his strength. But he remembered the promises of God who sent him. Now the promises seem to be failed. He starts to lose his strength of the mind too. Now the only one thing remains; 'HOPE / FAITH' Trusting in the providence of God. Elijah kept his trust on God.

1Kings 17: 7: The problem God orchestrated

In this 'Dry Brook University' God trained the prophet Elijah in the level of Body, mind and soul. The formation was to understand the will of God. In our day to day life we too met this kind of miserable experiences. But have we put our trust in God? To have the trust in the providence of God leads us to live our vow of Poverty meaningfully. **“God's formation never fails”.**

Empty Barrel Graduate School - 1Kings 17: 8-16

Eph 4:13 'Till we all come in the unity faith and of the knowledge of the son of God, to maturity, to the measure of the full stature of Christ'

1Kings 17: 8-11: A fresh Path

God commanded Elijah 'Go now to Zarephath'. The place Zarephath was the homeland of Queen Jezebel. It is a Gentile territory. It is 100 miles from Dry Brook. He had to cross the land of Ahab. Already Prophet Elijah was tired but God wants him to make a journey towards 'Sidon'. This is the path which full of trails and tribulation even though it is the path of FAITH. Genuine Faith wants for God to reveal.

1Kings 17: 8: The call – The word of the Lord came to him.

1Kings 17: 9 a: Command – The command of the Lord is the process of testing, refining,

smiting, mold him as God wants not what prophet Elijah wants.

1Kings 17: 9 b: Challenge – widow there to feed you

1Kings 17: 10-11: Comfort – Our God is a God who works on both ends of the line. He tested Elijah in Dry brook Cherith and now He arranged the widow to feed the Prophet. (Phil 4:19)

1Kings 17: 12-15: Fantastic Promise – The jar of the meal will not be emptied and the jug of the oil will not fail until the day that the Lord sends rain on the earth.

1Kings 17: 12: Doubt: The real faith knows that God is greater than what the eye can see. (Heb 11:1) As the widow she didn't know the plan of God. Prophet encouraged her to do the will of God.

1Kings 17: 13-14: Demand

1Kings 17: 15: Decision: When she decided to bake that cake for Elijah, she traded the certain for the uncertain and received the impossible in return.

1Kings 17: 15-16: A Fabulous provision

God is testing us. Though he tests he loves unconditionally. In the view of human Prophet Elijah was 'EMPTY BARREL'. But God made to overflow. God will supply enough for our need. He knows our capabilities and uncapabilities. In the sight of God everything is possible. As we the formees under the guidance of God we should co-operate with Him through accepting the daily realities with good and pure conscious.

“God is the Best formator to form His own people according to His wish”.

- Sr. Maria Monicka OSM

Shine Bright for Christ

In the sermon on the mount our Lord told his disciples “Let your light shine before others, so that they may see your good works and give glory to your Father in heaven”(Mat 5:16).

One day, as days approaching for the exam and later to leave Dhyanavana I was reflecting 6 months passed what have I become? And what I want to be? Just recalling all that I learnt during my stay here from past 6 months it fascinated me, & sudden thought came into me that I want to Shine Bright for Christ.

Christ calls us to shine his light but why is it such a fight? It is because of my vulnerabilities and insecurities that I face in my day to day life. My province through the institute of Dhyanavana gave me an opportunity to look into myself as I have given chance to study this spirituality course, which



helped me to update myself, to be more matured integrated, a time to deepen my commitment to Christ by an in depth study of word of god by learning, loving & living in faith.

I am here to grow in Love of the Lord to be with him, to share his mission in the midst of the craziness of the world. This course is an encouragement and empowerment to venture into the world.

Throughout this course god had been transforming my soul in inspiring way. So I am eager to share, he had been continuing to teach me about trusting Him, about reaching outside of my comfort zone & letting go off things I hold so tightly.

He was teaching me to let Him work out what was His work in powerful way.

For God who said let light shine out of darkness made his light shine in our hearts to give us the light of the knowledge of god's glory displayed in the face of Christ (2cor 4:6).

To hide his light to squelch its power, squelch its power to hide the saving & redeeming work of Jesus Christ. But when I live based on the light that is within me. I am truly living, living with purpose and within his power. In him I see the way I should walk. It is amazing, it is powerful. I have found some way through which I can shine bright for Christ:-

- 1 To immerse oneself in the word of god before could begin the day.
- 2 To spend some time before the Eucharist and Holy mass.
- 3 Please the lord not people.
- 4 Speak truth, in a right, honourable & trustworthy way.
- 5 Listen to others opinions.
- 6 Be slow to anger & quiche to listen.
- 7 Authentically praise the name of the Lord when given the opportunity.
- 8 Trusting in the Lord that he will lead, in his ways.
- 9 Be the one who god created despite of how others feel.
- 10 Really that god created me for a special purpose.

When I am positive and shine light – I let light shine bright & god sends it into dark. Places I may not even know the distance that light will shine. So, my job is to keep my eyes on Him & Trust Him as I let Him lead in His path.

People will judge me but His truth will lead me. It will set me free. He affirms that never be afraid to shine brightly for the one who loves you so much for the light within is to set to, light the world on fire with a love of Christ. Lord Bless Me To Shine Brighter For Your Glory.

- By Sr.Shanthi Priya,FMM



The Road Ahead

My Lord God!
 I have no idea where I am going
 I do not see the road ahead of me
 I cannot know for certain
 Where it will end
 Nor do I know myself
 And the fact that I think
 That I am following your will
 Does not mean that
 I am actually doing so
 But I believe that
 The desire to please you
 Does in fact please you
 And I hope that desire in all I am doing
 I hope that I will never
 Do everything apart from that desire.
 And I know that if I do this you
 Will lead me by the right road
 Though I may know nothing about it.
 There I will always trust you
 Though I may seem to be lost
 And in the shadow of death
 I will not fear for you are
 Even with me and you
 Will never leave me to face
 My perils alone.

- Sr. Leena Mary - SJS



Life Is...

Life is a Journey
 We travel along with many
 Some stop us on the way
 Some allow us to start again
 Sudden breaks in life jerks you
 Learning experiences cheers you
 In sun & moon, storm and calm
 Life has to move on...
 And it moves on.

In the journey of life
 Walk confidently amidst chaos
 Work courageously amidst fear
 Move successfully amidst failures
 Live lovingly amidst hatred
 Yes it's a journey of oneself
 No one can stop it – Because
 You are the master of your life
 Yes it's a greatest journey...
 You will ever be on.

- Sr. Cleophos - SAL

WHO ARE ACTUALLY THE HAPPIEST PEOPLE IN LIFE

Presenting a Beautiful Story expressing

Who are the Happiest People in Life -

I am sure your eyes will be in tears before you finish the reading

Please Read till the last word...

Here start the story.....

My wife called, 'How long will you be with that newspaper? Will you come here and make your darling daughter eat her food?'

I tossed the paper away and rushed to the scene. My only daughter Sindu looked frightened. Tears were welling up in her eyes.

In front of her was a bowl filled to its brim with Curd Rice. Sindu is a nice child, quite intelligent for her age. She has just turned eight. She particularly detested Curd Rice.

My mother and my wife are orthodox, and

believe firmly in the 'cooling effects' of Curd Rice! I cleared my throat, and picked up the bowl. 'Sindu, darling, why don't you take a few mouthful of this Curd Rice? Just for Dad's sake, dear.

Sindu softened a bit, and wiped her tears with the back of her hands. 'OK, Dad. I will eat - not just a few mouthfuls, but the whole lot of this. But, you should...' Sindu hesitated. 'Dad, if I eat this entire curd Rice, will you give me whatever I ask for?.. Oh sure, darling... 'Promise?... 'Promise'.

I covered the pink soft hand extended by my daughter with mine, and clinched the deal. Ask Mom also to give a similar promise, my daughter insisted. My wife put her hand on Sindu's, muttering 'Promise'. Now I became a bit anxious. 'Sindu dear, you shouldn't insist on getting a computer or any such expensive items. Dad does not have that kind of money right now. OK?' 'No, Dad. I do not want anything expensive'. Slowly and painfully, she finished eating the whole quantity.

I was silently angry with my wife and my mother for forcing my child eat something that she detested. After the ordeal was through, Sindu came to me with her eyes wide with expectation. All our attention was on her. 'Dad, I want to have my head shaved off, this Sunday!' was her demand.

'Atrocious!' shouted my wife, 'A girl child having her head shaved off? Impossible!' 'Never in our family!' my mother rasped. 'She has been watching too much of television. Our culture is getting totally spoiled with these TV programs!' Sindu darling, why don't you ask for something else? We will be sad seeing you with a clean-shaven head.' 'No, Dad. I do not want anything else,' Sindu said with finality. 'Please, Sindu, why don't you try to understand our feelings?' I tried to plead with her. 'Dad, you saw how difficult it was for me to eat that Curd Rice'. Sindu



was in tears. 'And you promised to grant me whatever I ask for.

Now, you are going back on your words. Was it not you who told me the story of King Harishchandra, and its moral that we should honor our promises no matter what?' It was time for me to call the shots. 'Our promise must be kept.' 'Are you out of your mind?' chorused my mother and wife. 'No. If we go back on our promises, she will never learn to honor her own. Sindu, your wish will be fulfilled.' With her head clean-shaven, Sindu had a round-face, and her eyes looked big and beautiful. old Child, Just to remind you that Sindu was just 8 Years. On Monday morning, I dropped her at her school.

It was a sight to watch my hairless Sindu walking towards her classroom. She turned around and waved. I waved back with a smile. Just then, a boy alighted from a car, and shouted, 'Sinduja, please wait for me!' What struck me was the hairless head of that boy.

'May be, that is the in-stuff', I thought. 'Sir, your daughter Sinduja is great indeed!' Without introducing herself, a lady got out of the car, and continued, 'that boy who is walking along with your daughter is my son Harish. He is suffering from... .. leukemia.' She paused to silence her sobs. Harish could not attend the school for the whole of the last month. He lost all his hair due to the side effects of the chemotherapy. He refused to come back to school fearing the unintentional but cruel teasing of the schoolmates.

'Sinduja visited him last week, and promised him that she will take care of the teasing issue. But, I never imagined she would sacrifice her lovely hair for the sake of my son! Sir, you and your wife are blessed to have such a noble soul as your daughter.' I stood transfixed. And then, I wept. 'My little Angel, you are teaching me how self-less real love is!'

The happiest people on this planet are not those who live on their own terms but are those who change their terms for the ones whom they love.

Love Touch And Inspire your FRIENDS "The life is short, the vanities of world are temporary but they alone live who live for others.....

.....the rest are more dead than alive"

-Sr Veronika. A. UFS

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**"Go into all the world and proclaim the Good News
to the whole creation".**

(Mk 16:15).

Spirituality: Jesus the Apostle of the Father, the Sower and the Seed.

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**"I think I would let my heart be torn out
rather than abandon my desire for the religious life."**



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