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DHYANAVANA



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2021-2022



Sine doctrina vita quasi mortis imago is a well-known Latin saying which subscribes to the truth that '**Without learning, life is but the image of death.**' Dhyanaavana, International Institute of Spirituality, right from its inception has been a center of learning as well as of God-experience. I am pleased to be part of the community as this institute, this year, honors the 25th Batch of sister-scholars.

Dhyanaavana is well known, both nationally as well as internationally. Religious here are trained not only to be intellectuals but are also motivated and encouraged to experience divine intimacy. These religious, in turn later, strenuously work to make the presence of God palpable to the people in the world by following the footprints of Jesus of Nazareth. This is indeed a wonderful and remarkable contribution this institute has made, not only to numerous religious orders, but also to the growth and vitality of the Mother Church.

This magazine is dedicated to Religious Life and Spirituality, consisting of three major articles – **Rediscovering Religious Life, Rebuilding Community Life and Renewing Spiritual Life.** The thrust is clear – we are extensions of Jesus Christ in our world today and each of us has the responsibility of reflecting the Trinitarian model of spiritual communion and love in our daily undertakings.

Much of what is acquired and achieved in this institute throughout this academic year is recorded in the following pages. With a vision realized and a mission achieved, we are indeed proud to bring out this annual magazine. With a deep sense of gratitude, most of the participants have contributed their mite to this annual.

We are indeed grateful to all our previous Directors and Administrative Teams for their dedication and engagement in making Dhyanaavana a meditation-garden. May God bless them abundantly wherever they are and in whatever mission they are engaged in.

May Dhyanaavana continue its meritorious works through its existence and service for years to come. May silver soon turn to gold as this institute continues to grow and flourish, contributing in instilling and keeping alive the sense and taste of the Divine. May all who walk through the portals of Dhyanaavana experience a renewed enthusiasm and fidelity in their religious life and generously commit themselves in service to the building of the Kingdom of God.

Fr. Rathan, OCD
Dean of Studies

From the Director's Desk



We celebrate this year the Silver Jubilee of the Annual Diploma Course. 25 batches have passed through the portals of Dhyanaavana and more than 6,000 students have graduated in Holistic Spirituality during these 25 years. Further, another few thousands have experienced the Divine intimacy and the transformation of their lives through retreats and seminars conducted here.

Dhyanaavana doesn't merely give the intellectual information, but rather the Spiritual knowledge leading them to Divine experience, and eventually to holistic transformation. It doesn't entirely teach the observance of the religiosity but it takes the participants further to experience and live the Spirituality.

Religiosity consists in external religious practices, vocal prayers and other devotions, religious celebrations and observance of traditions and external rituals. But Spirituality is the uninterrupted progress in our prayer and meditation which gradually leads to deep mystical experience or union with God, a life lived according to the word of God, and the practice of virtues especially faith and love.

In the Gospels, the Pharisees thought that the essence of Judaism consists in religiosity. So they were very observant regarding the external observances like washing of hands, cups, plates, external observance of Sabbath, public prayer and fasting and other ritualistic practices. But the deep faith of the centurion in Jesus is Spirituality. "Lord I am not worthy to have you come under my roof, but only say the word, and my servant will be healed" (Mt 8:8).

Jesus in Mathew's Gospel distinguishes between religiosity and spirituality, when he speaks concerning prayer. "And when you pray, you must not be like the hypocrites; for they love to stand and pray in the Synagogues and at the street corners, that they may be seen by men" (Mt 6:5) is religiosity. "But When you pray, go into your room and shut the door and pray to your Father who is in Secret;" (Mt 6:6) is Spirituality.

Dhyanaavana leads the participants for deeper experience of God through meditative and contemplative Spirituality.

May this light of Dhyanaavana shine and lead many more religious and the people of God to Divine intimacy and Spiritual Transformation.

Fr. Dominic Vas, OCD
Director



ARCHDIOCESE OF BANGALORE

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KARNATAKA, INDIA. Tel.: 91 + (080) 23330438 / 23330838 / 23339199

Archdiocese of Bangalore Archdiocese of Bangalore Bangalore Archdiocese



Most Rev. Peter Machado
Archbishop of Bangalore

E-mail: archbishop@bangalorearchdiocese.com
archbishop@bangalorearchdiocese.org
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Ref. No.:

MESSAGE

I am happy to note that Dhyanaavana, the Spirituality Centre run by the Carmelites is celebrating the Jubilee Year of its Conferring of the Diplomas to those who attend the Spirituality Course. I am told more than 5000 have attended this course, among them Priests, Religious and lay people from India and abroad in the last 25 years. This is certainly a great achievement.

According to Oxford, Spirituality is the *"quality of being concerned with the human spirit or soul, as apposed to material physical things"*. As long as we live, every moment of our life is a self-discovery, Carl Gustav Jung the famous psychoanalyst said *"The privilege of a lifetime is to become who really are"*.

We owe our life and existence to God. Naturally spirituality concerns not only about the presence of God in our life, but also our response or the incidence of God's intervention in our life. Rightly did Jesus say *"Seek first his kingdom and his righteousness, and all these things will be given to you as well"* (Mt 6, 33).

Man/Woman is human, and also divine. Spirituality is recognizing the divinity in our humanity. Teilhard de Chardin said *"We are not human beings having a spiritual experience. We are spiritual beings having a human experience"*. God loves us as we are.

I appreciate the "spiritual experience" being imparted in Dhyanaavana, Mysore and wish God's blessings on all the Carmelites Formators and those attending the spirituality courses.

12th February 2022

+ Peter Machado
Archbishop of Bangalore



Most Rev. Dr. K. A. William
BISHOP OF MYSORE



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MYSURU - 570 015, Karnataka

Ref : ...BM/EB-02/59/.2021

Date : ...21-02-2022.....

Message

Dhyanavana has indeed inscribed its name in the history of the Church in India, specially in Mysuru. The International Institute of Spirituality, which has already celebrated its Silver Jubilee in 2019 has served in the shaping of the religious life of thousands of the religious serving in India and abroad. On the occasion of the Silver Jubilee of the Diploma Course, I am indeed glad to write this short message in appreciation of the great ministry that the Discalced Carmelites (OCD) are doing here at Dhyanavana.

The Carmelite Order has given to the Church some of the greatest teachers in prayer and holds in itself great wisdom in discerning the *delicate touch* of God's action in the depth of the personality, the soul. Without this lived encounter with God, Carmel is nothing - it ceases to be. This is why the expression and source of this encounter - God's gift of contemplation, is the very heartbeat of what Carmel is and what it desires to be.

As you thank the Lord along with our Beloved Mother singing His praises for all the mighty works He has done through Dhyanavana, it is also an opportunity to gratefully remember the pioneers who have had great vision in beginning of such a great Institute. As the Institute has reached the stage of celebrating its glory, let us remember the humble beginning of the same - the zeal and vigour with which this Institute began to serve the Church. May the same spirit continue to help the religious in forming themselves to render better service to the Church.

We congratulate both the past and the present Directors and the staff of this renowned Institute in Mysuru and wish them all the success in the years to come. May this institute grow to much more heights and support the Church with missionaries to radiate the Gospel in and through their life and ministry. May God bless you all.

Stay Safe, Stay Healthy.

† Bishop William
Diocese of Mysore



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Director, Dhyanavana
Institute of Spirituality
R. S. Naidu Nagar, N. R. Mohalla Post
Mysuru - 570 007

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E-mail: bishop@mysorediocese.com | mysorewilliam@gmail.com | www.mysorediocese.com

Message



Dhyanavana Spirituality Centre
20th of March 2022

To the whole Dhyanavana Spirituality Centre family.

On the occasion of the Silver Jubilee Year of the Diploma Course, I rejoice with all of you for the journey we have made, in the service of spirituality, inner search, in the Teresian spirit of the path of humility - walking in truth, listening to ourselves, to others, to our world, welcoming the ever-hopeful presence of God with us.

I would like to thank all of you who have made this beautiful project possible, with sacrifice, dedication and selfless love. To all those in charge, responsible, teachers, workers and so many students who have passed through the Centre.

To all of you I send my grateful blessing, my recognition and my encouragement for what is to come, docile to the newness of the Spirit, responding to the signs of our times. May spirituality make us builders of a new world and artisans of communion and peace.

May Mary and Joseph watch over and protect you and continue to encourage your beautiful work. I, also, pray the saints of Carmel (Saint Therese and John of the Cross, Saint Therese de Lisieux...) to protect you.

In deep communion. Happy feast.

Yours:

Miguel Márquez Calle
Preposito Generale OCD
Casa Generalizia dei Carmelitani Scalzi
Corso d'Italia, 38 - 00198 Roma
e-mail: general@ocdcuria.org



DISCALCED CARMELITES KARNATAKA-GOA PROVINCE



Dear Director & Staff,

It gives me immense joy to know that Dhyanavana, International Institute of Spirituality in Mysuru, is completing 25 years of its service and you are bringing out a Silver Jubilee Magazine recording 25 years of memories. It is really praise worthy that this Institute has formed in these years many young religious in deep spirituality and religious commitment. Besides these, many have benefited from the retreats and short courses and seminars.

I congratulate all the Directors, Deans and Bursars who have rendered yeomen service for the past 25 years to make Dhyanavana a centre of spirituality and God experience. As the motto of your Institute presents *"Love lives on"*, you have been instrumental in making this motto delve deep into the hearts of those religious who have come to this abode.

Struck by the pandemic in these last two years, you have not allowed it to strike you but have been ever active in imparting online and offline courses and impart hope and trust in the Lord. "Who can separate us from the love of Christ", St Paul poses the question and himself answers saying that nothing can strike us who possess this love which lives on.

May St. Edith Stein, patroness of the Institute, obtain from God many favours and blessings on all of you. May the Mother of Carmel be with you and guide you to walk in the footsteps of Christ.

With Best Wishes



Rev. Fr. George Santhumayor, OCD
Provincial Superior

Message



Dear Fr. Dominic, I am happy to note that this year is the Silver Jubilee year of the Diploma Course in Dhyanaavana, International Institute of Spirituality and it is my duty to thank God for the manifold blessings the good Lord has showered on this Institute from its inception. I join your community in gratitude for the guiding hand of the Lord and to acknowledge that it is the Lord who has enabled to accomplish what has been done during the past quarter century.

At one time I was the member of your neighbouring community at Pushpashrama and so I had the privilege of being on the staff of the institute, and lectured there on the psalms, and other books of Scripture. Today I could also proudly say that I too had some, even though insignificant, role to play in its academic and spiritual growth. I believe that this is a moment of great joy for the Karnataka-Goa Province to see the growth of its first spirituality institute which has now turned to be silver.

I must also congratulate you and the residential staff for your untiring efforts to go on streamlining its functioning and constantly updating its services so that today it can not only match some of the best institutes of its kind in the country but also counted among those few excellent Spirituality Institutes that have been recognized internationally. I also appreciate the discipline that you have been able to inculcate among the students. We all know that discipline itself is a spiritual exercise. Its need is among the top priorities in the life of a religious in the modern times. It is said "No discipleship without discipline". I believe that Dhyanaavana had this sole motto of "disciplined discipleship" which has borne its fruits among the participants of the various religious congregations.

While congratulating you and the staff of Dhyanaavana, I pray that the Lord may continue to radiate his merciful love through this Institute in the years to come.

Fr. Pius James D'Souza OCD
Definitor General



Most Rev. Dr. Thomas A. Vazhapilly
Bishop Emeritus of Mysore Diocese



Prashantha Nilaya
Bangalore - Mysuru Road
Bannimantap
Mysuru - 570 015

Ref. No.

Date 18th February 2022

Rev Fr Dominic Vas OCD

Director, Dhyanavana

Mysuru

I am glad to learn that Dhyanavana International Institute of Spirituality is going to release its Annual Magazine. Please accept my congratulations to you and to all those who have contributed to it.

Dhyanavana International Institute of Spirituality is conducting Diploma and Certificate Courses in spirituality every year for the Junior religious sisters as a preparation for their final commitment. It is indeed a very good service that Dhyanavana is rendering to so many junior sisters of India and abroad. We are living in an era where we find less and less attention and attraction for reading habit. With the widespread use and misuse of media and very specially of "mobile" many have almost forgotten the need to read books and update their knowledge and practice of spiritual life. Hence Institutions like Dhyanavana are really doing an excellent service to the Church in India to help the junior sisters to update their spirituality and start a life of renewal. It is indeed the need of the hour. As it is stated by the Institute already 5234 have completed this course and obtained a diploma or certificate. I appreciate the good service the Institute is rendering to the Church in India specially to the young religious and wish God's blessings on the Director and the Staff of the Institute.

God Bless You and Dhyanavana.

Most Rev. Dr. Thomas Antony Vazhapilly
Bishop Emeritus, Diocese of Mysore



BISHOP SEBASTIAN ADAYANTHRATH

Bishop of Mandya



February 8, 2022

Father Dominic Vas OCD

Dhyanavana

R.S. Naidu Nagar

Mysore - 570 007, Karnataka State, India.

Dear Father Dominic:

It is a matter of great joy that you are publishing the **Dhyanavana Annual Magazine** in connection with the Convocation ceremony. This year you are celebrating the **Silver Jubilee Year of the Diploma Course** which is a historic moment. Congratulations and wishes.

As a formative and training centre you are ministering at the heart of the church. Having received training at your centre, they go out to proclaim the gospel to various nations. I am so glad to hear that you offer lots of psychological and spiritual help during the course and empower them to become "good news" themselves.

Our communities are facing some of the major challenges like the lack of inner life among the consecrated, shortage in the number of people joining our communities etc. The time when a community feels it may die is not the time to change externals, like the rules or identifiers. If it does this, there is nothing left to hold people together. This is the time for inner renewal, for a renewed trust in personal relationships; it is a time to stay close to the poor and those in distress. When the inner life is strong and when love is truly the guiding spirit, then we can reduce the externals but not before. Your institute is helping people for inner renewal and I am really proud of it.

Kindly forge ahead with enthusiasm. Kindly do not get discouraged when hardships come on your way. Let us trust in Him.

Sincerely yours,

Bishop Sebastian Adayanthrath
Bishop of Mandya





TERESIANUM

Pontificia Facoltà Teologica
Pontificio Istituto di Spiritualità



22th February 2022

Message to the Dhyanaavana International Institute of Spirituality

After the celebration of the Silver Jubilee of the Dhyanaavana International Institute of Spirituality in 2019, in my function as President of the Pontifical Faculty of Theology and of the Pontifical Institute of Spirituality Teresianum in Rome, I send my greetings in occasion of the Silver Jubilee of the Diploma Course in 2022. I want to thank Fr. Dominic Vas, Director, all the Professors, Collaborators and Students of the Institute in Mysore for your academic engagement in teaching, learning and researching, as well as for your ecclesial and pastoral contributions.

We are celebrating another Silver Jubilee. Since 1997, your Institute is associated with our Pontifical Faculty under the guidance of the Discalced Carmelite Order. Even if the status of an "Associated Institute" does not imply canonical affiliation or aggregation, it nonetheless means an academic collaboration between Institutes and a recognition of the efforts in the different programs, namely your well known and appreciated Diploma Course.

In the hope of a further reciprocity between Institutes, you may have a look at our bilingual website (www.teresianum.net/en) to discover more about study requirements, programs, professors and students, publications and library in our Faculty in Rome.

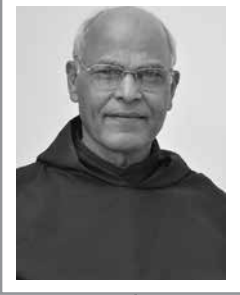
Many good wishes and prayers for your Jubilee and for your ongoing task in the Institute.




Prof. Christof Betschart, ocd
Preside

Rev. Fr. Dominic Vas, OCD, Director
Dhyanaavan, International Institute of Spirituality
R. S. Naidu Nagar, Mysore – 570007
Karnataka State, India

Message



The Director
Dhyanavana, Institute of Spirituality
R. S. Naidu Nagar
Mysore 570007.

Dear Director,

I am glad to know that you are celebrating the Silver Jubilee of nine month residential program in spirituality. I had the privilege of starting it in 1997 and I am happy to note that it has been successful to this day. We need to thank God who has enabled us to serve a number of religious congregations through this program. We need to thank also the religious congregations who have appreciated this programs and have encouraged their members to participate in them.

Religious are called to be living witnesses to Jesus Christ through their life and are a wonderful source of service through their apostolate. To help them is to help the people they serve and thus promote the kingdom of God. Thanks be to God because Dhanavana has been enabled to do this for the last twenty five years. I pray that it may continue to so for many more years to come.

I am happy to note that while keeping the essentials, dhyanavana has been constantly upgtrading the syllabus, faculty and the approach so as to respond adequately to the demands of the contemporary society.

I pray that God may shower His choicest blessings on this institute, Dhyanavana, its director, residential staff, faculty and the students and inspire many more to make the best use of the service rendered by this institute of spirituality.

Fr. Gregory D'Souza, OCD
The founding director.

Message



R Y S H I V A N A
INSTITUTE OF INDIAN CHRISTIAN SPIRITUALITY



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Silver bells are ringing and their resonance is being heard all over India and abroad, as Dhyanavana international institute of Spirituality completes its glorious twenty-five years. In the past twenty five years, a lot of water has flown under the bridge that has made Dhyanavana what it is today. I feel really proud to have been part of this institution all through as professor and specially from 2002-2005, as Dean and Director, when we also launched Dhyana Sadhana institute for senior religious. To this day I cherish happy memories of my sojourn within the portals of Dhyanavana, located in the serene environment in this beautiful city of palaces! I extend my hearty congratulations!

I would like to place on record the far sighted vision and planning of Fr. Gregory D'Souza that gave birth to this first Institute of Spirituality of the Karnataka Goa Province. For several years this institute successfully catered to both senior and junior sisters; eventually the felt need was of a separate institute for the seniors, because of which we launched Dhyana Sadhana. Dhyanavana has its very homely environment; true to its spirit expressed in its anthem, "Dhyanavana Home Sweet Home. " It should continue to form young women religious to realise the goal of consecrated life in today's context as expressed by Pope Francis, "Caring for the harmonious growth between the spiritual and human dimensions involves paying attention to the specific anthropologies of the various cultures and to the sensibility of new generations, with particular emphasis on life's new contexts. (New Wine in New Wineskins, no 14)

Rev. Dr. Archibald Gonsalves, OCD

Message

15 Dec 2021



Dear Rev. Fr. Dominic Vas,

Silver year of Dhyanavana indeed is a golden opportunity to rejoice in what the Lord has done through your instrumentality to promote authentic spiritual life among the younger consecrated persons thus far. Indeed they are many. It also offers a platform to reassess and visualize the future course and fix priorities to ensure a correct direction, without mere earthly compromises.

Dhyanavana was never intended to be a competitive venture, marketing aggressively some exotic module of academic excellence on spiritual matters. For, knowledge alone, even of spiritual matters is dangerous. It puffs up the ego and does not transform life. Whereas Christian holiness is not a product of superior knowledge; nor is it achieved by mere human efforts. It is the holistic transformation and growth effected in a human person when one encounters Jesus Christ personally and walks on 'the way' of his Gospel thus making his healing, liberating and uniting mission real within and around as a new humanity.

Obviously only a progressive integration and harmonious blend of deeper knowledge, growth in inner freedom, far away from every enslavement; a total faith-surrender to God in Christ, and unconditional love that leads to Christian servant-hood, will make us experience the fullness of life here and beyond. Divine Love never dies. In service of this mandate of the Carmelite charism that Dhyanavana exists.

Therefore at this moment of celebrating the 25 years of its pilgrimage let Dhyanavana count its blessings not merely by the years of its institutional longevity; nor by the number of participants who frequented the institute. Rather may Dhyanavana rejoice for the positive Gospel values and Christic attitudes of compassionate healing it could transmit to the participants; thank God for the paradigm shift it could create in the mental framework of the covenanted disciples of the Lord; and above all for the qualitative difference the ministry of these rejuvenated disciples effected in the lives of the people they served, near and far. Rejoice that their names are written in heaven. That indeed is the real glory of Dhyanavana.

May the Lord strengthen your hands to redouble your joyful efforts in years to come!

Fr. Joe Tauro ocd

Message



MESSAGE FOR THE SOUVENIR

Fr. Dr. Alfred John Menezes Ocd

“Then you shall have the trumpet sounded loud” (Lev25:9). Every jubilee is for proclaiming God’s goodness and His sovereignty over all time and nature. It’s all His grace and blessings showered upon our institute in carrying forward the mission of educating so many religious men and women in the field of Spirituality.

At the very outset I extend my heartiest congratulations to the present Director Fr. Dominic Vas, Fr. Rathan Almeida, the dean and Fr. Arun Benis, the Bursar, its past and present governing board members, tens of staff who have been associated in various stages of evolution from a vision to a big Institution. It is with great admiration that I have been watching the growth of Dhyanavana, International institute of Spirituality over a period of last twenty five years under the visionary leadership of many stalwarts from our Province.

Thanks to the tireless and selfless dedication of the Carmelite fathers of the Karnataka-Goa Province, many religious women, who have passed through the portals of Dhyanavana, have imbibed the contemplative dimension of great mystic giants St. Teresa of Avila and St. John of the Cross. It’s my hope that amidst their humdrum and busy life of various apostolate and ministries they may find an oasis of rest and serenity in recalling their spiritual experiences in this institute and may revive their desire to meet the Beloved in quietness and solitude.

I pray and wish that Dhyanavana would have many more years of fruitful and relevant service to the religious, priests, nuns and lay people.

Imploring God’s choicest blessings on the staff and on all those participants who are there at present.

Truly in Christ,

Fr. Dr. Alfred J. Menezes OCD

Former Director

Message



CARMEL ASHRAM

CARMELITE FATHERS

Opp: Sunrise Factory
Koteshwar, Kundapura - 576 222
Karnataka, India

Most of us are fortunate to be born in a family. The family and the society in which we live has an immense impact on our personality. The more insecure one is within, the less he/she opens up or shares with others. The individualistic behaviour that we find in our families, communities and the society is an indication of the interior insecurity that is eating most of the humanity.

As we already know, Pope Francis has called for the Synod – whose very meaning is ‘walking together’. God, through Abraham called the people of Israel to be His own, so that they might bring everyone into His fold. Our God excludes no one, for He is the father of everyone. When we come close to one another we discover that the similarities completely outnumber the dissimilarities among us. Dhyanaavana certainly has helped numerous people in the past 25 years and keeps doing so in broadening the outlook, softening the judgemental attitude, and guiding everyone to embrace with open arms.

I congratulate the Director - Rev Fr Dominic Vas, the Dean, Rev Fr Rathan Almeida, and Fr Arun Bennis as well as the staff for doing a commendable job by striving to build a synodal community. Along with that many congratulations to all those who attended the long term as well as short term courses. May our hearts and minds keep on broadening, that everyone might find a loving welcome in our lives, families, communities, and the societies in which we live. Thus, we might all walk together, leaving behind no one.

Congratulations and God bless you all.

A handwritten signature in dark ink, appearing to read 'Deep Francis'.

Fr Deep Francis Fernandes, OCD.

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Director**



**Fr. Rathan Almeida, OCD
Dean of Studies**



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24TH BATCH : 2020-2021



ACADEMICS



REPUBLIC DAY



CONVOCATION



VARIOUS ACTIVITIES



25TH BATCH : 2021-2022



1ST SEMESTER - BATCH 2021-2022

BATCH 2021-2022



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DISCUSSION AND KNOWLEDGE SHARING



INDEPENDENCE DAY



SPORTS DAY AND GAMES



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BLESSED SACRAMENT CHAPEL



Lord Jesus, Bless all our Benefactors

A Historical Glimpse of the Birth and Growth of Dhyanavana



The Discalced Carmelites of the Karnataka-Goa Province, reflecting on their mission in the Church after the Second Vatican Council, decided with a daring initiative of the then provincial Very Rev. Dr. Gregory D'Souza, OCD, to open an Institute of Spirituality for the benefit especially of many religious congregations, who felt the need of a more profound knowledge and experience of their relationship with God and of their role in the Church.

Aim and Goal

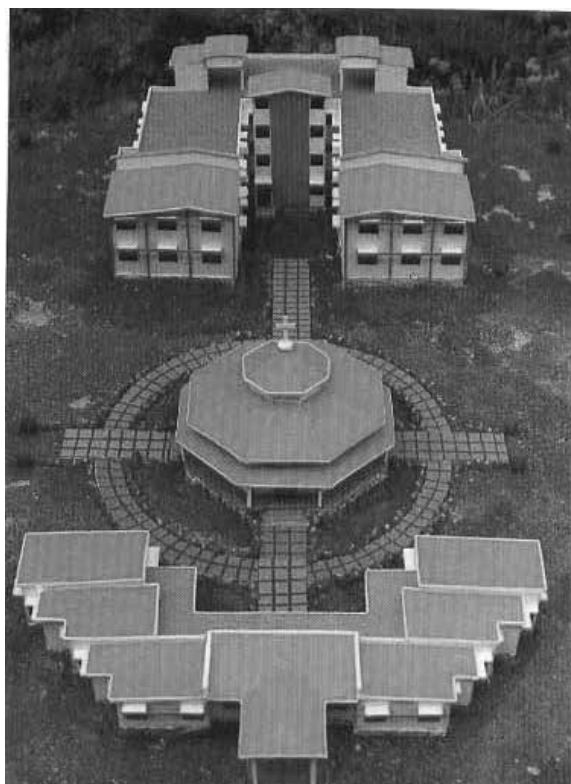
Dhyanavana is an International Institute of Spirituality, imparting spiritual understanding and information on a variety of topics pertaining to Christian culture. It is situated within the campus of the well-known Pushpashrama - Institute of Philosophy and Religion, Kesare, Mysuru. This year we reminiscence 25 years of its glorious history.

'Dhyanavana' signifies meditation garden. It offers not only the theory of prayer but also opportunities for the practice of *dhyana* – deep meditation and contemplation.

Carmelites themselves are dedicated to

a life of prayer and contemplation under the guidance of two spiritual stalwarts - St. Teresa of Jesus (Avila) and St. John of the Cross. Both are the doctors of the universal Church for their specialization and enormous contribution to interior life leading to mystical union with God.

Dhyanavana guides and empowers students to give more effective witness to the Christian Kerygma. A good number of those attending the courses here work in educational institutions, medical services, and in social and pastoral fields. It gives them the opportunity to refuel their own spiritual lives and be more energized to bring this intimacy with Christ to all whom they minister.



The Structure

The structure comprises of three blocks separated by a path of about twenty yards, flanked by greenery on either side. The first block has the parlor at the entrance, with the receptionist's office and the quarters of the resident and visiting staff. This block is constructed in Indian star platform model that widens progressively to the center.

The second section, the center block which is octagonal in shape, is the Chapel, dedicated to St. Edith Stein, the great philosopher and martyr, the patroness of Dhyanaavana. Above the altar is an impressive representation of Christ as Pantocrator, seated in a meditative *padmasana* posture. The whole edifice (Chapel) is located amidst fruit yielding trees and flower plants making Dhyanaavana a small eco-friendly, meditation-garden.

The third block is the residential block, a two-storey building which houses the dining-room on the ground floor, as well as the kitchen. The upper storey is for the classes, the library, and about forty rooms for the students, located around the dining room on the ground floor, and the main hall on the upper storey. This main hall is used for classes/lectures/group discussions and also for entertainment/cultural programs especially on festive evenings.

On the facade of the residential block is the symbol with three concentric circles marking three levels of existence namely, cosmic, human and divine. Our Trinitarian existence is symbolized by three triangles spreading through all the three circles, meaning the existence of the triune God at all the three levels.

Below this is another symbol, which seen from above, is like a descending dove and when seen from below is like an ascending flame. The descending dove is symbolized as the Holy Spirit and the ascending flame, praise and worship rising to the throne of the Most Blessed Trinity from hearts transformed by the Holy Spirit.

The building was blessed on the 10th of August, 1994 by His Grace Most Rev. Dr. Alphonsus Mathias, the then Archbishop of Bangalore, and inaugurated by Rt. Rev. Monsignor Joseph Thelly, Administrator of the Mysuru diocese *sede vacante*. This was in the second term of Rev. Fr. Lawrence D'Mello, OCD, Provincial Superior. Rev. Dr. Gregory D'Souza, OCD was appointed full-time director of the project.

In its initial stages Dhyanaavana began its services catering to the group-retreatants and to other formative modules among sisters. The UFS, the CSST, the Cloistered Nuns, the SAB sisters were the early main beneficiaries. However, with the financial backing of *Missio Aachen* and a well-furnished infrastructure for the program, the first annual course of formation for consecrated women was inaugurated in 1997. It was our belief that the enhanced enlightenment and interiorization of their capacity to be prophetic messengers of the future, would be a great asset to the congregations they belonged to, and that would be the defined competence for this spirituality center.

Rev. Dr. Gregory D'Souza, OCD Humble Beginning and Initial Years (1997 - 2002)

An appropriate renewal of the religious life was a call given by the II Vatican Council to all the religious. When some congregations did it on their own, others

sought the help of qualified resource persons. It is in this context, that the Karnataka-Goa Province of the Discalced Carmelites in India, decided to organize annually a nine month Intensive Diploma Course in Spirituality at Dhyavanava, Mysuru. Though this institute belongs to the Carmelite Order, it promotes Indian Christian Spirituality with its rich heritage derived from different Christian and non-Christian traditions. Different aspects of Spirituality from Psychological, Biblical, Theological, Historical, Classical, Liturgical and Inter-religious perspectives are dealt with, giving due importance, both to the contemplative and apostolic dimension of their life. Hence the thrust of this institute is twofold:

- a) A lived-in-experience of God through prayer, meditation, liturgical celebration and community living
- b) An academic program of high intellectual standards and pedagogical methods such as lectures, workshops, and group dynamics.

By January 1997, a well-furnished infrastructure for the program was ready, residential staff was appointed and the faculty was chosen. Syllabus too was well planned and the approach to the program or methodology was also well streamlined. In doing all this, two things were kept in mind namely, the life-style at the center and the academic input. As regards the first, it was felt that the life at the institute should not be much different from a regular life in convents. As regards the second, sufficient emphasis was to be given to study, reflection and life, based on the input sessions.

The infra-structure with residential quarters and administrative block, far

apart with an octagonal Chapel of the Eucharistic Lord at the center, was very helpful. With all the three apart, gave the required privacy to the sister-scholars and made the whole institute resound with prayer, whenever worship was held. The whole campus was made vibrant with plants, bearing fruits, giving flowers and spreading their sweet odor around. A variety of vibrant green plants attracted birds and squirrels which added their music marking the wake-up calls and fostered prayerful silence.

The first Nine Month Intensive Diploma Course was advertised in January 1997, and by June we received more than 250 applications. Of these only 72, were selected, a biblical number, because that was our maximum in-take capacity. When the awaited day arrived, on July 1, 1997, the residential staff namely, Rev. Fr. Gregory D'Souza, the Director, Rev. Fr. Albert D'Souza, Assistant Director and Brother Maxim Pereira, the regent, were ready to welcome the new scholars. Since everything and everybody was new, within an hour or so, the new comers joined the welcoming team in welcoming the rest.

The first Diploma Course commenced with a concelebrated Eucharist presided over by Most Rev. Dr. Joseph Roy, the then Bishop of Mysuru. Very Rev. Fr. Charles Serrao, OCD the then Definitor General, Very Rev. Fr. Lawrence D'Mello, OCD the Provincial of the Karnataka-Goa Province and Fr. Gregory D'Souza concelebrated amidst many distinguished guests and friends including all the staff and the students. The Bishop was very much pleased that the Carmelites had brought to his diocese, not only an in-depth study in spirituality but also the presence of a number of

sisters from all over India. In his inaugural address, the director, Fr. Gregory D'Souza, underlined the salient aspects of this program and insisted that this program was not just an additional one in India but a unique one, with lived-in experience of prayer, community living and an in-depth study on spirituality. The office staff, Miss Lynn Fleury, saw that everything was in order. Miss Lakshmi and her assistants saw to it that the staff and the students were always eager to the dining hall.

Since each one was a stranger to all the rest, members were keen on giving their best in making others feel happy. The whole group became a closely-knit community, with one of them elected as prefect and six others as her consultants. The whole community was divided into six groups and each of them was entrusted with a department namely - health and hygiene, food and nourishment, prayer and worship, lectures and study, horticulture and garden, feasts and celebrations. With this basic organization, the whole institute began to function as one religious family. Everybody considered it her privilege to give her best to the community.

Since Dhyanaavana was a new institute and any new institute has many new things to be set up, the sisters, under the able guidance of Fr. Director wrote the Anthem of the institute, designed the logo, brought out the annual souvenir, and chose the motto "Love lives forever." Though the compound was small, each one was given two papaya plants. Since the soil was rich, one hundred and forty four plants produced a bumper crop of papayas. The inmates ate them to their hearts content and also shared the rest with the neighboring communities. Giving life to

papaya plants and through their fruits nourishing oneself, has its own secret joy.

Every day began with joyful praise in Morning Prayer, followed by meditation, Mass and breakfast. Lectures were interspersed with study and group discussions. Everything was evaluated, taking nothing for granted. If the staff and the faculty members were evaluated by the students, they themselves were assessed by the faculty and Saturday was kept aside as the day of reckoning. At the end of the whole nine-month program a final evaluation was done either with an exam or an assessment. Though every year this program was organized, in the light of the assessment made there was always something new, something better. Christmas holidays, begun on December 13, was a time to tell others what they had seen, heard and experienced at Dhyanaavana so that if anybody wanted to have a feel of it might go there and verify.

Life is to be celebrated and not just lived. Celebration of liturgical and national feast days, sisters' birthdays, institution day, recreations, play, outings, Mysuru Darshan, picnics - were a part of Dhyanaavana life-menu. Mysuru is said to be the heart of tourism in South India. Every year there was a guided tour of Mysuru. Moreover, the sisters were free to visit any place on Sundays, taking at least one sister for companion. With a nine-month stay in Mysuru, the sisters could easily become tourist guides to each other. There was besides, an out-station picnic to places like Goa, Hyderabad, Chennai or Ooty. With such varieties in our curriculum, there was absolutely no monotony in life and all felt that the end of the course came earlier than expected.

Everything that begins in time must end in time. The First Diploma Course in Spirituality, which began on the 1st of July 1997, was not an exception. The Convocation Day which marked the end of the academic year was held on 22nd March, 1998 with the awarding of diplomas to the sisters. Rev. Fr. Lawrence D' Mello, OCD, the Provincial, was the Chief Guest. The scholars who had joined the program in July with uncertainties were reluctantly bidding adieu to the *alma mater* and to each other, with tears in their eyes.

The second course began on July 1, 1998 with the Bishop of Mysuru Most Rev. Dr. Joseph Roy presiding over the concelebration with Fr. Gregory D'Souza, Rev. Dr. Rudolf D'Souza, OCD and Rev. Fr. Cyprian Fernandes, OCD as concelebrants. Addressing 67 participants from 30 congregations, the director insisted on the life of prayer and fraternal love which would guarantee their spiritual transformation.

Fr. Rudolf D'Souza and Fr. Cyprian Fernandes replaced Fr. Albert D'Souza and Brother Maxim Pereira respectively. This year we had around forty four subjects in our academic curriculum and with the awarding of diplomas at the convocation, the program was concluded on March 25, 1999. The chief guest, Professor Dr. Anjana Murthy, the Vice Chancellor of the Karnataka Open University, Mysuru, insisted on the importance on value-based education and on the marvelous services rendered by Christian missionaries.

Applications for the third program were as many from 26 religious congregations. Though we wanted to restrict the number to 72 we could not because of the insistent requests of some of the Provincials,

and hence we admitted 76. Fr. Cyprian Fernandes was replaced by Fr. Walter D'Souza, OCD. The program began on July 1, 1999. With the experience we had from the previous programs, the whole course went on smoothly. Again, like previous years, it seemed that the end came earlier than expected and the course concluded on March 25, 2000 with a grand convocation having Professor N. S. Rame Gowda, the Vice Chancellor of the Karnataka Open University as the chief guest.

The next course commenced on July 1, 2000 with 72 participants from 29 religious congregations. Rev. Dr. Archibald Gonsalves, OCD replaced Fr. Rudolf D'Souza as the new Assistant Director. After a variety of courses and programs, both academic and cultural, the Intensive Diploma Course in Spirituality was concluded on March 19, 2001. The chief guest at the convocation J. Alexander, IAS, Former Chief Secretary, Government of Karnataka lauded the work done by the sisters and awarded them diplomas.

The Fifth Intensive Diploma course commenced on July 1, 2001 with applications more than ever before. But we, by all means, had to restrict the intake to 72 only from 32 religious congregations. The course was successfully concluded with the convocation held on March 19, 2002 with Prof. Dr. Rajeshwari Varma, Treasurer of Indian Association of Women's Studies as the chief guest. She reminded the sisters of their important role in the work of nation-building process.

Fr. Archie took over from Fr. Gregory in April-May 2002 and carried forward the legacy. The Church in India began to appreciate the quality of the module we

offered at Dhyanavana, even though so many other institutes mushroomed in the length and breadth of India.

Rev. Dr. Archibald Gonsalves, OCD
Consolidation of Dhyanavana and
Birth of Dhyana Sadhana (2002-2005)

My entry into Dhyanavana was to replace Fr. Rudolf D'Souza, who moved to Mira Road, Mumbai, and later became the Parish Priest there. Fr. Rudolf was very generous in acclimatizing me especially to my responsibility as Dean. The Procurator of the house was Fr. Walter D'Souza. He was well known for his wit and humor. One of the incidents that needs a special mention here is how he used to disguise himself as a coolie on the day the participants arrived. As soon as the auto rick arrived, he would rush to shift their luggage to their respective rooms. He did this job without uttering a word and especially not disclosing his identity. However, the following morning when he celebrated the Eucharist everyone was spell bound and some even felt uncomfortable for making him carry their luggage.

Special attraction at Dhyanavana is the central chapel enveloped with greenery fully of fruit-bearing trees. The manager of the neighboring horticulture department suggested that we trim the plants to make them better ventilated so that they yield more fruits. We followed his advice and to our great surprise, fruit trees like pomegranates, guavas, avocados, mangoes, etc. began to yield a rich harvest.

We also replaced the natural stone pavement in the garden with interlock blocks, and used these stones for the pavement in the backyard. Though there was ample space for evening walk around Dhyanavana, the immediate felt need was

of a playground. As soon as the paved throw ball court was ready, there was a mad rush to play. Some of the sisters even used to forgo evening snacks and just with a cup of tea were ready for the very first game. In 2003, there were six very talented throw ball players, all from one congregation. The added interest to the game was when the residential staff too participated. Every evening, the laughter and clatter in the field was much louder than the quality of the game itself. Besides, we had two badminton courts that became senior sisters' arena.

On a lighter vein: One of the very enthusiastic senior sisters, one fine day joined the throw ball game adorned with her religious habit and with high heels! To the amusement of everyone, she stood at the very center of the court pretending to be the champion! Just within a few minutes, the state level junior sister on the opposite side gave a quick powerful return, which the senior sister had hardly expected. Her reflexes being slow, with one knock, she fell to the ground and she had to be rushed to the hospital and that was her first and the last game at Dhyanavana.

Our chapel had to be given a facelift, especially the window panes and ventilators that had faded. The window panes were redone and the ventilators were fixed with the Stations of the Cross with the expertise of a young gentleman, Mr. Suresh, from Bangalore, specialized in glass etching. Two stations were fixed on each ventilator. He delivered the fourteen frames that adorn the ventilators. However, he never returned to take his payment. May his soul rest in peace...!

A need was felt of having a separate campus as the age and the academic interests of

the participants were different. So we embarked on constructing a compact edifice to cater to the needs of seniors in the terrain adjacent to the ring road put at our disposal by the Cloistered Sisters at Bogadi, Mysuru. Both, this institute and the province cooperated in putting up the building which was inaugurated in 2004. We shifted the seniors' program to the newly constructed 'Dhyana Sadhana' soon after. Due to overwhelming response we also replicated such a program even in 'Ryshivana' in Mangalore, 'Dhyanaashram' in Vasai and 'Anubhav' at Mira Road, Thane whose construction was already in the pipeline.

The old fashioned Mahindra Jeep at Dhyanaavana had a large chassis where we could load plenty of cargo. The weekly marketing was faithfully handled by Fr. Jerald D'Souza, the new bursar who replaced Fr. Walter D'Souza. Eventually he had to make several trips providing provision to both Dhyanaavana and Dhyana Sadhana. His hard and committed work needs a special mention here.

Fr. Gregory D'Souza, with his rich experience also as a professor in the Mysuru University, had systematically planned the functioning of Dhyanaavana. So it wasn't difficult for me to take off from where he had left. He had trained Miss Lynn Fleury as front desk secretary. She continues at this job even to this day. Hailing from an Anglo Indian family, she spoke English fluently and took care of the secretarial works with utmost precision. She also managed the upkeep of the library with the help of the sisters. Moreover, she had the skill to deal with priests and nuns tactfully, patiently handling every difficult situation.

Lakshmi and Rachi had served at our kitchen for the past couple of years and when they quit to get married, Mrs. Regina was a God-sent angel for us. She served Dhyanaavana for the next 17 years or so. Being a mother of two daughters and with grandchildren, every priest at Dhyanaavana was her son, and she lovingly called us in Kannada, "MAGA" [son]. No doubt, she expressed her love towards the fathers by placing something special on our dining table, every now and then. Mr. Puttayya had served Pushpashrama from its very inception for nearly forty years. After moving out from there he approached us, expressing his difficulty. We decided to provide him with a part-time job and with his finesse in gardening, the garden hedges started looking beautiful. With his green hand he also maintained the kitchen garden at the rear of our property.

Among other attractions was the annual study tour. This was always in addition to Mysuru Dharshan that was held right at the beginning of the course. Normally, Fr. Gregory used to take the batches either to Ooty or to Bangalore. As an enthusiastic new Director, without much hesitation, I said yes to their request for a study tour to Hyderabad. Two luxury buses took off from Mysuru to Hyderabad for three days and three nights. At the end of the tour I realized that it was a big mistake never to be repeated. Everyone was exhausted after the long tedious journey. In the following years we got back to the older ways.

Since we used to have sisters hailing from different congregations, we introduced once in a month "Charism Day" during the evening recreation, where the appointed congregations used to present their charism very colorfully. This familiarized

the sisters to the life and ministry of different congregations and it was much appreciated and it continues even to this day.

Since the sisters hailed from different states and cultural backgrounds, a day was set aside to celebrate Onam, Pongal, Montifest (Nativity of Bl. Virgin Mary), etc. On that day, the entire campus would be colorfully decorated and the creative liturgy of the day and the sumptuous vegetarian meal are indeed unforgettable!

Weekly-organized group recreations were a thrilling experience and everyone looked forward to have fun. Soon after supper the assigned team would come up with enacted jokes, games, singing, competitions, etc. to entertain the group. Most of the times there was a special item by Fr. Maxim Pereira, who with a wooden toy cobra, very much resembling the real one, would perform mono act on the day-to-day happenings at Dhyanaavana and entertain one and all.

The biggest headache of all was the final dissertation. Once the theme would be approved, each one would choose their guide, either from among the resident staff or from professors at our Philosophy College. While the junior sisters generally pass this test with much ease, some of the seniors would struggle. It was always the duty of the Director to come to their rescue.

On demand by the sisters, Fr. Paul D'Souza, OCD was the specially invited guest for the monthly post-supper recreations. The sisters loved his wisdom, wit and humor. Sometimes the director had to intervene and call it a day, or else, the recreation would just go on and on!

Since I was the director of both Dhyanaavana and Dhyana Sadhana, sisters would calculate the duration of time spent at each center and I would be labeled as having preference to one center or the other. Initially we had some of the activities, such as seminar, souvenir, convocation, picnic, etc. in common. However, each center suggested that they wish to be autonomous. Though Dhyana Sadhana is a sister concern of Dhyanaavana, today they operate independently - the former for the senior sisters and the latter for the juniors.

In my first year as the Director we had 69 sisters from as many as 28 Congregations. On the 1st of July 2002 we inaugurated the course with Rt. Rev. Dr. Joseph Roy, Bishop of Mysuru as the main celebrant. In his message he mentioned that these nine months were given to us to reflect, to renew, and to empower ourselves in order to be committed persons. The final Graduation Day was held on 19th March 2003. The Convocation ceremony was presided over by Rev. Mngr. N. S. Marie Joseph, Administrator, Mysuru Diocese. Swami Jitakamananade, Correspondent, RIMSE, Mysuru, was the chief guest and Dr. Indira, Dept of Sociology, Manasagangothri, was the guest of honor.

In the second year, we had 50 sisters from 23 Congregations. The course was inaugurated on the 1st of July 2003 by Rt. Rev. Dr. Joseph Roy, Bishop Emeritus of Mysuru with a solemn Eucharistic celebration. He wished that all the participants spend this year sitting at the feet of Jesus the Guru and learn from him to renew oneself and become better religious. March 19, 2004 marked the end of the course with the celebration

of Graduation Day. Rt. Rev. Dr. Joseph Roy, Bishop Emeritus, Mysuru Diocese, was the chief guest of the day. Prof. V. Chandrashekar, former Principal of MIT, Manipal, presided over the function and Dr. Kamalarama, MBBS, General Secretary, KPMCC, delivered the convocation address.

In my last year as Director we had 52 sisters from 25 different Congregations. As previous years, even this academic year was inaugurated on the 1st of July 2004 with a concelebrated Holy Eucharist presided over by Rt. Rev. Dr. Thomas Antony Vazhappilly, the Bishop of Mysuru. In his message he reminded the participants of the purpose of being in Dhyanaavana – to become spiritually nourished and empowered persons like St. Paul. The Graduation Day, as every year, was held on 19th of March 2005. Rt. Rev. Dr. Thomas Antony Vazhappilly was the chief guest for the Convocation Program. Rev. Fr. Joe Tauro, OCD the Provincial of the Karnataka-Goa Province presided over the function and Dr. Philomena Peris, Chair Person, Karnataka State Commission for Women delivered the convocation address.

When I became the Provincial (2008-2014), with the help received from Fr. Rudolf D'Souza, who has a soft corner especially for these institutes, eventually we succeeded in raising one more floor at Dhyana Sadhana. Today both the spirituality institutes are well equipped and are providing wonderful education and spiritual in-put for all age-groups, with a view to equip them all for their future mission.

Rev. Fr. Joe Tauro, OCD **Dynamic Moments (2005-2011)**

At the completion of my office as Provincial, I was transferred to Dhyanaavana as its director in 2005 and later, was reconfirmed for one more term in 2008. I took over from Fr. Archibald Gonsalves and by this time the annual program had reached the 9th consecutive year of service to the Church. Rev. Fr. Oswald Crasta, OCD was the new Dean of Studies and Fr. Jerald D'Souza, continued as the Administrator of the Institute.

Dhyanaavana focused on catering to the needs of younger consecrated persons, while Dhyana Sadhana autonomously dedicated itself to serve sisters who needed time for refreshing and healing after years of active ministry, rather than heavy inputs and pressuring exams, which were felt required for younger sisters in early stages of their consecrated life. The response was over whelming and these two institutes flourished together and we had almost 100 student-sisters at a given time.

Dhyanaavana, by now, had carved a name for itself among the institutes offering such services. We were the lead institute next to Mater Dei, in India and the inscriptions were mounting; and in order to do justice to all our participants, we revamped the program and offered a life-specific module focused for the seniors and another specific one to the needs of the younger generation. It was well elaborated and hence well accepted. The concerned religious major superiors preferred to send their sisters for rejuvenation and recalibrating to Dhyanaavana, due to the quality change for the better, which they saw in their sisters who passed through this Institute.

This was all the more true when the not-so-young sisters were offered a brand new campus and a compact and very convenient building at Dhyana Sadhana for their program. It was a new module focused on the target group, and it took into account their particular age and experience-related needs and exigencies. However, with this separation, both institutes in the city could also respond round the year to the very many requests for guided groups or individual retreats or some short courses in view of final vows or jubilees.

Besides the comprehensive regular feed of updating in Theology, Holy Scriptures, Spiritual Theology and Growth Psychology, the programs were made need-specific. There were silent days of contemplation, giving an opportunity for tasting contemplation; sharing of the charism of each congregation in formal and dramatized performance to promote creative reflection on the founding spirit; organized recreation to promote community life; research seminars to expose them to current thinking on various aspects of consecrated life; homiletics, debates and public speaking to make them proactive and be courageous to take up leadership and motivational roles; mission exposure to make a critical study and learn a methodology of evangelization; research paper with scientific methodology to tune the mind to reason logically and arrive at innovative conclusions; liturgical music to revitalize prayer life, especially the divine office back in their communities; gardening or household chores to evolve servant attitude and build proactive community by employing interpersonal relationship, insights and skills. We also offered regular Yoga classes for sisters

such that, well beyond mastering the skills and enjoying personal benefits, they also earned a yoga qualification certificate that could be of immense worth for personal *curriculum vitae* and for promotion in various fields, eventually. They were also very much involved in bringing out the annual souvenir of the institute enabling them to taste the joy of being budding writers of articles and small scale poets and editors.

Naturally, for all these activities, we had to make solid enhancement of provisions, much beyond the heavy expenses for the daily quality mess and expenses for regular structural maintenance. Though the annual monetary contribution from the sisters was not able to cover the board, lodge and the tuition, we continued refunding the congregations, a part of the funds from Missio. These funds gradually started decreasing from 2008. Yet we did not increase the fees at a stretch as it would be against the very mission we have of contributing to calibrate the quality of consecrated life in the Church in India. Some generous benefactors of the Director and the remuneration for the spiritual ministry like retreats and recollections outside the campus took care to balance the budget.

Furthermore, due to the increase in stage performance activities as formative helps on the stage, we had to invest for new curtains and widening the floor area, as well as for the overhead projector and sound system. Investing heavily on a brand new photocopier; adopting computer based book catalogue and book numberings for easy accessibility, acquiring new books for updating the knowledge and standard periodicals – all

these would make available to the sisters the current thinking. Then we realized the need to have a few more self-contained rooms for the senior persons coming over for the short retreats, and we could create six of them by repositioning the spaces inside, without any addition to the building structure.

In view of future initiatives in service of the Church, we invested on a piece of agricultural land of six acres at Hale Kesare. The greater part of the finances came from Dhyavanava, while the province administration as well as Dhyana Sadhana too contributed as much as they could afford. However, this dream-project for a biblical institute, still remains to be realized.

Besides the annual diploma program in spirituality, during summer months Dhyavanava had a month-long prayer seminar under the banner: 'Lord, teach us to pray' and another month-long program for orientation for leadership in religious life with the title 'Lord, teach us to serve.' These programs were very well frequented.

In my first year, we had 43 Sister from 17 different Religious Congregations. The academic year officially began on the 2nd of July 2005 with the Inaugural Mass officiated by Rev. Dr. Dominic Vas, OCD, the then Provincial of the Karnataka-Goa Province. In his message the Provincial reminded the participants to be people of being rather than doing, and to constantly search for truth. March 19, 2006 marked the end of the academic year with the celebration of Convocation day. Dr. K. Yeshodhara, Professor and Head of the Department of Studies in Education, University of Mysuru, was the Chief Guest

and she also delivered the convocation address. Rev. Fr. Dominic Vas, the Provincial presided over the function.

On the 2nd of July 2006, the new academic year was inaugurated by Rev. Fr. Dominic Vas, OCD, the Provincial and we had 54 participants from 23 Religious Congregations. The Convocation Day, at the end of that academic year was held on the 18th of March, 2007 with Mrs. Nalini Singh, the Ex-principal of St. Joseph's School, Mysuru, as the Chief Guest who also delivered the convocation address.

In the following year we saw a sudden increase in the inscriptions as we had 70 participants from 37 Religious Congregations. The new academic year was inaugurated by Rev. Fr. Dominic Vas, OCD, Provincial, on the 1st of July 2007. Rev. Fr. Ronald D'Souza, OCD replaced Fr. Oswald Crasta as the new Dean of Studies as the latter moved to Rome to pursue his higher studies in Philosophy. This academic year ended with the Convocation Day organized on March 17, 2008, presided over by Most. Rev. Dr. Thomas A. Vazhappilly, Bishop of Mysuru. Dr. Lavina Marilla Norohna, Doctor of Philosophy in Social Work (USA) and the Director of Ave Maria Center for Palliative Care (Unit of CDSE), Mangalore, delivered the Convocation Address.

The 12th Academic Year was inaugurated on the 1st of July 2008 and we had 58 Religious Sisters from 26 different congregations. Rev. Fr. Wilfred Frank, OCD replaced Fr. Ronald D'Souza as the Dean of Studies and Rev. Fr. Arvin Tauro, OCD replaced Fr. Jerald D'Souza as the Administrator. After the successful completion of nine months, the academic year came to an end on the 19th of March

2009 with the Convocation Day ceremony. Most Rev. Dr. Thomas A. Vazhappilly, the Bishop of Mysuru was the Chief Guest and Honorable Prof. Dr. K. T. Sunitha, the HOD of English Studies, University of Mysuru, delivered the Convocation Address.

The Inauguration of the 13th Academic Year took place on the 1st of July 2009 and we had 67 participants from 24 Religious Congregations. Rev. Fr. Baptist Menezes, OCD replaced Fr. Wilfred Frank but only as a simple conventual since it was just a temporary replacement and hence, Fr. Joe Tauro himself managed the responsibilities of the Dean. This academic year ended on the 19th of March 2010 with the Convocation Day ceremony. Most Rev. Dr. Thomas A. Vazhappilly, the Bishop of Mysuru presided over the function and Prof. Jacky Chandy, former HOD of Economics, St. Philomena's College delivered the Convocation Address.

In the last year of my second term as the Director of Dhyanaavana, the 14th Academic Year was inaugurated on the 1st of July 2010 with 63 participants from 26 different Religious Congregations. Fr. Baptist Menezes was replaced by Rev. Fr. Jeevan Tauro, OCD and he was appointed as the new Dean of Studies. The 14th Convocation Day was organized on the 19th of March 2011 and as previous years, Most Rev. Dr. Thomas A. Vazhappilly presided over the function. Honorable Mrs. Joan Rebello, the former Principal of Damodar College, Margao, Goa, delivered the Convocation address.

Rev. Dr. Alfred Menezes, OCD
Further Growth and Stability
(2011-2014)

A quick flash back of those three years between 2011 to 2014 would make me

both nostalgic and proud of the growth made by Dhyanaavana, the International Institute of Spirituality. The relay baton was handed on to me by my predecessor Fr. Joe Tauro. Fr. Jeevan Tauro continued to be the Dean of Studies and Rev. Fr. Walter Lobo, OCD replaced Fr. Arwin Tauro as the Administrator of the Institute.

In spite of the boom of the spiritual institutes in India and also each congregation setting up their own renewal programs in their respective provinces/congregations, the participants at our center did not see the dearth of students. The register records a total number of 66 Religious women students from as many as 24 Religious Congregations who participated either in the long term diploma course or in short term certificate course at Dhyanaavana in 2011-12. The 15th Academic Year was inaugurated on the 1st of July 2011 with the concelebrated Holy Eucharist. Rev. Dr. Archibald Gonsalves, OCD, Provincial Superior of the Karnataka-Goa Province was the main celebrant with 10 other concelebrants. The 15th Convocation Day was held on the 19th of March 2012. Most Rev. Dr. Thomas A. Vazhappilly, Bishop of Mysuru, presided over the function and Dr. Rita Noronha, Director, Research Unit, Post Graduate Division, Roshni Nilaya, Mangalore delivered the Convocation Address.

Amidst so much uncertainty and fear of getting enough number to run the institute, the response was quite good. We had 64 participants from 20 Religious Congregations for Diploma and certificate course. The 16th Academic Year began on the 30th of June 2012 with the concelebrated Holy Eucharist. Rev. Dr. Archibald Gonsalves, OCD, Provincial

Superior of the Karnataka-Goa Province was the main celebrant besides many other concelebrants. The academic year ended with the celebration of the Convocation Day organized on 19th of March, 2013. Most Rev. Dr. Thomas A. Vazhappilly, Bishop of Mysuru presided over the function, Rev. Dr. Archibald Gonsalves, Provincial, was the Chief Guest and Dr. R. Indira, Professor of Sociology and Director of International Center at the University of Mysuru delivered the Convocation Address.

For quite many years Missio, the funding agency from Germany, was providing scholarships to our institute, because of which we would run the diploma course with minimum fees. But from 2013 onwards, to our great disappointment, Missio had declined to help us in getting scholarship for our students. This news made us wonder whether or not we could manage with meager funds received from the participants. After much consultation and discussions the Dhyanaavana administrative board made a minimal/nominal increase in the course fee. However, we were apprehensive concerning the response the Major Superiors would give in sending their sisters to our Institute. But to our great surprise, 58 members from 21 Religious Congregations registered for the long term diploma and short term certificate course for the year 2013-14. Immediately after welcoming the new batch on the 30th of June, the 17th Academic Year was inaugurated with the solemn Eucharistic celebration at 6. 15 pm. Rev. Dr. Archibald Gonsalves, OCD, the Provincial was the main celebrant along with other concelebrants. The annual course ended on 19th of March, 2014, with the

Convocation Day ceremony. Most Rev. Dr. Thomas A. Vazhappilly, Bishop of Mysuru presided over the function, Rev. Dr. Archibald Gonsalves, Provincial, was the Chief Guest. Joyce Lobo, the Principal of St. Joseph's Central School, Mysuru, delivered the Convocation Address.

Besides these regular participants at our institute, there are many priests, nuns and religious brothers who have attended spiritual renewal programs for two weeks and a week's retreat. The summer months of April and May again witnessed many religious for a month's renewal program.

In the month of April, 2014 the altar and the floor of the chapel were renovated with granite stone. Also the crucifix outside the chapel facing the students' block was erected although the crucifix was purchased by the previous director. The whole pathway of the gardens was illuminated with lights fixed on the walls.

When Dhyanaavana was being conceived by our Karnataka-Goa Province twenty five years ago, especially by Fr. Gregory D'Souza, the builder, the founder and the first director, the motto was to diffuse mystical contemplative spirituality lived and taught by two great mystic giants, St. Teresa of Avila and St. John of the Cross, the founders of the Order of Discalced Carmelites. The magical numerical figures mentioned above indicate the impact Dhyanaavana carved in the Church of India. Being true to the motto of the institute we have promoted contemplative dimension of prayer life in the Church especially among the religious men and women.

It was the dream of some directors to begin a correspondence course from distance on Spirituality in Dhyanaavana after the example of many open Universities which

offer distant education. But somehow this dream remained unrealized due to many factors even to this day. Although the then director who had become provincial was coaxing our staff to launch this initiative, it never got kindled unfortunately. Perhaps this initiative would have made Dhyanaavana one of the progressive institutes catering to many religious priests and nuns via distance education in spirituality.

However, another proposal which got incubated during our regime was to tie up our institute with St. Philomena's College at Bannimantap, Mysuru. The idea got matured and the ambitious project of the then Principal of the College Fr. Leslie, who was keen to have extended campus departments was slowly beginning to see its birth. With the green signal from the Provincial governing body, and with all the ground work ready with the collaboration of the Dean of Pushpashrama, College of Philosophy, Rev. Fr. Oswald Crasta, my successor and the present director, Rev. Fr. Dominic Vas, OCD began to obtain a diploma in Spirituality and a two year regular Masters in Spirituality from the University of Mysuru through St. Philomena's College. Thus Dhyanaavana was the extended campus of St. Philomena's deemed university and autonomous college. I am proud to say that many religious women and priests obtained their Master's degree through our Dhyanaavana Institute, and also a diploma from this college. The diploma students got their double diploma certificates, one from the Pontifical University of Teresianum, Rome, and the other from the University of Mysuru through St. Philomena's College.

That which was handed down from the previous regime was creatively carried forward in our time too. Talent hunt, personality enhancement activities, maidensymposiumsandhomiletics,public speaking dynamics, sports, pilgrimages, entertainments were certainly making the participants vibrant and buoyant.

Rev. Dr. Dominic Vas, OCD
Dhyanaavana in Years 2014 onwards
(2014-2017)

In May 2014, Dhyanaavana was refreshed with a new administrative team namely me, Fr. Dominic Vas, OCD as the Director, Fr. Canute Tauro, OCD as the Dean of Studies and Fr. Richard Saldanha, OCD as the Administrator.

First and foremost our entire focus was on the arrangements for the course which was fast approaching. On July 1, 2014 the 18th batch of sisters for the course was welcomed consisting of 34 sisters from 20 Religious Congregations and was followed by the inauguration of the course on 2nd July and commencing of the regular residential classes. A couple of sisters joined the course later and we also had some day scholars with a grand total of 52 students.

During this term, in the first year, the teamwork resulted in giving Dhyanaavana a facelift, such as overall upgrading of the garden with new plants and trees, installation of new LED lights in front of the house and also in the garden, so as to facilitate the movements of the participants and retreatants, especially during the night. Decisive steps were taken to get the affiliation of Dhyanaavana to St. Philomena's College, Mysuru. Further, Dhyanaavana launched a Diploma Course in Holistic Spirituality (PG and UG)

for which, on successful completion of the course, the students are awarded with 2 Diplomas, namely one from Teresianum Rome, and the other from St. Philomena's College, Mysuru. We also purchased a new photocopy machine since the previous one had rendered us maximum service.

On March 19, 2015 at 6 p. m. the 18th Convocation ceremony was held. Prof. A. S. Dasan Ph. D., Director – Tap-Me Academy, Mysuru, delivered the Keynote Address; Most Rev. Dr. Thomas A. Vazhappilly, Bishop of Mysuru, presided over the function and Very Rev. Fr. Charles Serrao OCD, Provincial of Karnataka-Goa Province was the Chief Guest. The students were awarded with Diplomas and Certificates.

The next year saw the inauguration of the 19th batch on July 5, 2015 with 48 sisters initially from 23 Religious Congregations, 6 more joining the course later. This year also brought about a proposal to ring up the curtain on “Dhyavanava Day / Institution Day” which was held on October 10, along with the meeting of Major Superiors and Junior Mistresses, in view of sharing the ideals of the institute and also publicizing the course in and around Mysuru. This was decided to be conducted as an every year feature.

For security reasons, Iron Mesh Fencing was put up all over the existing compound walls of the building, with the raising of the gate. Renovation of the vessels-washing area was done by constructing Granite Basins and for the protection against rain and sun while washing the vessels, Zinc-Sheet Roofing was fixed.

March 19, 2016 was the day of the 19th Convocation that took place at 6 p. m. The theme for the Convocation was “***The debate on Secularism in our country***

and the response of the Priests and Religious.” Prof. Jose V. K. Ph. D. delivered the Keynote Address; Most Rev. Dr. Thomas A. Vazhappilly, Bishop of Mysuru, presided over the function and Very Rev. Fr. Charles Serrao, OCD Provincial, was the Chief Guest. The students were awarded with Diplomas and Certificates.

The following year the regular course was inaugurated on July 3, 2016 with more than 69 sisters from 22 Religious Congregations and this marked the 20th batch. Furthermore, Dhyavanava had a touch-up with the installation of new Desktop Computers for the Computer Lab, to help the students in doing their book review and thesis. A regular Yoga program was conducted for the participants. Based on the positive feedback received from the students about its benefits, it was decided to hereafter continue such Yoga Classes on a regular basis throughout the year. Dhyavanava bade farewell to Fr. Canute Tauro, as he had to pursue his higher studies abroad and he was replaced by Rev. Dr. Alphonse Britto, OCD as the new Dean of Studies for the rest of the academic year.

The 20th Convocation was held on March 19, 2017 at 6 p. m. reflecting on the theme “***A call to the Religious to confront the challenges of today***” for which Prof. A. John Siluvai delivered the Keynote Address; Very Rev. Fr. Charles Serrao OCD, Provincial, presided over the function and Most Rev. Dr. Anthony Kariyil, CMI, Bishop of Mandya, was the Chief Guest. The students were awarded with Diplomas and Certificates.

(2017 – 2019)

My appointment as the Director of Dhyavanava was reconfirmed for the

second term and in May 2017. Dhyavanava welcomed Rev. Fr. Rovel D'Souza, OCD as the new Dean of Studies as Fr. Alphonse Britto was appointed the new Director of Dhyana Sadhana. Rev. Fr. Victor Pais, OCD replaced Fr. Richard Saldanha as the new Administrator. Shortly afterward, the 21st batch arrived and with 77 sisters from 27 different Religious Congregations the course was inaugurated on July 2, 2017, later 9 more joining for shorter duration. A new course was introduced, namely, "M. A. in Holistic Spirituality," recognized by the University of Mysuru and affiliated to St. Philomena's College, Mysuru. In the first batch we had 15 students.

The course concluded with the 21st Convocation on March 26, 2018 at 6 p. m. and Advocate Mahadev Deshak delivered the Keynote Address; Very Rev. Fr. Charles Serrao, OCD, Provincial, presided over the function and Most Rev. Dr. Francis Serrao, Bishop of Shimoga was the Chief Guest. The theme chosen for the day was ***"A Christian Response to the Communal Forces of Today."*** At the end our students were awarded with Diplomas and Certificates.

The upcoming year gave a new look to the entire residential block where the sisters reside as it was painted. The 22nd course was inaugurated on July 1, 2018 with a new group, the overall consisting of 78 sisters from 30 different Religious Congregations as well as 7 day-scholars. The software for the Library Computers was re-installed and good amount of new books were purchased for the library.

With the successful completing of the course, the 22nd Convocation was held on March 19, 2019 at 6 p. m. with the theme ***"Consecrated Life and its Challenges"***

Today. " The Director of TV9 Group Mr. Clifford Pereira delivered the Keynote Address; Very Rev. Fr. Charles Serrao, OCD, Provincial, presided over the function and Most Rev. Dr. K. A. William, Bishop of Mysuru, was the Chief Guest. The students were awarded with Diplomas and Certificates.

In the succeeding academic year, June 30, 2019 was the inauguration of the 23rd course. An overall total of 108 sisters belonging to 30 different Religious Congregations participated in this course, both as residential and day-scholars, both for the long-term and short-term course. As Fr. Victor Pais was appointed Principal of the school in Hoovinahadagalli, Bellary, Rev. Fr. Jovel Oliver, OCD, was welcomed in June as the new Administrator.

During this year, Dhyavanava had bells ringing for the "Silver Jubilee" of the Building which was solemnly celebrated on the 22nd of September. The celebration



consisted of a concelebrated Mass at Infant Jesus Shrine, Pushpashrama, presided over by V. Rev. Fr. Charles Serrao, Provincial Superior. More than 30 Priests, around 500 Sisters and lay faithful participated in the Holy Eucharist. It was followed by a cultural program in Pushpashrama auditorium which also included a well-



prepared power-point presentation on the history of Dhyanavana. Bishop Sebastian Adayantharath, Bishop of Mandya, was the President of the function. On this auspicious and memorable day, Rev. Dr. Gregory D'Souza OCD, the Founder-Director of Dhyanavana was honored.

A new Hot-Water Dispenser was installed in the kitchen at the Residential Block for the purpose of drinking water and a new Washing Machine along with some curtains and a few bed covers were also purchased. As regards Dhyana Sadhana (at Bogadi, Mysuru) which was functioning as a branch or unit of Dhyanavana Society, was repeatedly requesting to terminate their association with Dhyanavana so as to function independently or to be allowed to associate with another Society. After much discussions and deliberations and in order to avail the freedom to that institute to function independently, it was unanimously decided to terminate the association of Dhyana Sadhana from Dhyanavana Society and now, Dhyana Sadhana has associated itself with Pushpashrama. However, our unanimous decision is that, we agree and promote that the Dhyana Sadhana Institute is at liberty to function independently of our society, provided all the necessary legal formalities are complied with. We thank

them for their past collaboration and association.

March 19, 2020 commemorated the 23rd Convocation at 6 p. m. The theme for our reflection was ***“Religious as Joyful Witness in the midst of Politico-Cultural Challenges Today.”*** The Keynote Address was delivered by Prof. Cletus J. M. D'Souza, M. Sc. Ph. D., retired Professor of Biochemistry, University of Mysuru. The function was presided over Very Rev. Fr. Charles Serrao OCD, Provincial and the Chief Guest was Most Rev. Dr. K. A. William, the Bishop of Mysuru. The students were awarded with Diplomas and Certificates.

(2019 – Till present day)



I was asked to continue as Director for the third term and even Fr. Rovel D'Souza continued as the Dean of Studies and Fr. Jovel Oliver carried on as the Administrator. The inauguration of the regular residential course was delayed this year due to the COVID-19 Pandemic. The 24th residential course was inaugurated on November 1, 2020. However, online classes started right away in July itself. Including the residential and online students as well as the day-scholars, there were 81sisters for the course from 16 Religious Congregations.



In January 2021, Rev. Dr. Rathan Nicholas Almeida, OCD joined the community as the new Dean of Studies and in April 2021, Rev. Fr. Arun Bennis, OCD, arrived as the new Administrator. Fr. Rovel D'Souza was transferred to Mangalore as the Director of the Infant Jesus Shrine and Fr. Jovel Over proceeded to Bangalore in the month of May 2021 for his specialization in Psychology.

The 24th Convocation took place on March 25, 2021 at 6 p. m. with the theme ***"Prophetic Response of the Church to the Indian Situation Today."*** Advocate William D'Souza, President, Konkani Christian Association, Mysuru, delivered the Keynote Address. The function was presided over by Very Rev. Dr. Pius James D'Souza OCD, Provincial of Karnataka-Goa Province and Rev. Fr. Deep Fernandes OCD, Councillor in-charge of Spirituality was the Guest of Honor. The students were

awarded with Diplomas and Certificates.

During summer (May-June, 2021), the entire Dhyanaavana Institute was renovated which included polishing and painting of the whole building, re-wiring of the electrical work, maintenance and repairs such as plumbing, cleaning and carpentry work etc. The Kitchen too, was fully renovated and painted. 3 New Air Coolers were purchased for the community members. A New Water Softener of 3,500/- liters capacity was installed and a New Solar Heater for bathe water was also installed.

On July 7, 2021 the 25th batch, the Silver Jubilee batch for the course was inaugurated. We had 80 students belonging to 25 Religious Congregations as residential students, online students as well as day-scholars.

The whole pathway in the garden was newly illuminated with new set of lights so that sisters could walk about in the garden especially after supper.

On the 27th of February, 2022, Dhyanaavana, in association with CRI, Mysore Diocese organized the Nemesio Alzola Memorial Seminar on the theme: ***"Re-reading of the Anti-Conversion Bill in the light of Indian Constitution - A Christian Response."*** To address this issue from different perspectives, we are extremely happy to have 4 renowned and distinguished guest-speakers in the persons of: Prof. Babu Mathew, Professor, National Law University, Bangalore; Dr. Francis D'Souza, Professor, Government Degree College, Koppa; Rev. Dr. Allen Pallan, Professor, United Theological College, Bangalore and Rev. Fr. Faustine Lobo, PRO, Karnataka Regional Catholic Bishops' Council, Bangalore. We had

more than 300 participants and it was an eventful seminar with interactive session.

It was our long-cherished dream and long-awaited need to have a prayer hall/ adoration chapel ***in the residential block of the sisters***. Hence, we undertook the realization of this noble project of an adoration chapel, conducive for prayer and meditation. The newly designed chapel was blessed by Rt. Rev. Dr. K. A. William, the Bishop of Mysuru on the 1st of March 2022. He presided over the mass in the newly-built Chapel at 6. 45 am and installed the Blessed Sacrament.

The 25th Convocation was held on the 20th of March 2022. We had the concelebrated Holy Eucharist at 11. 30 am presided over by Bishop Thomas Vazhappilly, Bishop Emeritus of Mysuru. He also handed over the term papers of the sisters and encouraged them to grow in wisdom and knowledge. On the same evening the Convocation program began at 6. 30 pm. Joyce Lobo, CEO, St. Joseph's Institutions of MDES, Mysuru was the Chief Guest who also delivered the Key-note address on the theme: ***"Role of Priests and Religious in Today's Scenario."*** Most Rev. Dr. K. A. William, Bishop of Mysuru presided over the function and awarded the diplomas and certificates to the sisters.

I am happy to affirm that Dhyanaavana is the natural outcome of the reflection on the Carmelite identity and charism and an institute of higher learning in Spirituality. Given this rich spiritual heritage and the standing ecclesial mandate, we have tried our best to respond effectively by offering authentic spiritual theology based on genuine Christian anthropology fit for our times, as well as drawing inspirations from all world religious traditions. We feel



proud to declare that our Diploma and Certificate courses in Spirituality have gained both national and international recognition.

We strongly believe that the universal call to holiness can be realized only when knowledge, devotion and service make us integrated persons evolving in the full splendor of love. Our institute sincerely attempts to empower consecrated women, individually and collectively, to bloom as convinced people and to be committed and joyful disciples of Lord Jesus today. It means building true communities of gospel values, the universal family of God, keeping alive the flame of divine unconditional love. As we progress in our service to the Church and the humanity at large, we rededicate ourselves to quality formation, which will enable us to realize this vision with sincere love, committed resolve, and untiring efforts in accordance with our Motto: "Love Lives Forever." •

REDISCOVERING RELIGIOUS LIFE

CHALLENGE AND TRANSFORMATION

Religious life is expected to be the heaven on earth. In other words, religious life is an effort to make this earthly life a heavenly experience. We are all called to be happy and this happiness is the result of undertaking the journey of our life towards the Life. I see religious life as a journey – a journey towards the one who has created us and for whom our soul longs. It is a journey of discipleship which begins at the time of baptism and runs through life. What kind of journey is it?

It is a *journey inward* to realise the likeness of God, for he has created us in his own image and likeness (Gen 1:26); to discover the whispering of the one who calls us (like Samuel to hear and to recognize the voice of God within and dispose oneself to say, “Yes, Lord I am listening to you,” 1 Sam 3:7-11) and to find a solace in him – as St. Augustine said, “our hearts are restless until they rest in thee.”

It is a *journey upward* towards him who is the source and summit of our life – “to live in an intimate and unceasing union with the Father through His Son Jesus Christ in the Holy Spirit” (Optatam Totius 8). In the words of John of the Cross, it is a journey of ascent - ascending to the Mount Carmel.

It is a *journey outward* – towards the other who is also created in the same image and likeness of God – “love your neighbour as you love yourself” (Mk 12: 30-31). In other words, religious life is a journey of relationship – relationship with God, with the other (the whole of creation) and with oneself.

The Catechism of the Catholic Church states that the primary purpose of the human life is to search, to know, to love and to serve the Lord (CCC 1). Religious life is a journey of seeking; seeking to know, knowing to love,

loving to serve. *Vita Consecrata* explains this truth saying, “Formation is a dynamic process by means of which individuals are converted to the Word of God in the depths of their being and at the same time, learn how to discover the signs of God in earthly realities” (VC 68). Life is not worth if it is not an imitation of life of Christ. *New Ratio* for formation says, “The primary goal of the person who is called is to “contemplate the person of Jesus Christ” (GPV 68) and “to prolong the presence of Christ, the one high priest, embodying his way of life and making him visible in the midst of the flock entrusted to his care” (PDV 15).

Keeping these elements in mind I would like to propose five Ds to make our religious life more interesting and worth living. Namely, Desire, Disposition, Discernment, Detachment and Determination.

1. Desire

One of the basic things that is needed in the pursuit of our religious life is a fervent desire. Without a fervent desire, one cannot begin a spiritual journey. John of Cross suggests to harbour a habitual desire for God so that one is able to journey steadily and firmly towards God (Dark Night 11, 2). Man is made for God and God should be the all that one can desire. John says, “One thing only is left for her to desire: perfect enjoyment of God in eternal life” and again “O Lord, my God, who will seek you with simple and pure love, and not find that you are all one can desire, for you show yourself first and go out to meet those who seek you?”

Pope Francis in the latest apostolic exhortation exclaimed, “Holiness is the most attractive face of the Church.” (GE 9). We are all called to holiness and we are to desire nothing else than that. John in his degrees of

perfection reminds the Carmelites of their call to holiness saying, "Remember always that you came here for no other reason than to be a saint; thus, let nothing reign in your soul which does not lead you to sanctity." When John says, we are called to be saints, he means that we are called to mysticism. Mysticism is not merely a call to holiness but a call to experience the presence of God intimately. It is call to be united in divine love. That is what Karl Rahner too intended saying, "The devout Christian of the future will either be a "mystic," one who has experienced "something," or he will cease to be anything at all." By this, Karl Rahner not only proposes mysticism for the modern world but also highlights its necessity. In other words, we all are called to be soaked in divine love.

Man has an inborn capacity to move towards God. That is why desiring means to grow in that innate potential for the transcendence. It means to make efforts to know Christ more and more as He is the way, the truth and the life.

2. Disposition

Desire alone does not suffice in the pursuit of our seeking the divine. One needs to be disposed to face all the challenges that come on one's way. Desiring for God demands a generous disposition to embrace something difficult. The door to heaven is narrow and it is difficult to enter through it (Mt 7:13). According to John having a generous disposition means choosing something difficult and demanding. He says,

Endeavor to be inclined always:
not to the easiest, but to the most difficult;
not to the most delightful, but to the most distasteful;
not to the most gratifying, but to the less pleasant;
not to what means rest for you, but to hard work;
not to the consoling, but to the unconsoling;

not to the most, but to the least;
not to the highest and most precious, but to the lowest and most despised;
not to wanting something, but to wanting nothing.

Do not go about looking for the best of temporal things, but for the worst, and, for Christ, desire to enter into complete nakedness, emptiness, and poverty in everything in the world (1Ascent 13,3).

What John asks of us is in no way easy. It is obviously the most difficult choice one has to make every day on the journey of perfection.

Religious life is to live in allegiance to Jesus Christ being pure in heart and steadfast in conscience. It is a disposition to remain close to the Lord meditating on the Law of the Lord day and night. The same spirit is reflected in *A Guide to Formation*. It highlights the need for prayer in seminaries saying, "A life cantered on God in prayer is absolutely essential for a life of consecration. A seminarian and a priest must have the gift of piety to a high degree; it is nothing less than a tremendous love of God." Disposition thus refers to the fidelity to the spirit, constant love for God and a continual remembrance of the One from whom we received the call to priesthood and religious life.

3. Discernment

Only the desire and disposition are not enough for the journey of perfection. Desire and disposition are to be discerned. One should know clearly if the desire and disposition are for the right cause and with the right motive. Pope Francis uses three words, "recognizing", "discerning", and "choosing" to describe the process of discernment in his Apostolic Exhortation, *Evangelii Gaudium*. He says, "We need to distinguish clearly what might be a fruit of the kingdom from what runs counter to God's plan. This involves not only recognizing and discerning spirits but also – and this is decisive – choosing movements

of the spirit of good and rejecting those of the spirit of evil" (EG 51).

Spiritual direction and the vocational growth sessions certainly help a candidate to discern oneself and one's vocation better. John recommends a holy and learned spiritual director to facilitate the process of discernment. He says,

In what concerns the soul, it is safest not to lean on anything or desire anything. A soul should find its support wholly and entirely in its director, for not to do so would amount to no longer wanting a director. And when one director is sufficient and suitable, all the others are useless or a hindrance (Letter 10).

4. Detachment

Another element that is very important in our journey is detachment. The detachment John speaks of is not deprivation but a humble disposition to embrace something higher. According to John detachment is a wholehearted disposition to be ready for Christ. He says, "If you desire to be perfect, sell your will, give it to the poor in spirit, come to Christ in meekness and humility, and follow him to Calvary and the sepulchre." Detachment is a process of purification in preparation for the illumination. John says, "Wipe away, O spiritual soul, the dust, hairs, and stains, and cleanse your eye; and the bright sun will illumine you, and you will see clearly" (Living Flame 3, 33). Catechism of the Catholic Church has something beautiful to say regarding detachment.

The way of perfection passes by way of the Cross. There is no holiness without renunciation and spiritual battle. Spiritual progress entails the asceticism and mortification that gradually lead to living in the peace and joy of the Beatitudes: He who climbs never stops going from beginning to beginning, through beginnings that have no end. He never stops desiring what he already knows (CCC 2015).

Detachment has to be pure and perfect. John says, "It makes little difference whether a bird is tied by a thin thread or by a cord. For even if tied by a thread, the bird will be prevented from taking off, just as surely as if it were tied by a cord - that is, it will be impeded from flight as long as it does not break the thread." Detachment is conquering the self so that one can unite himself to God. Detachment is an attitude to renounce everything in spirit for the sake of all - God.

Detachment is also necessary so that we are able to serve the people of God as Christ served. There is always a war going on within a person between *the actual self* and the *ideal self*, between the transcendental values and the natural values. Though a person expresses transcendental values externally, his personal needs pull him apart every now and then. Needs are innate tendencies to action which gives them the psychic energy necessary for motivation. To march forward towards the desired goal, one needs to integrate well these needs into the transcendental values so that he is able to unite himself to God who is the supreme good.

5. Determination

One more element that is very important in the spiritual journey is determination. According to John, trials and temptations also have a formative value in the spiritual journey. John says, "If a soul is not tempted, tried, and proved through temptations and trials, its senses will not be strengthened in preparation for wisdom." (2Dark Night 14,4). Through trials and temptations, the soul gains strength only when it has immeasurable determination to grow higher and higher in the spiritual journey.

John gives two examples to explain the need for determination. First, he says, the highest quality of the liquor is always placed in a sturdy flask which is prepared and purified. A weak flask cannot contain the best liquor.

Second, John compares the determination to the process of shaping of iron. Iron cannot serve the artisan's plan nor be adapted to it, without fire and hammer (Living Flame 2, 25-26). Likewise, only the strong and committed persons are able to climb the mountain of God. Without a determination and docility of heart, it becomes very difficult to climb the mountain of the Lord.

Determination could be understood as growing in convictions. Knowledge of God one receives in the intellectual formation should become a personal experience. The personal experiences should give long lasting convictions. In this sense, determination also can mean a journey from a mind level to the heart level and then, heart level to the gut level. Determination is the result of personal assimilation of the values. It is a commitment to walk in the way of perfection.

Religious life is supported by the three vows of chastity, poverty and obedience. These three vows not only help the candidate to grow in the theological virtues but also help

the candidate to grow in conviction. In other words, the three vows help the candidate to harbour the determination in the heart to walk in the path of perfection. Through the vows, the soul puts itself into the exercise of love. John says, "Whole life of the soul mystically espoused "is put in the exercise of love" all its "capacities and all its capitals" are moved by "love and in love" doing everything with the taste of love" (SC 28:8).

What is life without a right desire? What is desire without a proper disposition? What is disposition without a correct judgement? What does it profit a man to discern if he/she does not detach from all unwanted? What is detachment without a determined determination? Religious life is heaven provided we have these Ds in us. We all can be happy forever provided we have these five Ds in right synchrony. Let us assimilate these Ds and permeate the sweetness of religious life. Let us make our religious life a heaven on earth!

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REBUILDING COMMUNITY LIFE: GRATITUDE AND CELEBRATION

“My dear diocesan seminarians if you wish to have a foretaste of heaven, you must spend a few days in a Carmelite monastery”, commented our elderly and witty Canon Law professor in the class! He was lecturing on the section on *‘Institutes of Consecrated Life’* in the Canon Law and was highlighting Can. 573. According to this Canon, religious life, with community as *‘schola amoris’*,¹ is expected to be a place of heavenly experience for those who are called to be *in the inner circle of the Lord* and a splendid sign to others of the eschatological communion and lasting joy! Jesus in one of His parables narrates how the farmer, having stumbled upon the treasure, goes out *in great joy*, sells all that he has and comes and buys that field. Ever since his ascent to the papacy, Pope Francis has emerged as one of the great ‘prophets of joy and hope’ both in his life and preaching, often reiterating the importance of Christian joy. Even the titles of some of his apostolic exhortations namely *‘Evangelii Gaudium’*, *‘Gaudete et exsultate’*, *‘Amoris Laetitia’* highlight joy’. Hence periodic and soul-searching reflections on building and rebuilding our religious communities and making them homes of gratitude and celebration is a felt need. This article is an effort to share a few insights drawn from varied sources.

Community born not of flesh but of the Spirit:

A religious Order, Congregation or an Apostolic Society is constituted of both divine and human elements. A Church document on Community life, *‘Congregavit nos in unum Christi amor’*² rightly puts it;

“born not of the will of the flesh, nor from personal attraction, nor from human motives, but from God” (Jn. 1:13) Hence, before being a human construction, religious community is a gift born of the Spirit. It is the love of God, poured into our hearts by the Holy Spirit, from which religious community takes its origin and is built as a true family gathered together in the Lord’s name. Thus born from a divine vocation and a divine attraction, religious communities are a living sign of the primacy of the love of God who works wonders, and of love for one’s brothers and sisters as manifested and practised by Jesus Christ. It is impossible to understand a religious community unless we start from its being a gift from on high, from its being a mystery, from its being rooted in the very heart of the blessed and sanctifying Trinity, who wills it as part of the mystery of the Church, for the life of the world.

It is true that, each one of us receives a personal call from God. But we are called to live with others. Religious community is a *Schola Amoris* which helps us to grow in love of God and of our brothers and sisters. From the day we make our advent into a religious family, our life blooms and blossoms in religious communities. A multitude of men and women saints and the wonderful figures of religious men and women are there to prove that consecration to Christ does not constitute an obstacle to the true development of the human person but by its nature is supremely beneficial to that development.

A deep and constant awareness of this mystical, Christological and theological

foundation of the origin and existence of religious community is very important for individual members and the congregation as a whole. It enables them to build a community patiently, responsibly, perseveringly and fraternally. ***We stay together in community not because we have chosen one another, but because we have been chosen by the Lord.*** When such awareness is lacking in a religious, he or she might conclude that this life is a useless waste of energy and perceive the other to be a stumbling block and even a threat. This is often true of a religious solely committed to action and conditioned by an activist and individualistic culture.

Communities of communion of the hearts:

There are two important elements of Community life. The one which is invisible and belongs to the spiritual nature of a community is 'fraternity' or 'fraternal communion'. It arises from hearts animated by charity. It consists in 'communion of life' and 'mature interpersonal relationships'.

St. Teresa of Avila gave utmost importance to the communion of hearts in religious community. She often refers to her reformed Carmelite community as '*a little school of Christ*' or '*the Castel of Christians*' or '*dwelling corner for God*'. According to this mystic-mother, a community where frequent quarrels, unforgiveness, jealousy, base ambitions, friendships of attachment, groupism, abusive language, cold heartedness and indifference, dissension, division and sadness are a reality, the Spirit of God is not welcomed. *"If by chance some little word should escape, try to remedy the matter immediately and pray intensely. And if things of this sort against charity continue, such as little factions, or ambitions, or concern about some little point of honour...*

*when these things begin to take place consider yourselves lost. Think and believe that you have thrown your Spouse out of the house and have made it necessary for Him to go in search of another dwelling, since you threw Him out of His own house. Cry out to His Majesty. Seek a remedy; for if you don't find one after confession and Communion, there is reason to fear a Judas among you!"*³

The other, more visible aspect of community life is 'life in common' or 'community life'. It consists of living in one's own lawfully constituted religious house and in leading a common life and possessing things in common through fidelity to the same norms, taking part in common acts, collaboration in common services etc. Both are important for a healthy and happy community life. In a community when the communion of hearts or *genuine interpersonal relationships* are wanting, such communities eventually turn out to be mere places of existence, survival or heartless habitation or mere edifices of security.

In order to transform our communities from a mere 'life in common' to a 'community of hearts', healthy and regular community dialogues, community recreations, table fellowship, sharing, discernment, responsible freedom, concern for the other and for what is diverse, mutual respect, kindness, sincerity, self-control, tactfulness, a sense of humour, spiritual and sacramental life are to be treasured and nurtured. They are some of the hallmarks of gospel communities.

Community life as 'being friends':

Friendship has always occupied a unique place in the life and doctrine of Teresa of Jesus. The very ideal of community is envisioned by Teresa as '*friends*' or '*good friends*' gathered or imprisoned to '*do*

*something within their power' for the sake of Jesus the 'good friend'. Even prayer is conceived by Teresa as 'frequent meeting between two friends and 'intimate sharing between friends'. In her pedagogical book, 'the Way of Perfection' Teresa while exhorting her daughters to avoid all sorts of attached friendships of *base love* has penned down few words which are worth inscribing in all of our convents and monasteries. "I should like that there be many of these friendship where there is a large community, but in this house where there are no more than thirteen - nor must there be anymore - all must be friends, all must be loved, all must be held dear and all must be helped."*⁴

Teresa, as a great teacher of prayer and evangelical friendships holds that a spiritually mature person or a virtuous person goes beyond the external appearance or accidental behaviour of a member in the community and learns to look into the soul of that person. *"As soon as these spiritual persons love, they go beyond the bodies and turn their eyes to the soul and look to see if there is something to love in the soul."*⁵ This is one of the excellent ways of loving like Christ who said, "love one another as I have loved you." Later on St Therese of Lisieux, a proud daughter of St Teresa of Jesus would take this teaching to greater heights by becoming a living witness to this *Christ-like* love in the community of Lisieux. By her ever cheerful and smiling face, never complaining attitude, and above all by her preferential love for the weaker nuns in the community, including those who disliked her, Little Therese would scatter much joy, life and sanctity in her community.

Community purged of gossip:

St Paul exhorted Ephesians, "Let no evil talk come out from your mouths, but only what

is useful for building up..." (Eph 4, 29) One of the frequent exhortations of Pope Francis to the consecrated people has been concerning uncharitable conversation. He even calls it a plague worse than Corona. "Gossip in a community prevents forgiveness, and also distances people from each other. I like to say that gossip is not just a sin. No, gossip is terrorism! Because those who gossip are attacking the reputation of others and destroying others, who cannot defend themselves. These people gossip in the dark, without any light. And the darkness is the kingdom of the devil. Light is the Kingdom of Jesus. If you have something against your brother, against your sister, please pray . . . First, pray soothe the soul, and then go and say to him, to her: 'I do not agree on this . . . you've done a bad thing . . .'. But never, never throw the gossip bomb. It is the plague of community life." It was Eleanor Roosevelt who wrote, *"Great minds discuss ideas; average minds discuss events; small minds discuss people."*

St John of the Cross in his precautions against the world offers us further insights to consider while building communities. Practicing it would help a great deal in shaping our communities into homes of joyful celebration and gratitude.

"It is that you very carefully guard yourself against thinking about what happens in the community, and even more against speaking of it, of anything in the past or present concerning a particular religious: nothing about his or her character or conduct or deeds no matter how serious any of this seems. Do not say anything under the colour of zeal or of correcting a wrong, unless at the proper time to whomever by right you ought to tell. Never be scandalized or astonished at anything you happen to see

or learn of, endeavouring to preserve your soul in forgetfulness of all that.

For, should you desire to pay heed to things, many will seem wrong, even were you to live among angels, because of your not understanding the substance of them. Take Lot's wife as an example: Because she was troubled at the destruction of the Sodomites and turned her head to watch what was happening, God punished her by converting her into a pillar of salt [Gn. 19:26]. You are thus to understand God's will: that even were you to live among devils you should not turn the head of your thoughts to their affairs, but forget these things entirely and strive to keep your soul occupied purely and entirely in God, and not let the thought of this thing or that hinder you from so doing.

We recall what the Apostle St. James asserts: If anyone thinks he is religious, not restraining the tongue, that one's religion is vain [Jas. 1:26]. This applies as much to the interior as to the exterior tongue."

Community: a family that prays together

"The family that prays together stays together", is a well-known dictum which was popularised by Fr. Patrick Peyton. If these words are true for the laity they are ten times truer of a religious family. Concerning this Church teaches us, *"As a response to the admonition of the Lord, "watch at all times, and pray" (cf. Lk. 21:36), a religious community needs to be watchful and take the time necessary for attending to the quality of its life. Sometimes men and women religious "don't have time" and their day runs the risk of being too busy and anxious, and the religious can end up being tired and exhausted. In fact, religious community is regulated by a rhythmic horarium to give determined times to prayer, and especially so that one can learn to give time to God", Vacare Deo.*⁶ Communal

prayer reaches its full effectiveness when it is intimately linked to personal prayer. If Prayer in common, is foundation of community life, personal prayer, meditation and contemplation becomes a liberating force that liberates us from all sorts of selfishness and bitterness. Hence fidelity to community and personal prayer is never to be compromised. Moments of divine intimacy are like arteries that infuse life into the community and enable us to joyfully exclaim, "Lord, it is good for us to be here"!

Likewise, it is around the Eucharist, celebrated or adored, "source and summit" of all activity of the Church, that the communion of souls is built up, which is the starting point of all growth in fraternity. "From this all education for community spirit must begin".⁷ Hence due importance should be given to the worthy and vibrant celebration of the daily Eucharist in our communities!

Community: a family that celebrates together

Years ago when television first made its way into our communities, the Church, stressing the importance of daily community recreation had commented, *"In particular when television becomes the only form of recreation, relations among people are blocked or even impeded, fraternal communication is limited and indeed consecrated life itself can be damaged."*⁸ Today one of the challenges affecting our daily community recreation and hearty fraternal moments arises from the use of mobiles. There is a greater and on-going need to introspect our life-style in the communities and streamline the use of gadgets in view of promoting healthy recreation and celebration of life.

„Ecce quam bonum et quam jocundum habitare fraters in unum”:

A perfect community does not exist. Difficulties and challenges will always be part of our life in common. While community is a received gift, building of it is a shared responsibility. Religious life is not immune to the secular and materialistic culture that surrounds us. Growing trends of individualism, brokenness that is acquired from childhood and faulty upbringing, weaker faith-convictions, dwindling vocation rate, vowed life swinging around faint God experience, over-burdened life in the community, and many such factors do pose continual challenges to the consecrated life lived in the community.

Amidst these challenges we must not forget that peace and joy in being together are among the signs of the Kingdom of God. The

joy of living even in the midst of difficulties along the human and spiritual path and in the midst of daily annoyances is very much part of the Kingdom. This joy is a fruit of the Spirit and embraces the simplicity of existence and the monotonous texture of daily life. Joyful fraternity is one that is dying out; before long, members will be tempted to seek elsewhere what they can no longer find within their own communities. A fraternity rich in joy is a genuine gift from above to brothers and sisters who know how to ask for it and to accept one another, committing themselves to fraternal life, trusting in the action of the Spirit. Then the words of the Psalm will come true: *„Ecce quam bonum et quam jocundum habitare fraters in unum - Behold, how good and how pleasant it is when brethren dwell together in unity.*⁹

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Endnotes

- 1 'Schola Amoris' means a school of love.
- 2 (Christ's love united us in one thing)
- 3 (*St. Teresa of Avila, the Way of Perfection* 7, 10)
- 4 (*St. Teresa of Avila, the Way of Perfection* 4,7)
- 5 (*St. Teresa of Avila, the Way of Perfection* 6,8)
- 6 'Vacare Deo' is a monastic tenet which means to be empty for God.
- 7 'Congregavit nos in unum Christi amor' No. 14
- 8 'Congregavit nos in unum Christi amor' No. 34
- 9 Ps. 133

RENEWING SPIRITUAL LIFE: TO BE AND TO BE SENT

What is spiritual life or spirituality? Spiritual life is a journey of the human person as an individual and as a community, in faith, hope and love in search of one's fullness in God the Father, following Christ, under the guidance of the Holy Spirit. This is a comprehensive and all-encompassing definition of spiritual life. For our convenience, however, in the present context let us understand spiritual life as Consecrated Life. While all the people especially all the baptised are called to live a spiritual life, consecrated people are in a special way called to live an intense spiritual life in close intimacy with Jesus as his intimate disciples. And a disciple is one who is called to be with Jesus and to be sent out! Therefore Consecrated Life is spiritual life – to be with Jesus and to be sent out.

Vita Consecrata says that the evangelical basis of consecrated life is to be sought in the special relationship which Jesus, in his earthly life, established with some of his disciples. He called them not only to welcome the Kingdom of God into their own lives, but also to put their lives at its service, leaving everything behind and closely imitating his own way of life.

Many of the baptized throughout history have been invited to live such a life “in the image of Christ”. But this is possible only on the basis of a special vocation and in virtue of a particular gift of the Spirit. For in such a life baptismal consecration develops into a radical response in the following of Christ through acceptance of the evangelical counsels, the first and essential of which is the sacred bond of chastity for the sake

of the Kingdom of Heaven. This special way of “following Christ”, at the origin of which is always the initiative of the Father, has an essential Christological and pneumatological meaning: it expresses in a particularly vivid way the *Trinitarian* nature of the Christian life and it anticipates in a certain way that *eschatological fulfilment* towards which the whole Church is tending. In the Gospel, many of Christ's words and actions shed light on the meaning of this special vocation. But for an overall picture of its essential characteristics, it is helpful to fix our gaze on Christ's radiant face in the mystery of the Transfiguration. The disciples who have enjoyed the intimacy with the Master, surrounded for a moment by the splendour of the Trinitarian life and of the communion of saints, and as it were caught up in the horizon of eternity, are immediately brought back to daily reality, where they see “Jesus only”, in the lowliness of his human nature, and are invited to return to the valley, to share with him the toil of God's plan and to set off courageously on the way of the Cross.

To be spiritual is to have a personal relationship with Jesus, which is wrought by spending quality time with Him in prayer. Being with Him is to become like Him, which means being with Jesus should bring about transformation in life. Only when the disciple has been with the Master, can he/she be sent (on mission); in other words, being with Jesus to be touched by Him, in order to be sent out to touch and heal others. Let's look at some of the prophets in the

Old Testament, what preparation they needed before they went on their prophetic mission. When Jeremiah was sent on the prophetic mission he said "Ah, Lord God! . . . I do not know how to speak, for I am only a youth" and the Lord answered "Do not say, 'I am only a youth' . . . I am with you to deliver you . . . I make you a fortified city, an iron pillar, and bronze walls against the whole land, its princes, its priests and the people of the land. They will fight against you; but they shall not prevail against you for I am with you to deliver you."

Also the mission of Isaiah! Isaiah said "I am a man of unclean lips and I dwell in the midst of a people of unclean lips" and the Lord sent a burning coal to touch his lips and purify him. And then the Lord said, "Whom shall I send?" and Isaiah said: "Here am I! Send me."

So mission needs preparation, a mission needs purification, a mission needs enlightenment from God.

Think of Elijah the prophet how he experienced the presence of God, not in thunder and lightning and breaking of stones and strong noisy phenomenon but in the silent whisper. Similarly, the apostles were sent by Jesus; they had to fulfil a mission. But he took twelve of these disciples apart and gave them special instructions about what they were to do. First, there was a rehearsal: do not go anywhere else except to the lost sheep of the house of Israel. Then there was a universal mission to go to all nations and baptise them in the name of the Father and of the Son and of the Holy Spirit. He tells the apostles: Abide in my love; I am the vine, you are the branches. A branch cannot bear fruit if it does not abide in the vine, neither can you bear fruit unless you abide in me . . . You did not choose me,

but I chose you and I have appointed you to go and bear fruit; fruit that will abide. God wants us to be fruitful; God wants someone to harvest the fields for him. Behold the fields are ready for harvest. Pray the Lord to send labourers into his harvest. The priests and the religious must be labourers free from selfishness, free from desires of the ego. They must be enlightened, detached; detachment is necessary for enlightenment. How many people there are who listen to the truth but cannot do it! Actually they hear, but don't listen. So the religious who want spiritual renewal must hope for fruit and they cannot bear fruit unless they abide in the vine. Innumerable passages in the scripture tell us that we need preparation.

Think of St. Teresa of Avila. When she was a girl, a teenager she was thinking about becoming attractive to people. She then went to the convent; in the convent many attachments also followed her. Only when she was completely detached, was she open to receive the first mystical phenomenon; through phenomenon she received the favours of God, but later she transcended the phenomenon and became useful for the church.

St. John of the Cross in stanza 29 of the *Spiritual Canticle* says: "Let those, then, who are singularly active, who think they can win the world with their preaching and exterior works, observe here that they would profit the Church and please God much more, not to mention the good example they would give, were they to spend at least half of this time with God in prayer, even though they might not have reached a prayer as sublime as this. They would then certainly accomplish more, and with less labour, by one work than they otherwise would by a thousand. For, through their prayer they

would merit this result, and themselves be spiritually strengthened. Without prayer they would do a great deal of hammering but accomplish little, and sometimes nothing, and even at times cause harm. God forbid that the salt should begin to lose its savour [Mt. 5:13]. However much they may appear to achieve externally, they will in substance be accomplishing nothing; it is beyond doubt that good works can be performed only by the power of God. ”

So let the ministers of the Word of God become contemplatives; learn to pray, not ordinary prayer of intercession but the prayer that leads to union with God. Why are so many priests and religious ineffective? Why are so many parish priests doing nothing for the Kingdom of God? Because, they are thinking of their own kingdom; they are entangled in worldly affairs; and it's really difficult for parish priests not to become entangled with money and sometimes even with love affairs that don't befit them. Detachment is needed in a special way for the parish priests and all those religious involved in running institutions. Look at the Curé d'Ars! He was a man of prayer. He writes: I used to travel from one parish to another on foot; I had no company but I used to pray and it was so sweet to pray all the time when travelling; the time passed so quickly when I was praying. How many priests and religious pray when they are travelling? With what are they occupied or with what are they pre-occupied? How can they find room for God in their minds that are so busy with their self with their ego, with their own kingdom? But we cannot blame them; perhaps they have not got sufficient formation! The formators themselves sometimes do not know how to spend an hour alone with the Lord meditating, praying like St. Dominic. How much Dominic used to pray and

when he used to pray someone who used to watch him, used to think he is having a real conversation with somebody that the observer couldn't see. But Dominic seemed to see someone and have dialogue with him, discuss with him. It was the Lord with whom he was having a dialogue and often discussion about what was his best course to follow in his proceedings in his life. Let the priests and religious at least be faithful to the Divine Office. How many priests do not pray the Divine Office! What riches there are in the Divine Office! How beautiful the psalms are! How much consolation they give to the one who is alone, to the one who is friendless! How wonderful it is to have no friends at all in the world so that one might find friendship with God through the psalms and the readings of the Office of Readings! What beautiful jewels of thought there are from the Fathers of the Church! How wonderfully Pope Gregory the Great develops his thought in his sermons! And also others like John Chrysostom, Peter Chrysologus, Athanasius . . . How beautiful their thoughts, how modern they are!

So as priests and religious, we must faithfully recite the Divine Office not as a routine job but in order to nourish our souls. Reading the Fathers of the Church is a real nourishment for the soul. Humanity has not changed; humanity has remained the same. The problems of today are the problems of yesterday. They have become more acute because of technologies. Technology is a great benefit from God but they lead people astray because people do not know how to pray and thank God for the technologies He has given them and they don't know how to use but only to misuse the gifts of God. Whereas prayer, abiding with the Lord, keeping the Lord in mind teaches us to use technology without misusing it: to use

alcohol without misusing it; to use money without misusing it. Money is the root of all evil – that is what St. Paul also said in his time and now how many priests and religious are caught up with money! We are the salt of the earth and light of the world. But how can we become salt remaining apart from Christ? How can we become the light of the world without getting light from the light that the Father sent? In the beginning was the Word, the Word was with God the Word was God. In Him was the life, and the life was the light of men. That was the light that enlightens every man.

Again, *Vita Consecrata* says that spirituality is a response to the search for the sacred and the desire for God. Because of the very nature of their choice, all who embrace the consecrated life, men and women alike, become privileged partners in the search for God which has always stirred the human heart and has led to the different forms of asceticism and spirituality. Today, in many places, this search is insistently emerging as a response to cultural forces which tend to marginalize the religious dimension of life, if not actually to deny it.

When consecrated persons live consistently and fully their freely assumed commitments, they are able to offer a response to the longings of their contemporaries, and can help to free them from solutions which are for the most part illusory and often involve a denial of the saving Incarnation of Christ (cf. 1 Jn 4:2-3), such as those proposed, for example, by the sects. By practising a personal and communal asceticism which purifies and transfigures their entire existence, they bear witness, against the temptation to self-centredness and sensuality, to the true nature of the search for God. Every consecrated person

is committed to strengthening the interior life, which in no way involves withdrawal from reality or a turning in upon oneself. Listening in obedience to the Word, of which the Church is the guardian and interpreter, the consecrated person points to Christ loved above all things and to the mystery of the Trinity as the response to the profound longings of the human heart and the ultimate goal of every religious journey sincerely open to transcendence. For this reason, consecrated persons are duty-bound to offer a generous welcome and spiritual support to all those who, moved by a thirst for God and a desire to live the demands of faith, turn to them.

In conclusion, you'll see that I have laid more stress on the aspect of being, "to be." Because, I am convinced sans that, no matter what we do and how much we do, we will be only social workers, and not spiritual people, not disciples working for the Kingdom of God. One cannot be sent (on mission) to give spiritual experience to others, unless and until one has himself/herself been with Jesus. All the prophets, the 12 disciples, the Fathers of the Church, the great saints, the missionaries were 'successful' because they were 'faithful' to God who called them and chose them to bear fruit, fruit in abundance!

Take care of your spiritual life, your relationship with God because this is the backbone of everything we do and everything we are – Pope Francis.

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Sweet Memories at a Glance...!

25th Batch : 2021 – 2022

JUNE-JULY 2021

- 30/06 – 01/07/2021 The most awaited day dawned upon the Dhyanaavana family with the arrival of sisters from different congregations.
- 07/07/2021 It was a grace-filled day which marked the milestone in the history of Dhyanaavana as we, the 25th batch, began our academic year. Fr. John Sequeira, OCD, Rector of Pushpashrama, Philosophy College inaugurated the course with solemn Eucharistic celebration.
- 12-16/07/2021 Classes on the importance of formation in religious life were taken by Fr. Charles Serrao (OCD). We were enlightened to know the daily challenges in religious life in our present scenario.
- 14/07/2021 It was a special day of joy as we were honored to welcome Rev. Fr. Pius James, OCD, Provincial of Carmelites of the Karnataka-Goa Province. With love and gratitude we anticipated his birthday celebration.
- 15/07/2021 Sisters of St. Joseph of Cluny celebrated their Congregation Day with thankfulness and grace.
- 16/07/2021 We were privileged to celebrate the Solemnity of Our Lady of Mount Carmel, popularly known as Scapular Feast with the Carmelite family. Delightfully, we also received the holy scapular.
- 17/07/2021 As part of the spirituality course we are also given an opportunity to write a term paper. Fr. Rathan, Dean of Studies, systematically explained to us how to write a scientific paper.
- 18/07/2021 We had the flying visit of Fr. Provincial of Delhi province of the Carmelites. It was indeed a memorable day to welcome him and wish him all the success in his mission.
- 19-23/07/2021 Classes on Pentateuch broaden our knowledge to know the origin of Bible, to understand the geographical back ground along with the history of different cultures and traditions. Thanks to Fr. Prasanna Kumar.
- 23/07/2021 It was an auspicious day for the Bridgettine family as they celebrated their Congregation Day with a meaningful prayer service. Frs. Dominic, Rathan, and Arun (OCD) presented their Charism in a dramatic way. We are delighted to know more about Carmelite spirituality, their charism, their mission and their contribution to the Church and the society.
- 25/07/2021 We had a fruitful contemplative Sunday led by Fr. Rathan Almeida on the theme: "Spirituality of Communion." It was indeed very inspiring as he reminded us to be reflectors of the Divine Trinity living in us.
- 26-30/07/2021 We had a great time with Fr. Dominic, Director of Dhyanaavana, who gave us vast insights on different Christian Spiritual Masters and their Spiritualities.
- 28/07/2021 Holy Spirit Sisters (OSS) displayed their Charism and apostolate with a wonderful power point presentation
- 31/07/2021 We had a short visit to Infant Jesus Shrine at Pushpashrama. Fr. Dominic and Fr. Rathan explained the rich architecture of the Church and different historical events of the shrine. With immense joy we were welcomed by the Fathers and brothers of Pushpashrama community.

AUGUST

- 01/08/2021 Arrival of two sisters from the Congregation of Teresian Carmelites (CTC).
- 02-07/08/2021 Classes on Christology helped us to understand how Jesus Christ is unique and universal Savior. It gave us a lot of impetus to follow Christ more intimately and to continue His mission with love and generosity. Thanks to Fr. Rathan Almeida.

05/08/2021	Every celebration adds joy and meaning to the person's life who celebrates. We were glad to celebrate the Silver Jubilee of Religious life of our dear sisters - Sr. Jacintha and Sr. Shalini of Charles Borromeo Congregation. A meaningful prayer service was organized that culminated with a solemn Eucharistic celebration.
08/08/2021	We were fortunate to organize a twin celebration: Feast of St. Edith Stein, the patroness of our Dhyavanava community and the feast day of Fr. Dominic Vas, the Director of Dhyavanava. Fr. Oswald Crasta, OCD had preached a triduum in preparation for this great feast.
09- 13/08/2021	Classes on Counseling Skills and Human Wholeness provided us a lot of information regarding human life and relationships. Thanks to Fr. Alwyn Sequeira, OCD for his input sessions and for sharing some practical skills.
10/08/2021	It was a great day for the Sisters of the Cross of Chavanod (SCC) as they celebrated their founder's day as well as their feast day.
11/08/2021	Sisters of St. Charles Borromeo presented their charism and apostolate through a meaningful enactment and a power point presentation.
14-/08/2021	Formation Class by Fr. Richard Menzenes, OCD began and it was decided that we would be having these classes every Saturday. They proved to be very enriching and meaningful, especially for our formation in our consecrated life.
15/08/2021	On this day we had a twin celebration: As Indians, we celebrated Independence Day and our National Flag was hoisted by Fr. Dominic who also delivered a short speech, reminding us to be grateful to our Nation. As members of the Church, we also celebrated the glorious Assumption of our Blessed Mother.
15-/08/2021	Extra-curricular activities were conducted. It was an opportunity for all of us to exhibit our talents. Every performance was appreciated and the winners were awarded.
16-20/08/2021	Fr. Rudolf Pinto, OCD spoke about Christian and liturgical spirituality where he pointed out that when our roots are properly grounded in the soil, we will be able to bear abundant fruits in life.
18/08/2021	Sr. Tessy, Poor Sisters of Our Lady (PSOL) presented her charism and apostolate with the help of a documentary as well as with a Power Point presentation.
22/08/2021	We were blessed to have Contemplative Sunday. Rev. Fr. Francis John SDB spoke on the 'Spirituality of Acceptance.'
23-27/08/2021	Rev. Fr. Benjamin, through his classes on Introduction to New Testament, Synoptic Gospels and Acts of the Apostles provided us a deep insight into the Biblical world. His classes were very enriching and also informative.
25/08/2021	Srs. Florence, Ushus and Rekha, Holy Cross Sisters of Menzingen (HCM) presented the charism of their congregation and their apostolate.
28/08/2021	Students (Fathers and Sisters) doing their Masters in Spirituality arrived here for their semester exams. They wrote their papers at St. Philomena's College, Mysuru.
SEPTEMBER	
6-9/09/2021	Classes were held by Fr. Dominic Vas on the importance of consecrated life and various challenges religious face in the world today. It was very informative and at the same time very useful.
8/09/2021	We celebrated the feast of the Nativity of Our Blessed Mother Mary which began with a concelebrated solemn Eucharist by Frs. Dominic, Rathan and Arun. Our sisters from Kerala had the opportunity to celebrate their harvest/state festival - ONAM. It was a harmonious blend of Mangalorean and Kerala religious and cultural events.
12/09/2021	We welcomed 3 Sisters belonging to Brahma Kumari community (Devotees of Brahma) who shared their God- experience with us. It was a very interactive session, both enriching and enhancing.
14/09/2021	Sisters of the Holy Cross of Menzingen (HCM) and Sister of the Cross of Chavanod

	(SCC) celebrated their feast day. On this day, Srs. Priscilla and Albisiya (CTC) renewed their religious vows.
15/09/2021	It was a day of amusement and entertainment to go around for Mysore Darshan. We spent the whole day in Mysore and visited different historical sites like Chamundi Hills and Mysore Palace; places of spiritual heritage like Anjali Ashram and St. Philomena's Cathedral; as well as some recreational venues like Mysore Zoo and Brindavan Garden.
17/09/2021	Arrival of Sr Shanthi (FIHM) and Srs. Carmela, Rathna and Alphonsa belonging to the Missionary Sisters of the Immaculate (MSI).
19-24/09/2021	Classes by Mr. Salvatore Pereira on Eco-Spirituality and Environmental Concerns gave us enormous knowledge regarding our global problems. He also touched upon certain concrete issues which really awakened us to act rightly.
22/09/2021	Srs. Anila, Vigasini and Deva Matha (SJC) presented the charism of their Congregation with an innovative power point presentation.
25/09/2021	Srs. Tesy and Rekha presented and defended their thesis on The Life of St. Joseph and the Healing Ministry in the Church respectively.
26/09/2021	A day with the Lord on the occasion of Contemplative Sunday. Fr. Arun shared with us some insights on charity, humility and love of neighbor.
26-29/09/2021	Srs. Ushus, Florence, and Rekha (HCM) and Brothers from Missionaries of Charity (MC) participated in a retreat preached by Fr. Rathan on the theme of "Be Grafted in the Lord – We are his Extensions."
27/09/2021	Theology of Prayer along with the Stages of Prayer with a special reference to the Dark Night of the Soul of St. John of the Cross was taken by Fr. John Sequeira, OCD. It was very informative with a lot of life experiences and examples. It helped us to learn the art of prayer and contemplation.
30/09/2021	Srs. Prasanthi, Sushanthi and Anupama (OSS) presented and defended their thesis. We were also glad to extend a warm welcome to Sr. Joan of Arc from the congregation of SMMI. Srs. Royna, Deepa and Bincy belonging to the Congregation of the Medical Sisters of St. Joseph (MSJ) presented their charism with an inspiring enactment and a well-prepared power point presentation.
OCTOBER	
01/10/2021	With immense joy and love we celebrated the feast of St. Therese of Lisieux along with the Carmelite Family at Pushpashrama, College of Philosophy. St. Therese, popularly known as the Little Flower is the Doctor of the Church and co-patroness of the missionaries along with St. Francis Xavier.
02/10/2021	Sr. Tessy (PSOL) and Srs. Florence, Ushus and Rekha (HCM) renewed their religious vows. We bade farewell to all the sisters who completed their 3-months course here at Dhyavanava. A short cultural program was organized during which Fr. Director appreciated their dedicated life and services to our institute and wished them all the very best for their future.
7/10/2021	Sisters of Jesus Mary Joseph (JMJ) presented their charism through innovative skit and power point presentation.
10/10/2021	Thirteen sisters from different religious congregations arrived to participate in the retreat preached by Fr. Rathan.
11-13/10/2021	Rev. Fr. Jossie Lobo, SJ provided us wide knowledge about Ignatian Spirituality and also some guidance as regards spiritual direction and discernment. Unfortunately he had to end his classes abruptly as his dear and loving mother passed away.
14-16/10/2021	Fr. Rathan gave us some insights regarding the origin of the Church of Jesus Christ and its further growth and divisions. The classes were very insightful and profound.

13/10/2021	Arrival of Srs. Annet and Amrita belonging to Assisi Sisters of Mary Immaculate (ASMI) joined our community for the six month course.
15/10/2021	We celebrated the solemnity of St. Teresa of Avila, co-foundress of the Order of Discalced Carmelites. We rejoiced with the Dhyanaavana fathers as they celebrated their Founder's Day.
18-21/10/2021	We had classes by Fr. Raymond Joseph who provided us the theological understanding of St. John's Gospel by meaningfully explaining the different sign and symbols used in Gospel.
23/10/2021	Mission Sunday was celebrated along with Frs. Rathan and Arun. We were reminded that our Church today is a missionary Church and we are all called to be fully engaged in bringing the Gospel of Jesus Christ, especially to those who haven't known Christ as yet.
24-26/10/2021	We had classes by Fr. Dominic on the topic 'Indian Christian spirituality.' It was very interesting since we gained a lot of knowledge regarding the rich and various Indian Christian Spiritualities.
28/10/2021	With tears in our eyes we gave farewell to Charles Borromeo Sisters and wished them a joyful presence in the world.
28-29/10/2021	We resumed classes on Spiritual Discernment by Fr. Jossie Lobo. These classes helped us to know and understand where we actually stand and to dedicate ourselves completely at the service of God by discerning our vocation.
NOVEMBER	
1-6/11/2021	We had our annual retreat preached by Rev. Fr. Regan OCD on the theme - Contemplative Prayer. It was enriching to spend more time in prayer looking back at our own life and to be strengthened by Jesus for our future.
8-12/11/2021	We had classes on 'Prophetic Spirituality' by Rev. Fr. Richard D'Souza, OCD. Through his classes we received a lot of insights and encouragement to be true prophets in the Church as well as in our society.
10/11/2021	Brigittine Sisters presented their charism and their apostolate creatively through the power point presentation.
15-19/11/2021	Classes on 'Ethics and Spirituality' by Rev. Fr. Archibald Gonsalves OCD helped us to understand that though ethics and spirituality are autonomous, they are indeed complementary and holistic in nature.
17/11/2021	Sisters of Adorers presented their charism and apostolate through an enactment and a power point presentation.
22-26/11/2021	We had classes by Rev. Fr. Gilbert Choondal SDB on 'Catechetical Spirituality.' He explained to us new ways of teaching catechism to the people through innovative ideas, especially making use of the media in an attractive way.
24/11/2021	Sisters of St. Joseph of Chambery presented the charism and apostolate by power point presentation.
29/11/2021-3/12/2021	Classes by Rev. Fr. George Santhumayor OCD on 'Pauline Spirituality' helped us to understand the missionary zeal of St. Paul and created in us an enthusiasm for mission work.
DECEMBER	
1/12/2021	FIHM Sisters presented their charism and apostolate through enactment and power point presentation. On this day we welcomed two Sisters of St. Joseph of Cluny (SJC) for the course on spirituality.
6-10/12/2021	Rev. Fr. Salvadore Fernandes, OFM. Cap, taught us the essence of the Book of Psalms and the richness it contains. His classes were helpful in praying the psalms meaningfully.
8/12/2021	Many Sisters from different congregations celebrated the Solemnity of the Immaculate Conception as their foundation day. We had a very meaningful Eucharistic celebration.

9-11/12/2021	Srs. Deepa (MSJ), Anila, Deva Matha and Vigasini (SJC) and Carmela (MSI) presented and defended their thesis on the topic of their research.
13-17/12/2021	1 st Semester Comprehensive Exams were conducted during this week at Dhyavanvana.
19/12/2021	We had anticipated Christmas Celebrations which included a short cultural program and the exchange of Christmas gifts with our Christmas friends. With heavy hearts we bade farewell to 12 of our sisters who finished their course and went back for their further mission.
JANUARY - 2022	
3-8/1/2022	Fr. Dominic Vas took classes on different Religions and their Spiritualities such as Buddhism, Jainism and Islam. We were privileged to acquire a comprehensive understanding of these religions and their important contributions to humanity in our multi-religious context.
10-14/1/2022	Rev. Fr. Joy Francis OCD dealt with the topic on Human Resources Development and Communication. The input sessions were very informative and practical and we understood the purpose and the benefit of a right way of communication.
12/1/2022	Congregation of Teresian Carmelites (CTC) sisters presented their charism with an enactment and through power point presentation.
17-21/1/2022	Rev. Fr. Vinod Lobo OCD spoke on the topic of Mariology, various dogmas concerning Mary and manifold devotions. It helped us to understand the significance of the role of Mary in the history of our salvation.
24/1/2022	Rev. Fr. Oswald Crasta OCD had a one-day input session on Empowerment of Women from Biblical perspective, highlighting the life and contributions of St. Edith Stein, patroness of our Institute, to the Church and the world.
24/1/2022	Srs. Sunitha (SCC), Mounika (MMM) and Alphonsa (MSI) defended their thesis on the topic 'Pope Francis -The beacon of the light to the family life,' 'Mary in the life of Jesus and the Church' and 'The art of reaching God according to St. John of the Cross.'
31/1/2022-2/2/2022	Rev. Fr. Willam Miranda OCD took classes on 'Mission Experience' based on his own practical experiences. He highlighted various mission fields where the Church could generously contribute and at the same time cautioned us of the challenges and difficulties one could face, serving in such a mission. We also gained knowledge as regards how to be the voice of the voiceless and to be the power of the powerless.
FEBRUARY	
2/2/2022	Sr. Rita (SCC) defended her thesis on the topic 'Demands of Jesus' Discipleship.'
3-5/2/2022	Rev. Fr. Silvestre D'Souza OCD took classes on the topic 'Theology of Evangelization,' where he dealt with important Councils and significant documents of the Church pertaining to mission and evangelization. He encouraged us to go into the world with a new way of Evangelization and Inter-religious dialogue, responding to the demands of the Church and the world.
7-11/02/2022	Rev. Fr. Deep Fernandes, OCD took classes on 'Contemplative Spirituality.' He explained the difference between meditation and the contemplation, mysticism and explained the phases of prayer according to St. John of the Cross.
9/02/2022	ASMI Sisters presented their charism and apostolate with the power point presentation and with a short skit.
13/02/2022	Six sisters along with Fr. Rathan and Fr. Arun went for Mysore Darshan and visited some of the historical places in Mysore.
14-18/02/2022.	Ms. Lavina Noronha took classes on 'Psycho Spiritual Maturity and Psycho Feminism' where she spoke about managing stress and conflict and how to handle and channelize them in the right direction.

19/02/2022	Sr. Priya JMJ and Sr. Ratna MSI defended their thesis on the topic of Mary the Pilgrimage of Faith and Empowerment of Women respectively.
21/02/2022	Sr. Shona OSsS defended her thesis on the topic 'The Life and Spirituality of Don Bosco.'
24/02/2022	Sr. Sarita JMJ defended her thesis on the topic of 'The Life of St. Francis of Assisi and his Spirituality.'
21-25/02/2022	Sr. Juliet Cutinha SCB took classes on 'Civil Law' where she spoke on fundamental rights, human rights, minority rights, women's related act, Sexual Harassment Act and Consumer protection act etc. With enthusiasm she gave some clarifications about our rights and duties.
27/2/2022	Dhyanavana, in association with CRI, Mysore Diocese organized a one-day seminar on "Re-reading of the Anti-conversion Bill in the light of Indian Constitution – A Christian Response." 4 eloquent speakers were invited and we had an eventful seminar with interactive sessions.
27/02/2022	Sr. Sunitha SCC completed her course and returned to her community.
28/02-04/03/2022	Rev. Fr. Sunil Kumar D'Souza took classes on 'Canon Law.' He explained more about consecrated life and concerning religious institutions, the laws and provisions pertaining to them.
MARCH	
01/3/2022	A new chapel in the residential block of the sisters was blessed by Rt. Rev. Dr. K. A. William. He presided over the mass at 6.45 am in the new chapel and installed the Blessed Sacrament.
03/03/2022	Sr. Jyothi, MSMM defended her thesis on the topic 'Mary, Mother of God.'
04/03/2022	Sr. Annet, ASMI defended her thesis on the topic 'Spirituality of St. Clare of Assisi.'
06/03/2022	Sisters along with the fathers visited Kushalnagar for an annual outing where they enjoyed a lot and spent the day in relaxation.
07-11/03/2022	Fr. Rathana lectured on 'Church and Emerging Trends in Spirituality.' He systematically explained Spiritualities of Reformation and Counter-reformation period and the Spirituality of the Twentieth Century. The classes were enlightening and enriching.
08/03/2022	Sr. Grazia, OSsS and Sr. Nilam, BSM defended their thesis on 'Life and Spirituality of St. Teresa of Jesus,' and 'Eucharist as Sacrifice' respectively.
09/03/2022	Sr. Prisilla, CTC defended her thesis on the topic 'Threefold Dimensions of Religious Life.'
09-10/03/2022	Rev. Fr. George Santhumayor, OCD the Provincial Superior conducted the Pastoral visitation of the community.
12-18/03/2022	Srs. Rosemary, SJC, Roshna, SJC, Amrita, ASMI and Grace, BSM successfully defended their thesis during this week.
14-18/03/2022	It was an intense week since we had to write the comprehensive exam.
20/03/2022	It was the 25th Convocation Day. We had the concelebrated Holy Eucharist at 11.30 am presided over by Bishop Thomas Vazhappilly, Bishop Emeritus of Mysuru. He also handed over the term papers of the sisters and encouraged them to grow in wisdom and knowledge. On the same evening the Convocation program began at 6.30 pm. Joyce Lobo, CEO, St. Joseph's Institutions of MDES, Mysuru was the Chief Guest who also delivered the Key-note address on the theme: "Role of Priests and Religious in Today's Scenario." Most Rev. Dr. K. A. William, Bishop of Mysuru presided over the function and awarded the diplomas and certificates to

DIPLOMA AND CERTIFICATE COURSES IN SPIRITUALITY

AUGUST 17, 2020 – MARCH 25, 2021

BATCH -24

LIST OF NAMES FOR THE COURSE – Residential students

Sl. No.	Names of the Sisters	Birthdays	Abbreviation of the Congregations	Name of the Congregations	Charism or Motto of the Congregations
1.	Sr. Lolita D'souza	December 12	BS	Congregation of the Sisters of the Little Flower of Bethany	To have the Gospel preached to the poor concretized in the compassionate love, and to incarnate Jesus in contemplation and service.
2.	Sr. Angela Niang Zo Cing	December 2	CFMSS	Clarist Franciscan Missionaries of the Most Blessed Sacrament	Eucharistic – Missionary
3.	Sr. Annie Ronghangpi	February 28			
4.	Sr. Gloria Ekka	October 1			
5.	Sr. Maria Lam Nei Kim	November 3			
6.	Sr. Priya S.	June 13			
7.	Sr. Risuklang War	June 20			
8.	Sr. Jyothilatha Bhuriya	November 10	DC (EF)	Daughters of the Church	To know, to love and hear witness to the Church, to make her known and loved, to work and suffer for her in imitation of Jesus.
9.	Sr. Priyanka Damor	January 20			
10.	Sr. Rashmita Rauta	July 12			
11.	Sr. Jabamalai Mary	March 29	FBS	Franciscan Sisters of Our Lady of Bon Secours	To be the refuge and support of all these who seek protection and need succor who are poor, helpless forsaken and marginalized.
12.	Sr. Jennifer J. Francis	January 28			
13.	Sr. Bessy Abraham	May 1	FCC	Franciscan Clarist Congregation	The essence of the charism of this religious Congregation is a life of poverty, humility, hard work and prayer which originates from a personal love for the Crucified Lord.
14.	Sr. Arockia Anitha	April 20	FIHM	Franciscan Sisters of the Immaculate Heart of Mary	In the experience of God towards liberation of Women.
15.	Sr. Baby Gudise	June 5			
16.	Sr. Praphi S.	April 5			
17.	Sr. Rani Ganji	July 5			
18.	Sr. Mary Stella	December 23			
19.	Sr. Ancilla V. Maria Fernandes	October 2	MSI	Missionary Sisters of the Immaculate (Nirmala Sisters)	The Living Passion to Proclaim God's Kingdom to all peoples.
20.	Sr. Jancy Dayana Vincent	August 21			
21.	Sr. Joshua Medepalli	May 15			
22.	Sr. Lorenza Gudelli	May 4			
23.	Sr. Mary Srani Lakra	February 9			
24.	Sr. Monica Bhengra	August 3			
25.	Sr. Premalatha Jyothi	April 23			

26.	Sr. Bhanu Priya Nallamelli	July 13	MSMM	Missionary Sisters of Mother Mary	Evangelizing mission of the Church through a non formal approach, especially in the socio-pastoral field.
27.	Sr. Benedicta Beck	May 2			
28.	Sr. Nisha Rai	November 9	SJC	Sisters of St. Joseph of Cluny	Availability to the will of God
29.	Sr. Pabitra Manger	February 6			
30.	Sr. Sushma Rai	November 14			
31.	Sr. Punitha Mary	September 27	USS	Ursuline Sisters of St. Jerome in Somasca	Apostolic Education

DIPLOMA AND CERTIFICATE COURSES IN SPIRITUALITY

AUGUST 17, 2020 – MARCH 25, 2021

BATCH -24

S. NO	NAME OF THE SISTERS	TITLE OF DISSERTATION
1.	Sr. Ancilla V. Maria Fernandes. MSI	Mary ,model of Faith
2.	Sr. Angela Niang Zo Ging. CFMSS	Why be Catholic
3.	Sr. Annie Ronghangpi. CFMSS	The path of spiritual childhood in the life of St. Therese's of Child Jesus.
4.	Sr. Arockia Anitha . FIHM	Empowerment of Women
5.	Sr. Baby Gudise. FIHM	Ecology and the Church: The Church's concern for our 'common home'
6.	Sr. Benedicta Beck. SJC	Edith stein's Life and Spirituality of Women
7.	Sr. Bessy Abraham. FCC	Mary mother of God and mother of the People
8.	Sr. Bhanupriya Nallamelli. MSMM	Contemplative Prayer in the writings of St. Teresa of Avila
9.	Sr. Gloria Ekka. CFMSS	The Vision of the new Evangelization
10.	Sr. Jabamalai Mary. FBS	-
11.	Sr. Jancy Dayana Vincent. MSI	Consecrated: to do God's Mission
12.	Sr. Jennifer J. Francis. FBS	Communion in the communities of women Religious
13.	Sr. Joshma Medepalli. MSI	Role of women in the Church
14.	Sr. Jyothi Latha Bhuriya. DC(EF)	Consecrated to be with the Lord
15.	Sr. Lolita D'souza. BS	-
16.	Sr. Lorenza Gudelli. MSI	-
17.	Sr. Maria Lam Nei Kim. CFMSS	Mother Seraphina written by Sr. Helen Mankanthanam
18.	Sr. Marysranilakra. MSI	A discovery of the Gospel and the Discipleship
19.	Sr. Monica Bhengra. MSI	Jesus the Evangelizer
20.	Sr. Nisha Rai. SJC	Leadership in the Bible and in the Church
21.	Sr. Pabitra Manger. SJC	Eucharist is the source and summit of our life

22.	Sr. Preghi S. FIHM	The Eucharist as a banquet
23.	Sr. Prematha Jyothi. MSI	Sacrament of Baptism
24.	Sr. Priya S. CFMSS	St. Francis as a peace maker
25.	Sr. Priyanka Damor. DC(EF)	The last supper the memorial of Christ death and resurrection
26.	Sr. Punitha Mary. USS	The Mystical Ladder of Love – St. John of the Cross
27.	Sr. Rani Ganji. FIHM	Holy Spirit
28.	Sr. Rashmita Rauta DC(EF).	Mary in the consecrated life
29.	Sr. Risuklang War. CFMSS	Consecrated to be a Prophets. Teresa of Kolkata
30.	Sr. Mary Stella. FIHM	To the kingdom of God through the beatitudes.
31.	Sr. Sushma Rai. SJC	Ecological spirituality in Christianity and Hinduism

DIPLOMA AND CERTIFICATE COURSES IN SPIRITUALITY

July 1, 2021 – MARCH 20, 2022

BATCH -25

Sl. No.	Names of the Sisters	Birthdays	Abbreviation of the Congregations	Name of the Congregations	Charism or Motto of the Congregations
1.	Sr. Maxina Malu	February 28	A. A. S. C	Sisters Adorers Handmaid of the Blessed Sacrament and of Charity	Working for women who are sexually exploited, marginalized, ill-treated, stigmatized and rejected due to prostitution.
2.	Sr. Annet Ekka	November 20	A. S. M. I	Assisi sister of Mary Immaculate	Compassionate love for the leprosy patients and rejected society
3.	Sr. Amrita Bhengra	May 10	B. S. M	Benedictine sisters of mother Mary	Preaching the word of God.
4.	Sr. Grace Mary	August 19	C. T. C	Congregation of Teresian Carmelites	Passion for Christ compassion for Humanity.
5.	Sr. Neelam	November 18	F. I. H. M	Franciscan Sisters of the Immaculate Heart of Mary	In the experience of god to words liberation of women.
6.	Sr. Albisiya	August 8			
7.	Sr. Pricilla	August 14			
8.	Sr. Shanthi	June 12			
9.	Sr. Florence	December 28			
10.	Sr. Rekha	June 15	H. C. M		
11.	Sr. Ushus	October 29			
12.	Sr. Priya Premi Hembrom	May 25	J. M. J	Jesus Mary Joseph	Ever Adaptable Apostolic Availability.
13.	Sr. Sarita Soyam	January 25			

14.	Sr. Anusha	August 28	M. M. M	Missionaries of Mary	Evangelization, Love at all cost.
15.	Sr. Mounika	June 27		Mediatix	
16.	Sr. Alphonsa	October 9		Missionary Sisters of the	The Living Passion to Proclaim God's Kingdom to all peoples.
17.	Sr. Carmela Ekka	September 24		Immaculate (Nirmala	
18.	Sr. Ratna Mallampalli	September 25	M. S. I	Sisters)	
19.	Sr. Bincy Puthenpurayil	May 30		Missionary sisters of St.	Love Serves - As long as you did it to the least of my brethren
20.	Sr. Deepa Erupakkattu	August 22	M. S. J	Joseph	you did it to me
21.	Sr. Royna Malyackal	May 4			
22.	Sr. Jyothi	December 10	MSMM	Missionary Sisters of	Evangelizing mission of the Church through a non formal
23.	Sr. Anupama	December 9		Mother Mary	approach, especially in the socio-pastoral field.
24.	Sr. Pranathi	August 18			To bring Christ, God's incarnate love, to all spheres of life and
25.	Sr. Sushanthi	October 9	O. S. S	Holy Spirit sisters	so help the Church in her work of renewal for a spirit filled
26.	Sr. Grazia	October 15			world that God may be all in all.
27.	Sr. Shona	May 1	O. Ss. S	Most Holy Savior of	My love is crucified.
28.	Sr. Tessa	November 20	P. S. O. L	St. Bridget	Gladly emptying to God, in imitation of Christ
29.	Sr. Mangala	February 18	S. C. B	Poor sisters of our Lady	Compassionate love
30.	Sr. Rita D'souza	December 8	S. C. C	Sisters of Charles	Make the Good God known and loved
31.	Sr. Sunitha	July 25		Borromeo	
32.	Sr. Anila	December 16		Sisters of the Cross of	
33.	Sr. Arul Vignasini	November 19		Chavanod	
34.	Sr. Devamatha	June 3			Availability to the will of God
35.	Sr. Rose Mary	March 17	S. J. C	Sisters of St. Joseph of	
36.	Sr. Roshna	December 31		Cluny	
37.	Sr. Joan of Arc	March 1	S. M. M. I	Salesian Missionaries of	Sent on Mission to Women and to the Poor
				Mary Immaculate	

S. NO	NAME OF THE SISTERS	TITLE OF DISSERTATION
1.	Sr. Albisiya. CTC	Role of Consecrated Women in the Modern World
2.	Sr. Alphonsa. MSI	The art of reaching God according to St. John of the Cross
3.	Sr. Amrita. ASMI	Life and Spirituality of St. Theresa of Lisieux
4.	Sr. Anila. SJC	Living a Poor life for Jesus as Religious
5.	Sr. Annet. ASMI	The Spirituality of St. Clare of Assisi
6.	Sr. Anupama. OSS	The Holy Eucharist: Mystery of Faith, Self- giving Love and Union.
7.	Sr. Anusha. MMM	Merciful Works of Mother Theresa.
8.	Sr. Bincy Puthenpurayil. MSJ	Contemplation in Action- the life of medical sisters of St. Joseph
9.	Sr. Carmela Ekka. MSI	St. Ignatius Soldier of Christ
10.	Sr. Deepa Erupakkattu. MSI	Jesus' Compassionate Love towards Humanity
11.	Sr. Devamatha. SJC	Consecrated Life- the practical living of Evangelical councils
13.	Sr. Grace. BSM	Mary, Mother of Faith
14.	Sr. Grazia. OSS	Life and spirituality of St. Theresa of Avila
16.	Sr. Jyothi. MSMM	Mary, Mother of God
18.	Sr. Maxina Malu. AASC	Jesus personal encounter with the women: A paradigm for the Adorers Pedagogy of love towards women
19.	Sr. Mounika. MMM	Mary in the Life of Jesus and the Church
20.	Sr. Neelam. BSM	The Holy Eucharist.
21.	Sr. Pranathi. OSS	The Journey of Saint Paul the Apostle
22.	Sr. Pricilla. CTC	Three fold Dimensions of Religious life
23.	Sr. Priya Premi Hembrom. MJM	Mary the pilgrim of Faith
24.	Sr. Ratna Mallampalli. MSI	Empowerment of Women
25.	Sr. Rekha. HCM	Healing ministry of the Catholic Church
26.	Sr. Rita. SCC	Demands of Jesus on Discipleship
27.	Sr. Rose Mary. SJC	Ecological Spirituality
28.	Sr. Roshna. SJC	Infant Baptism
29.	Sr. Royna Malyackal. MSJ	Communion with God the Father – our Supreme Goal
30.	Sr. Sarita Soyam. MJM	Life and spirituality of St. Francis of Assisi
31.	Sr. Shona. OSS	Life and Teachings of St. John Bosco
32.	Sr. Sunitha. SCC	Pope Francis – Bacon of Light to Family Life
33.	Sr. Sushanthi. OSS	The Life and spirituality of St. Theresa of Child Jesus
34.	Sr. Jessy Patil. PSOL	St. Joseph the Model of Humanity
35.	Sr. Vignasi. SJC	The Radical Jesus in His Teachings

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.

The beauty of Religious Life



“At the origin of the religious consecration there is a call of God for which there is no explanation apart from the love which he bears for the person whom he calls. This love is absolutely gratuitous, personal and unique. It embraces the person to the extent that one no longer pertains to oneself but to Christ”.

The religious vocation is born and is sustained, above all, by a profound experience of God, feeling loved by God the Father, to be with Jesus, to allow oneself to be led by the Spirit. The call originates from an interior encounter with the love of Christ, which is a redeeming love. This love is absolutely free, personal and unique. It empowers the person to such an extent that one no longer belongs to self, but to Christ. The religious receives a special call to live the common vocation in a different way. There is an adhesion of faith to Christ as expressed in the Gospel, a free will to act, and an immediacy in the availability of the whole person and for the whole of life.

Religious life, while is a gratuitous gift from God, is and has been the response to Christ's radical demand of total discipleship. This is a call to leave their ordinary lives behind and to enter into a close relationship with him.

Through the special grace of intimacy, that the Lord gives, the person is made capable of responding to the demands of a total self-gift through the profession of the evangelical counsels. Religious conversion instead is otherworldly, a total and permanent self-surrender without condition, qualification or reservation. This is a transformation of the entire personality of the religious, her/his way of feeling, thinking, loving, reacting, acting, and relating to others.

Religious life as the highest fulfillment of the Christian life can never be a completely personal venture of prayer, spiritual reading, and frequent intimacy with Christ through the liturgy. We can come to understand this within the community, where a false spirituality is easily discovered by undue unwillingness to help the other members. The values lived, learned and imbibed at home becomes the source of energy. The religious radiates in her/his different roles the practice of virtues first instilled in her/him by the family through her/his parents and siblings.

For many people religious life is like the other side of the moon, the side we do not see. They pass by the door of a religious house and many wonder what life inside is like. Just as the moon, religious life generally has merely one side turned towards those on the outside. For, religious are called to show Christ to the world. They have dedicated their whole lives to His service. This constitutes a special consecration which is deeply rooted in them. Religious are being asked to bear witness everywhere with the boldness of a prophet who is fearless of risking even her/his life. The zeal for the salvation of souls and the responsibility to

work for their salvation and sanctification and to live an exemplary life should exist in full measure in each religious.

Religious actively participate in various apostolic activities of the Church as they commit themselves to a specific charism. In every religious, faithfulness and sincerity are special features of an integrated person; kind words and generous deeds add beauty to her/his personality. The vocation of all

Christian is a call to holiness that consists in the perfection of love. However, religious life is a question of following Christ intimately and expressing this by conforming one's whole existence to Christ in an all-encompassing commitment. "Accept what's happening in your life right now, put what has happened behind you, let it all go and have faith that good things are coming your way".

Sr. Albisiya. CTC

Some Motivational Thoughts...!

Happiness:

If you want to be happy make others happy. Happiness is found in doing, not merely in possessing. Happiness is the one asset that increases when it is given away.

Silence:

Silence is very good medicine for the heart. Flowers are sunshine, food and medicine to the soul. Accumulate power in silence, and become a dynamo of

spirituality. Relaxation is the very soil in which roses of enlightenment grow. Talk peaceful to be peaceful.

Keep Smiling:

Keep a smile in your voice. You are never dressed properly until you wear a smile. A smile is a gently curved line that sets a lot of things straight. Laughter may be hazardous to your illness. A merry heart does good like a medicine. Laughter is the shortest distance between two people.

- Sr. Amrita. ASMI

Dare to. . . !

Dare to try. Dare to love. Dare to make a commitment. Dare to take a risk.

Robert Schaller says if you don't dare to take a risk, you will never get ahead; you will never solve your problem. To laugh is to risk appearing sentimental. To search for another is to risk involvement. To expose your feeling is to risk exposing your true self. To love is to risk not being loved in return. To try is to risk failure. By not being daring, one may avoid suffering and sorrow but one can't learn, feel, change, grow, love, and live.

So I dare to risk and I believe that I will be a wonderful and unique person. It is my duty to be who I am; life is not a problem to solve but a gift to cherish. Only a person who risks is free.

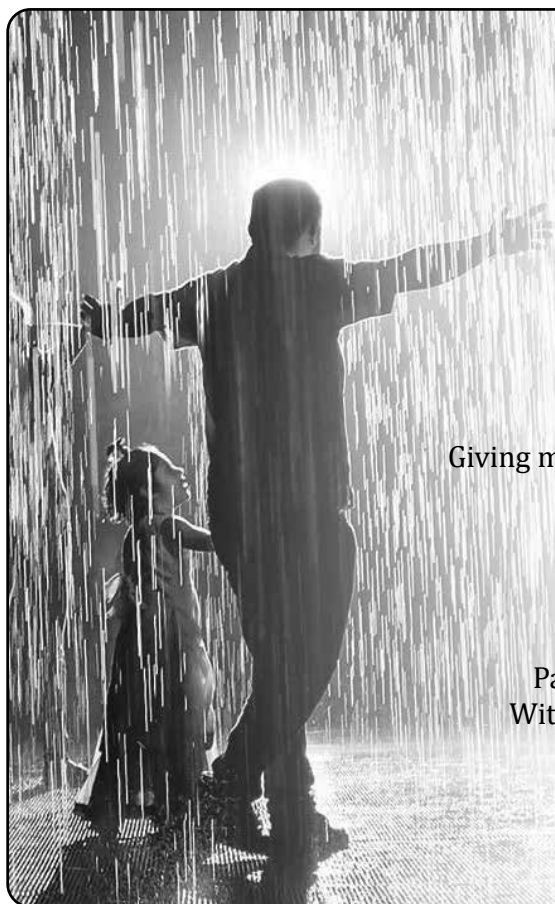
- Sr. Annet Francis. ASMI

Riddles

- 1) I have no life, but I can die - what am I?
- 2) When the water comes down, when it rains, I go up - what am I?
- 3) I never ask questions, instead I always answer - What am I?
- 4) You can break me easily without even touching me or seeing me - What am I?
- 5) What has many keys but can't open a single lock?
- 6) I am tall when I am young and I am short when I am old - What am I?
- 7) I have no head, no hands, and legs but a big eye - who am I?
- 8) I have no eyes, legs and hands but a big head - who am I?
- 9) Either sides CH and UR in the middle - What am I?

*Answers: 1) A battery 2) An Umbrella 3) A doorbell
4) A Promise 5) Piano 6) Candle 7) Needle 8) A Pin 9) Church*

- Sr. Alphonsa MSI



RAIN

Oh! Rain Oh! Rain dazzling rain
Peeping me from the dark clouds
Pattering on me shining pearls
You gladden my heart to enjoy the bliss.
Oh! Rain Oh! Rain lovely rain
Showers of your glittering pearls
Have cleansed my pain and sorrows with it.
Giving me hope for the bright future with a rainbow.
Oh! Rain Oh! Rain my dearest friend
Calling me with vigils of thunder
Taking my attention to smile
Flashing on me with silver line lights.
Oh! Rain Oh! Rain gift of my God
Pattering you gently touch every life on earth.
With your gentle touch the nature is admirable.
Every visit of yours soothes my heart.
Thank you, dear rain, come again.

- Sr. Alphonsa MSI

GUESS THE TITLES...!

APOSTOLIC EXHORTATIONS

1. IDAERQU MAAOZANI
2. LEIINGEVA AGUIUDM
3. SRIAILIAMF OTIORSNOC
4. CCELSEAI NI AIAS
5. MUTENAMRESA TISTARICA
6. ILIGEANEV UNNTINAID
7. BUMERV DNIMIO
8. USSTIRCH VVTII
9. EETUDGA TE XESUTLTAE
10. SRIOAM AALEIITT

PAPAL ENCYCLICALS

11. EAANUMH ETAVI
12. IELLATFR TTTUI
13. ISROAM TIAITAE
14. TODAAUL IS
15. NEMLU IIFDE
16. MTUVUL EID UAQEEERRE
17. DIAOREIRSEMI TE RASEMI
18. ELIIGNVAE GUAUDIM

THE 16 DOCUMENTS OF THE SECOND VATICAN COUNCIL

19. UMTNCSACROSA NCOICILMU
20. DA NEGETS
21. DEI VERBUM
22. OSRATN TEETAA
23. REPCEFAET ACTARI STI
24. UIMUADG TE PSSE
25. SERPYBETRROMU DRINISO
26. TAITSNIIIGD ANAEMHUM
27. OPASTOILMCA ATUCOTASITEM
28. MTUVUL EID UAQEEERRE
29. AAMTTOP OTITSU
30. TSUSIRCH ODMIUNS
31. ERNTI IIIMRFA
32. MENLU NEG TUIM
33. LUIMATENORI CCEELISRAMU
34. AITTSNUI ERIDNETRGTAOI

34. Unitatis Redintegratio
33. Orientalium Ecclesiarum
32. Lumen Gentium
31. Inter Mirifica
30. Christus Dominus
29. Optata Totius
28. Gravissimum Ed Ucationis
27. Apostolicam Actuositatem
26. Dignitatis Humanae
25. Presbyterorum Ordinis
24. Gaudium Et Spes
23. Perfectae Caritatis
22. Nostra Aetate
21. Dei Verbum
20. Ad Gentes
19. Sacrosanctum Concilium
18. Evangelii Gaudium
17. Misericordia Et Misericordia
16. Vultum Dei Quaerere
15. Lumen Fidei
14. Laudato Si
13. Amoris Laetitia
12. Fratelli Tutti
11. Humanae Vitae
10. Amoris Laetitia
9. Gaudete Et Exsultate
8. Christus Vivit
7. Verbum Domini
6. Evangelii Nuntiandi
5. Africae Munus
4. Ecclesia In Asia
3. Familiaris Consortio
2. Evangelii Gaudium
1. Querida Amazonia

Answers

- Sr. Anusha. MMM

St. Joseph – Patron of the Universal Church

O dear father St. Joseph
Our father St. Joseph
We ask you to bless us all
Intercede for us always to your son.

Provider of the Holy Family.
Guide and protect our families
Keep them all in your fatherly heart
Help them to love Jesus day by day

Joseph the church of God protect
Guide your church in fidelity
Guide your priests always in holy way
So that they may be good shepherds.

Shield of virgin, Tower of David
Pray for all virgins and nuns
Lead them, protect them with your mighty hands
So that they may be safe always.

O dear father St. Joseph
You always listen to God in silence
Make us to be a careful listener
In our daily life always



- Sr. Bincy, MSJ

Love and Respect thy Parents...!

There lived an old man who one day took his phone for repair. The phone technician told the old man that there was nothing wrong with his mobile and that it was perfectly alright. He also called the old man's number to confirm and the old man was surprised to see that it worked. The old man finally exclaimed: "Then why don't my children call me...?"

Never neglect parents. They are gift from God. Because God could not be physical present everywhere, he created parents for us. We sometimes are workaholic and are seemingly addicted to a mechanical lifestyle. We might lose one project... but we might manage to get another, we might lose one job... but we are sure to get another.

We cannot apply this theory with our parents. Therefore, when they are still alive, let's learn to value their presence and their great sacrifices which have borne fruits in us.

It is worth recalling Abraham Lincoln, the 16th US President who once said about his mother Nancy (Hanks) Lincoln, who died when he was 9 years old: "All that I am, or hope to be, I owe to my angel mother."

- Sr. Mary Grazia, OSsS.

Rainbow

O! Rainbow tell me
From where did you get this beauty?
Oh! How dazzling you are
Is it the Lord's majesty?
What wonderful colors you have!
Marvelous are the hands that
Made you for the pleasure
Of the young and the old
Where are these going during summer?
How do you come back with the rain?
Season like a crescent moon
Appearing now and disappearing there
Flowers have one or two colors
But you have seven
Is this God's grace?
My sorrows disappear
Whenever you appear
Oh! What a magic!
Will no one tell about this secret. . ?

- Sr. Joan of Arc. SMMI

MY PSALM

Oh My Love, How can I thank you?
You gave me precious gift of life
You filled my life with your love
You gifted me my family and congregation
You invited me to be part of your mission
By granting me the gift of my vocation.
I was hidden in the world in the corner
But you discovered me like pearl in the oyster
You are there always with me
Though you know I am not worthy
You walk along my side
When things go wrong in my life.
You gave me everything what else I need
Oh yes . . your Grace. . yes Your Grace
Every day every hour
and every second of my life
Is what I need.

- Sr. Maxina Malu AASC

POOR CAT



Once upon a time, there was a wood shop run by a cat. It so happen one day that a hungry calf with its mother was going on that way. Seeing the wood shop the calf, hungry and frustrated, destroyed the wood in the shop. Meanwhile, the cat was having breakfast in the kitchen. **Then the following conversation took place between the cat and the calf:**

Cat- Hey dear calf why did you destroy my shop? (And cat started to cry).

Calf- My mother is not giving me milk.

Cat- Hey my dear Aunty (Cow) why did you not give milk to your baby.

Cow- Grass is not growing.

Cat- Grass why are you not growing?

Grass-There is no rain... so I cannot grow.

Cat- Rain what happen to you? Why are you not raining?

Rain- Frogs are not crying.

Cat- Hey my dear frogs, why are you not crying?

Frogs- Snakes are eating us.

Cat- Hey friends, why are you eating the frogs?

Snakes- Dear cat that is our Breakfast, Lunch and supper.

- Sr. Priya Premi JMJ

HOPE OVER FEAR

Life is not a bed of roses...and everyone has their own problems and fears.

As a child we had the common fear of going to school because we would have to stay away from our parents, as teenagers we have fears of being rejected socially and as adults, the fear of facing all the responsibilities and not fall apart. How to overcome these fears...? It's possible only with hope.

Hope is a strong feeling that good things are here or yet to come; it is a feeling that keep us going in life. What would happen if we would give up hope? We would lose the purpose of life, we would stop growing as individuals, because hope gives us a reason to live, it helps us to fight over fears. So when a problems arises next time, don't give up, believe in yourself, don't give up hope and you will end up much stronger and happier.

Fear approaches with the darkness of night, but hope comes with the light.

Fear scares with the thought of famine, but rain brings hope.

Fear frightens with the exams, but hope enlightens with the preparation.

Fear comes with the failure, hope sparkles up with hard work.

Fear is the reason of frustration, hope gratifies the soul.

Fear surrounds us like an evil; hope shows the path of right and good.

Hope is a star which shines like a diamond in the sky full of darkness.

Hope is an oasis in the desert of fear

Hope is the tree in a summer afternoon

Hope is a bird wandering for its home.

Let hope nest in you, so that in all situations you will win over fear and discouragement.

- Sr. Mounika Pavurala. MMM

Meaningful expression of the word "THANKS"

T--- there's a rare and special quality in the way some people live.

H--- however busy they may be, they still have time to give.

A--- anything you ask or need, they will do their very best,

N--- no matter what the task is or how simple the request.

K--- kindness just comes naturally to this rare and selfless few,

S--- specially, giving people - people just like you!



- Sr. Roshna, SJC

A Strong (Confident) Woman

I am woman a strong (Confident) woman
 I might be mother I might be sister
 I might be none
 But yes I know I am a strong (Confident) woman

No race, no cast can stop me
 No region, no religion can hold be back
 For I am a woman a strong (Confident) woman

Love and hatred cannot weaken me
 Spear cannot pierce me
 For I am a woman a strong (Confident) woman

Beauty and figure cannot judge me
 Like and dislike cannot change me
 For I am woman a strong (Confident) woman

Freedom is my choice
 Justice and equality is my right
 No one can take away this from me
 For I am woman a strong (Confident) woman.



Sr. Maxina Malu AASC

PUZZLE

FIND OUT OUR DYANAVANA COMMUNITY MEMBERS (25th batch- 2021- 2022)

A	L	E	M	R	A	C	I	N	I	M	O	D	I	M	S	N
M	D	O	G	F	O	E	C	N	E	S	E	R	P	W	A	L
S	P	R	I	S	I	L	L	A	N	N	E	T	R	H	X	R
J	M	O	Q	I	N	I	S	A	G	I	V	E	T	O	J	R
A	A	S	N	O	H	P	L	A	F	B	T	A	X	L	S	O
H	X	S	M	Z	Y	C	N	I	B	R	R	C	A	Y	U	S
T	I	E	S	H	A	N	T	Y	O	B	A	N	R	G	N	H
U	N	C	X	A	Q	C	R	F	O	T	U	N	U	H	I	N
R	A	R	P	K	N	E	M	Q	I	S	P	A	N	O	T	A
M	D	E	V	A	L	O	L	R	H	T	U	O	J	S	H	N
A	E	T	S	G	C	D	H	A	S	E	K	J	P	T	A	I
D	G	N	A	R	O	L	E	S	N	U	O	C	I	Y	N	T
J	R	I	N	A	R	T	S	A	R	I	T	H	A	U	I	H
Y	A	Y	Y	Z	E	P	A	R	A	C	L	E	T	E	L	A
O	C	M	O	I	W	O	T	A	Y	I	S	I	B	L	A	D
T	E	S	R	A	Y	I	R	P	Y	R	A	T	H	N	A	O
H	E	O	M	A	L	E	E	N	F	A	K	I	N	U	O	M
I	A	R	S	F	D	G	J	L	M	N	B	V	C	X	Z	V

Answers: Maxina,
 Annet, Amrita, Grace
 Mary, Neelam, Albisiya,
 Pricilla, Shanthi, Florence,
 Rekha, Ushus, Priya,
 Sarita, Anusha, Mounika,
 Alphonsa, Carmela, Ratna,
 Binoy, Deepa, Royna,
 Jyothi, Anupama, Pranathi,
 Sushanthi, Grazia, Shona,
 Tessy, Mangala, Rita,
 Sunitha, Anila, Vigasini,
 Devamatha, Rose, Roshna,
 Sloan of Arc

-Sr. Royna Maliyackal MSJ

I LOVE MY RELIGIOUS LIFE

“Through baptism one dies to sin and lives in Christ and is consecrated to God. To make this consecration more intimate and fruitful a Christian consecrates oneself to God anew by the profession of the evangelical counsels of chastity, poverty and obedience to meet the challenge of Christ - “...come follow me”(Mt. 19:21) (CTC Constitution chapter -1 article no. 2) and yes this is the life I have willingly accepted.

Religious life is about consecrating oneself to a particular understanding of Christian journey. A call to religious life is a call to follow Christ with one's whole heart of loving Him more than anyone and anything else. Religious life is also called as consecrated life. Consecrated life is a state of life in the Catholic Church lived by those faithful who are called to follow Jesus Christ in a more exacting way. Religious life is a search after God. As St. Benedict says: “Religious is a seeker after God. It is a whole- hearted search after Christ.”

Today I am so glad and very proud to say that I love my religious life in Carmel. I am extremely happy to be a member of Carmelite family. From the very beginning of my Candidacy till my novitiate I was in search of the treasure of my life, none other than Jesus Christ. During these six years I learned more about myself, about my Congregation about our Constitution, Rules and Regulations and about Word of God, and I came to know who Jesus is for me. This is not the end of my formation; I know I am called to grow until I become fully mature with the fullness of Christ. Ongoing formation is an intrinsic requirement of my religious consecration for confirming myself more closely to Christ. Therefore I need to be diligent in my spiritual and practical

formation throughout my life.

Today with grateful heart I can say that I have really found the treasure of my life. I accept Jesus Christ as my bridegroom. I love Him and He loves me too. Today I have renounced my marriage life out of love for Christ and have totally given myself to Him. I have said my final ‘Yes’ to God knowingly, willingly and happily with a commitment to remain faithful to Him always and forever. These seventeen years of my life-journey in the garden of Carmel has taught me a lot. I am touched by God and have grown through the guidance and prayerful support of my Superior Generals, Provincials, Superiors, Mistresses and all the members of the Carmelite family.

In the Gospel of St. John 15:16 the word of God reminds me: “You did not choose me but I chose you and appointed you to go and bear fruits, fruits that will last...” Yes I am specifically chosen by God and as a religious the purpose of my life is to live like Jesus Christ and give Christ to others. I am called to bear much and sweet fruits of love, peace, joy and forgiveness and help people to know Christ, to love Christ, and to serve Christ. The precious gifts which I have received on the day of my first commitment is (Is. 43:1) “I have called you by name, you are mine” and on the day of my final commitment is (Mt. 28:20) “I am with you always, to the end of the age.” Yes, I love my vocation very much and I am proud to say that I belong to Him alone. I want nothing but to grow in ultimate relationship with Him who loves me and to do everything with love. Just like St. Therese of Child Jesus, I would like to glorify my beloved through my consecration and dedication.

- Sr. Prisilla, CTC

“Sad Days of Golden Life”

There is a saying that Student life is a Golden Life. School days should be a happy and memorable days for every student. But some days could be a misery for most of the children, especially when they are bullied and tormented because of the ragging they undergo by their seniors.

Unfortunately, bullying is quite common in most of the schools, colleges and even at work premises. Every child, during it's so-called “Golden Life,” has to swallow this bitter pill.

A girl from a middle-class family, who was a studious student of a reputed school, had become a victim to such bullying. It had almost become a part and parcel of her student life. She was ragged practically every day for weeks and months and she always came back home crying. But was unable to open herself up to her parents because her mother was a very strict woman. Because of this fear, this little girl had to single-handedly battle her own problems.

She experienced bullying not only from her friends, but also from the parents and even the teachers of her school. She spent her entire school life, the so-called ‘Golden Life’ under this situation.

She is not the only victim of such a harsh treatment. Today, many young boys and girls are undergoing such harassment in their schools and colleges. From humanitarian point of view, this is absolutely not permitted. We have to learn to respect and accept each person, as he/she is and live in harmony with each other. It's time to develop a strong we-feeling instead of always using words like ‘I,’ ‘Me,’ and ‘Mine.’

I want to spread this message to all the readers that let us not be silent when we see such students who are bullied and are unable to speak up for themselves. Let's learn to be voice of the voiceless and power of the powerless.

Sr. Rosemary Tamang, SJC

The Sparkle

Sparkle of life, magic of moment
Beauty has descended on moon's crescent
Amazing how much happiness shines
In your beautiful brown eyes.

You fill my dreams with your play
Your smile illumines my soul's bay
Gliding on wings of wind you sway
No, please don't run away.

Walls of separation do arise
It's but momentary let's not break our ties
I hope you'll hear my soul's cries
Searching for your beautiful brown eyes.
Why silent O queen of beauty
Your precious words will set my destiny
Engrave your sentence on my heart's niche
If not love then death my companion I wish.
Memories made stories lest it dries
In your beautiful brown eyes.

- Sr. Rita D'Souza. SCC

Let's define our future

There have been always plagues, famines and wars, but the pandemic COVID 19 is the greatest challenge humanity has faced after World War II. Like a storm, it has ushered in abrupt changes: the masks and physical distancing have engendered social distancing as well as the collapse of business has resulted in unstable economy; the closure of places of learning and worship has deprived people of their customary sources of strength; the suspension of vacations and family celebrations have also caused untold anguish and depression to many. What makes it still worse, is the uncertainty that is continuing. The context of the Pentecost was similar to that of the Covid 19.

The apostles were huddled together in the upper room because of fear and insecurity. However, on the day of the Pentecost something unbelievable happened, and they were totally transformed, and it made a huge difference for the future of the mission that Jesus had begun. It is the same spirit of

Pentecost that seems to be prevailing during this time of the pandemic. There has been a sudden spurt of life among us.

Humanity seems to have become aware of its primary concerns viz. life and survival. The human race seems to have got united regardless of all the boundaries: global discourses are held on health and hygiene, collective attempts are made to discover the vaccine, and many people have volunteered to be corona warriors in spite of the risks involved.

This spurt of life is a hope amidst uncertainties, courage amidst fear and freedom amidst restrictions. This presents us with opportunity to witness how the Spirit works when everything else fails. So let's march with confidence relying on the same Spirit that guided and led the apostles to be courageous and bold warriors. As we march forward may we also experience God's powerful presence in our in our life.

- Sr. Shona. OSsS

Inspirational Story of Two friends

There were two thick friends who once went out for play. One among them knew to climb the tree but the other didn't. While playing, to their bad luck, suddenly a ferocious bear approached them, and they both ran out of fear. The one who knew to climb the tree, managed to save himself from the claws of this threatening bear. The other had to quickly device a plan to save his life. So, when he saw the bear coming closer to him, he suddenly fell on the ground and pretended as if he was dead, just like a corpse. Now, the bear normally eats fresh flesh. So, after sniffing the so-called dead body for while, it goes back to the jungle. His friend, who is taking refuge on the branches of the tree keenly

observes this, comes down and asks his friend what the bear whispered in his ears. This friend replies: "The good bear advised me never to believe in a friend like you who leaves me alone in times of danger and difficulties."

It is very true that "A friend in NEED is a friend INDEED. It is almost the oldest known phrases with the first usage in Latin by Quintus Ennius in the 3rd century BC – *Amicus in penuriibus, amicus de facto...*! When translated it means that a sure friend is identified or recognized when there is a real difficulty. It has been in existence since the 11th century by the Oxford Dictionary.

- Sr. Sarita, JMJ

Gift of Faith...!

*"Even today it is not easy being a Christian,
but we must find a way to live our faith without compromise."*

Faith is something which comes from God. The faith we receive is, the faith we manifest. Just as oxygen in the air nourishes the body; so also faith nourishes the heart and the soul. It's part of every muscle and every strand of thought. It is the fundamental foundation of our existence.

Everybody has some kind of faith, people have faith in different persons and things: we have faith in doctors, drivers our cooks, our teachers, etc.

When our faith begins to reflect that deeper knowledge and experience of Jesus, then our life will begin to change. I am very glad to express that I received my faith, first from my grand-parents and my parents continued to nurture and deepen my faith through their upright upbringing. This has transformed me, helping me to develop a good value system in life. Perhaps many, who have received the gift of faith during their childhood, might

have given up because of certain unforeseen circumstances in life. Though every person undergoes certain difficulties when one's faith is tested, the one who withstands every trial experiences that his/her faith is refined like gold. People around me start noticing a gradual change and transformation in my way of living. Quite literally, life begins to reflect the image of Christ. Just as the goldsmith identifies pure gold when he looks into the lump of metal, similarly, Jesus desires his reflection in our lives. We will be able to reflect Jesus in and through our lives only when our faith is tried and tested and we boldly overcome this test. Therefore, as we grow in the intimacy of Jesus Christ, our faith should reflect Jesus and reveal Him to a world in which we live and serve. I strongly believe, it is only through a life dedicated totally to Christ and Gospel values, we will begin to see Him as He really is.

- Sr. Ratna, MSI

LET US SPY OVER THE SYNODAL PUZZLE

S	Y	N	O	D	A	N	J	S	H	A	Z	A	S	S	E	M	B	L	Y	J	N	K
M	S	B	X	C	I	V	N	M	W	A	N	E	T	S	H	O	C	S	P	V	K	L
O	U	O	T	U	R	N	O	U	T	A	O	D	Y	Q	J	N	N	S	Q	X	U	K
N	N	J	S	C	S	A	R	I	E	C	M	D	N	K	P	D	M	E	R	M	B	P
A	I	F	N	J	H	T	L	Q	R	V	O	B	G	S	W	F	O	R	U	M	R	Z
M	T	Z	I	E	I	U	Y	L	T	B	E	N	E	A	N	K	N	G	N	S	U	C
N	E	I	G	E	K	Z	R	A	Y	B	I	E	C	U	A	E	W	N	C	W	R	O
O	C	E	O	T	B	G	P	C	U	R	F	R	O	L	P	V	A	O	J	G	I	N
I	O	O	T	T	D	M	Q	Y	H	E	H	G	U	L	A	F	P	C	W	H	T	F
T	M	P	K	I	O	G	H	T	P	M	B	H	N	I	W	V	I	L	K	Z	A	E
A	P	M	S	M	N	R	A	P	W	S	A	D	C	P	N	N	E	E	N	N	A	R
C	L	I	T	M	P	G	I	S	D	U	F	S	I	H	B	C	Q	L	F	L	W	E
O	U	S	N	O	N	H	U	E	H	S	N	M	L	J	E	M	J	P	Q	F	O	N
V	S	S	I	C	Z	I	E	V	X	E	O	X	P	P	O	O	D	O	K	J	P	C
N	I	I	A	N	O	I	T	A	P	I	C	I	T	R	A	P	X	E	C	N	R	E
O	N	O	S	L	K	A	M	O	L	J	P	P	E	Q	W	S	H	P	J	A	N	W
C	O	N	O	I	T	N	E	V	N	O	C	B	U	O	P	A	T	K	B	M	F	Q
O	N	D	O	O	F	D	O	P	R	E	S	B	Y	T	E	R	Y	L	G	D	D	I

Answers: Synod, Assembly, Convocation, Meeting, Gathering, Conclave, Council, Body, Convention, Conference, Congress, Committee, Rally, Forum, Participation, Mission, Confab, Turnout, Church, People, Presbytery.

- Sr. Rita Dsouza

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ಉತ್ತರ ಕನ್ನಡ ಜಿಲ್ಲೆಯ ಹೆಮ್ಮೆಯ ನಹಕಾರಿ

• ಕರ್ನಾಟಕದ 9 ಜಿಲ್ಲೆಗಳಲ್ಲಿ 111 ಶಾಖೆಗಳು



ಉತ್ತರಕನ್ನಡ - 47	ಧಾರವಾಡ - 09
ಮಂಗಳೂರು - 16	ಬೆಳಗಾವಿ - 04
ಉಡುಪಿ - 12	ಚಿಕ್ಕಮಗಳೂರು - 03
ಶಿವಮೊಗ್ಗ - 10	ಮೈಸೂರು - 02
ಹಾವೇರಿ - 08	

• ವಾರ್ಷಿಕ ವಹಿವಾಟು - 5338 ಕೋಟಿ

• ದುಡಿಯುವ ಬಂಡವಾಳ - 1070 ಕೋಟಿ

• ಕಾರ್ಯಕ್ಷೇತ್ರ - ಕರ್ನಾಟಕ ರಾಜ್ಯ

• ಉದ್ಯೋಗಾವಕಾಶ - 1518

ಆಕರ್ಷಕ ರೇವು ಯೋಜನೆಗಳು

10%
5 ವರ್ಷ

9%
999 ದಿನಗಳಿಗೆ

8.5%
555 ದಿನಗಳಿಗೆ

8%
366 ದಿನಗಳಿಗೆ

ಹಿರಿಯ ನಾಗರಿಕರಿಗೆ
ಅಧಿಕ 0.50%
(366 ದಿನಗಳಿಗೆ)

ವಿಧವೆರಿಗೆ, ಅಂಗವಿಕಲರಿಗೆ, ಸ್ತ್ರೀರಿಗೆ, ನಿವೃತ್ತ ಸೈನಿಕರಿಗೆ, ರೇಷನೇಶಿಯನ್ ಕುಟುಂಬದ ಸೈನಿಕ ಕುಟುಂಬದವರಿಗೆ, ಪೊಲೀಸರಿಗೆ, ನಿವೃತ್ತ ಪೊಲೀಸರಿಗೆ

ರೂ.5000 ದಿಂದ ಕೋಟಿಯವರೆಗೆ ಸಾಲ ಸೌಲಭ್ಯ
ಭದ್ರತೆಗೆ ಒಳಪಟ್ಟ ಸಾಲ ಪಡೆದು ಯೋಜನೆಯಿಂದ ಸ್ವಯಂ ಉದ್ವಿಗ್ನರಾಗಿರಿ

ತಲಿತ
ಪಾವನ ಸಾಲ



ವಿವಿಧ ಸಾಲ ಯೋಜನೆಗಳು

ಗೃಹ ಸಾಲ

ವ್ಯಾಪಾರ ಸಾಲ

ಜಮೀನು ಹಾಗೂ
ಕಟ್ಟಡ ಒತ್ತೆ ಸಾಲ

ವೈಯಕ್ತಿಕ ಸಾಲ

ಗೃಹ ಖರ್ಚಿಗೆ
ಸಾಮಗ್ರಿಗಳ ಮೇಲೆ
ಸಾಲ

ಕುವರ್ ಡ್ರಾಫ್ಟ್ ಸಾಲ

ವ್ಯಾಪಾರಸ್ಥರಿಗೆ,
ಸ್ವ-ಉದ್ಯೋಗಿಗಳಿಗೆ,
ಗುತ್ತಿಗೆದಾರರಿಗೆ,
ನೌಕರದಾರರಿಗೆ,
ವೃತ್ತಿಪರರಿಗೆ

ಸ್ವ-ಉದ್ಯೋಗ ಸಾಲ

ವಿವಿಧ ಅತ್ಯಾಕರ್ಷಕ-
ಲಾಭದಾಯಕ
ಜೀವ ವಿಮಾ
ಪಾಲಿಸಿಗಳ ಮಾರಾಟ



ಜೀವ ವಿಮಾ ಪ್ರೀಮಿಯಂ
ಕಲೆಕ್ಷನ್ ಸೆಂಟರ್

ಪ್ರಹಾರಿಯ ಮೌಲ್ಯಧಾರಿತ ಸೇವೆಗಳು

* ಆರ್.ಒ.ಕೆ.ಎಸ್/ ಎನ್.ಇ.ಎಫ್.ಒ/ (ಪ್ಯಾಂಕ್ ಸಂಯೋಗದೊಂದಿಗೆ) * ಮನಿ ಟ್ರಾನ್ಸ್‌ಫರ್ ಸೇವೆ: ವೆಸ್ಟರ್ನ್ ಯೂನಿಯನ್/ ಎಕ್ಸ್‌ಪ್ರೆಸ್‌ಮನಿ/ ಮನಿಗ್ರಾಮ್/ ಟ್ರಾನ್ಸ್‌ಪಾಸ್ಟ್/ ಮುಕ್ತಾಡ್ ಗ್ಲೋಬಲ್ ಪೇ/ ರಿಯಾ ಮನಿ * ಇ-ಸ್ಟಾಂಪಿಂಗ್ ಸೇವೆ * ಪಾನ್ ಕಾರ್ಡ್ * ಐನರ್‌ಲೈ ಇನ್ಸುರೆನ್ಸ್ ಆರೋಗ್ಯ/ ಸ್ಟಾಕ್/ ಕಟ್ಟಡ * ಆರೋಗ್ಯ ಕಾರ್ಡ್ ಸೌಲಭ್ಯ: ಮಣಿಪಾಲ/ಫಾದರ್ ಮುಲ್ಲರ್ * ಕಸ್ಟೋಮರ್ ಅಸೈಸ್ಟ್ ಮಣಿಪಾಲ ಇದರ ನೋಂದಣಿ ಹಾಗೂ ಮಾಹಿತಿ ಕೇಂದ್ರ

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ಎಸ್.ಆರ್.ಮೋಹಲ್ಲಾ : #155, "ಜಯಚಾಮರಾಜೇಂದ್ರ" 6ನೇ ಕ್ರಾಸ್, ಟ್ಯಾಂಕ್ ರೋಡ್, ತಿಬ್ಬಾಡೇವಿ ಥಿಯೇಟರ್ ಎದುರು, ಮೈಸೂರು-9606013305

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*Pascal and Roselinda Monteiro,
Ryan, Prema, Reha and Royston Monteiro
Rochelle, Graham, Grace and Galen D Souza*



*Of Dhyavanava's silver
We hail the atmosphere;
Its triumphs and its trophies
We celebrate this year.
From week to week we marvel
As new wonders we hear,
Of roads that lead to heaven,
And bring what's distant, near.*

*With prayers and best wishes,
Fr. Superior and Community
Carmelite Monastery
Aquem, Margao*

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"ಕಿತ್ಲೊ ಚಡ್ ತುಂ ಮ್ಹಾಕಾ ಮಾನ್ ಕರ್ತಾಯ್
ತಿತ್ಲೊ ಚಡ್ ಹಾಂವ್ ತುಕಾ ಆಶೀರ್ವಾದಿತಾಂ"



ತುಮ್ಮಿ ಸೆವೆಂತ್ ಪೂನ್‌ಶೆತ್

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ಸಾಂಜೆರ್ 6.00 ವೊರಾರ್
ಆಯ್ತಾರಾಚೆಂ ಮಿಸಾಂ: ಸೆಕಾಳಿಂ 6.00 ವೊರಾರ್
ಆನಿ 7.30 ವೊರಾರ್
ಮಂಗ್ಳಾರಾ ಸಾಂಜೆರ್ 6.00 ವೊರಾರ್
ಮೀಗ್ ಆನಿ ಸಾಕ್ರಾಮೆಂಟಾಚೆಂ ಆರಾಧಾನ್

ದ್ವೈವಿಕ್ ಕಾಕುಳೆಂ ನೊವೆಲ್: ಸ್ಪ್ರಿಕ್ಟಾರಾ ಸಾಂಜೆರ್
6.00 ವೊರಾರ್ ಮೀಗ್
ಆನಿ ದ್ವೈವಿಕ್ ಕಾಕುಳೆಂ ತೇಸ್

ಕಾರ್ಮಲ್ ಮಾಯೆಚೆಂ ನೊವೆಲ್ ಆನಿ ಮೀಗ್
ಸೆಕಾಳಿಂ 6.30 ವೊರಾರ್ (ಕೊಂಕ್ಣಿ)
ಆನಿ ಸಾಂಜೆರ್ 6.00 ವೊರಾರ್ (ಇಂಗ್ಲಿಷ್)

ಪ್ರೊಫೆಸಾರಾ ವಾಳೊಕ್ ಪೆದ್ಪಣ್ ನೊವೆಲಾಚೆಂ ಮಿಸಾಂ
ಸೆಕಾಳಿಂ: 6.00, 7.30, 9.00, 10.30
ದ್ವೈವಿಕ್: 1.00 ವೊರಾರ್ (ಕೊಂಕ್ಣಿ)
ಸಾಂಜೆರ್: 4.00 ವೊರಾರ್ (ಮಲಯಾಳಂ);
5.00 ವೊರಾರ್ (ಇಂಗ್ಲಿಷ್); 6.00 ವೊರಾರ್
(ಕೊಂಕ್ಣಿ) ಆನಿ 7.15 ವೊರಾರ್ (ಕನ್ನಡ)

ಏಕೆಲ್ ಯಾತ್ರೆಂ ಆನಿ ಆಶೀರ್ವಾದ್
ಓರ್ವೊಂಪಾತಿರ್: ಮಹಿನ್ಹಾಚ್ಯಾ ಪಯ್ಲ್ಯಾ ಪ್ರಸ್ತಾರಾ
ಫುರ್ಗಾಂಪಾತಿರ್: ಮಹಿನ್ಹಾಚ್ಯಾ ತಿಸ್ರ್ಯಾ ಪ್ರಸ್ತಾರಾ

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SUMMER COURSES AND RETREATS - 2022

For – Priests and Religious, Animators / Jubilarians

COURSES

DVS – 1:	April 04 – 09, 2022	-	Growth in the Religious Life of Consecration
DVS – 2:	April 18 – 23, 2022	-	Communication Skills in Evangelization through Digital Media
DVS – 3:	April 25 – 30, 2022	-	God Experience through Mystical Prayer
DVS – 4:	May 02 – 07, 2022	-	Leadership and Community Building Skills
DVS – 5:	May 09 – 14, 2022	-	Psycho-Spiritual-Sexual Development
DVS – 6:	May 16 – 21, 2022	-	Counseling Skills and Human Wholeness
DVS – 7:	May 23 – 28, 2022	-	Re-Visiting the Consecrated Life

RETREATS

DVR – 1:	April 18 – 23, 2022	-	Encounter Jesus in Prayer
DVR – 2:	May 02 – 07, 2022	-	The Art of Living the Contemplative Prayer
DVR – 3:	May 23 – 28, 2022	-	Walking with Christ to Calvary

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CONGRATULATIONS AND BEST WISHES FROM



Ingrid Vostrel
Vienna, Austria





*With best wishes
from
St. Joseph Church
Mira Road, Mumbai*



Thank you Infant Jesus
for the innumerable blessings showered upon us...!
Best wishes to Dhyanaavana Community



Claudy, Ivy, Claire, Chriselle and Fr. Rathana