

DHYANAVANA

International Institute of Spirituality, Mysore



For a synodal Church
communion | participation | mission

2022-23

VOLUME 26





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





DHYANAVANA

International Institute of Spirituality, Mysore



2022-23

VOLUME 26

DHYANAVANA, R. S. Naidu Nagar, Mysore – 570 007, Karnataka State, India

Tel: +91 0821-2498798 | +91 0821-2492623 | +91 0821-2496339 | Mobile: 09008603388

E-mail: dhyanavana@gmail.com | dhyanavana@yahoo.co.in

dhyanavana@rediffmail.com | Website: www.dhyanavana.com

From the Editor's Desk...!



Ipsa scientia potestas est – “Knowledge is power,” said Sir Francis Bacon, an English Philosopher, to which I would add ***Noli desistere discere*** – Do not stop learning. Dhyanaavana, Institute of Spirituality and Holistic Formation is well known both, nationally and internationally as a center for quality education and God-experience. Such a holistic formation enables the participants to live a healthier and more sustainable life. It is worth the efforts that we invest in such a venture as we see them at the end of the course as integrated persons.

It is indeed a marvelous contribution of this institute right from its inception, not only to individuals who participate in the horarium here, or to their respective communities and Congregations, but also to our Mother Church.

Dhyanaavana has tried its best to help the participants in striving for progressive integration which includes a blend of deeper and authentic knowledge, growth in inner freedom and responsibility and a genuine personal relationship with God, leading them to be reliable disciples of Jesus Christ. This institute has always been true to its name – Dhyanaavana – Meditation Garden. It has been an abode of divine intimacy and academic excellence.

This magazine is specially dedicated to Synodality and hence it consists of three interesting and inspiring articles viz., Synodality and Inter-religious Dialogue; The Dynamics of Synodality in Shepherding the Church as a Family and Listening Church. Synods are not new. Church history informs us that they have been around since the early days of the Church. But the present one is going to be something unique since it includes local consultations. Hope this synod will help us to collectively discern the path the Spirit is leading the Church.

Besides, this magazine also provides a glimpse of what is acquired and achieved by the participants in this academic year 2022-2023. We are proud to bring out this annual magazine which records a flashback of what our sisters have gained and realized in their lives. I believe, their hard and sincere efforts and their accomplishments will certainly make them efficient and effective agents, witnessing the Gospel values, wherever they are planted and positioned.

May all who walk through the portals of Dhyanaavana experience and keep alive in them the sense and the taste of the Divine. May they go out as authentic instruments of love, joy, mercy and compassion, reflecting thereby the beauty and goodness of the Supreme Being. May all that they have acquired in this institute enable them to be faithful to their calling and remain committed in their service of disseminating the Kingdom of God.

Fr. Rathan Almeida, OCD
Dean of Studies

From the Director's Desk



This year we have taken the theme of “The Role of Women in the decision making process” for our Dhyanaavana convocation. On March 8th the International Women's day was celebrated throughout the world.

Further, Dhyanaavana, International Institute of Holistic Spirituality, conducts nine months formative course to the Women Religious as most of them are preparing themselves for their final commitment concretizing the foundation of their future consecrated life and mission.

Women are the embodiments of love, life and caring for the existence and survival of every person. They nourish and sustain human life through their giftedness as women. Women are spiritually rich, active and wise; and program oriented.

But many women in India and many other societies are facing a lot of difficulties and challenges at every stage of their lives - be it at home or in the work place. In most situations women are not treated equal to men in dignity, rights and respect. There are many conventional and patriarchal society laws, practices and traditions that cause hostile situations to women. Millions of women lack access to qualitative higher education which can give them employment and independent living.

In the Church, though women remain the majority of those who attend liturgy and participate in Church activities, yet it is men who are predominant in the decision making process. The Church has been making several attempts to ensure equality through dialogue, discussion and discernment. But the Church needs to move forward from dialogue to real action.

Synodal working document “Enlarge the space of your Tent” (Is 54:2) No. 60-65 deals with the role of women in greater participation and decision making process in the Church.

The document (No.61) observes “In a Church where almost all decision makers are men, there are few spaces where women can make their voices heard. Yet they are the backbones of Church communities, both because they represent the majority of the practicing members and because they are among the most active members of the Church”.

Therefore the Church needs to improve its awareness and Institutional aspect of Women's activities and enable women to participate more fully at all levels of the Church life.

Dhyanaavana has given the women religious this enlightenment and tried to empower them to participate more fully in all the Church activities including decision making process.

Fr. Dominic Vas,
OCD
Director



Message from Apostolic Administrator, Mysore Archbishop Emeritus Bernard Moras

6-3-2023

To
Msgr. Dominic Vas OCD
Director
DHYANAVANA
Mysore

Dear Msgr. Dominic,

I am happy to learn that on the occasion of the 26th Convocation of Dhyonavana Spirituality Centre which will be held on 19th of March, on the feast day of St. Joseph you are bringing out Dhyonavana Annual Magazine.

Let me at the outset wish the Centre and all students my best wishes. I am happy to learn you had for the spirituality program 68 residential students and 5 online students and 14 students for selected courses. I wish all of them my congratulations.

In the present world and priestly and religious life on going spiritual formation is must, to face the challenges of life. OCD congregation has been doing wonderful work in this regard. I wish all of you God's choicest blessings.

Archbishop Emeritus Bernard Moras
Apostolic Administrator
Diocese of Mysore



SANMAARGI
MYSORE DIOCESAN BISHOP'S HOUSE
3845/M2, Nelson Mandela Road
Rajamaarga, Near Highway Circle
Bannimantap 'C' Layout
MYSURU - 570 015, Karnataka

Date :

MESSAGE

Dhyanavana, an International Institute of Spirituality in Mysore managed under the administration of the OCD Fathers is heading to celebrate the Convocation of the 26th batch of religious Sisters who throng to this renowned spirituality Centre either to prepare themselves for their final vows or to renew themselves in the spiritual life and career. I am pleased to write this short message their Annual Magazine.

The thirst for the Lord is something that can never be quenched completely. Every moment is anew with the Lord. Those who experience the benevolence of the Lord will long for Him all the more. Dhyanavana is a place to experience the Lord more closely. It is a Centre for such spiritual deepening, that has helped hundreds of religious who try to experience the real bond with the Almighty. For the past twenty-five years, this Centre has been guiding and helping people from different corners of our Nation and even serving in various parts of the Universe, to quench from the fountain of God's love.

As these students of the 26th batch complete their Diploma / certificate courses, I wish them all the very best for their upcoming ministry in the Universal Church. May the good Lord lead them in whatever is entrusted to them, so that they will radiate Christ wherever they are. The spark that is lit during the course of study at Dhyanavana, may grow as unquenchable fire. May these students, not only keep this fire ever alive in their hearts, but also keep on enlightening many more who have the thirst for the Lord. May God be glorified in all that you do for the good of His Church.

May God bless and keep you all safe and active in the vineyard of the Lord!



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

Rev. Msgr. Dominic Vas OCD
Director, Dhyanavana
Naidunagar, Mysuru.

☎ : 0821-2448395 (P) - 0821-2443545 (O)

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

Message from Superior General



Dear Fr. Dominic and dear family of the Dhyanaavana Centre, International Institute of Spirituality in Mysore.

It is with great joy that I greet you on the feast of 19th March, the Convocation of Dhyanaavana Spirituality Centre, which is doing so much good for so many people and will continue to do during this new course.

I thank God for the precious, persevering and caring work that you carry out with so much affection and dedication. My prayer is with you to ask God to continue to make your formative work fruitful. And may all the sisters who pass through the centre be enriched with the wisdom and depth of Carmelite and Christian spirituality, with the depth of the saints and mystics who have marked out for us the path of the true science of the spirit. Thank you for your dedication and for being witnesses of what you teach with your life.

May you continue to grow each day in the experience of divine and human things that make you true masters of the spirit, in the art of living and knowing the mysteries that give us life. May Saint Mary and Saint Joseph protect you and continue to accompany you in this beautiful task of enlightening and accompanying the Holy Spirit in the heart of each pupil and of each one listening to the Voice of God.

Many congratulations on this anniversary, to all those who have passed through the centre namely, the professors students and all those who will pass through in the years to come. My embrace and my blessings from my heart.

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

Message from Definitor General



It is my joy to write these few lines to the Director, Staff and the participants of Dhyavanava International spirituality Institute of the Karnataka-Goa Province. Generally, at the end of every academic year, an institute is filled with mixed feelings, such as, gratitude, felicitation, farewell and so on. As Dhyavanava is concluding the academic year - 2022-2023, I join the entire Institute in thanking the Lord for his numerous and grace-filled blessings. I congratulate all the participants who have successfully completed their academic requirements and I send my best wishes to the Director and the staff with fraternal appreciation for their dedicated service in the formation of young women religious.

The patroness of Dhyavanava, Edith Stein (Teresa Benedicta of the Cross) is known for her profound philosophy, theology and spirituality. Will she be another doctor of the Catholic Church? I wish to share with you some recent news about it. The General Definitory has taken steps in this regard. A commission of experts on Edith Stein was appointed a couple of months ago and they have already prepared an ***instrumentum laboris***. Once the final dossier is ready, it will be presented to the Pope with a request to grant her the honour of 'Doctor of the Church'. However, it is a long process, but we are sure that it will be realized in His time.

Discipleship and the Cross are at the heart of the life of Edith Stein. The words of Jesus: "If anyone wishes to be my disciple, he must deny himself, and take up his cross and follow me" (Mt. 16,24) are literally proved by her life and death. What is the 'cross' in the life of a Disciple? It is his "disciplined life". In other words, "without discipline, no discipleship". The focus of Dhyavanava has always been to form disciplined disciples of Jesus. This is certainly the experience of all those who have passed through portals of Dhyavanava.

Once again, my congratulations and best wishes to the community of Dhyavanava and God's blessings upon all those who have contributed their mite to the growth of Dhyavanava.

Fr. Pius James D'Souza OCD
Definitor General
Casa Generalizia, Rome, Italy



DISCALCED CARMELITES KARNATAKA-GOA PROVINCE



Dear Director, Staff and Participants

It is with great joy and satisfaction, I am penning down my message to the annual magazine of Dhyanaavana, Centre of Spirituality. Dhyanaavana is an abode of spirituality that offers a diploma in spirituality course for religious who are interested in deepening their understanding of spirituality, theology, scripture, mission, and related theological topics. The institute caters in a special way to junior religious and those preparing for their final profession, providing them with the necessary skills and knowledge to pursue their spiritual vocation.

The diploma in spirituality course at Dhyanaavana is equipping the students with the necessary skills and knowledge to live a life of service and commitment to their spiritual calling. Besides the regular subjects, extracurricular activities like group recreation, charism sharing, group prayers, and various competitions give a positive boost to the participants to become vibrant and come out of themselves.

I am proud and delighted that as Carmelites we train the future young and energetic religious who through their calling to religious life try to live a life of dedication and commitment. The training they possess at the portals of Dhyanaavana provides a wider platform for the religious to deepen their understanding of spirituality and grow in intimacy with Christ.

The Director and the staff at Dhyanaavana strive to provide a holistic learning experience that not only imparts knowledge but also fosters personal growth and development. In this line, the administrative staff renders yeomen service to the participants by being available to the participants around the clock.

As the participants conclude the diploma course in Spirituality and move forward in their religious journey, I wish they grow in love towards JESUS who is the culmination of all spirituality. What they have learned, may it be a reality in their lives.

I wish the participants all the best in their future endeavors. Completing a diploma course in spirituality is a great achievement and I hope it opens many doors for you in your religious life and personal growth.

May you all continue to be guided by the knowledge and skills you have gained during your time at Dhyanaavana. Remember to stay focused, work hard, and never give up on your dreams. I wish you success and fulfillment in all your future mission works. May the patroness of the institute St Edith Stein and our Blessed Mother protect and guide you all.

With Prayerful Greetings

Rev. Fr. George Santhumayor, OCD
Provincial Superior



COUNCILLOR IN-CHARGE OF SPIRITUALITY



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 the entire Community 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.

Fr Deep Francis Fernandes, OCD
Councillor In-Charge of Spirituality



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St. Philomena's College (Autonomous)
Affiliated College of the University of Mysore
Reaccredited by NAAC with B⁺⁺ in 3rd cycle

MESSAGE



Greetings in the Name of Jesus our Lord.

Every conscious seeker of God and His ways, progress in spirituality and develop humaneness. At the same time this is possible only with the guidance of spiritual gurus. In Dhyanaavana Spirituality Centre, the OCD fathers by their austere life and deep knowledge of the Carmelite Spirituality are doing yeoman service for the past 25 years. The young people who enter the centre are helped to imbibe the spirituality of the Carmelite saints like St. John of the Cross, St. Teresa of Avila and others. By their very presence in the society, the fathers nourish the Christian community around.

It is a proud moment for many including me to congratulate the OCD fathers for their achievement. May your efforts find fulfillment and continue to bear fruit in the service of God and humanity.

Date: March 7, 2023

Yours in Christ


Rev. Dr. Bernard Prakash Barnis
Rector/Manager

Rector/Manager
St. Philomena's Educational Institutions
Bannimantap, MYSORE-570015

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SYNODALITY AND INTER-RELIGIOUS DIALOGUE

By taking synodality into the lives of ordinary Christians, the Church has found herself in her own loving homes, in the hearts and minds of her children. Through this gesture, she is given a cordial welcome in her own home with special care. She is no more treated as the other, namely, the hierarchy to be respected in public but scrutinized and criticized in private. She now has become a party to welcome, and be welcomed, to be scrutinized and criticized, yet all this in her own bosom, namely, the common loving home. Is this to be restricted to her fold, the Catholic Church? Will the Church be content when we look at her identity only through this narrow spectrum Catholic Church? As a mother who loves all her children, especially those not so close to her, the Church identifies herself with the whole of humanity. To leave out any segment is to leave the Church that is, our own selves wounded and unhealed. No, this is not healthy and to that extent, the Church becomes lonely, sorrowful, and inconsolable.

There are billions of people for whom the Spouse of the Church Jesus Christ has suffered and has laid down His life. Many of them are left out for no fault of their own. They search for Him but do not find

Him. Many more are not even able to search and so how will they find Him? All the same, they are also the children of the Church whom she eagerly wants to embrace.

Inter-religious dialogue is a peephole through which they try to look at her to find out whether she is their true mother. Such dialogue can lead to an interaction of minds, hearts, and hands with people of other faith as regards all the values of life. We need to maintain and promote inter-religious dialogue as an important ministry of the Church. Whatever the difference of views on any matter on earth, dialogue brings the dialoguing partners closer to each other.

Synod, on the other hand, is an ecclesial dynamism through which the Church tries to enhance the quality of her ongoing life. This can be done from within or from without or both from within and from without. So far it has been done only and mainly from within. When it is done from without, our innate tendency is to look at it as a threat and reject it outright. But we forget that when it is done only from within, we tend to rationalize and defend our weakness, and may even canonize it besides censoring any criticism. Is it possible that a good child of the Church gets ostracized because s/he, out of

his/her love for the Church, pointed out some of her limitations? We may have a strong inclination to emphasize the holiness of the Church and become oblivious of unholy stains.

On the other hand, when the Church is left at the mercy of those who do not own her as their mother, the evil spirit can use them to employ every means to destroy her. They can become totally blind to the good service she renders and try to stop them. We see today how violently the Church and her children are desecrated. This tells us that the evaluation of the Church cannot be left only to the intent of those who do not own her as their mother. This situation leads us to the third choice, namely, to look at the Church both from within and from without. Seen from within, taking into consideration constructive criticism and evaluation by the people, we can attempt to change our ways for the better. On the other hand, if we invite the members of other faiths to share with us their sincere views about the Church, her life, and ministry, their testimonies perhaps could open our eyes to things that are hitherto fore hidden from us. This means opening the doors of synodality to the members of other faiths.

Inter-religious dialogue is a form of ministry in the Church that encourages meaningful contact and communication with people of other faiths. Taking into

account the situation of Indian social life, this ministry becomes essential. The socio-religious fabric of India is multi-religious and inter-religious. But the Christians in India are a micro-minority. Every other person, they meet with almost everywhere, be it in the streets or marketplaces, in buses or trains, in schools or colleges, except in churches and in their private homes, is a person of another faith. The impact of the Church on the people of other faiths and vice-versa cannot be ignored. Synod which deals with the life of the faithful cannot have a realistic approach when we leave out an ocean of people with whom we are interrelated and concentrate only on the Christian minority. Such an approach will render synodality one-sided and incomplete. Inter-religious dialogue is a must and synodality also is a must, and absorbing both these approaches in the life of the Church will render the ministry of the Church more effective.

We need to think of the Church as inclusive of the whole of humanity even inclusive of the members of other faiths. Irrespective of their faith, there is a common life drive flowing in the veins of all human beings, namely, a yearning for the Beyond and for happiness. Their approaches may be different but the goal is common and tends to be convergent. Seen from this perspective it does not seem to be necessary to think of the

Church as exclusive of other faiths. This, however, need not mean that the Church is syncretistic. Of course, faith in Jesus Christ is essential for the Church. But that faith need not imply a clear knowledge of Jesus Christ. What, if, for no fault of their own, some have not and could not, come to the knowledge of Christ, yet have that yearning for the Beyond? Can we not call them at least a potential Church?

The Lord Himself has said, "I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So, there will be one flock, one shepherd" (Jn. 10, 16). In the light of this saying, we can definitely look at the people of other faiths as a potential Church. This demands that synodality must take into account the whole of humanity at different levels. The Church which was originally known as the 'New way' and later on called as Christianity was founded for humanity. In spite of more than two millennia have gone by after founding, the vast majority does not seem to recognize it. It could be because those who do not belong to the visible Church are a priori convinced that what they see, namely the visible Church, cannot satiate their hunger and quench their thirst for the Beyond.

There could be some truth if those who belong to other faiths see that the visible Church cannot satisfy them. Who is to be

held responsible for this situation? Definitely not Our Lord Jesus Christ, the Founder nor perhaps those who belong to other faiths. It is only those who belong to the Christian faith. It is less likely that these see this problem from within the Church. There could be also other reasons that prompt the people of other faiths to see the Church as not satisfying their needs. Such reasons can be political, economic, and social. In order to understand this, we need to look at the Church not only from within but also from without. We can be so involved in the life of the Church that it makes us difficult to see her limitations from within. The weakness of the Church can be seen better from without, namely from other faiths.

Mr. Gandhi is often quoted to have remarked, 'I like Christ but not Christianity'. No doubt Christianity is not as holy and perfect as Jesus Christ. Mr. Gandhi perhaps could see what exactly fell short of in Christianity. The people of other faiths do not have any problem with Jesus Christ but they do seem to have problems with Christians and Christianity. The Church that wants to bring about self-transformation has to find out why there have been problems with Christianity and the Church. When the people of other faiths are in some way involved in synodality we may be enabled to introspect better, which in turn can lead

us to a better life. Opposition and criticism have their own place in the process of progress and growth. If there were no resistance from the air in the sky, no bird would be able to fly, similarly if there were no resistance on the road no vehicle would be able to move. We are not to be threatened by the criticism of anybody. Instead, we are to welcome it and in light of it change our ways, as our elders have done in the past.

Besides, the greater the number of people involved in this synodal transformative process, the greater the success. It is, therefore, necessary that synodality must in some way involve not only the Catholics and the Christians but also the people of other faiths. Inter-religious dialogue gives us a better scope of success in synodality. To start with, witness value is very important for the Church - both for her life and ministry. Often witness seems to be contrary to her profession. How the witness falls short of what she preaches is seen better from the outside than from within. Those from within may be so accustomed to their way of functioning that they may not be able to see its inherent inconsistencies. Moreover, there is always a factor of self-defense that may prevent them from seeing these inconsistencies. While those from outside, without such attachment to these ways of functioning and without the obsession to set a good example, may be

able to see better. This should make way to listen to the members of other faiths in the spirit of synodality. There are many other issues common to the followers of all faiths. They are for example, preserving and promoting a good environment, different kinds of civil service, education, and health apostolate, to mention a few. Though these are not directly connected with the life of the Church, nonetheless, they have an indirect bearing on it.

Getting people of other faiths involved in synodality can bring them closer to the Church. There should be no fear that non-Christian ways of morality and faith will gradually creep into the Church because synodality does not have the power to take the decision, especially at local levels on faith and morality. However, they can throw some light as to how we can live and practice our moral life and the life of faith which would be helpful to them as well. The same could be said of some disciplinary practices in the Church. Good and right things can be accepted irrespective of wherever they may come from as St. Paul teaches, "Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable if there is any excellence and if there is anything worthy of praise, think about these things" (Phil. 4,8).

Sometimes when we face some inconveniences due to the practices of other faiths, we become very vocal. We complain about them, become very vocal about them, and criticize them. But when similar practices are seen in the Christian life, we do not even take note of them, but others are made to bear with them. When we invite people of other faiths to inter-religious dialogue and synodality and listen to them, we can see how what we condemn in others is sanctimoniously practiced by us. Noise pollution is an apt example, which we face almost every day of our life. When others use loudspeakers in their religious practice, we criticize them but when we practice it, we defend ourselves by calling it the worship of the Lord. There are a number of things in the Christian life that may not be healthy and which may be causing much inconvenience to others. These things may be brought to our notice when people of other faiths get involved in synodality.

We may argue if synodality belongs to the life of the Church how those who do not belong to the Church can be a part of it. True, in taking decisions they may not be but they do help us to arrive at more humane decisions. Nobody can deny that people of other faiths have the potential to become members of the Catholic faith. From this standpoint, they can share what invites them to the Catholic life and what exactly prevents them from becoming fully active members of the Catholic faith. A family belonging to another faith came to the realization that they must become Christians. Since there are many denominations in Christianity, they did not know in which denomination they were to seek the Christian faith. They wanted to become Catholics but they felt that life in the Catholic Church was too formal and ritualistic, devotional and less biblical. This prevented them from becoming Catholics. Instead, they sought admission to some other Christian denomination.

In conclusion, we can say that by promoting interreligious dialogue and through opening the doors of synodality to the members of other faiths, we stand to gain in our efforts to make a better Church. When what they suggest is not in tune with Catholic orthodoxy, we always have the freedom to decline. But if we close our doors to all people of other faiths because they are not Catholics, we face the risk of losing the good they are likely to suggest.

Fr. Gregory D'Souza, OCD
9448155321
ocdgd@gmail.com

THE DYNAMICS OF SYNODALITY IN SHEPHERDING THE CHURCH AS A FAMILY

The great temptation the Church goes often entertain is to mistakenly imagine the church as a mega social organization that perpetuates itself by centralized foolproof management controls, supplying religious, moral and social services to the society to emerge stronger than ever. They see the conspicuous hierarchy systematically and effectively controlling every aspect of the church life. Naturally one tends to be impressed by this administrative structure. But one tends to ask - should this be the only way the church has to go ahead, given the radically changing mindset that dismantling of pyramidal and patriarchal authoritarian mechanism even in the traditional family.

It is agreed, the egg shell is required for protecting the delicate rudimentary life deep inside the egg, and for favoring the emergence of this as a fully grown bird in due time. But egg shell is not the same as the life at the core of the egg. As everything in the church has to be at the service of favoring the Gospel life ensconced within the structures, the structure has to be seen not as an end in itself but as a necessary element to favor the dynamics accordingly.

In this small space for reflection I would like to highlight the perspective the present Pope opens for our enlightened consideration. He would like to require of us a shift in our perspective about the church from being a mighty and formidable institution, to experience it as an evangelical family, like the apostolic community, of one heart and one mind

together walking to the destination with the same pace and ensuring much more bonding than even instinctual natural family. The church as the mystical as well as the living salvific/healing presence of Jesus, in time and space, undergoes necessarily the same process of perennial dying to itself and rising to new life.

Now, what does it mean when we say the church is moving away from the self-definition as a corporate body and moving over to understand itself better as a family?

Corporate societies are the product of common will of a collective, to arrive at a common goal, putting together common resources, within the terms agreed to in common. A family where we are born and are grown in, is miles distant and different from a mere cluster of peoples who are agreed to for a common good.

In a corporate house everything is anticipated in the board room and there it ends. It is there all information accumulates from four winds and there these bits of information are processed as regards quality of the product, a marketable commodity or service, customer satisfaction, committed advertising and publicity to increase demand by all means, aggressive marketing, enhancement of productivity as market demand increases, new investment or diversification and finally the profit quotient. It promotes new ideas and working hypothesis, including new investments in men, material and machine for future needs. It is all a vertical

decision making mechanism of few experts, and is answerable only to itself or if at all to remote body of shareholders or stake holders. Nothing is amiss as long as there are growing net profits for the company and hefty dividends year after year and there are no outstanding debts or liabilities.

The church too with the inherited clericalism has a tendency to usurp to itself the total decision making process and live on in the idealized past usurping all knowledge and monopolizing the truth, and go on in spite of feeling total irrelevancy due to finding itself alienated and foreign to the minds of the majority church goers, especially the margined poor and even the erudite. This majority is fast dwindling as the spiritual and moral benefit they used to derive from church affiliation has become merely a socio-cultural entertainment. Religion should be the sacramental experience of God's mystery. But when we actively mystify it we are in the realm of commercialization of religion by promoting superstition and blackmail (Jn. 2,16; 4,24, Is 1,10-25).

What then is the church?

Jesus was unique and different in his understanding of religion. He started his prophetic ministry in the synagogue of Nazareth upholding the moral above the cultic and ceremonial (Lk.4, 16-23. Acts 2,43-47; 4,23-30). He focused on its moral and spiritual purpose and regarded its social existence as subservient and sequel to the other. If not as in Jer. 4,7, Dan 3,24, Ps. 74, the Holy God of Israel is capable of pulling down Holy temple when commercial temple cult is used to replace Him (Mt.23,2; Cf. 1Kings 6,1-38).

Jesus in Mt. 20,20ff says that the human

institutions are more often than not enslaving, subjugating and exploitative, and hence are not in tune with the mind of God. Cf. Judg. 9, 8 - Parable of trees wanting to elect a ruler. He advises his apostles and disciples that the human institution where an individual or coteries of a few who lord over others and unilaterally decide what they think to be good for the masses, is pyramidal and exploitative, dehumanizing and hence anything but a Christian community. "It shall not be so among you" (Mt.20,26) were the undiluted words of Jesus. The community is obliged to regard them as kind benefactors and convince themselves as their unworthy beneficiaries. In fact the Sheep do not belong to or owned by the shepherds. They are appointed provisionally by the chief shepherd to take good care of HIS sheep and they must act accordingly (Ez. 34, 1-18; Jn. 21, 15f). Samuel had warned the people who wanted a king like other nations with the necessary deterioration and moral decadence of the popular governments (1Sam. 8, 1-19).

Administrative culture in tune with the mindset of Jesus, and operative in the weekly assemblies of the believers or those on the way of Jesus, is found applied in the narratives in Acts - in choosing a replacement for Judas (Acts 1,23f), in sending out missionaries to various destinations (Act 13,1f), and resolving the problem of accepting the non-circumcised to be Christians in Acts 15. It is always we and the Holy Spirit. The process is smooth and the whole community accepts the final decision thus arrived. There was space for Paul when he ascertained what he preached was in line

with the apostolic faith (Gal 2,1-10) and even when Paul who tells Peter on his face of his hypocrisy (Gal 2,11-14). Paul gives wonderful hints to maintain the unity of the body, the church, and the leadership to exercise their ministry is only to build the body of Christ for the growth of every one to the full stature of Christ. This is to be done by saying truth in love (Eph. 4, 3-16. 1Cor. 12, and 13. 1 Pet. 5, 1-4).

The church in fact is the living and life giving presence of Jesus Christ in the world today. Jesus understands his community very differently. For him it is the earthly and dim anticipation of the eternal family under the Fatherhood of God. For, it is governed not by the high command or central structure and is not intended to deliver some kind of quality services to the public. But primarily it is to be a communion of mature human and committed disciples of Jesus down the times as persons in perennial relationship without exploitative or subjugating motive. The central purpose is to neither create an equal play field to all to sprout and grow to be well integrated humans without being any threat to each other or to any outsider force, nor be threatened by anyone. Always the synergy that is present in a biological body or a tree is the model of the unity of human family. There, all members reach out to the member in distress and every one respond one for all and all for one (Jn. 15,1-12).

Its point of departure is not to achieve a goal using the available personnel resources. Rather it is upward looking community of the disciples of Jesus who wait to be reborn to inner experience of the triune God and emerge live to a higher level of Christian holiness. It is a mutually

supportive networking of ideas and availability of resources. It is a walk hand in hand and taking proactive steps forward with restraint and prudence to have everyone on board. It is moving towards a foreseen common goal but it is also true that being together and agreeing to walk together as members of a family with respect and joy is itself progress and happiness.

Having thus been weaned away to freedom from natural enslavements and be capable of total surrender to the Divine in Abrahamic or Marian Faith, we together emerge to be the channel of peace and of greater love. We sing the one hymn, we have one voice, we have one faith, and we have one Lord; not threatened by imposed uniformity in the guise of safeguarding someone's vested interest or details of traditional rubrics.

The church exists to offer this state of holiness, initiated into here below, as truly satisfying for the inner longings and deeper thirsts of life of modern humans. As in a family, there is no ruler and the ruled in the church. The one Lord and one ruler and he is in heaven (Tim.2) and You are all brethren (Mt. 23,3) wash each other's feet (Jn.13,13).

Jesus affirms before the frontier less might and power of the Roman Empire, then represented by the Roman Governor Pilot that no one has authority over fellow human beings. It is only in the name of God and for God alone - only deeds of life, to promote it and not to destroy. It is for doing good to them that is, to build the life of others, to build the body of Christ. It is holistic, fraternal, consultative, inclusive, relational mechanism which takes all the stake holder on board and

arrives progressively almost by the dialectics of choosing the higher good to arrive to discern God who speaks to the church. Thus arrived at a decision the church sticks on by the decision. It would mean that pyramidal self-serving ominous or super boding power structure, is set aside as redundant, anti-gospel and cruel, and instead, a simpler model is put in place.

Church exists for man and not man for the church (Mt.12). Church as a family wholly owned and cared for by the Lord is living and safeguarding the faith legacy and handing it down faithfully and without subtraction of addition, to the next generation (1 Cor. 11, 23. Lk. 1,1-4; Hb.1,1-2). So every parishioner is important and has to be taken on board both for collective sharing of personal evaluation of life of the community *vis-a-vis* the faith in Jesus as handed down. This sharing should be moving everyone in the church to listening to what the Spirit tells us in written heritage of the Gospels and authentic documents of apostolic faith. This stage is followed by churning of the material in the cauldron of community life leading to personal reflection and interpersonal dialoguing, so as to arrive at the summit of clear visibility in order to make a choice of common direction and common point so that we walk along together hand in hand as members of one family.

Fundamentally, synodality is about journeying together. This happens through listening to one another in order to hear what God is saying to all of us. It is realizing that the Holy Spirit can speak through anyone to help us walk forward together on our journey as the People of God.

Pope Francis maintains - The point is not that we take two years to understand some new buzzword that will soon fade. Synodality is no passing phase! Rather, “walking together” is at the heart of what the Church is all about, as the People of God on pilgrimage in the midst of the world. In the days of the early Church, Saint John Chrysostom said that for him “Church” and “synod” were synonyms, since the Church is all about walking together. In this sense, synodality is a way of renewing the Church from her deepest roots, in order to be more united with one another and better carry out our mission in the world. Concretely, being “synodal” is a way of being and a way of working that takes a more grassroot, collaborative approach, taking time to discern the path forward together. It highlights the fact that we all have something precious to contribute to the Body of Christ. In this way, a “synodal Church” is a Church that listens: “It is a mutual listening in which everyone has something to learn. The lay faithful, the Bishops, the Pope: all listening to each other, and all listening to the Holy Spirit, the “Spirit of truth” (Jn. 14:17), in order to know what He is saying to the Church” (Pope Francis, [Commemoration of the 50th anniversary of the institution of the Synod of Bishops](#), October 17, 2015).

Fr. Joe Tauro, OCD
9448412076
taurojoe@gmail.com

INCLUSION AND LISTENING: TWO ESSENTIAL REQUIREMENTS FOR A SYNODAL CHURCH

1. Introduction: A Pondering Poem of the Pandemic

I came across a poem in the net recently. The poem was titled, “All People”. Though it looked like a prose, it was a poem, pondering the pandemic.

All People

All people wonder what one
plus one equals now that numbers
aren't allowed to gather together.
The letters from A to Z are working
from home. The alphabet is closed.
The morning news announces more
sick, more dead. You are your hand.
I am mine, and it's hard not to join
in applause or prayer, it's hard
for us to live alone in our pockets.
At night the light grows quieter,
saving its strength for another day.
Empty street, where are you going,
why? We are in this together. Stay.

Kingston's Poet Laureate, Jason Heroux, had written this poem in response to the COVID-19 pandemic. He was inspired by the etymology of pandemic in Greek (pan = all, demos=people). He himself interpreted the poem in his own style. “The original inspiration behind this poem began when I learned the root meaning of the word 'pandemic.' According to Vocabulary.com: “The word comes from ancient Greek pan (meaning “all”) and demos (meaning “people”).” On a general everyday level, the pandemic has separated us through quarantine and self-isolation, but on a deeper level it's also strengthened our connections. It has made us realize how much we have in common, and how essential our individual actions are to each other. All People.” After providing his reasons for the title of the poem, he reflected on the content of the poem. “I felt it was important for the poem to have more questions than answers, more uncertainty than sureness, because no one really knows what's going on these days. The final word of the poem is “stay.” And it's a word with many meanings: to spend time in a place, or situation, of course, and to come to a stop, or standstill. But it also

1 <https://www.cityofkingston.ca/-/kingston-s-poet-laureate-pens-poem-pondering-pandemic>

2 <https://www.cityofkingston.ca/-/kingston-s-poet-laureate-pens-poem-pondering-pandemic>

means to support or prop up, and the power of endurance. All of those definitions apply to us now.”

Pandemic was a clarion call to come together and support each other. Pope Francis addressed an empty square at St. Peterson on 27th March 2020, when the pandemic has just begun: “We are all in the same boat. One person's problem is everyone's problem.” All people were invited to faith, hope and love during the pandemic days. A similar call was initiated from Pope Francis when he called the synod in 2021 that is extended up to 2024. It was a call to include all, exclude none, listening to each other and thus be transformed.

2. A Demand for an Inclusive and Listening Church before Synodal Call

Antony De Mello in his book, *Awareness*, mentions about three feats humankind find difficult to achieve: to include the excluded, to return love for hate, and to admit a mistake. We human beings don't include whom we have excluded. The adage, “the birds of the same feather flock together,” is not only meant for animal

world but humanity. We invite those people who invite us back. We include our friends, ecclesiastical officials, our relatives to the close circles of relationship and keep gardener, cooks, drivers, watchmen, beggars, poor, strangers far away. Had not Jesus invited us to invite people who will not invite us back (Lk 14: 12-15)? Had not he set us an example by eating with the poor and sinners (Lk. 19: 1-10)? “This synod is about conversion and not winning an argument,” so says Pope Francis.

Francis-Effect began with his Apostolic Exhortation, *Evangelii Gaudium* (2013). Probably, that Exhortation was the starting point of Synodal Call. One can find Synodal phrases that call for an inclusive and listening Church: Decentralized Church, Evangelizers with the smell of the sheep, Church turned as a museum piece, dirty and wounded church, accompaniment, deskbound theology, and confessional turned into a torture chamber. The synod of bishops must be a means of collegiality and “always become more and more an

³ Preparatory Document of Synod 2021-2024, 9.

⁴ Antony De Mello, *Awareness* (New York: Image Books, 1990), Preface.

⁵ Bill McCormick, S.J. “A gentle warning for Pope Francis critics (and cheerleaders): The synod is about conversion, not winning an argument” (March 08, 2023) *America*, Jesuit Review, Online Edition, https://www.americamagazine.org/faith/2023/03/08/synod-pope-francis-conversion-244864?utm_source=piano&utm_medium=email&utm_campaign=2928&pnespid=76g5FCNFavtLwPjLvzSyCYKIvxajTcB5MbG50_1p8ABmMjXxpYsSvwauLbZcXFk7z8o3kLrJ

⁶ *Evangelii Gaudium*, 16.

⁷ *Evangelii Gaudium*, 24.

⁸ *Evangelii Gaudium*, 95.

⁹ *Evangelii Gaudium*, 49.

¹⁰ *Evangelii Gaudium*, 170.

¹¹ *Evangelii Gaudium*, 133.

¹² *Evangelii Gaudium*, 44.

¹³ *Evangelii Gaudium*, 27.

¹⁴ *Evangelii Gaudium*, 16.

adequate channel for the evangelization of the present world more than for self-preservation.” This approach to ecclesial synodality was also expressed by Pope Francis in a 2015 speech, when citing *Evangelii Gaudium*: “In a synodal Church, as I have said, ‘it is not advisable for the Pope to take the place of local Bishops in the discernment of every issue which arises in their territory. In this sense, I am conscious of the need to promote a sound ‘decentralization.’”

He continued to express his *Dream Church* in an Apostolic Constitution, *Episcopalis Communio* (2018), to initiate a new way of being church through Synodality. Francis had previously held synods on the family (2014, 2015) and on youth (2018), and the synod on the Pan-Amazon region (2019). One of the main characteristics of synods under Francis is “to listen as much as possible to reality and people.” Continuing on these lines, Francis developed his idea of family as the nearest hospital to the field hospital that is the Church. Then, in his *Christus Vivit* for young people, he calls for a different youth ministry, entitled, *Popular Youth Ministry*. This popular youth ministry includes young of all faiths, young with faith and not faith, and young who don't come to church!

3. Listening Church: A Church for the Present

While we call synod as *walking together*

from its etymology, we should not forget that this walk is not just a walk without any transformation. While we walk, we interact, talk and listen. Through this interactive walk let us be educated and transformed. The second point for synodal phase of the diocese was on listening. Listening is the first step, but it requires having an open mind and heart, without prejudices. Some questions given by the Preparatory Documents on listening were the following: To whom does our particular Church “need to listen to”? How are the Laity, especially young people and women, listened to? How do we integrate the contribution of Consecrated Men and Women? What space is there for the voice of minorities, the discarded, and the excluded? Do we identify prejudices and stereotypes that hinder our listening? How do we listen to the social and cultural context in which we live?

Catholics today are perhaps more connected across region and culture than ever before by the internet and new media. Nevertheless, and perhaps because of these connections and access to information, many members of the laity have become acutely aware of their powerlessness to effect change within the Church or to make their needs heard. Around the globe, lay people are taking their frustrations to social media, expressing criticisms of popular leaders and Church officials, with little tangible impact. Can the Church find better ways to incorporate the views of not only the loudest Catholics but also those on the

¹⁵ *Amoris Laetitia*, 321.

¹⁶ *Amoris Laetitia*, 291.

¹⁷ *Christus Vivit*, 230-238.

¹⁸ *Preparatory Document of Synod*, 9.

¹⁹ *Preparatory Document of Synod*, 30.

margins, those who have only a tenuous connection to the institutional Church? Synodality speaks to a way of involving the entire people of God into the Church's life, more than a meeting of bishops ever could.

3.1 The Church set the First Example of Listening.

On 6 February 2021, Francis appointed Xavière Missionary Sister Nathalie Becquart as an undersecretary to the General Secretariat of the Synod of Bishops, making her the first woman to be a voting member of the Synod of Bishops. Cardinal Mario Grech, the Secretary General of Synodal Secretariat, was quoted as saying, "With the appointment of Sr. Nathalie Becquart, and the possibility that she can participate with the right to vote, a door has been open. We will then see what other steps could be taken in the future."

But the best example of synodality by the Church was after the opening of Synod 2021-2023. After setting up the diocesan phase from October 2021 to April 2022, the dioceses from all over the world requested the Synodal Secretariat to extend the duration to a few more months since the time was too short for the dioceses to process the synod. The Church listened. She was willing to change her early decision and restructure and extend the diocesan synodal phase to August 2022. That is synodality. The Church is already listening!

3.2 The Missing Image on Listening

The *Preparatory Document* provides two images from the Scriptures on Synodality:

1) The image of Jesus, crowd and apostles and 2) Image of St. Peter and Cornelius (Acts 10). However, there was no reference to the image of a journey where strangers became friends on the way to Emmaus (Lk. 24). This journey is a beautiful image of synodality, especially listening. The stranger (Jesus) was willing to listen to the downcast disciples. The stranger knew everything what they were discussing. He asked a question purposely: What are you discussing on the way? He asked this question since he wanted them to talk so that he could listen. He listened to everything what they shared about their views of Christ and the paschal mystery.

Dominic Ashkar reflecting on this event in his book notes this point: "He did not present himself as a teacher with superior knowledge. He listened to the story of his own passion as lived by the disciples. He let the disciples express their feelings, their lost hope, their confusion at the cognitive dissonance caused by report from the women about the empty tomb confusing their own observations at Calvary." This interactive journey made the strangers friends ("Stay with us..."). He created a need for them (He proceeded as if to continue his journey). He celebrated with them (Communion). He took the initiative to join them (Participation). Finally, he disappeared

²⁰ Dominic F. Ashkar, *Road to Emmaus*, (San Jose: Resource Publications, 1993), 84.

from their midst empowering them to be Good News (Mission). This is synodality. This is the Church.

4. Inclusive Church, the Church of the Future

An Inclusive Church is an evolutionary Church, not a conclusive church. The Church is evolving with the signs of the times. Reading the signs of the times, we can perceive images of Inclusion and Exclusion today. Pope Francis called for a Church (an inclusive church that includes all and excludes none). The second theme of Synodality, *Participation*, is a call on who we include and exclude in life. Pope Francis dreams of this inclusive Church that embraces laity (without clericalism), poor, periphery, the whole humanity as brothers and sisters (*Fratelli Tutti*) and our common home (*Laudato Si'*). The discussion on Inclusion begins with our Creator who is an inclusive God, continued through His creatures through their words and deeds. Pope Francis continued this reflection as a way being church today.

Theologically, the preparatory document also leans heavily into the Church's Tradition and history, particularly the teaching of Vatican II. It describes the need to think about how everyone can participate in the Church's life and how all people are invited to bring their unique gifts to bear on the mission of evangelization. The document makes a historical argument when it compares the

first millennium of the Church - which was more synodal - to the second millennium - which "emphasized more strongly the hierarchical function." This juxtaposition of more recent history with the life of the early Church suggests that the structures and processes of the second millennium do not adequately respond to the Church's pastoral needs in the present day. Therefore, we must shift gears and highlight the unique role of the gifts that the Spirit has poured out upon the people of God for the benefit of the Church. This journey, which follows in the wake of the Church's "renewal" proposed by the Second Vatican Council, is both a gift and a task. The task is entrusted to all Christians by virtue of their Baptism. St. John Paul II rightly said: "There is no dignity in the Church higher than the dignity of Baptism."

4.1 Image of Inclusion and Exclusion

Today

Babette's Feast (1987) is one of the best 45 films of 20th Century by Vatican. We hear that it is at the top of the list for Pope Francis. It is not hard to speculate why this might be. Two sisters, Martine and Philippa, live in a remote Jutland village during the latter half of the 19th century. Their father had founded a pietistic and puritanical Lutheran sect and had ruled over it with some severity. After his death, the sisters maintained the sect. They had a small number of followers who were initially devoted but, over the years, they began to fall out with one another. The sisters never married, their father being against their choices. Babette Hersant, a

²¹ *Preparatory Document*, 11.

²² *Preparatory Document*, 1.

²³ *Preparatory Document*, 2.

cook from the Parisian Cafe Anglais, comes to live with them, a refugee from the French political turmoil of 1871. She serves the sisters faithfully and they come to depend on her. When she wins the lottery, Babette offers to make the sisters, and their friends in the town, a dinner, a banquet. A discorded community of Christians were accepting each other and experienced fellowship among themselves once again just because of a dinner. That dinner transformed sinners. The movie highlighted the images of exclusion and inclusion of a Christian community.

Today we are surrounded by the images of Exclusion. Ukraine-Russia war that is going on is an example. We don't know how long it would be. How it is going to end. Here war does not determine who is right, but who is left. Indian Dioceses, provinces and congregations are divided in terms of caste, race, and rites. Pandemic brought a mixed image of inclusion and exclusion.

At the same time, the Church continuously projected an image of inclusion especially from Vatican II. Church as people of God and Holiness for all are some of the images from Vatican II. But, Pope Francis brought in image of Inclusion, Church as a family (*Amoris Laetitia*), Humanity as brothers and sisters (*Fratelli Tutti*) and the entire universe as our common home (*Laudato Si'*). The prayer, Our Father, is an image of Inclusion. Or else, we should have recited "My Father in heaven, or Father of some of us in heaven...." They synodal image of 15 distinct silhouettes in distinct colours indicate we are journeying together as an inclusive church.

4.2 From Family Synod to Diocesan Synod

For Pope Francis, families "are not a problem, they are first and foremost an opportunity." Each family is like a book that needs to be read, interpreted, and understood with great care, attention, and respect. Saint John Paul II said: "the family is not an area of pastoral care but it is the horizon and the way of the Church" (*Letter to families*, 1994). Families are the subject of evangelization both *ad intra* (towards their children) and *ad extra* (in the ecclesial community). Faith begins and is initiated in the family. My first liturgy was not in parish but in family. It is a miniature Church (Domestic Church). The Church is family of families. Hence, Synodal process has to begin from the family, the first church, and the basic cell of society and the Church. The right way to begin the synod in the Diocese is with the family. The *Family Synod* begins with family prayer. Most of the diocese in Kerala began their synodal process with the family ending with diocese at large. The *Family Synod* along with their neighbourhood led the way for *SCC Synod* and *Parish Synod*. These synods led way to the diocesan synods. We are then already on the way of being new Church. We are then including all, excluding none!

²⁴ *Lumen Gentium*, 16.

²⁵ *Amoris Laetitia*, 7.

²⁶ *Lumen Gentium*, 11.

4.3 Mission to Periphery: Sign of Inclusive Church

Inclusion according to Pope Francis is to be seen from his life and teachings. It was basically a demonstrative inclusiveness where his words matched with his deeds. A few expressions are worth mentioning: His initiative in washing the feet of prisoners, women and people of other faiths, his visit to Emirates where he signed a treaty establishing World Fraternity Day and instituting world day of the poor to celebrate and eat with the poor. His call to reach the peripheries is a transformative call for the evangelisers. Pope Francis has tried to set a new course for the church that involves evangelization first of all. “Evangelizing presupposes a desire in the church to come out of herself,” he had told the Cardinals just days before the conclave that elected him. “The church is called to come out of herself and to go to the peripheries, not only geographically, but also the existential peripheries: the mystery of sin, of pain, of injustice, of ignorance and indifference to religion, of intellectual currents and of all misery.”

5. Elements of an Inclusive and Listening Church

1. *A Yes Church and not a No Church*: We need people who can collaborate, cooperate, network and synergise the church by their consent to say “yes” like our Blessed Mother and be positive in the Church.

2. *An Open Church*: A church that is closed is dark and lifeless. A Church that is open allows the light to enter and life is visible. Unfortunately, most of our houses and churches are closed, gates are locked. Watchmen and CCTV cameras are norms of the time.

3. *A Dirty Church*: A Church that moves out of its comfort zone and enters into the realm of the people who are struggling and suffering will be surely dirty and wounded.

4. *A Lay Church*. Majority are laity and clerics are minority at the service of Laity. “Lay people are, put simply, the vast majority of the people of God. The minority - ordained ministers - are at their service.” Francis recalls the preferred ecclesial image, People of God.

5. *A Poor Church for Poor*. Francis chose his name Francis due to St. Francis who was poor. Pope Francis wants a church for the poor, but much more a church with the poor. When he initiated the world day of the poor, he wanted the Church not giving food to the poor, but the church sharing a meal together with the poor.

6. *An Interconnected Church*: More than a dozen times, his encyclical, *Laudato Si'* mentions “everything is connected.” We have forgotten the role of *Fratelli tutti* and common home in our lives.

27 Paul Crowley, *Introduction*, in Paul Crowley, ed. *From Vatican II to Pope Francis* (New York: Orbis Books, 2014), xv.

28 *Evangelii Gaudium*, 102.

6. A Concluding Poem: A Poem to Change our Life Style!

I began with a poem while reflecting on this theme. Let me conclude with a poem that brings us a new perspective of our Church beginning with our family. This poem found in the internet is written by Dianne Loomans. Perhaps, this poem motivates us for an inclusive and listening Church.

"If I Had My Child to Raise Over Again"

*If I had my child to raise all over again,
I'd build self-esteem first, and the house later.
I'd finger-paint more, and point the finger less.
I would do less correcting and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I would care to know less and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I would run through more fields and gaze at more stars.
I'd do more hugging and less tugging.
I'd see the oak tree in the acorn more often.
I would be firm less often and affirm much more.
I'd model less about the love of power,
And more about the power of love.*

Fr. Gilbert Choondal, SDB
8904489469
gilbertsdb@gmail.com

Down memory lane.....!

BATCH 26: 2022 – 2023

JUNE 2022

- 25/06/2022 The day was busy with the arrival of many sisters from various congregations. For certain reasons some sisters could not arrive on the assigned date and joined the batch later.
- 27/06/2022 After the Morning Prayer, Fr. Dominic Vas OCD, the Director of the Institute, celebrated the Holy Eucharist and emphasized during the homily on the 3 points of discipleship – follow the Lord without any conditions, follow Him hastily and follow Him unreservedly without looking for any benefits.
- 28/06/2022 An Ice-break of very interesting, lively and spontaneous sessions was conducted for the participants by Fr. Rathan Almeida OCD, the Dean of Studies of the Institute, through which the group became acquainted with each other.
There was another session animated by Fr. Dominic Vas, during which the participants were divided into groups and duties assigned; individual responsibilities were voluntarily taken up for the smooth running of the Centre.
A visit to the nearby Infant Jesus Church at Pushpashrama run by the OCD Fathers was a surprise. We were amazed by the magnificent structure symbolizing the Religious Unity through the symbols of various religions but unified in Christ. We spent time in the Church and then had a good tea in the Philosophate of the Fathers, followed by a garden visit and livestock.
- 29–30/06/2022 The Feast of the great Spiritual giants – Saints Peter and Paul was celebrated in a significant manner. The group responsible for the Liturgy made it meaningful. During the homily celebrated by Fr. Rathan, he reflected on the characteristics of both of them which are so contrasting.
With the commencement of the classes on Methodology of Scientific Paper by Rev. Fr. Rathan Almeida, the classes are on track. It took two days to complete the explanation as he did it with great patience and precision with a lot of examples.

JULY 2022

- 01/07/2022 The Liturgy group gave a good start of the Month of July and it was the First Friday of the Month. The evening adoration put us in the right mindset to begin everything in Christ.
- 02/07/2022 As it was the First Saturday of the Month it was the first time of its kind to have a special hour with Mother Mary during the Rosary. The “Hail Mary” sung in different languages for the various mysteries kept us close to our loving Mother, a time of filial attachment to the Mother.

- 03/07/2022 We had a twin celebration today - Feast of the Apostle Thomas to India and the official inauguration of the Diploma Course in Dhyanaavana. Msgr. Alfred Mendonca, the Vicar General of the Diocese of Mysore presided over the Solemn Eucharistic celebration accompanied by the Dhyanaavana community Fathers namely - Fr. Dominic Vas the Director Fr. Rathan Almeida the Dean of Studies, Fr. Arun Bennis the Administrator and Fr. Oswald Crasta from Pushpashrama community.
- 04-08/07/2022 The first classes were officiated by Fr. Regan D'Souza, OCD on *Fundamentals of Contemplative Prayer*. The classes were exceptionally useful and practical application was immediately in effect each day. Fr. Regan proved his exceptional talent both as a teacher and as an expert in prayer.
- 11-16/07/2022 We were privileged to have classes on different Christian Masters and their Spiritualities which impressed us, especially the Monastic spirituality, their community life and spirit. We express our immense gratitude to Fr. Dominic who took us into the spiritual realms of the early Church.
- 15/07/2022 Sisters of St. Joseph of Cluny celebrated their Congregation day. They were generous in providing us with good meals. We also welcomed Sr. Blessy, SHSp who arrived for the course.
- 16/07/2022 The Feast of Our Lady of Mount Carmel, the Feast of the Carmelite Order was a beautiful spiritual celebration. The participants saw to it that all the three Fathers were present and they were honored in a fitting manner during a well prepared cultural evening. A well animated Prayer Service centered on the origin of the charism and special prayers were offered for our Fathers. The Holy Eucharist was presided over by Fr. Dominic and concelebrated by Fr. Rathan and Fr. Arun. Fr. Dominic quoted the words of a Kannada poet Govinda, who says that anyone can become the mother of her children; but to become the mother of all the children in the world is something very special. This makes our Blessed Mother Mary an exceptional woman and a loving mother.
Today three sisters namely - Srs. Deepa, Sailaja and Seneha, HFB arrived to participate in the 9-month course.
- 18 - 23/07/2022 Classes on *Pentateuch* deepened our knowledge and the origin of the Bible as well as the history and traditions. We thank profusely Fr. Prasanna Kumar, OCD who helped us to understand the Bible with a special reference to Covenant Spirituality and the origin of charisms in the Church.
- 20/07/2022 With the arrival of Sisters Angela Gurung, Letitica Lepcha and Sunita Lepcha, SJC from Darjeeling, the total number of participants became 34.
- 21/07/2022 Three of our fathers Fr. Dominic, Fr. Rathan and Fr. Arun surprised us through their dramatic presentation of the Carmelite Charism. The group came to know more about their charism and origin, apart from the beautiful presentation.

23/07/2022	The participants were fortunate to have the visit of Rev. Fr. Pius James, OCD, a Carmelite of the Karnataka – Goa Province, who is at present the Definitor General. He joined us for the supper and greeted the group.
24/07/2022	The participants had a wonderful experience today as they participated in the CRI meeting at Teresian College Auditorium, Mysore in the morning. Rt. Rev. Dr. K. A. William, Bishop of Mysore Diocese addressed, inviting the participants for a better insertion in the activities of the Church especially in the areas of Pastoral ministry such as family visit, BCC and Catechetical instruction to the children. He highlighted the role of laity and their services in the Church as well as for the welfare of humanity. Later Rev. Fr. Praveen D'Souza, OFM. Cap, Provincial, Ex KRCR President presided over the Eucharist. A very enlightening and enriching talk was followed by Mr. J. R. Lobo, Ex- MLA on the response of the Church to the present scenario in India today. He brought to the attention of the listeners the alarming situation of the political parties to suppress all the activities of the Christians and the remedies Church could adopt to respond to these challenges.
25 - 30/07/2022	Classes on <i>Sacraments</i> offered us lot of clarity and depth of information and knowledge. The sisters could clarify many doubts on Sacraments which were well explained by the able teacher Rev. Fr. Rathan Almeida. The sisters showed eagerness and openness to learn more about the Sacraments as it would be useful in catechesis. Sr. Josephine Indira, FSJ, a participant for the course arrived today.
26/07/2022	Sr. Theresa Nazareth, the Provincial of MSI Sisters (Secunderabad Province) paid a visit to six of their junior sisters.
28/07/2022	Today, one of the participants of the course - Sr. Priya JMJ, renewed her vows in her community at Bangalore.
AUGUST 2022	
01-06/08/2022	Rev. Fr. John Francis Sequeira OCD, a renowned Professor, explained to us the <i>Theology of Prayer</i> . Sisters enjoyed listening to his lectures coupled with his personal experiences. It gave us great insight and desire to experience the Lord in prayer.
04/08/2022	The love and pomp with which the birthday of our Director Fr. Dominic was celebrated, is really indescribable. The solemn Eucharistic celebration was concelebrated by Frs. Dominic, Rathan and Arun in the morning and in the evening a prayer service was conducted in the company of many priests from the neighbouring communities, which was followed by a sumptuous meal and concluded with a unique cultural programme.
05/08/2022	Two more participants for the course namely, Srs. Silkyrina and Traibilash, CFMSS, arrived late in the night from Guwahati.
06/08/2022	A Seminar organized by Pushpashrama on "New Paradigms in Education" was attended by our sisters for half a day. The seminar was inaugurated and blessed by Most Rev. Dr.

	K.A. William, Bishop of Mysore. Dr. Lancy D'Souza, MA. PhD., spoke on the Psycho-Social Challenges in Education and their Management in the Post Pandemic Scenario, whereas Dr. Sujatha B Hanchinalkar, Assistant Professor, Department of Education, Mysore gave New Road- maps for Student-centered, Life Transforming Education. It was a very useful and informative session.
07/08/2022	We had one hour reflection by Fr. Oswald Crasta, OCD on the life of Edith Stein, who is popularly known as St. Teresa Benedicta of the Cross. She is also the Patroness of Dhyanaavana.
08-13/08/2022	Rev. Fr. Salvadore Fernandes, OFM.Cap. introduced the sisters to the <i>Theology of Psalms</i> , which was a very useful and practical class. The daily learning of the composition of the responsorial psalm for the daily Eucharist, kept the sisters enthusiastic to learn and sing. Six of the CSA Sisters joined the group for two weeks classes on Theology of Psalms and for Discernment and Spiritual Direction.
14/08/2022	A day of Recollection Day was set aside and Fr. Rathan Almeida, our Dean of Studies gave a talk on "Freedom of Life". He spoke about Mary the Liberated woman, and brought to our focus the need for inner freedom. It was indeed thought-provoking.
15/08/2022	The Feast of the Assumption of Our Blessed Mother and the 75 th Independence Day was superb. After the Holy Eucharist we moved to the portico for hoisting of our National Flag. The Flag hoisting and 75 th Independence Day was performed in due honor, respect and discipline. Rev. Fr. Dominic Vas, the Director hoisted the Flag and addressed the group. As part of the celebration, the sisters marched, sang patriotic song and Fr. Dominic delivered the Independence Day message. He spoke about the beauty of our country, which has a multifaceted tradition due to the multi-cultural, multi-linguistic, and multi-religious environment. He reminded us to strive and do our best for unity and development.
15- 20/08/2022	Rev. Fr. Jossie Lobo, SJ dealt classes on <i>Spiritual Direction</i> and Discernment which was appreciated and valued by all the sisters. Many classes were new to the sisters and everyone made maximum use of it. Three priests, two brothers and a sister arrived here to prepare themselves for the scheduled last Semester MA Exams.
21/08/2020	Sr. Lucy Rose, the Provincial of Salesian Sisters paid us a visit along with the Sisters from Joseph Nagar, Hassan Community. One of our sisters, Sr. Bridget, a Salesian, was delighted to spend time with them.
22/08/2022	Those who had come for the Post Graduate Final Exams completed their papers and returned to their respective destinations.
22- 27/08/2022	Rev. Fr. Archibald Gonsalves, OCD, a Professor in Moral Theology took classes on <i>Formation of Conscience and Moral Questions</i> . It was a very practical class, providing lot of needed and helpful information. Everyone appreciated the classes.

- 26/08/2022 The community welcomed Sr. Annet from the UFS Congregation who joined the group for six-month course.
- 28/08/2022 It was a historical and heart touching experience for the participants to have a first-hand experience of the various places in Mysore, as they had the Mysore Darshan along with Fr. Rathan, our Dean and Fr. Arun, our Administrator. Cathedral Church, Palace, Chamundi Hills, Anjali Ashram (founded by the late Fr. Amalorpavadas), Zoological Park, and tourist centers were the different places visited. Nothing could substitute the exuberance and the joy of being in the company of one another while visiting these places.
- 29- 08/09/2022 *Introduction to New Testament* with a special reference to *Acts of the Apostles* was dealt by Rev. Sr. Anitha Fernandes, UFS. The in-depth knowledge and study of the Acts of the Apostles coupled with the New Testament was very useful.

SEPTEMBER 2022

- 05/09/2022 Teachers Day was celebrated meaningfully honoring our staff and presenting them with gifts as token of love. The role of the teachers in our life was acknowledged and highlighted.
- 05- 10/09/2022 Classes on *Emotional Healing and Formation* dealt by Rev. Sr. Juliana Pinto UFS, was a moment of learning emotional aspects of our lives, which brought great insight and awakening.
- 08/09/2022 We celebrated the Nativity of Our Blessed Mother. The Holy Eucharist was celebrated by Rev. Frs. Dominic, Rathan and Arun. During the homily, Fr. Dominic highlighted Mary, the New Tabernacle of the New Covenant. The union of her will with that of Our Lord brought redemption and grace. The State Festival – Onam was celebrated along with the Mangaloreans Festival of new crops.
- 12- 17/09/2022 Classes on *Counseling Skills and Human Wholeness* gave us a lot of information on human life, relationships and the need to improve the stability of one's life and they also taught us how to cope with life situations. It gave us a lot of insight and awareness of self and the ways and techniques to help others in their problems. Thanks to Fr. Alwyn Sequeira, OCD for the input and patience to introduce us to such counseling techniques.
- 12- 17/09/2022 Dhyavanava welcomed three DHM sisters for their retreat here and after a week's fruitful retreat they returned back to their communities.
- 14/09/2022 Holy Cross Feast was celebrated and we wished Sr. Cecilia, SCC, a Holy Cross Sister.
- 17/09/2022 Extra-curricular activities were conducted in order to give an opportunity for all of us to exhibit our talents. The sisters exhibited a great sense of participation and all the winners were awarded individually and as a group on Dhyavanava Day.
- 19- 24/09/2022 Classes were taken by Fr. Dominic Vas on *Theology of Religious life*. That was a wonderful class as it gave us deeper conviction on the demands of religious life and how to live it

meaningfully, highlighting its prophetic dimension.

23/09/2022

The sisters from Dhyana Sadhana paid us a visit as they had come for Mysore Dharshan. All of us spent some time with them and some of our sisters had the sisters of their congregation in the group. Sr. Sumila Ekka, JMJ joined us for a 6-months course.

25/09/2022

Dhyanavana Day was celebrated in a very meaningful way. The participation in the Holy Eucharist was the culmination of the celebration. A colorful cultural evening added beauty to the celebration where all the winners of the talents day competition performed their events. The winners were awarded with good prizes and the best Group was given a Trophy. A warm farewell was given to the sisters who completed their 3-months course.

Srs. Mary Sneha James and Mary Ganamala FDM joined for a 3- months Course.

26- 30/09/2022

This week's classes were dealt by Rev. Fr. Richard Menezes. OCD on *The Growth in Religious Life of Consecration*, which was very deep and insightful. The growth and maturity in religious life was touched upon. The sisters were deeply inspired by the classes.

26/09/2022

Fr. Rathan left for Abu Dhabi for a month's ministry as he is the Moderator for Christian Formation in the Apostolic Vicariate of Southern Arabia - UAE, Oman and Yemen. The Dhyanavana family wished him a safe journey, good luck and a happy return.

29/09/2022

Srs. Ajitha Ekka, Rose Tirkey and Aarathi Lakra HM joined the group for a 6-months Course.

30/09/2022

Srs. Rashmika and Senora SJC joined the group for the course.

Sr. Vijaya SCB, Sr. Frisca SJA and Sr. Manasa JMJ completed their course and were given a lovely farewell. It was heart rending to see the departures in the midst of tears and sadness as they left for their respective communities. Sr. Manasa presented and defended her Thesis on 'Healing Touch of Jesus.' Dhyanavana community wished them good luck and God's blessings.

OCTOBER 2022

01/10/2022

In great jubilation we celebrated the feast of St. Therese of Lisieux as we joined the community at Pushashrama, college of Philosophy. Rt. Rev. Dr. K. A. William, Bishop of Mysore, celebrated the Holy Eucharist which was concelebrated by a large number of priests both Carmelites and of the neighbouring Institutions. A fraternal agape was followed by the Eucharist.

02/10/2022

Sr. Lilly Devasia RGS joined the group for 6-months course.

The sisters had a pleasant surprise as they visited the Flower Show and saw the lovely illumination of the City in connection with the Dasara Festival. It was indeed a feast to the eyes.

Sr. Josephine Selvanayagam DHM is another arrival for this second term. With her there are 46 sisters for the second trimester, starting from October.

03 - 8/10/2022	Classes on <i>Theology of Synoptic Gospels</i> were dealt by Sr. Anitha Fernandes UFS which helped the participants to delve deep into the Synoptic Gospels, especially to understand the similarities and differences of these three Gospels namely, Mark, Matthew and Luke. Two DSS sisters joined the group as day scholars.
04/10/2022	Sisters of CFMSS and UFS celebrated their Patron Saint's day - St. Francis of Assisi and Sr. Vandana celebrated her birthday. Fr. Dominic, the celebrant of Holy Eucharist, highlighted the salient features of the saint during his homily. An ever-relevant saint for our times who loved poverty and the poor, loved the church ardently, and who had a special love for God's creation. It was a feast to the eyes to watch the rehearsal of Torch Light Parade in the Bannimantap grounds, Mysore, in connection with the Dasara Festival. The whole programme started at 7.00 p.m. and went up to 9.30 p.m.
05/10/2022	We were allowed to watch the Dasara festival procession in the city. The sisters enjoyed the cultural Fest of the land.
09/10/2022	The monthly recollection was preached by Fr. John Sequiera, OCD on the theme " <i>Contemplative Prayer</i> ." The Sacrament of Reconciliation was a good opportunity to cleanse us of all the defilement and to start a new life.
10/10/2022	Two SJL sisters joined for a week's class - one was a Novice. One more JMJ Sister joined for a one-month Spirituality Course.
10 - 14/10/2022	Rev. Fr. Gilbert Choondal, SDB dealt on <i>Catechetical Spirituality</i> in a creative style and all the sisters appreciated it.
11/10/2022	Superior General of the Discalced Carmelites, Very Rev. Fr. Miguel Marquez Calle OCD, paid us a visit along with Rev. Fr. George Santhumayor, the Provincial of Karnataka-Goa Province and Fr. Pius James D'Souza, the Definitive General. They spent some time with the sisters and returned to Pushpashrama.
15/10/2022	It was a day of relaxation and enjoyment as the sisters had a day out during which they had a visit to St. Anthony's Church at Dornahalli, the Golden Temple at Kushalnagar and Nisargadama in Coorg. A good lunch was arranged by the OCD Carmelite Novitiate at Kushalnagar and tea was arranged by the Salesian Sisters. We also visited the JMJ sisters. Indeed it was a wonderful time.
16/10/2022	The Feast of St. Teresa of Avila was celebrated today, as it was impossible to celebrate on 15 th due to the outing. A very meaningful prayer service was followed by a solemn Eucharistic celebration. Fr. Dominic Vas highlighted the life and values of St. Teresa, such as humility, obedience, charity and prayerfulness. Her determined determination in prayer, never to give up for any reason, was a challenge for the participants. ³
17-22/10/2022	The Annual Retreat of 6 full days was animated by Fr. Regan D'Souza, OCD which ended on the 22 nd of the month. It was a contemplative retreat in the footsteps of Our Blessed

	Mother. The retreat truly gave a taste for prayer and meditation in contemplative style.
17/10/2022	One more sister, Sr. Deepika MSI from Hyderabad joined the Course.
23/10/2022	The Church celebrated Mission Sunday today. Pope Francis requests us to reflect on the theme of this year: "You shall be My witnesses" (Acts 1:8). He emphasizes the call of every Christian to bear witness to Christ, to participate in the mission of universal evangelization, and to seek strength and guidance from the Holy Spirit. The contribution of every participant for the mission was praise worthy.
24-28/10/2022	Rev. Fr. Richard D'Souza, OCD, dealt on <i>Prophetic Spirituality</i> with lots of creativity, making the sisters act in groups on different characters of Prophets and everything culminated in a Quiz which took the place of the weekly test. The class was appreciated by all. The class was attended by three more participants from Chennai, Fr. Joseph, SDB, Sr. Jansal and Sr. Swarna belonging to the Congregation of SCB.
26/10/2022	Srs. Maria Rani and Kavya USS presented the charism of their Congregation in a creative style.
29/10/2022	Deepavali celebration, which was due on the 24 th of this month, was organized on this day. The solemn Eucharist was celebrated by Fr. Dominic, the Director. Sisters from the northern region were in- charge of the liturgy and choir. The creative prayer service animated by the team brought in every participant a <i>metanoia</i> from darkness to light. Fr. Dominic brought to our consideration the significance of the feast from the Hindu epics and finally centered it on Christ who dispels darkness. He invited everyone to be bearers of light. It was followed by illuminating the outside buildings with candle lights. Sisters danced to the rhythm of music of different cultures. The Cluny sisters from Darjeeling and Nepal highlighted the importance of <i>bhai-tika</i> and its meaning and presented beautifully their culture of honouring their brothers in the persons of Fr. Dominic and Fr. Arun and the brothers in turn offered them an appropriate gift. They sang <i>deusibhailo</i> , a traditional song, wishing everyone happy deepavali.
30/10/2022	After a hectic mission of 35 days in Abu Dhabi and having visited various Emirates as the Moderator of Christian Formation, Fr. Rathan returned back early this morning. While in Abu Dhabi, Fr. Rathan was busy to the maximum organizing conferences for a gathering of one thousand two hundred Catechists and was also engaged in compiling the Catechism Book for the region. Sr. Maria Rani and Sr. Kavya USS presented and defended their thesis as they completed their 3-months Course in Dhyavanava. The family congratulated and thanked them during the evening prayer for their loving and generous presence.
31 - 5/11/2022	Rev. Fr. Rudolf Pinto OCD took classes on <i>Liturgical Spirituality</i> . These were good sessions clarifying all our doubts. Five more DSS sisters joined as day scholars for the class. The well animated rosary in the evening gave a fitting conclusion to the month of Rosary.

The whole world was brought into prayer as we invoked Mary's intercession for the peace and prosperity of the world.

NOVEMBER 2022

- 01/11/2022 This month commenced with a positive note and a spiritual tone as we began with the Solemnity of All Saints. "Every saint has a past and every sinner has a future." Blessed are the poor in spirit, for theirs is the Kingdom of Heaven. This is our feast and also of those who have gone before us, believing in the salvation of Christ. This was the message during the mass by Fr. Rudolf Pinto.
- 02/11/2022 The souls of the righteous are in the hands of God. As we remembered our departed ones today, we prayed for ourselves that we may be ready at the moment of death. It was a day of hope; hope to believe in the promises of God that one day we will all be united with the Lord. Fr. Rudolf offered the Holy Eucharist and prayed for all the departed, known and unknown.
- 06/11/2022 The sisters, who arrived in the month of October, had the opportunity to have Mysore Darshan. They visited all those places which were visited by the first group, with the exemption of Brindavan Garden as it was found to be dangerous due to a Leopard that was loitering around. Fr. Rathan accompanied the sisters.
- 07 - 11/11/2022 *Mary in Christian Doctrine* dealt by Rev. Fr. Vinod Lobo OCD was a special attraction to the sisters, as it discussed all the four Dogmas of Mary and her role in the economy of salvation. It not only satisfied our intellectual curiosity but also increased a sincere love and devotion in our hearts for her.
- 13/11/2022 It was monthly recollection day. Rev. Fr. Joy Francis OCD from Nagpur spoke on the "Interpersonal relationship and Mystical Contemplation." It was a lovely and inspiring. He asserted that only a person with good interpersonal relationship can truly enter into relationship with God. If a person is contemplative, he/she will be very good at relating with people also. It was followed by confession and Holy Eucharist. The Mass was a requiem Mass for the repose of the soul of Mr. Simon Patrick, a benefactor of Pushpashram community. Lunch was served by the family for all the participants after the Holy Mass.
- 14 - 18/11/2022 Ms. Lavina Noronha, dealt with *Psycho Spiritual Maturity and Psycho Feminism*. The classes were extremely useful as the participants could confront themselves against the various standardized tests, and could assess their emotional maturity, intellectual potential and their ability to cope up with stress and disputes of daily life.
- 19/11/2022 Two more JMJ sisters from Jharkhand joined the group for two weeks classes. They are warmly welcomed by Dhyanaavana Family.
- 20/11/2022 "Migrants Day" was organized at St. Philomena's Indoor Stadium and it was presided over

by Bishop K.A. William. There were about 625 migrants from Mysore, Kodagu and Mandya districts. The Holy Eucharist began at 9.30 am was presided over by Msgr. Dominic Vas followed by a group discussion, Bishop's Message, cultural programme from various languages and it concluded with lunch. It was a good initiative of the diocese to show solidarity and acceptance of the migrants.

21 - 26/11/2022 Classes on *Johannine Literature and Spirituality* by Rev. Fr. Raymond Joseph had great depth and it was a good opportunity for us to grow in love for Jesus through the Gospel. It gave us a global view of the geographical and historical Jesus who transformed lives of many who placed their trust in him.

22/11/2022 The birthday of Fr. Rathan Almeida, our Dean of Studies, was celebrated. The community greeted him and offered prayers. The common celebration was postponed to 27th of November, as the Director was not in station.

26 - 02/12/2022 *Empowerment of Women a Biblical Perspective* dealt by Sr. Virginia Rajakumari SAB, was of personal value to equip and empower oneself from within, as to be of service to the needy according the one's charism.

25/11/2022 The Liturgy group prepared us well to enter into the Season of Advent through a creatively and prayerfully animated prayer moments. It was also a moment to pick up names of individuals to pray for as Christmas friends, all throughout the advent season.

27/11/2022 The birthday celebration of Fr. Rathan started with a meaningful prayer service, a solemn liturgical celebration, sumptuous meals and a relaxing cultural evening. All these spoke of the love, gratitude and esteem the family members have for our Dean of studies. The simplicity, humility, dedication and prayerfulness of Father were highlighted all through the celebration. Dhyanavana community is grateful to God for such an inspiring person in the family.

DECEMBER 2022

03/12/2022 Greetings of warm welcome was extended to five Golden Jubilarians from the SCB Congregation who arrived here for their preparation and retreat. During their stay here in preparation for their jubilee, they were animated by Frs. Dominic and Rathan.

05 - 09/12/2022 *Pauline Spirituality* by Fr. George Santhumayor, Provincial of the OCD Fathers of Karnataka-Goa Province enlightened the participants by enabling them to journey into an in-depth spirituality of St. Paul and his missionary ventures.³

08/12/2022 Three HM sisters renewed their vows which were received by our Director Fr. Dominic Vas in the name of their Superior General, as they could not go back to their Province. The MSI Sisters went to Bangalore and had their festal celebration in their community.

10/12/2022 Nine sisters, who are at the threshold of completing their Spirituality Course this month,

presented and defended their thesis. They were congratulated by the fathers and participants for their good groundwork, presentation and defense.

11/12/2022

Being the second Sunday of the Month, all the sisters had their recollection with a nourishing talk delivered by Rev. Fr. Oswald Crasta, the Dean of studies at Pushpashram on "*Detachment as a prerequisite for Contemplative Prayer*". There is no better preparation for the coming of the Lord apart from the practice of detachment. There was confession followed by Holy Eucharistic Celebration.

15/12/2022

The five SCB sisters, who came here in preparation for their 50 years of commitment, were taken by surprise with our unexpected celebration. The well-organized Morning Prayer and the Holy Eucharist centered on their call. They thanked all and especially the Fathers who enlightened them through their talks.

18/12/2022

It was a great day for our Dhyavanava community as we had our Christmas celebration as well as farewell to the sisters who successfully completed their course. A well-prepared prayer service focused on the coming of Babe Jesus marking the Christmas season and an apt farewell to the outgoing students, with the theme - "go carry the lamp to light up the world", highlighted the day. Holy Eucharist was concelebrated by all our three Fathers during which Fr. Dominic spoke about Jesus who brought us His divinity and humanity, a man fully alive.

All the sisters prepared beautiful cribs in their respective rooms which were visited accompanied with Christmas Carols. A Christmas play and dance were the highlights of our Christmas celebration. The most exciting part of the celebration was the revealing of the Christmas friends amidst laughter and cheer, as each one mimicked their Christmas friend before exchanging the gifts.

The outgoing sisters were awarded with their Certificates and were congratulated for their successful completion of the Course.

28 sisters accompanied by Fr. Rathan and Fr. Arun set out for the annual pilgrimage to Mangalore and Goa at around 9.30 pm. Most of the sisters dispersed from Bangalore for their holidays while few returned to Dhyavanava and then proceeded for their holidays. Some sisters (from the North) remained in Dhyavanava as they could not go for their holidays due to the long journey.

JANUARY 2023

01/01/2023

As we stepped into the New Year, sisters returned after the Christmas holidays to commence the third semester of the Scholastic Year. Nine new sisters joined the course from various Congregations namely DST, USS, SKH, CIC, HM, MMM. All were made to feel at home by Dhyavanava family.

02/01/2023

Classes resumed as Fr. Rathan dealt on *Church and Emerging Trends of Spirituality* lucidly. The classes called our attention to attain a personal spirituality which is so essential to

live a witnessing life. The classes were absolutely fabulous.

05/01/2023

Pope Emeritus Benedict XVI who passed away on the 31st of December 2022 at the age of 95 was laid to rest today. His funeral, presided over by Pope Francis, took place in 'St. Peters Square' and was attended by around 50,000 people. Cardinal Joseph Ratzinger, the then Prefect of the Congregation for the Doctrine of the Faith, was elected as Pope Benedict XVI on 19 April 2005, succeeding Pope John Paul II. He resigned as Pope on 28 February 2013. Today, we prayed for his eternal repose and for his intercession.

07/01/2023

Most Rev. Bernard Moras, Archbishop Emeritus of the Archdiocese of Bangalore took over as the Apostolic Administrator of Mysore Diocese, while our Bishop K.A. William has gone on leave for a certain period. We wish the new Apostolic Administrator God's blessings and our Bishop William prayerful support.

08/01/2023

The solemn Feast of Infant Jesus was celebrated in Infant Jesus Shrine at Pushpashrama. The Feast had a very special significance to everyone as we participated in the Holy Eucharist celebrated by Apostolic Administrator Bernard Moras and concelebrated by several priests. The solemn procession with the decorated statue of Infant Jesus drew the admiration and adoration of everyone.

09/01/2023

Three of our HFB sisters renewed their vows in the hands of Fr. Dominic in the name of their Superior General.

09 - 13/01/2023

Knowledge on the *Spirituality of World Religions* was truly an eye opener to all of us to realize that there is so much of goodness in every religion. Everyone tries according to their faith to reach God one day. Fr. Dominic, through his in-depth knowledge on these religions was able to impart in a very appealing manner.

15/01/2023

Monthly recollection talk was preached by Fr. Rathan on *Growing in Spirituality* which enabled us to look into ourselves and see if we are growing authentically, shedding our false self. We were given practical implications of growing spiritually and the measure to evaluate if we are truly spiritual. Entering into deeper God-experience, graceful in being and doing, ability to speak the language of love, being positive, kind and benevolent in dealings are some of the genuine ways to be holy and spiritual. The Sacrament of Reconciliation and Eucharist were means to attain grace in order to continue our journey of fidelity.

16 - 20/01/2023

Fr. Rathan Almeida, through his expertise in *Christology* explained in detail about Christ and his unique role as the universal Savior. The classes put us in touch with the person of Jesus for a transformed life. The manner in which Christ has to be proclaimed to those who still do not know Him, was inspiring and motivating.

17/01/2023

Pongal, the Festival of harvest and gratitude to God was celebrated. "Pongal is a Cosmic Spirituality. The respectful and loving inter- connectedness with earth and every creature is a sign of our gratitude to God. We are in solidarity with the animals and plants. We are at

the service of each other.” This was the beautiful reflection shared by Fr. Dominic during the homily.

20/01/2023

It was a day of prayer for unity in Dhyavanava. The well-animated adoration, prayers and meaningful gestures were the external manifestations of the desire to build unity and peace, thus removing the darkness among the people of God.

In memory of the anniversary of the Founder, Dada Lekhraj of Brahmakumaris, the sisters from the Ashram organized a moment of Peace Campaign prayer in order to spread the message of peace. Sr. Manjula, a Brahmakumari and the animator commented on Holy Father's Christmas message of 2022: “the Lord's birth is the birth of peace.” She invited us to maintain few moments of silence enjoying this peace of Christ and sending it to places where there is war, bloodshed and absence of peace.

23-27/01/2023

We were fortunate to have one week of classes on *Contemplative Spirituality* which helped us for deeper contemplation during prayer moments, meditation as well as in life. The classes were life- transforming, inviting us to have a complete change over from all sensual pleasures and enter into a union with the Spirit. Fr. Deep Fernandes OCD was the resource person, who did a wonderful job.

26/01/2023

As India celebrates the 74th Republic Day on which the Constitution of India was inaugurated, we had the Holy Eucharist in Hindi. Fr. Dominic, the main celebrant spoke about the beauty and the richness of our country, highlighting its Preamble, where the country has to go a long way to realize the values highlighted in the Constitution, especially the characters such as democratic, secular, brotherhood, respect and other such values for co-existence. It was followed by the flag hoisting presided over by Rev. Fr. Deep Fernandes OCD, our guest professor. He too stressed the importance of knowing more about our Sacred Book and the Constitution, so as to live our life in peace and fraternity. The March Past, Patriotic singing and the demeanor of our sisters were manifestations of our patriotism.

29/01/2023

Dhyavanava Community along with Mysore CRI conducted a Synodal Seminar on “*New Horizons for Ministries in the 21st Century*” at Pushpashrama auditorium. The seminar was inaugurated by Rev. Fr. John Peter SAC, and many other erudite papers were presented and practical sessions were conducted by those working in various ministries. It was attended by more than 250 Priests and Religious. An excellent foundational talk on Biblical and Theological perspectives of ministries in the Church was presented by Rev. Fr. Rathan Almeida, OCD. The other themes dealt were Ministry among the LGBTQ especially the Transgenders, Ministry for women and children who are victims of prostitution or sexual exploitation, Catechetical ministry through Gospel Magic and Care for the most vulnerable children, girls' trafficking, destitute and migrants. We appreciate the hard work and coordination put in by Fr. Dominic and his team.

30/01/2023

A good meaningful prayer service was conducted to celebrate peace within and to pass it

on to others. We are committed to be messengers of peace wherever we are and wherever we go.

30-03/02/2023 A week-long class on *Human Resource Development and Communication* was a means of building us to achieve self-actualization. Fr. Joy Francis OCD, through his humorous classes kept the participants active and vibrant, and taught us the rudimentary lessons to become self-actualized persons in life.

FEBRUARY - 2023

02/02/2023 Presentation of the Lord, World Day of the Consecrated calls us to be the face of Christ in this world. The Lord purifies us until the face of Jesus is seen through us. A living encounter with the Lord in His people is a vision of what we need to embrace in order to experience joy. The great Simeon and Anna were able to recognize Jesus, as their only desire was to see him before their death. This was the message of Fr. Joy Francis, the celebrant. The morning liturgy, procession with lighted candles and the solemn Eucharist created awareness in us of our consecration.

05/02/2023 Accompanied by Fr. Rathan the sisters who joined new in the month of January went for Mysore Darshan and visited some of the important historical places and the famous Brindavan Garden.

06-13/02/2023 This week was a week of thrilling experience with the classes on *Theology of Evangelization* by Fr. Silvestre D'Souza, OCD where he dealt with important Councils and significant documents of the Church pertaining to mission and evangelization. The sisters spent three full days from 11th to 13th in Jagalur, Davangere, a mission station of the Carmelites. The classes, outreach programme, health camps and village visits under the leadership of Fr. William Miranda and working with people of the place gave everyone a first-hand experience. The dire needs of the people are met through the Self-Help Groups and the tailoring unit.

13-17/02/2023 Classes on *Psycho-Spiritual Integration* was dealt by Rev. Fr. Joseph D'Souza, OCD. It was very useful as it dealt about the issues connected with one's growing up.

14/02/2023 Archbishop Bernard Moras, Apostolic Administrator of Mysore Diocese visited Dhyavanava in the morning, offered Holy Eucharist and joined us for the breakfast. During the homily, he exalted the sisters to pray that we be on God's side and not God on our side. He requested the community to pray for the unity in the Diocese.

15/02/2023 The birthday of Fr. Arun Bennis was anticipated by two days to make it feasible for everyone to participate. The specially prepared Morning Prayer and Holy Eucharist highlighted his qualities and the community implored God's blessings on him. The evening cultural events honored him for his loving presence in the community.

18/02/2023 The Day of Consecrated Life was celebrated at Catholic Centre in Mysore, organized by the

CRI. Archbishop Bernard Moras addressed the gathering followed by lively group discussions and sharing on various aspects of religious and pastoral life in Mysore Diocese. Around 150 participants - Provincials, Superiors and Formators participated in the gathering. Programme concluded by the concelebrated Holy Eucharist presided over by the Archbishop. Few of our sisters volunteered to help the meeting.

19/02/2023

All the sisters attended in the Annual get-together of the formees of the Diocese of Mysore at St. Philomena's stadium. The highlight of the day was the Talk on Psycho-Spiritual realities affecting Formation by the veteran preacher, Rev. Fr. Gregory Pinto, SVD. The solemn Eucharistic celebration presided over by Archbishop Bernard Moras gave a fitting conclusion to the Seminar. There were around 530 participants from all over Mysore. The sisters from Dhyavanava gave their whole-hearted collaboration in preparing the hall for the Eucharist and also volunteered for registration and sale of books.

20-24/02/2023

Fr. Gregory Pinto, SVD's classes on *Human Development and Commitment* had a life-transforming effect on the sisters. The classes gave practical guidelines to find solutions to the problems we face in various areas of our life. Everyone expressed the desire to have more of such classes which could help us to grow and respond to our vocation in a positive manner.

22/02/2023

The season of Lent started as we put on ashes on the foreheads on Ash Wednesday. Rev. Fr. Gregory Pinto, officiated the Holy Eucharist highlighting the need to discipline our body and mind. Disciplining our internal senses is more important, he said during his homily.

27/02/2023

Three sisters from the Congregation of Bridgians arrived for a two-week preparation, prior to their Silver Jubilee celebration.

27-03/03/2023

Canonical Aspect of Religious Life dealt by Rev. Fr. Sunil Kumar D'Souza, a diocesan Professor from St. Peter's Seminary, Bangalore, took the sisters by surprise through his teaching and humor, making the matter very clear and helping the hearers to assume responsibility in living the beautiful gift of our vocation.

MARCH - 2023

27-11/03/2023

It was indeed an intense fortnight in the family. Every participant of Dhyavanava, 50 sisters in all, presented and defended their Thesis. Though it was a tedious work, the hard work and perseverance of the sisters are to be appreciated.

06-10/03/2023

Classes on *Indian Civil Code and Human Rights*, by Rev. Fr. Jacob C, OCD was highly informational. Knowledge on the Constitution of India, Code of Civil Procedure 1908, Indian Contract Act 1872, Indian Succession Act 1925, Indian Penal Code 1860 and the like, shed light on the subject which could be of great benefit in future.

07/03/2023

A Requiem Mass was celebrated by all the 3 community fathers and Fr. Jacob C the guest

Professor, for the soul of Mr. Chinnappan, the loving father of Sr. Deepa who passes away 10 days before. This was a sign of deep family spirit and support the members show to each other in moments of deep sorrow and pain. This was a good sign of solidarity expressed towards Sr. Deepa.

13-16/03/2023

It was an intense week since we had to write our comprehensive examinations.

16/03/2023

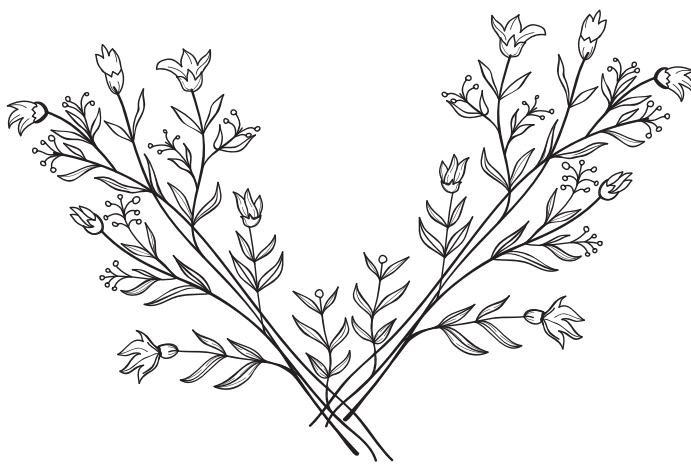
It was very interesting to see Fathers from Dhyanavana putting up a short stage program as part of their farewell to us all. It was indeed an emotional event as all were feeling low in spirit because our time to depart the institute had come close.

19/03/2023

The long-awaited day finally arrived - the 26th Convocation Day. We had the concelebrated Holy Eucharist at 11.30 am presided over by V. Rev. Fr. George Santhumayor, Provincial Superior of the Carmelites of the Karnataka-Goa Province and the President of Dhyanavana Institute. He also handed over the term papers of the sisters and encouraged them to grow in wisdom and knowledge. Rev. Fr. Deep Fernandes, OCD, Provincial Councilor for Spirituality, preached a meaningful homily. On the same evening the Convocation program began at 6.00 pm. Mrs. Clara Fernandes, Secretary, Regional Laity Commission and Vice President, Catholic Council of India delivered the Keynote address on the theme "The Role of Women in the Decision Making Process." Most Rev. Dr. Bernard Moras, Archbishop Emeritus and Apostolic Administrator of Mysore Diocese was the Chief Guest and he also awarded the diplomas and certificates to the sisters. V. Rev. Fr. George Santhumayor presided over the function.

20-21/03/2023

With heavy hearts sisters started returning back to their respective destinations.



DIPLOMA AND CERTIFICATE COURSES IN SPIRITUALITY

JUNE 25th 2022 - MARCH 20th 2023

BATCH-27

LIST OF STUDENTS NAME FOR THE COURSE

SL. No	Names of the Sisters	Birthdays	Abbreviation of the Congregations	Name of the Congregations	Charism of the Congregations
1.	Sr. Achamma Phommandru	15/11/1990	AASC	Sisters Adores handmaids of blessed sacrament and of Charity	Adoration and Liberation
2.	Sr. Traibilash A Marak	28/08/1996	CFMSS	Clarist Franciscan Missionaries of the Most Blessed Sacrament	Eucharistic- Missionary
3.	Sr. Silkyrina S Marak	29/05/1999		Congregation of the Immaculate Conception	Preaching the Good News to the Poor in Love and Simplicity.
4.	Sr. Selvi	21/08/1966	CIC		
5.	Sr. Sumila Ekka	03/05/1986	CJMJ		
6.	Sr. Celena Jayakumar	11/08/1993			
7.	Sr. Priya	01/05/1996			
8.	Sr. Manasa	06/03/2000			
9.	Sr. Shoba	13/11/1977		Congregation of Jesus Mary Joseph	An Ever Adaptable Apostolic Availability.
10.	Sr. Anima Bara	28/01/1995	CSJ	Sisters of St. Joseph's of Chambéry	Union with God, union with ourselves and union with others among themselves.
11.	Sr. Supriya Dung dung	08/03/1995			
12.	Sr. Priyanka Khakha	20/06/1995			
13.	Sr. Parcillina	02/03/1986	CSN	Congregation of the Sisters of Nazareth	Participation in the redeeming love of Jesus the Nazarene, and by sharing God's love, bringing the people of God into this communion.
14.	Sr. Elbina	21/03/1991			
15.	Sr. Helen Joe	24/12/1992			
16.	Sr. Josephine Selvanayagam	20/07/1965	DHM	Daughters of the Heart of Mary	Like Mary available to respond to the need of the people, place and time.
17.	Sr. Anisha Mary	20/08/1991	DSS		
18.	Sr. Delphin Virrarasi	07/03/2000			
19.	Sr. Pramila	30/04/1999		Congregation of Dinasevanasabha	Service in charity and poverty.
20.	Sr. Sneha Peter	20/04/1998			
21.	Sr. Francina Cyril	06/04/1992			
22.	Sr. Puspita Pradhan	27/03/1992	DST		
23.	Sr. Reeba Poovathottathil	30/05/1997		Daughters of St. Thomas the Apostle	Share the Risen Lord experience with the humanity where the Word of God has not yet heard, following example of St. Thomas the Apostle.

24.	Sr. Sneha Peter Sr. Mary	11/05/1994 02/04/1993	FDM	Daughters of De Ladu of Mercy	Mercy
25.					
26.	Sr. Bridget Jacob	27/08/1965	FMA	Daughters of Mary help of Christians	Give me souls take away the rest.
27.	Sr. J. Josephin Indira	15/05/1985	FSJ	Franciscan Sisters of St. Joseph	Towards integral ligations in solidarity with female and female children.
28.	Sr. Sailaja Talluri	23/10/1994			
29.	Sr. Deepa Chinnappar	07/07/1996	HFB	Sisters of the Holy Family of Bordeaux	Bringing the scattered children into one family "create communion"
30.	Sr. Lourd Sineha	10/06/1996			
31.	Sr. Reshma Madhuri Barla	05/11/1992			
32.	Sr. Rose Pratulit Tirkey	03/05/1994	HM	Handmaids of Mary	To make the Father known to all people and bring them to fullness of life, by showing forth Christ through the preaching of the good news, teaching of religion and catechism.
33.	Sr. Arati Lakra	20/04/1995			
34.	Sr. Ajeeta Ekka	12/06/1995			
35.	Sr. Taloni Sabar	20/06/1995	MMM	Missionaries of Mary Mediatrix	Reproducing and continuing the love & unity of early Christian community in the Church.
36.	Sr. Periya Nayagi	14/09/1995	MSC	Missionary Sisters of the most Sacred Heart of Jesus	To Be the heart of God on this earth
37.	Sr. Veronica	06/10/1986			
38.	Sr. Grace	27/07/1989			
39.	Sr. Sunita Maida	09/12/1992			
40.	Sr. Seema	02/08/1992	MSI	Missionary sisters of the Immaculate	Living passion to proclaim the kingdom of God to the people.
41.	Sr. Charles	11/05/1991			
42.	Sr. Nithya	15/03/1994			
43.	Sr. Deepika Katara	04/09/1993			
44.	Sr. Lilly Devasia	12/05/1966	RGS	Our Lady of Csharity of the Good Shepherd	Merciful love of the Good Shepherd Compassion & Reconciliation
45.	Sr. Sailaja	29/05/1999	RMI	Religious of Mary Immaculate Claretian Missionary Sister.	Evangelization
46.	Sr. Sunita Maria	17/07/1952			
47.	Sr. Jane	13/05/1943			
48.	Sr. Tessy	10/06/1952			
49.	Sr. Jaya	24/04/1951	SCB	St. Charles Borromeo	To Incarnate the compassionate love of God to all, especially the poor and the marginalized in all our ministries.
50.	Sr. Ursula	23/12/1952			
51.	Sr. Mary Vijaya	15/08/1977			
52.	Sr. Cecilia Soosaimanikam	27/05/1984	SCC	Sisters of the Cross of Chavanod	To live joyfully the Paschal Mystery of Christ
53.	Sr. Blessy Ekka	14/10/1989	SHSP	Sister's of the Holy Spirit	To be a living community in the Holy Spirit, and to wake the

54.	Sr. Margaet Gurga	11/10/1990				working of the Holy Spirit in this world tangible to the people through us.
55.	Sr. Pushpa Kachhap	03/08/1992				
56.	Sr. Vandana Kullu	04/10/1989				
57.	Sr. Frisca	17/08/1976	SJA	Sister of St. Joseph of Annecy	Union with God, union with ourselves and union with others among themselves.	
58.	Sr. Josephine	28/07/1977				
59.	Sr. Rashmika Gurung	07/10/1988				
60.	Sr. Anitha Albert	27/07/1989				
61.	Sr. Sushma Shrestha	03/03/1993				
62.	Sr. Sunita Lepcha	05/04/1991				
63.	Sr. Leticia Lepcha	13/01/1992				
64.	Sr. Angela Gurung	10/02/1991				
65.	Sr. Sinora Rai	11/02/1991				
66.	Sr. Arputha Deepa	05/11/1991				
67.	Sr. Saranya	14/04/2001	SKH	Sisters of Kingdom of Heaven	Seek the Kingdom of God	
68.	Sr. Anet Preethi Pereira	23/12/1987	UFS	Congregation of Ursuline Franciscan	We launch deeper into the life of the people solely "For the love of God", in simplicity of life and proclaim the message of the fullness of God's Kingdom.	
69.	Sr. Maria Vidya	06/06/1994				
70.	Sr. Arul Mercy	23/06/1995				
71.	Sr. Mariya Rani	18/03/1992				
72.	Sr. Kabya	02/09/1994	USS	Ursuline Sisters of St. Jerome in Somasca	Apostolic Education	



DHYANAVANA
NINE – MONTH DIPLOMA COURSE IN SPIRITUALITY
June 25,2022 – March 20,2023 Batch 26

Sl. No	Names	Title of the Thesis	Moderator
01	Sr. Ajeeta Ekka, HM	Mary the Model of Christian Living in the Gospel of Luke	Fr. Sunil
02	Sr. Anet Pereira, UFS	Francis: Repair my House	Fr. Rathan
03	Sr. Angela, SJG	Community Life - Living Together	Fr. Oswald
04	Sr. Anima, CSJ	Eucharist: A Call to Transformation	Fr. Richard
05	Sr. Anisha, DSS	Mary the Perfect Model of Discipleship	Fr. Rathan
06	Sr. Anitha, SJG	Living the Liberation Power of the Cross in the Footsteps of Bl. Anne Marie Javouhey	Fr. Oswald
07	Sr. Arati Lakra, HM	Life and Missionary Journey of St. Therese of Lisieux	Fr. Sunil
08	Sr. Arputha Deepa, SKH	St. Francis Xavier (Early Life, Character and Mission)	Fr. Rathan
09	Sr. Arul Mercy, USS	Prayer - Food for the Soul	Fr. Arun
10	Sr. Atchamma, AASC	Eucharist as a Passover	Fr. Rathan
11	Sr. Blessy, SHSp	Call of Holy Spirit Sister – Reflection of God's Love	Fr. Rathan
12	Sr. Bridget, FMA	Prayer and Contemplation – Life of St. Maria Mazzarello	Fr. John
13	Sr. Cecilia, SCC	Cosmos.... Abode of Dwelling	Fr. Rathan
14	Sr. Celina, JMJ	Mary in the Life of Jesus and the Church	Fr. Rathan
15	Sr. Charles, MSI	The Role of Women in the Ministry of Jesus	Fr. Rathan
16	Sr. Deepa, HFB	Faith through the Word of God	Fr. Richard
17	Sr. Deepika, MSI	The Healing Power of the Bread of Life	Fr. Rathan
18	Sr. Delphin, DSS	Vow of Obedience	Fr. Rathan
19	Sr. Elbina, CSN	Religious Life: Grace-filled Commitment	Fr. Oswald
20	Sr. Francina, DSS	Practice of Suffering in the Spirituality of St. Therese of Lisieux	Fr. Rathan
21	Sr. Grace, MSI	The Immaculate Conception of Mary	Fr. Dominic
22	Sr. Helen, CSN	Spiritual Journey in the Writings of St. John of the Cross	Fr. Arun
23	Sr. Josephine SJA	Leadership for a Better World	Fr. John
24	Sr. J. Josephine Indira FSJ	Obedience in Consecrated Life	Fr. Richard
25	Sr. Leticia, SJG	Healing Power of the Sacrament of Reconciliation	Fr. John
26	Sr. Margaret, SHSp	Importance of Counseling in the Formation to Religious Life	Fr. Oswald
27	Sr. Mary, FDM	Life and Sainthood of St. Mary Joseph Rossello	Fr. Rathan
28	Sr. Maria Vidya, USS	Love – The Fruit of the Holy Spirit	Fr. Richard

29	Sr. Nithiya, MSI	Jesus the Greatest Evangelizer	Fr. Rathan
30	Sr. Parcellina, CSN	Sacrament of Marriage	Fr. Oswald
31	Sr. Periya Nayagi, MSC	Jesus the Psychologist Par Excellence	Fr. Rathan
32	Sr. Pramila, DSS	Sacrament of Baptism	Fr. Rathan
33	Sr. Priya, JMJ	Prayer as Perfection According to St. Teresa of Avila (A Spiritual Journey through her Way of Perfection)	Fr. Richard
34	Sr. Priyanka, CSJ	Mary, the Mother of God	Fr. Oswald
35	Sr. Pushpa, SHSp	St. Mother Teresa	Fr. Dominic
36	Sr. Pushpita Pradhan, DST	St. Joseph - Our Father and Guardian	Fr. Rathan
37	Sr. Rashmika, SJC	Conscious Efforts in Caring for our Common Home	Fr. Rathan
38	Sr. Reeba Poovathottathil, DST	St. Chavara - A Man of Prayer and Action	Fr. Arun
39	Sr. Reshma Madhuri Barla, HM	The Life and Spirituality of St. Alphonsa	Fr. Sunil
40	Sr. Rose Tirkey, HM	Life and Teachings of Jesus on Discipleship	Fr. Sunil
41	Sr. Sailaja, HFB	Cosmic Christ	Fr. Richard
42	Sr. Saranya, SKH	St. Don Bosco - Inspirer of Youth as a Father and Friend	Fr. Sunil
43	Sr. Seema, MSI	New way of Being Consecrated Persons Today	Fr. Dominic
44	Sr. Senora Rai, SJC	Mary's Divine Motherhood	Fr. Rathan
45	Sr. Silkyrina, CFMSS	Human Suffering - Boon or Bane (In the Life of St. Alphonsa)	Fr. Sunil
46	Sr. Lourd Sineha, HFB	God-centered Community	Fr. Richard
47	Sr. Sneha James, FDM	The Fruits of the Holy Spirit	Fr. Arun
48	Sr. Sneha Peter, DSS	The Present Environmental Crisis and Church Teachings	Fr. Rathan
49	Sr. Sunita Lepcha, SJC	Eucharist - Banquet of Love	Fr. John
50	Sr. Sunita Maida, MSI	Feminine Spirituality, Empowerment of Women	Fr. Rathan
51	Sr. Sumila Ekka, JMJ	Journeying with Fr. Matthias Wolff - Founder of Congregation of Jesus Mary and Joseph	Fr. Rathan
52	Sr. Supriya, CSJ	Consecrated Life: A Call to Prophetic Witness	Fr. Richard
53	Sr. Sushma, SJC	The Missionary Dimension in the Charism of the Congregation of St. Joseph of Cluny	Fr. John
54	Sr. Taloni MMM	Vow of Chastity	Fr. Oswald
55	Sr. Traibilash, CFMSS	Eucharist as a Sacrifice	Fr. Sunil
56	Sr. Vandana, SHSp	Spirituality of St. John of the Cross	Fr. Dominic
57	Sr. Veronica, MSI	Preventive System of Salesian Spirituality	Fr. Dominic

MY SPIRITUAL JOURNEY

I am now a different person as I lead a different life. Spiritual life is much different from the worldly life. What you actually do out of your desire, what you seek and what you aim for in worldly life, you renounce the same in spiritual life. For the new initiates one has this can pose a great problem. When one begins to control one's desires and habitual thought patterns, it creates pain and suffering and stirs up a lot of discontentment and misery in one's consciousness. By nature we are pleasure loving as we try to avoid pain by all means. Spiritual people are expected to be indifferent to both. They may be even asked by their tradition to embrace pain and suffering rather than pleasure and happiness as a part of their practice to cultivate tolerance and patience.

In worldly life when you are confronted with an unpleasant situation you will not remain calm. You will do something about it, reacting either negatively or positively. You will take some action to protect yourself or you will confront it according to the situation and your judgment. On the spiritual path you do not have the compulsion of fighting your problems with an egoistic mindset. If you want to use the opportunity to change your thinking and attitude, you have to deal with them in a different manner. Here you will not take any action that gives your ego a sense of

comfort or a feeling of pride. You will invite them into your life with an open mind and learn to accept them and appreciate them for their value and importance in shaping your consciousness and your behavior. A spiritual person seeking liberation from the cycle of births and deaths embraces difficulties in order to overcome old attachments and preferences. His ultimate purpose is to cultivate equanimity or sameness towards all pairs of opposites.

Spiritual life therefore demands a patient and perceptive approach towards the problems and challenges in life. This affirmation is useful to cultivate such an attitude and meet with the demands spiritual life imposes upon you. It gives you the courage and the conviction to control your habitual thought patterns and overcome your deep-rooted desires. It prepares you mentally and spiritually to deal with the uncertainties, humiliation, doubt and the emptiness which arise from renunciation and detachment. Let us use these reflection to put ourselves in a right frame of mind, whenever we feel that we are getting involved with worldly life or our old thoughts about life and enjoyment are resurfacing in our consciousness. Let us reflect upon it whenever we find our mind straying into old memories and smoldering passions or whenever our ego rears its head and we feel the urge to defend or assert ourselves and our opinions.

- Sr. Anisha DSS

BIBLICAL RIDDLES

1. I was built with 12 Tribes - who am I?
2. I was always with my people, all the time where ever they were going taking me, without me nothing they can do, neither can they save their Nations - who I am?
3. I was unlucky, no one was loving me, I was examined, the pain of rejection were enough trouble for me.... tell me who am I?
4. In me the Holy Trinity dwells, I am past, present and future; I am for Holy Trinity and Human being. I fulfil every wish and save people from danger... tell me who am I?
5. I am the beloved of every one, in me several knowledge is there, I am divided into two parts, my words are very popular... tell me who am I?
6. The holy people of God live according to me and without me their Institute are invalid... tell me who am I?
7. For the birth of saviour no one was ready to welcome Him and did not give place in their houses, parents found suitable place and someone gave me the place to be positioned... now tell me who am I?
8. He was in the world and the world came into being through him, yet the world did not know Him?
9. I was bright as crystal coming from the throne of God and of the Lamb. I go through the middle of the city on either side of it. I came there _____ is with its _____ kinds of fruit... tell me who I am?
10. I am the last Knowledge of the popular book; I was given by the third person to His beloved one. Tell me who am I?

- Sr. Arati Lakra HM

Answers to Biblical Riddles:

1. (Altar of God)
2. (Ark of the Covenant)
3. (Lev:13/2-3, Leprosy)
4. (Mt: 6/9-15, Our Father)
5. (The Holy Bible)
6. (Canon Law)
7. (Luke 2/17 , Manger)
8. (Jn:1/10, God)
9. (Rev: 22/1-3, The River of Life)
10. (The Book of Revelation)

OUR *Mother*

Mother, the great creation of God
Who carries the child for nine months in the womb
Gives birth to it despite of the pain she smiles.
Her heart filled with full of love
Even though her child is old enough
Her care never stops,
Mother the most beautiful word,
Second from God
Even the world was saved by the mother
Who was pure holy and obedient
And God fearing where the world calls her
MAMA MARY.



- Sr. Angela Gurung SJC.

Friendship

We can't upload love
We can't download time
We can't Google all the answers for life,
We just need to log in with God's presence and we will surely like the status of
our life with our loved ones.
A friend is someone who understands the past,
believes in present and helps in the future.
That is what I experienced here.
Time helps me to become better person.
I learnt that friendship is all about trusting each other,
helping and loving each other and being crazy together.
Good friends are like stars.
We don't see them always but they are present and always twinkling.

- Sr. Anitha Albert, SJC.

LIFE IN DHYANAVANA

It's indeed a great opportunity for me - a year dedicated to revitalize, renew and refresh myself. Awaited day had dawned to reach my destination for the year 2022-2023 at Mysore. I reached my dwelling place on the 24th June 2022. These few months were well spent. My entire needs were taken care of.

Maximum time and preference was given for Spiritual, intellectual and emotional well-being. The course on different topics gave me new inspirations and insights of wider knowledge and broader perspective: knowing God, on Scripture, Feminism and on certain pros and cons to balance my afflictions. The ample opportunities to explore my talents and portray my qualities were remarkable. I truly felt the oneness and a sense of belonging. I just enjoyed being over there. Conducive atmosphere was created, good ambience, and a holistic approach – all these have empowered me and challenged me to go forth as witness of Christ. The routine schedule and the other chorus like liturgies, recreations, group discussion, daily duties etc... made me confident.

This experience has enabled me to launch into the deep and venture into the unknown trusting in God and to be an effective sister in my apostolate and in all the duties that are assigned to me.

I gained a rich experience of being with so many sisters of different congregations living together as one Dhyanaavana Family. Lot of collaboration and cooperation has kept us together in unity and we were able to carry out our many tasks effectively.

A time to be together

A time to share and care

A time to learn and nourish

A time to be deeply rooted

A time to be strengthened and convinced

A time to discover the great potential

A time to gain holistic development

A time to be sent forth.

What lies ahead of us...? Marching forward with optimism and trust; venturing into the unknown and to be responsible, living out the values of Christ in our day today's life...! My heart overwhelms with immense joy and gratitude for this opportunity and for giving me this golden chance. It was indeed remarkable days that I spent. I will always relish and cherish the days I lived fruitfully.

- Sr. Cecilia SCC

THE RHYTHM OF GRACE IN THE SEASONS OF LIFE

Rhythm is a repeated pattern that brings synchronization in every action. There is a rhythm in every existence. To live here on earth and conduct the aspects of our life, it is important to be in rhythm with the grace of God.

Natural rhythm guides all that we do in our existence. Our breath and heartbeat are constant reminder of life's pulsing rhythm that moves within and around us. Our life has a rhythm of its own and the stages of our life from babyhood through childhood, adulthood, parenthood, and aging. We have a life cycle of which birth and death are a part. Our lives are guided by the rising and setting of the sun and moon, the changes in temperature from day to night and season, the tidal ebb and flow by our own internal rhythm, these rhythms guide our life.

In nature we have four seasons – summer, winter, spring, autumn, and the seasons of the Church are Advent, Lent, and Ordinary season. Advent has got four weeks of seasons that is hope, love, joy and peace. Lent is the season of prayer, fasting and almsgiving. What are the seasons of life? The seasons of life are of two types - the first is grace that is love joy, peace, compassion, mercy, generosity, kindness, etc., and the second is seasons of disgrace - sloth, anger, envy, anxiety, failure, etc. All other seasons have got a rhythm of its time and duration, whereas the rhythm of seasons of life do not have

of its fixed rhythm because it doesn't occur on one season. It keeps changing, depending upon the experiences. It does not have time and place, seasons appear any time of the day, how can we bring rhythm to its seasons, Is there a solution? Yes.

Grace is God's bounty... it was free gift of God that formed man from the dust of the ground and breathed in him a living soul and stamped on that soul the image of God. Grace is not a gift that God packages and bestows on us during creation. Grace is God's presence to create, heal, forgive, reconcile, and transform human hearts, communities, and the entire creation. Wherever God is present there is grace. Grace brought creation into existence, graces birthed human beings, bestows on us the divine image, redeems us in Jesus Christ and is ever transforming the whole creation in the realm of God's reign of compassion, justice, generosity, and peace.

Achieving the rhythm of grace in interior life is considered as the secret of success to well executed life and plays a great role in how life is perceived in terms of functionality and in service. Repetition, Radiation, Contrast, Alteration, Transition and Gradation - using these principles we can achieve the rhythm of grace in the seasons of life.

REPETITION

Repetition can be the simplest way to attain rhythm. By the fact we are created in the image and likeness of God the seal of grace is in us, the sacrament of Baptism activates this grace to enter into the life of Christ and constantly live this grace. As we grow in age fragile as we are, we tend to fall prey to our weaknesses and move away from the state of grace. The sacrament of reconciliation and communion enable us to renew ourselves in grace and reconnect ourselves with God and one another. By repeating the grace of forgiveness, act of mercy, charity, kindness and generosity in our day today lives we learn to be in rhythm with the grace of God in all the seasons of our life.

RADIATION

By our very vocation we are called to radiate the love of God through our very life of witness. We draw the inspirations from the life of Jesus to be poor, chaste and obedient, we have our daily joys and daily crosses, where we are tested to live this evangelical counsels, the seasons of joys and sorrows, governed by the grace of God through prayer and by repeated acts of grace we learn to radiate the divine love through acts of charity in tune with the rhythm of grace in the seasons of life.

CONTRAST AND ALTERATION

At the transfiguration Peter told Jesus – “how good it is to be here Lord I will make three tents, one for you, one for

Elijah, and one for Moses.” The state of grace is a sweet experience that Peter didn't want to leave the place. When we reflect to some of the moments where we have been the cause to experience the grace of God in others life and the experience of grace God from others to us, we cherish those moments in good times and in bad times too. We do make the timely alterations of benevolence, every day through examination of conscious, during monthly recollections, retreats, confessions, in order to move from the state of disgrace to gracefulness, which creates a sense in the rhythm of grace by contrasting the life between the state of disgrace and grace.

TRANSITION

Jesus transited himself from the divine nature to human nature, to manifest the love of the Father. The rhythm of God's grace in the seasons of our life calls for a constant transformation or transition to the state of grace from anger to patience, hatred to love, sloth to enthusiasm, disobedience to obedience etc. This transition helps us to achieve the rhythm of grace in the seasons of life.

GRADATION

We most often associate rhythm with the music which is used to level in all the aspect of a song. In life the rhythm of grace works in the same way levelling the emotions together in integration as an act of glory. As the Bible says the glory of man is the glory of God. We learn to

glorify God in the experience of the world through the vehicle of God's grace in the seasons of our life.

The rhythm of life is a way of life that brings our legitimate needs, our deepest desire, and our unique talents into harmony with each other. And it is different from routine, which is defined as strong, regular, repeated pattern by which we live. Creating a life of rhythm can help us feel more convinced, fulfilled, happy and content religious in our personal, community life and in our ministry by imparting the rhythm of grace in the seasons of life in different dimensions of life. We shall see a gradual growth in us and the growth in others to those whom we minister as a medium of God's grace.

- Sr. Charles MSI.

BEAUTIFUL DAYS

What beautiful days
What happy days
What lovely days
What memorable days spent together

These are moments in Dhyana
Bloomed together, laughed together
Spread fragrance together in love
What a heavenly place of amusing fun

What sweetest days
What joyous days
What blessed days
What graceful days spent together

Song, music, dance, played together
Prayer, classes, exams, together
Gardening, cleaning, working together
What cherishing memories in Dhyana

- Sr.Elaina CSN

BE LIGHTED CANDLE

Everything on earth has its own importance or purpose. A seed by itself is of no worth unless it dies to itself and brings forth its shoots, so also a candle by itself has no worth unless it gives its light to others. A candle without a wick is of no use. A lighted candle portrays its effect in dispelling the darkness and in avoiding dangerous obstacles that come our way and in showing the placement of the things as they are.

Let us look at the lighted candle. We see, in the process of giving its light to others, the candle reduces its size and goes through an inexplicable painful experience. Similarly, every religious is called to live a life for others. We are blessed with energy, time and talents to make others' lives happy and fruitful by our sacrifice. Yes dear friends, we are to forego our comforts and our will in order to accomplish or bear fruit and to fulfill the will of God in our lives. This is possible if we are aware of ourselves. Let the wick of desire burn deep within our hearts so as to bring forth light to others. In the Gospel of John we read, "I must decrease, He must increase." Our life finds meaning if only we make this principle our own.

By the vow of poverty, we opt for a way of life that all creation is God's gift to be shared with others. Renunciation makes no sense without sharing. Yes, we announce the light of the candle of life to be shared so also our vow of chastity and obedience. A candle spreads its light; our hearts reach out to others. We also become available for others at all times and do the will of God as a steward would do. By the vows of poverty, chastity and obedience, we get detached from everything that we hold dear to us. The complete detachment would help us to undergo *kenosis*, a self-emptying process. In order to be true to oneself, one needs to break the idols of false self through the process of self-emptying. It is a painful experience as it touches our being.

Jesus was another candle in the life of humankind. He emptied himself to give us light, life and grace. But we know that Jesus had to undergo struggles, accusations, oppositions, contradictions and sufferings to the point of death in order to bring light and life to us. Every religious who has chosen to be the disciple of Jesus is expected to be a lighted candle to those who are groping in darkness and to those we minister and associate ourselves with. Let us not be candles in the showcase but candles that bring forth light to others by dying to ourselves.

- Sr. Deepa HFB

CAN I CHANGE THE PAST...?

The past is the past for a reason
That is where it is supposed to stay
But some cannot let it go
In their heads it eats away

Untill all my focus becomes
The person I used to be
The mistakes I made in my life
Oh If only I could see.

That I cannot change what happened
No matter how hard I try
Even though how much I think about
No matter how much I cry.

What happens in my lifetime
Happens for reasons unknown
So I have to let the cards unfold
And let my story be shown.

Don't get wrapped up in the negative
I must be happy with what I am
Live for today not for tomorrow
Let me get up and start to shine

- Sr. Deepika, MSI

SPIRITUAL JOURNEY

Spiritual journey is an ongoing process, let us pay attention to our spiritual journey and continue it every day. Remember that those who do not progress in their spiritual journey regress. Concerning our spiritual life, we are like the oarsman who has to row against the powerful current of a river. When he stops rowing, the boat drifts backward. At the time when he thinks the boat lies still in the water, it is actually slowly going downstream. The same is true of our spiritual life.

- Sr. Priya J.M.J

INTELLECTUAL LAZINESS

Intellectual Laziness is a trendy topic and mostly found among today's youngsters and even among us religious who are highly respected and honored in the society for the vast knowledge and caliber.

We acquire knowledge through our senses. It also improves the level of our knowledge. With this acquired knowledge we think and come to certain convictions. From this conviction we develop certain attitudes. Out of this attitude we behave/perform. There is a relationship between our action and knowledge. We don't have clear or perfect knowledge about everything.

- v Some others think what we speak is correct.
- v Some others think we are partially true.
- v Some others think our ideas are wrong or false.

If it is so, the imperfection in our knowledge, thinking, conviction, attitude and action will be wrong. We believe that we know everything. My thinking and action is perfect and therefore if it is so we will not accept correction and won't try to improve.

We need correct knowledge about everything. We can improve our knowledge by reading books, understanding the facts, and by seeing and hearing news around. Thus, false knowledge will be eliminated by right knowledge.

Except senses there is one more source of knowledge. Holy Spirit will give us perfect knowledge and we will be changed. A strong concrete example for this is St. Paul. He believed in *Torah* so he believed strongly that Jesus was against Judaism and Roman emperor. That is the reason he persecuted the Christians. Converted by Ananias and filled with the Holy Spirit he said "Believe in Jesus and you and your family will be saved". Never believe that the knowledge received through senses is perfect. Holy Spirit is the only source of true knowledge.

Main problem with us is - we do not depend on Holy Spirit rather we depend more on logic. When we always apply logic we won't understand anything, but when we think with the Holy Spirit we will understand everything.

Let's come out of our Intellectual Laziness. Through our senses and with the help of the Holy Spirit let us grow in knowledge and lead the entrusted flock to the light of Christ.

- Sr. Francina DSS

LIFE

What's life?

Some say it's a mixture of many ingredients.
Where every person has aspirations and visions to realize
And destiny to reach
Well, that's just a piece of life.

Hope provides wings to fly
Faith helps the seed of good to grow
Love serves as balm to heal.
We need them to live life.

There is growth beyond every tear drop.
There is a silver lining behind every dark cloud.
There can be bright smile behind frown face.
That's the paradox of life.

There are moments of humiliation and disparage,
At times, one is knocked over with despair.
While at other times, one is inundated with fear and anxiety,
But that's a process in life.

There are also times for amusement,
And time to enjoy in the circle of friends.
There are times of sweet memories that we cherish
Well, that's the joy of life.

For every catastrophe there is good fortune.
For every adversity there is prosperity.
For every tribulation there is alleviation.
This is the strength of life.

Life has both pleasant and unpleasant experiences.
For we know God has his own twists and turns
In His own time, He'll bring out and shine,
The tiny spark that lies deep within every soul.

Life is a mystery, life is precious.
Appreciate life, respect life.
Love life, for God came that we may have life
And have it in abundance.

- Sr. Grace MSI

3 LOVE OF GOD FOR ME

(Rom 2:4)

Lord as I reflect upon
The love you have for me
I can't help but to think
Without it where would I be.

For I know that I am
The object of your goodness
And I know I don't deserve
Your mercy and kindness

Lord, as I meditate upon
The nature of your spirit
I can't help but to see
Your grace I didn't merit

For I know that I am
a unworthy child
That is why my heart and soul
To you I did surrender

Lord, I know I am a sinner
Deserving not of forgiveness
And I am forever grateful
You love me regardless.

-Sr. Helen Joe CSN

ಹೃದಯಾಂತರಾಳದಿಂದ.....

ಓ ನನ್ನ ನಲೆಯ ಧ್ಯಾನವನ....

ಮಾಡುವೆ ನಿನಗೆ ನಾ ಹೃದಯಾಂತರಾಳದ ನಮನ
ನೀನಾದೆ ಕ್ರಿಸ್ತನ ವಿದ್ಯಾ ಪೀಠ
ಕಅತವು ಹೃದಯಗಳು ಜೀವನ ಪಾಠ

ಓ ನನ್ನ ನಲೆಯ ಧ್ಯಾನವನ....

ನೀನಾಗಿರುವೆ ಧ್ಯಾನದ ಬೃಹತ್ ವನ
ಹಕ್ಕಿಗಳು ಬಂದು ಮಾಡುವಲ್ಲಿ ನವ ಜೀವನ
ಜೀವನಕ್ಕೆ ನೀ ಒದಗಿಸುವೆ ಹೊಸ ಹುರುಪು
ಇದಕ್ಕಾಗಿ ಸದಾ ನಿನಗೆ ನನ್ನ ಅಂತರಾಳದ ಮುಡಿಪು

ಓ ನನ್ನ ನಲೆಯ ಧ್ಯಾನವನ....

ನಿನ್ನಲ್ಲಿ ನಾ ಕಳೆದ ೨೮ ದಿನಗಳು
ಅಜ್ಞತಿಯದೆ ಉಳಿದಿವೆ ನನ್ನ ಸುಂದರ ನೆನಪುಗಳು
ಮೆಲುಕು ಹಾಕುತ್ತ ಪ್ರತಿಯೊಂದು ಕ್ಷಣವು ನಿನ್ನ
ಮತ್ತೊಮ್ಮೆ, ಮಗದೊಮ್ಮೆ ಮಾಡುವೆ
ನನ್ನ ಹೃದಯಾಂತರಾಳದ ನಮನ

- Sr. Maria Vidya. USS

COMMITMENT

Commitment is the quality of simple people, which make the others noble. Commitment will set one on enthusiasm, fervor, self-forgetfulness, goal oriented. Commitment keeps one joyful and successful for it is the key to success. Commitment will make you realize the sense of belongingness to the organization. Committed people keep themselves up to the mark; commitment will help one to acquire knowledge and skills needed for empowerment. Commitment is contagious as committed people will always encourage others through their examples and their presence. Commitment is an essential quality for all walks of life. Let us show commitment in life which has the capacity and power to transform a promise into reality.

-Sr. Josephine SJA

LET THERE BE LIGHT

We read in the first chapter of the book of Genesis when the earth was created out of nothingness it was enveloped in thick darkness, devoid of all beauty which afterwards adorned it. Then God began to create, in detail the different works which we admire in the universe, saying “Let there be Light”. I experience this creation of God's Almighty power renewed in me during my stay in Dhyanaavana community. I often heard in the depth of my heart let there be light which need to shine more through my way of being and doing.

The course on different topics gave me new inspirations and insights of wider knowledge and broader perspective about deepening my God-experience, on contemplative prayer, on Scripture. The opportunities to explore myself were great and I truly felt the oneness and a sense of belonging to the group. This has enlightened me and given me true happiness to serve God more generously.

The natural light illumines our world which was the first works of God's creation. The spiritual light with which God enlightened me penetrated into my entire being as I experienced life in Dhyanaavana. The sisters of different congregations shared and enlightened us with different experiences of charism. Every one of us went forward with great enthusiasm and hope and trust, learning to be responsible.

I will try to live out the values of Christ in my day today life and to spread the light which shines within. My heart overwhelms with immense joy and gratitude for this plan and purpose and for giving me this opportunity. It was indeed remarkable days that I spent with one another. I will always relish and cherish the days which I lived and experienced as days of unity in diversity in the family of Dhyanaavana. I will light up my little lamp by being and doing what God expects from me...!

Sr.Lilly Devasia RGS

FATHER'S TREASURED TREASURE

Mom collected various beautiful pots. She arranged beautifully in a room and told every member of the family to enter with care and full attention so that not a single pot could be damaged. One day it so happened. The Father was out and one of his daughters was playing with a ball. Unfortunately the ball bounced and hit one of the pots and the pot got damaged. When the father was back, the mother informed him, saying that our girl damaged one pot by mistake while playing. It was father's treasured treasure and so the father became very angry and said; "I am going to punish my girl". He looked for her in the garden and neighbour's house. One day passed, and a second day too, he couldn't find her. Gradually he became cool and he made the following announcement in a well-known TV channel: "My dear daughter, I forgive you, come back. I will show you my love." The girl came back and father became repentful and remorseful. The father hurried back and destroyed all the pots.

It's difficult to accept people when they are instrumental in destroying things that we possess and are very close to our heart. We need to keep in mind that things are pleasing only to our senses. If we wish, we can replace the broken items with new ones, but human life and relationship is something so sterling and wholesome that we ought to forgive and forget when something wrong is caused to us. Instead, we should cherish and relish human relationship that is permanent and lasting.

- Sr. Rose Tirkey HM

IT SHOWS IN YOUR FACE

You don't have to tell how you live each day;
You don't have to say if you work or you play;
A tried, true barometer serves in the place
However you live, it will show in your face.

The false, the deceit that you bear in your heart,
Will not stay inside where it first got a start,
For sinew and blood are thin veils of lace-
What you wear in your heart, you wear in your face.

If your life is selfless, if for others you live,
For not what you get, but how much you can give;
If you live close to God in his infinite grace-
You don't have to tell it, it shows in your face.

- Sr. Rose Tirkey HM

GOD ALLOWS U-TURNS!

“Let's examine our ways and turn back to the Lord (Lam 3:40)”.

A second chance: Make a U -TURN

When you are travelling or walking somewhere, and you find out that you are on the wrong road, or you took the wrong turn, or stop at the wrong address..... What would you do?

It is obvious that no one will continue on the wrong road, or stay at the wrong address!

You will immediately make a U-TURN and find the correct way. You will turn around and ask for directions, or consult a roadmap to see which way you should go.

If you know that the road you are on leads to a dead end, or a dangerous place, you would turn around immediately, wouldn't you?

Spiritually this is also true, and the Lord wants us to examine the way our lives are going and make a U-TURN when we find that we are heading towards the wrong destination.

When someone falls down, doesn't he/she get back up? Certainly yes!

Throughout the Bible there are very often a call on us to turn back to God.

Fortunately:

- ☞ He allows U-TURN
- ☞ He is a God who is specialized in offering second chances
- ☞ He never gives up with us!

This is the same situation I had faced in life... **“Falling and Rising”**

I lived a life that pleased me the most instead of pleasing the one who had called me to work in his mission. I had a unique experience in the soil of Dhyanaavana on 20 Feb 2023.

It was then that I was faced with some questions such as: Do you wish to make the painful choice? Do you wish to remain where you have fallen or wish to rise and make a difference in life? If so then I need to take a stand for myself and U-TURN as well. I chose to make a painful choice with the help of a simple, holy, committed, responsible and eminent person who said, I need to make a difference in life. “The great conversion called for Jesus is to move from belonging to the world, to belonging to God.” Henry Nowen.

- Sr. Seema MSI

THOUGHTS FOR 60 SECONDS

Talk to yourself at least once in a day. Otherwise, you may miss a meeting with an excellent person in this world – Swami Vivekananda

We are what we repeatedly do. Excellence, then, are not an act but a habit. - Aristotle

Our greatest glory is not in never falling. But in rising every time we fall - Confucius

Change your thoughts and change your world - Norman Vincent Peale

If you focus on the hurt, you will continue to suffer. If you focus on the lesson, you will continue to grow – Buddha

Compiled by- Sr.Lourd Sineha HFB

LIFE IS A BLESSING

Genesis 1:27 - God created humankind in his own image.

God is the author of life and life comes from God. Life is a blessing. It is a precious and priceless gift from God. God has given us this life to live happily. Life is marvelous, beautiful and very unique. It is a treasure of jewels whose worth is immeasurable. Life shows all its colors and shades which may be dark and bright. It is a gift of love, a gift of peace, a gift of Joy. Life has to be taken care, is to be respected because it has come from God and it is sacred. Life is filled with beauty and colorful wings, gifted with lots of energy, power, skills, abilities and talents to be used for God's greater glory. We have to love our life, give due reverence and respect because it has come from God. God dwells in every human life; we have to be grateful to God. We have to live our life to the full. We have to be happy and make others happy too. We have to cherish and enjoy our life and live in full freedom. Each human life is important, great and precious. We are the reflection of God's love and mercy. With love God has designed us and molded us in a beautiful shape.

Life is nothing without the breath.

Life is like sunshine....

Life is like rainbow....

Life is like living stream....

Life is like flower.....

Life is like butterfly....

Life is like pearl....

Life is not a competition or the game of win or lose; it should be journey to be enjoyed and cherished...!

- Sr. Supriya Dung Dung CSJ

TIME OF RENEWAL

“The God who made us also can remake us”, says Woodrow Kroll.

On the eve of the 15th July, after celebrating the feast and receiving the blessings of God through the intercession of Our Mother Foundress we started our journey towards our new destination. I still remember the day we reached Mysore in the evening it was raining heavily on the way. In spite of all this, Fathers from the Institute, Fr. Dominic Vas, the director of the institute and Fr. Arun Bennis, the Procurator had come to fetch us. I was so excited to see, meet, explore and experience the new venture of my life. After a day of rest, we began our new life here in Dhyanaavana. Every week we had an opportunity to learn new things, new insights and to know different professors. I have benefitted a lot from all the classes. Through some classes I have gained lot of knowledge and gathered lot of information. Some classes were challenging and life transforming. It made me to think, question and reflect on my own life.

The life of community living was so unique here since we all had come from different parts of India. It enabled me to be more open-minded, adjustable and more human. It was such a rich experience to live, appreciate different cultures and learn from each fathers and sisters. Everyone contributed something or the other to my life.

A short break from the life of studies and a tour to Goa via Mangalore was another enriching and unforgettable memory we made together. Visits to different Shrines and specially the relics of St. Francis Xavier helped me to deepen my spiritual life.

The general time table, Institution day, programs like talents day, outreach

programmes like- Seminars with CRI, Mission experience at Jagalur, different Sundays such as – Recollection Sundays, Contemplative Sundays, Free Sundays helped me to know myself better and to be a responsible person.

Personal accompaniment by the spiritual guide was very helpful to reflect on my life and to grow in my spiritual journey. Working on the dissertation made me to read lot of books, articles and taught me to interiorize and assimilate. It helped me to boost my self confidence and to develop love for reading books and the importance of updating my knowledge.

I take this opportunity to thank first of all, God the Almighty for planning these days in my life, for all the blessings received during my stay in Dhyanaavana. I am glad to express my gratitude to my Congregation, to Rev. Sr. Edel Rai, my Provincial, and to all the sisters, specially my sisters in the community who gave me this chance to explore, evaluate, reflect and to renew my life. I am also indebted to Rev. Fr. Dr. Dominic Vas, director of the Institute, Rev. Fr. Dr. Rathana Almeida, the dean of studies and Rev. Fr. Arun Bennis, the Procurator of the Institute for their great help, guidance, care, support and love for me and all the sisters. I also thank all the sisters, staff and co-workers of the Institute with whom I shared my life, for contributing to my renewal. At last, I just like to ask God to bless each and every one of us so that we may be able to remember all the good things received, repent for all the wrongs we have done in our life and to re-do our life with all that we have experienced, learned and cherished while staying in Dhyanaavana.

- Sr.Sunita Lepcha SJC

SPIRITUAL INSIGHTS OF REV. FR. ALBERT JOSEPH HARRISON SJ THE FOUNDER OF THE CONGREGATION OF THE HANDMAIDS OF MARY

- The Master is always here and is waiting for you. Knock at his door. He will say, 'Come in'. Familiar intercourse with God in prayer. Go to Him at any time; He wants to see you.
- It is not so much your mind as your heart that God wants.
- Don't deceive Jesus; He believes in you. Be loyal to Him and this means to your Superiors.
- We are refugees in His Majesty's house. Therefore mind carefully whatever He places at your disposal. He gives you all you have and all you need; yet nothing is due to you.
- The other sister has a heart like yours, therefore, she, too, feels like you do; please do not offend her.
- Don't let your tongue rattle off against sister so and so; but bite it twice over and say a kind word.
- No plans we make are accomplished without trouble. The more the devil tries to upset them, the more glory to God can we hope for.
- Keep your eyes on the road ahead of you. Don't grieve about the hole over which you have stumbled.

-Sr. Ajeeta Ekka HM

BEING FAITHFUL IN SMALL THINGS

"We are not called to become successful but we are called to be faithful" says, Blessed Mother Theresa of Calcutta. Most of the time people lose their sleep in dreaming of becoming great, and successful! Some lose their peace in their pursuit of achieving name and fame, money and possession, recognition and emotional security! More than ever today there is a craze to earn more and more, and live a life of luxury and comfort! Sometimes the means that are used are not fair and just! Jesus says, "For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? (Mt. 16:26)." Loosing life and above all life's greatest gift of peace and joy in search of empty success, craving and spending more and more time, energy and talents in temporary and passing achievements, name, fame and money - ultimately where does it all lead us! In everything that we do if we are not faithful to CHRIST soon we become frustrated!

To become faithful in small little things of our everyday life is a great thing and a great blessing. Let us remember our parents, the sacrifice, the pain, the struggles, and the dedicated care and service they have shown towards bringing up a child. It is surely one of the greatest works of love in the eyes of God and the good Lord will always reward them! St. Theresa of Child Jesus became saint not because she did extraordinary or great things like mission work and travelling to distant mission lands, conversion, preaching, teaching, service to the poor and marginalized and so on... but all she did was little works of her daily life with great love towards CHRIST. And the church honours her and calls her the patron saint of missions.

Blessed Mother Theresa says, "Prayer begets faith, faith begets love and love begets service to

the poor.” Faithfulness is the way to love and Jesus invites us to be faithful in small little things of our lives.

We read in the parable of the talents (Mt 25:14-30) where the nobleman who summoned his servants and entrusted them his property, each one according to his ability. Then he went away. The one who had received five talents and two talents went off and traded with them and earned few more talents. When the master came they had the joy of saying to the master, we had made few more talents! Will we have the joy of saying to our master and Lord, Lord with what you have given we have made few more. And the master tells them “Well done, good and trustworthy servant, you have been faithful in few things, I will put you in charge of many things, enter into the joy of your master.”

Instead, most often we feel jealousy, why master gave others more and less to me or we grumble at the master or we try to do extraordinary than needed, or we burry what is entrusted than earning with what master gave us. Thus we make our lives miserable and sad! Our call is entering into the joy of our master by doing small little things of our lives in most faithful way. Let us be faithful in small little things that we do, in order to enter into the joy of our master!

- Sr.Ajeeta Ekka HM

FRUITFULNESS IN RELIGIOUS LIFE

A story is told about a traveler in China who visited a heathen temple on a feast day. There were many worshippers of a hideous idol in the shrine. The visitor noticed that most of the devotees brought with them small pieces of paper on which prayers had been written or printed. These they would wrap up in little balls of stiff mud and fling at the idol. He enquired the reason for this strange proceeding, and was told that if the mud ball stuck fast to the idol, then the prayer would certainly be answered; but if the mud fell off, the prayer was rejected by the god.

We may smile at this peculiar way of testing the acceptability of a prayer. Quite often we also do the same even as we know that prayer is important for our spiritual life. Our religious life is based on the fruitfulness of our prayer life. The more and closer we are to God in prayer, the better and more fruitful our life becomes. The secret is known to us; the secret to receive the abundance of serenity, peace of mind, joyful sharing of our life – through our reliance on prayer and our personal relationship with God. There is this profound mystery of total surrender and dependency on God that brings joy of religious life. In this mystery to which God called them, the religious find the strength, savour and fulfilment of their lives. In fact, the beauty, the holiness and true attraction of the religious comes from the realization and experience of this secret of joyful prayer life.

- Sr. Parcillina CSN

ST. JEROME EMILIANI

UNIVERSAL PATRON FOR ORPHAN AND NEEDY YOUTH

Simple people always live in simplicity of life. A simple person that we admire to ponder is St. Jerome Emiliani who was a lover of simple things, simple people and simple lives.

St. Jerome Emiliani can be compared as a majestic marigold flower which is simple, insignificant, ordinary, cheap, not of much worth, not spoken well of. But when we start going deeper and deeper into the mystery of this flower, we will marvel at it. It is worth to be calculated in gold. It may be less attractive to the eyes, but people use it for important functions. Even when it fades, no petals get separated but remain together. St. Jerome's love was like marigold... though unattractive his love for the poor and his care for the orphans brought many youngsters to the fore front, to dedicate themselves in the service of orphans in the society. He learned to look at the person not only with his eyes or his feelings, but from the perspective of Jesus. His charity goes beyond his amiability of other, who in his littleness reveals the face of God. The power of God's love was experienced by many poor orphans through him and his selfless service.

How generous is the tree!

Lived only for the good of others,

Exposing itself to wind and sun,

To rain and snow

It gave shelter and protection

Without expecting anything in return.

Like the flower that blooms today and withers tomorrow.

Our life too is short, but we can do a lot in this short span if we are but ready to co-operate with God's plan by making our life a significant sign of his love.

Our goal is God. God wants us to be holy, he wants us to trust him and he also wishes to test us like gold in the furnace. We are like gold, so we should not be shaken in times of distress, we must always trust God and trust that he is bringing us towards him... towards holiness.

These are great words lived by St. Jerome. May it inspire us through the day.

- Sr. Mercy USS

GRAPES AND OUR LIFE

Grapes as we know, is sweet fruit from which wine is prepared. Wine is consumed during different occasions, at different celebration. But the specific use of grapes in the life of a Christian is an important significance as it represents the blood of Christ. Therefore, during the celebration of Holy Eucharist, at the altar the chalice with wine is raised as a symbol of the blood of Jesus, and the vineyard represent the mission field, thus reminding us of the words of our Lord Jesus “I am the vine, you are the branches” (Jn 15:5).

Some common symbolic meanings for grapes include charity and abundance. In the Bible, grapes are used as a symbol for altruism. In the Old Testament, the grapes were clear evidence of the fertility of the land, even as God had promised it would be. Indeed, the Lord, who is faithful, can be counted on to keep his promises. Hence, the imagery associated with grapes came to be symbolically associated with the joyous fellowship of Israel's covenant relationship with the Lord.

Grapes don't have to strive to become full and sweet. They just stay closely attached to the vine, from which they derive their nourishment. This is the lesson we most vividly see in the natural growth of the vine and branches. This lesson from nature nourishes us spiritually and strengthens our connection with God the creator of all nature. Jesus, in John 15: 1-8 clearly says: “I am the vine, you are the branches: he who abides in me and I in him, he bears much fruit, for apart from me you can do nothing. My Father is glorified by this, that you bear much fruit, and so prove to be my disciples.”

The branches must abide in the vine to live and bear fruit. Jesus chose the figure of vine and branches for several reasons. It pictures a close, permanent, vital union between them. It is a symbolic belonging, because branches belong entirely to the vine; if the branches are to live and bear fruit, they must completely depend on the vine for nourishment, support, strength and vitality. Yes, Jesus is the fount of spiritual life, strength and growth in the Christian life. Eternal life, spiritual growth, and fruitfulness come through Jesus. Life-giving nourishment flows from the vine to the branches, which then bear fruit.

The fruit “grapes” is a symbol of fruitfulness in our religious life... journeying a story of our belongingness to the true vine “Jesus”. From the time we are planted, watered, manured, and pruned, all this has meaning for fruit-bearing in our life.

Therefore, let us raise in our hearts a prayer to God that we might always bear much fruit for the glory of God while bearing witness as His disciples in the present world filled with challenges.

- Sr. Judith Priya Nithya MSI

THE LIFE OF A CHILD

Life begins in the womb and it ends in the tomb. But there is a story of a child whose life was about to end in the womb itself. The mother was affected with jaundice when the child was in her womb. When the date for the delivery is near, the child in the womb is supposed to turn and take the position to come out to the world. But this child was not in the right position and the life of the child was in danger. But God made it possible for the child to be born even in such situation. But the story didn't end here rather the story started here.

The doctors noticed that child had no movement and it was physically challenged. Doctors told the family members that the child's life was in danger and that they can't guarantee her. Listening to the words of the doctors the family members were sad, worried and tensed but with faith and trust they prayed to God for the recovery of the child. However, there was no improvement at all. One night the uncle of the child came back from a pilgrimage from Velankani to the hospital to visit the child. From there he brought holy water which he gave to the mother of the child and told her to give that holy water for the child. The child who was like a vegetable immediately started responding with some movements as the mother gave the holy water to drink. The doctors saw what had happened they were surprised. The doctors regained their hope after seeing this miracle and they were very happy and immediately took initiative to do physiotherapy to the child to recover from physical disability and they did succeed. The child grew up without any problem. Now the child is grown up healthy and has chosen the religious life to show her gratitude to God for the gift of her life.

- Sr. Periya Nayagi, MSC.

COMMUNITY LIFE – LEARNING FROM ANTS

Our community is the gift from God. We come from different parts of the world and make a common home. Once I was watching a movie 'The Jungle. It was about the life of ants. I was much inspired by the lives of ants because they also get divided for different purposes and works. Some provide food, some help to make house, some make a way out and way in. While I was watching it, I was deeply inspired by their affection towards other members of the community. If one of the ants goes away from flock the other members who are making way to the house will help the one who is lost, to find the way back to house.

In the same way we find this even in our community. When one person is facing some personal problem, community problem or any other issue and if the person is suffering from severe problem, we being community members have the bounden duty to render our helping hand to the suffering member of our community. Like the prodigal son we sometimes lose our way to our home, if we find such person we need to help that person as much as we can.

If we are able to understand our sisters we will make a place in our heart to stretch our hand to bring that person back to our common home. We feel that we are belonging to the same family. By this experience the person who went astray from common folk will return back with happiness in her heart and she will certainly feel that she belongs to the community.

And through this we will be able to make our community a beautiful garden, where God is pleased to dwell and where all members live in love.

-Sr. Priyanka. CSJ

FIND THE MIDDLE AGES COUNCIL

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

1. LATERAN II

3. VATICAN I

5.TRENT

7.BASELFLORENCE

2. LYON I

4. LATERAN IV

6.VATICAN II

8.CONSTANCE

9.VENNE

Compiled by: Sr.Talluri Sailaja HFB

WAKE UP

This is time for new life!
It is time to awake from sleep
And come out on the balcony of life
It is time to look at the corners and the horizon.....
To look to infinity even if it makes you dizzy,
It is time to announce, sing and proclaim:
This is the time for new life!
It is time to break away from stereotypes,
To listen to the words of silence,
Close the eyes to better see,
Taste the silent presence,
This is the new time for new life!

- Sr.Talluri Sailaja HFB

MOTHER MARY, MY STRENGTH AND COURAGE

“Mother is queen of all virtues and best model to all humankind especially to youth”.

Mother you are the channel of good inspiration to everyone.

I would like to express my gratitude to my heavenly mother as I remember my past life. From childhood onwards I have some devotion to Mother Mary. Actually when I was in 3rd standard I liked to say the “Hail Mary” and I liked to collect her pictures. I remember very much those days whenever I was alone at home or while going out, I would first make the sign of the cross and say Hail Mary as I had to stay alone and had to take care of my Aunt's house. Really I experienced Mother Mary's protection from dangers and other problems. From those days onwards, I built up my relationship with heavenly Mother.

I used to pray “mother take care of my soul and I offer to you my body too. Please help to be like you”. When I was in hostel from 7th to 10th standard I really experienced her intercession to her son Jesus for me. I was poor in studies. It was for me a miracle to pass in each class because of intercession Mother Mary. My family too, in times of sorrows and challenging moments, prayed to Mary and she protected us always from every danger. And I remember, when I was in the hostel, I used to pray at the statues of Mary, at least one or two mysteries before I began my studies. Even before going to school I prayed and before sleeping too I used to pray at least 3 Hail Mary. If I forgot to pray I used to have bad dreams and it disturbed my sleep.

From those days onwards without rosary I couldn't sleep and so I used to keep the

rosary under my pillow. My love and faith towards Mother Mary gradually increased. When I was going to appear for my selection exam I prayed to her and through her intercession I cleared my exams. I was really worried as I had to write my 10th exams and I used to get upset. I started doing some small penance – kneeling down on the terrace and praying alone so that my friends could not notice me. I was happy to be blessed to pass my 10th class and I do believe that it was because of Mother Mary's powerful intercession.

Before I joined the convent a strange incident took place. It was very painful as I had to abandon my parents and siblings. I had to take that challenge but those days too, Mother Mary who stood by me and encouraged me to stand by my own decision and I really experienced that she is my real mother. *Can a woman forget her nursing child...? Even if she forgets, yet I'll not forget you.* (Isaiah 49:15). I remember those painful moments but because of her presence and intercession, I overcame those problems. And after having joined the convent there are two incidents that took place in my life. Somebody did some black magic to one of my cousin sisters and sister-in-law of my cousin sister. Every day and night she was suffering terribly almost for two months. I used to pray to Mother Mary and during the night vigil on first Thursday adoration, God changed her mind. My cousin and sister-in-law too recovered through the intercession of Mother Mary.

I too faced small struggles, discrimination and challenges during my formation because of my lack of capacity to speak and to read. It was very painful and confusion for me to proceed with my desire and so I used to pray. "My dearest Mother, you know my struggles and challenges. Help me if really God wants me to be a religious sister and accompany me in my journey." After my first profession, during corona, my family had to face financial problems. I cried bitterly and I asked Mother Mary, "Mother, I can't help to solve these problems and so I surrender them to you and to your Son. Please help my family send good people to help us." God indeed sent some people to help us. Now I realize those painful challenges, discrimination etc. were to make me be courageous and to deepen my little faith in God. When I recall my past life, I thank my parents who taught me this great devotion to Mother Mary.

Dear friends, when we face such discrimination, misunderstanding, criticisms and challenges, always remember Mother Mary and ask her intercession. Surely she will help. She is not only the mother of Jesus and the Mother of the Church, but she also is the Mother of every Christian family and the Mother of every person.

- Sr. Silkirina CFMSS

COULD YOU IMAGINE!!!

“A smartphone without OS would be like a man without Heart”. In this present era, our technical world is undergoing tremendous changes. Technology keeps increasing every day. It has brought changes in our lives too. The greatest invention of this century is Smartphone. Today, Smartphones are at the heart of the digital life of consumers which is growing rapidly. The heart of the Smartphones is OS (operating system). Operating system handles the hardware and software resources of smartphones. It consists often many applications, delivers various features to users, and the distinguishing feature that mobile operating systems offer is the ability to connect to the internet via Smartphones. Invention and the aim of this digital device is to meet the needs and expectations of users, to be more portable and user-friendly. The present generation now is more excited about it.

God gave us the gift of human life and He is the unmoved mover. All around him move and glorify him through their living. In a special note, for every religious Men and Women, God is the center and overseer. Times have changed through. The importance given to digital devices are not given to life and its demands. Where there is God there is full of joy. As some of the applications are not supported by OS (operating system) of the smartphones, our life and communities are neither happy nor joyful without the presence of God who is the central operating system. When we realize his presence in our community there would be no conflicts among us, because, he allows only the applications of love, compassion, mercy, peace, serenity, hospitality, comprehension, etc...

As the Operating System is the overseer with a bird's-eye view of everything that's happening on the device, so too God is the ultimate being. We cannot live without his presence; it is God who provides so many applications in our life in order to make necessary changes. But it is we who fail to choose the best for us. There is a saying “Each member of the community is a Gift of God”. In this sense we need to understand that every member is an application who has to bring change in self and in others. “Changes begin from within and bring transformative change to the world”. **Did we ever imagine this fact before?**

- Sr.Lourd Sineha HFB

FIND THE FRUITS AND GIFTS OF THE HOLY SPIRIT

[illegible]

- Sr. Traibilash A. Marak. CFMSS

ANSWERS

- | | | | |
|-------------------|---------------|----------------|------------------|
| 01. Wisdom | 06. Fortitude | 11. Goodness | 16. Forgiveness |
| 02. Knowledge | 07. Piety | 12. Kindness | 17. Self-control |
| 03. Understanding | 08. Love | 13. Gentleness | 18. Generosity |
| 04. Fear of God | 09. Joy | 14. Meekness | 19. Faithfulness |
| 05. Counsel | 10. Peace | 15. Patience | 20. Helper |

REALLY.....?

- * China has most goats in the world, they have over 170 million.
- * A chicken with red ear lobes will produce brown eggs and a chicken with white ear lobes will produce white eggs.
- * There is only one pink bottle nose dolphin which has been discovered, in an in-land lake in Louisiana, USA.
- * The shortest animal in the world is the Mayfly. Its entire adult life span is just 24 hrs.
- * There is a town called Calama that has never experienced rain. It is found in the Atacama Desert of Chile.
- * Saudi Arabia is the only country in the world not to have any rivers.
- * Frogs have 360 degree visual range: also frogs sleep with both their eyes open.
- * The first chocolate bar was molded in the 1847.
- * The Banyan tree is considered to be the oldest tree in the world.

- Sr. Maria Vidya USS

LAUGHING TONIC.....

Teacher: Name the nation people hate most.

Student: Exami-nation.....!

Two boys are quarrelling.

Tim: "Your father is a tailor and your shirt is torn. Shame on you!"

Tom: "You should be more shameful. Your father is a dentist and your Brother is born without teeth!"

- Sr. Maria Vidya USS

DO WHAT YOU WANT

If you want to **DO** something

Do for the helpless and the homeless.

If you want to **kill**

Kill your anger.

If you want to **Laugh**

Laugh at your foolishness.

If you want to **Give**

Give to the Poor and needy.

If you want to **Speak**

Speak politely, gently and sweetly.

If you want to **Pay**

Pay Respect to your erlders.

- Sr. Veronica Bodra MSI

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Mr . Clifford and Mrs. Margaret Vaz

Best Compliments from

**Mr. Stony D'zouza
&
Family**



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**Mr. Anand Pinto
&
Mrs. Winny Crasta**





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1ST SEMESTER



2ND SEMESTER

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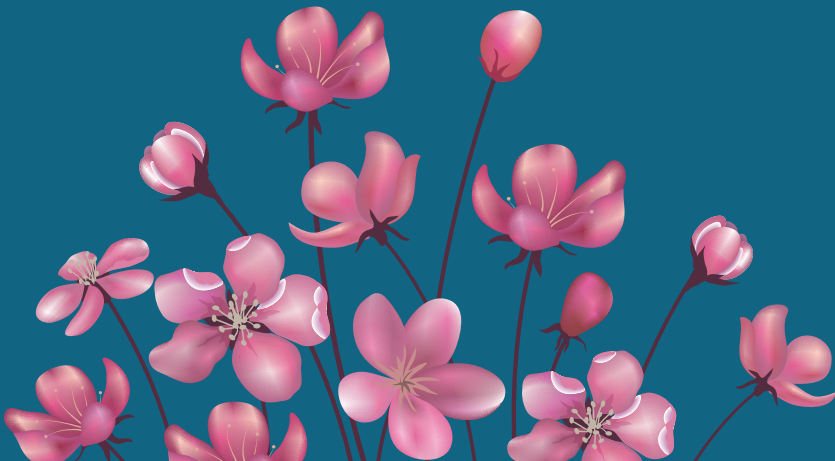
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and
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Valerian D'Souza and Family

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From

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From

Ingrid Vostrel
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ಲಯನ್ಸ್ ರಕ್ತನಿಧಿ ಜೀವಧಾರ ಕೇಂದ್ರ



ನಂ. 1869, 2ನೇ ಮಹಡಿ, ಎಂಬಿಎಂ ಲೆಹರ್ ಕಾಂಪ್ಲೆಕ್ಸ್,
ಐಎಂಎ ಬಿಲ್ಡಿಂಗ್ ಎದುರು, ನ್ಯೂ ಸಯ್ಯಾಜಿರಾವ್ ರಸ್ತೆ, ಮೈಸೂರು-570 021

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ದಿಲಿಶ್ ಎಸ್.ಎಚ್. B.Sc., MLT

ವ್ಯವಸ್ಥಾಪಕ ನಿರ್ದೇಶಕರು - ಲಯನ್ಸ್ ಜೀವಧಾರ ರಕ್ತನಿಧಿ ಕೇಂದ್ರ
ವ್ಯವಸ್ಥಾಪಕ ನಿರ್ದೇಶಕರು - ಮೈಸೂರು ಡಯಾಗ್ನೋಸ್ಟಿಕ್ ಸೆಂಟರ್ ಪ್ರೈ.ಲಿ.,
ಚೀರ್ಮನ್ - ಬೃಂದಾವನ ಡಯಾಗ್ನೋಸ್ಟಿಕ್ ಸೆಂಟರ್ ಪ್ರೈ.ಲಿ., ಮಂಡ್ಯ
ನಿರ್ದೇಶಕರು - ಭಾರತೀಯ ರೆಡ್ ಕ್ರಾಸ್ ಸೊಸೈಟಿ, ಮೈಸೂರು ಜಿಲ್ಲೆ
ಅಧ್ಯಕ್ಷರು - ಮೈಸೂರು ಬೆಲ್ಲಾ ಲ್ಯಾಬ್ ಟೆಕ್ನಾಲಜಿಸ್ ಅಸೋಸಿಯೇಷನ್
ಸಹ ಸಂಚಾಲಕರು - ವೈದ್ಯಕೀಯ ಪ್ರಕೋಪ್, ಬಿಜಿಪಿ ಮೈಸೂರು ನಗರ

ಮುತ್ತಣ್ಣ ಸಿ.ಜಿ DMRT.

ಕಾರ್ಯನಿರ್ವಾಹಕ ನಿರ್ದೇಶಕರು
ಮೈಸೂರು ಡಯಾಗ್ನೋಸ್ಟಿಕ್ ಸೆಂಟರ್ ಪ್ರೈ.ಲಿ.,
ನಿರ್ದೇಶಕರು - ಜೀವಧಾರ ರಕ್ತನಿಧಿ
ಅಧ್ಯಕ್ಷರು - ಲಯನ್ಸ್ ಕ್ಲಬ್ ಆಫ್ ಮೈಸೂರು ಜೀವಧಾರ

ರಕ್ತದಾನ ಮಹಾದಾನ



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Graham, Grace, Galen and Gerard D'Souza

In the ancient city
where Maharajas ruled,
And budding philosophers
In Christian thought are schooled,
Stands flowering Dhyanavana
With blossoms always bright
In summer. Spring and winter,
Fragrant even by night.

Here little flowers are many
And oaks of Bashan too:
There are sweet-smelling jasmins
And roses not a few.

It's here they come for classes
Of every spiritual hue
To learn from famed professors
What's beautiful and true.

Jewels from the Koran
And gems of Indian thought,
And how by great St. Thomas
India to Christ was brought.

The German Jewish scholar
Who Christian saint became
Watches over their programmes –
Edith Stein is her name.

She keeps their faith enkindled
Whatever storms they face
Till from the starry heavens
They shine upon our race.

Best wishes from

FATHERS AND BROTHERS

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Best Wishes to

**DHYANAVANA
and
THE CARMELITE FAMILY**



From:

GRATIAN RODRIGUES

President of Dakshina Kannada and
Karavalli Jilla Sangagala Okkuta (R) Mysore

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ಬಾಕ್ಸೋರ್ಕ್ ಪೆಜುಬೆಂ ಪೂರ್ನಾಶೆರ್

ಕಾನ್ವೆಲ್ ಗುಡೂ, ಮಂಗುರ್

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ತುಮ್ಮಿ ಸೆವೆಂತ್ ಪೂರ್ನಾಶೆರ್

ಬ್ರೆಸ್ತಾರಾ ಬಾಕ್ಸೋರ್ಕ್ ಪೆಜುಬೆಂ ಸೊಮೆವಾಚಿಂ ಬುಸಾಂ

ಸೆವಾಂ: 8.00, 7.30, 8.00, 10.30; ಮ್ಹಾಣಾಂ: 1.00 ಪೂರ್ವಾಂ (ಕೊಂಕ್ಣಿ)
 ಸಾಂಜೆ: 4.00 ಪೂರ್ವಾಂ (ಮರಾಠಿ); 5.00 ಪೂರ್ವಾಂ (ಇಂಗ್ಲಿಷ್); 6.00 ಪೂರ್ವಾಂ (ಕೊಂಕ್ಣಿ); 7.15 ಪೂರ್ವಾಂ (ಕೊಂಕ್ಣಿ)

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SUMMER COURSES - 2023

COURSES AND RETREATS FOR MEN AND WOMEN RELIGIOUS
FOR - **PRIESTS AND RELIGIOUS ANIMATORS/JUBILARIANS**

COURSES

April 17 - 22, 2023	- Leadership and Community Building Skills
April 24 - 29, 2023	- Re-Visiting the Consecrated Life
May 01 - 06, 2023	- God Experience through Mystical Prayer
May 08 - 13, 2023	- Counseling Skills and Human Wholeness
May 15 - 19, 2023	- Seminar for Teachers (booked)
May 22 - 27, 2023	- Psycho Spiritual Development

RETREATS

March 27 - April 1, 2023	- Walking with Christ to Calvary
May 01 - 06, 2023	- The Art of Living the Contemplative Prayer
May 22 - 27, 2023	- Encounter Jesus in Prayer

RENEWAL AND FORMATION COURSES FOR WOMEN RELIGIOUS

THE NINE - MONTH DIPLOMA COURSE IN CHRISTIAN SPIRITUALITY
JUNE 25 - MARCH 20

A THREE-MONTH CERTIFICATE COURSE IN SPIRITUALITY OF CONSECRATED LIFE
JULY - SEPTEMBER

A SIX-MONTH CERTIFICATE COURSE IN SPIRITUAL RENEWAL THROUGH INNER HEALING
JULY - DECEMBER

A THREE-MONTH CERTIFICATE COURSE IN COMPREHENSIVE BIBLICAL SPIRITUALITY
OCTOBER - DECEMBER

A SIX-MONTH CERTIFICATE COURSE IN HOLISTIC FORMATION IN RELIGIOUS LIFE
OCTOBER - MARCH

A THREE-MONTH INTENSE CERTIFICATE COURSE IN SPIRITUAL RENEWAL WITH MISSION ORIENTATION
JANUARY - MARCH

For information and registration, contact the Director / Receptionist / Website

Address: **Rev. Dr. Dominic Vas OCD, Director, DHYANAVANA**

R.S. Naidu Nagar, Mysore - 570 007, Karnataka State, India

Telephone: 0821 - 2492623; Mobile Number: 90086 03388

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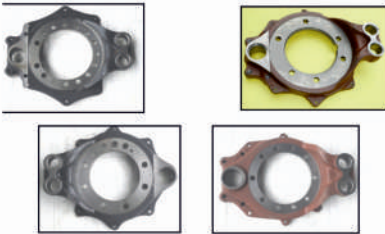
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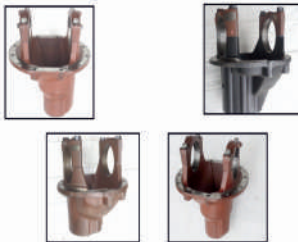


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