

CSJ RIPPLES

Sisters of St. Joseph of Chambery - Indian Provinces

July - September 2026

Vol - III

*In Unity
And Diversity
For A More
Human World*

Living Water **LET CREATION LIVE**

Exekiel 47:9, 12



Season of Creation
1 September – 4 October



*Immerse.
Renew.
Restore.*

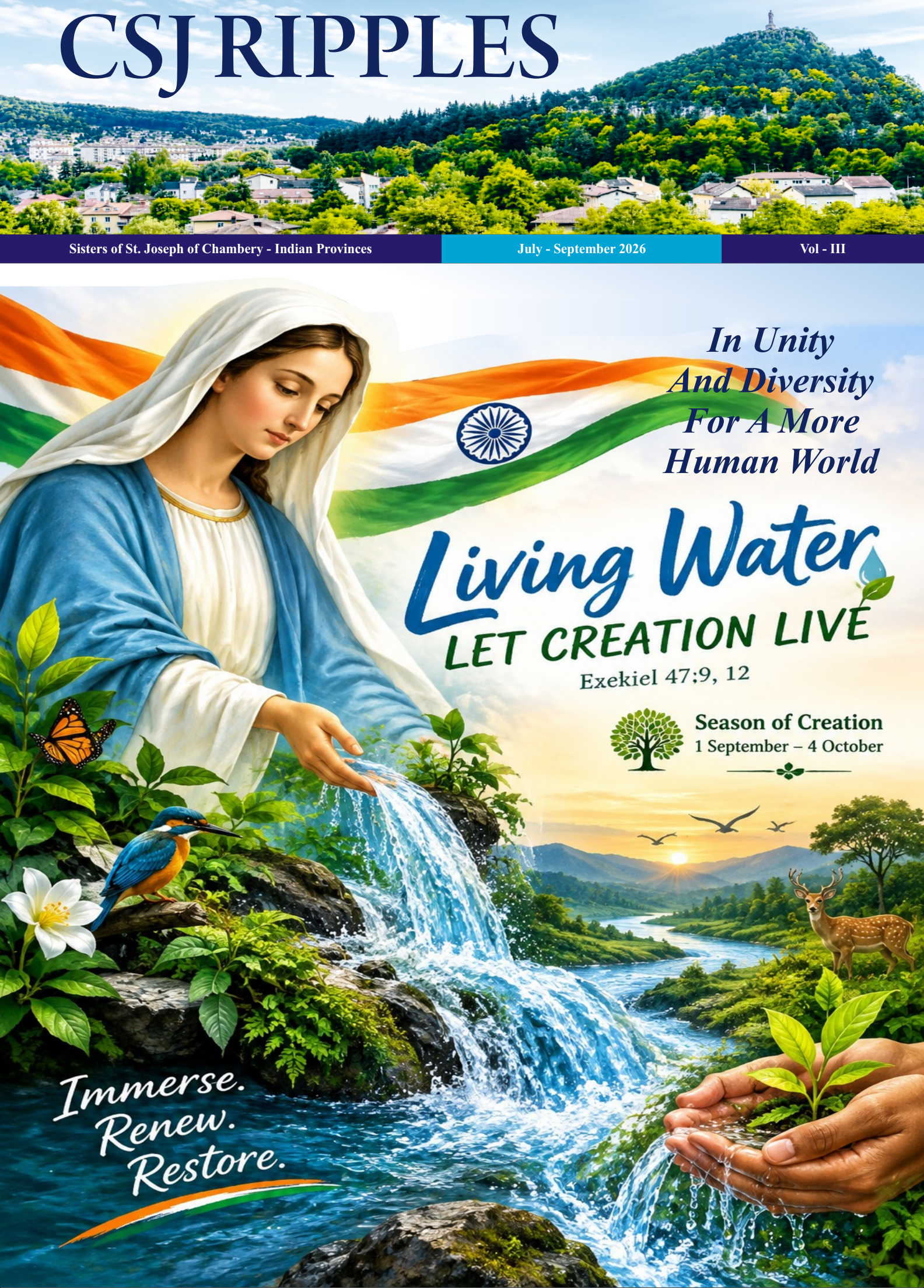




Table of Contents



01	Editorial (<i>Nirmala</i>)	01
02	Rooted, Renewed & Digital for Mission (<i>Pachmarhi</i>)	02
03	Future Leaders at Mun 2026 (<i>Tanmaya</i>)	03
04	Visiting Churches as Pilgrims (<i>Pachmarhi</i>)	05
05	Celebrate to Embrace Culture (<i>Nagpur</i>)	06
06	Celebrating Cultures, Cherishing Heritage (<i>Tanmaya</i>)	07
07	Grandparents Day (<i>Nirmala</i>)	10
08	The Nation Needs Builders, Not Bystanders (<i>Pachmarhi</i>)	11
09	The Joy of Saying 'Yes' to God (<i>Tanmaya</i>)	12
10	Mary, My Mother In The Glory Of Heaven (<i>Pachmarhi</i>)	13
11	Faithful Through The Years (<i>Nirmala</i>)	14
12	Where The River Meets The Sunset (<i>Pachmarhi</i>)	16
13	A Treasuring Experience (<i>Tanmaya</i>)	17
14	Midlife - A Journey of Transformation & Integration (<i>Nagpur</i>)	18
15	Journeying With The Young Minds In Religious Formation (<i>Nagpur</i>)	19
16	Science and Synergy (<i>Tanmaya</i>)	21
17	Teachers' Day Celebration (<i>Nirmala</i>)	23





EDITORIAL

RIPPLES OF FAITH, FREEDOM AND CREATION



Sr. Priya Saldanha
Nirmala Province

As the monsoon rains nourish the earth and festivals light up the skies, the CSJ Ripples for July–September invites every heart to pause and give thanks for the many ways God’s faithfulness has shaped our journey as a congregation and as a people of hope. In the quiet strength of August, we celebrated the Feast of the Assumption, when Mary, taken body and soul into glory, reminds us that our destiny is not decay but resurrection, not fear but fullness of life in Christ

As September unfolds, we turn with filial tenderness to the Nativity of Mary, our Mother, whose birth heralded the dawn of salvation and whose gentle gaze still guides the Church through every storm. In her, we see the beauty of a life wholly given to God, a life that blossoms even in hiddenness, and we are reminded that every vocation begins with a quiet “Here I am” spoken in trust. This season also coincides with the Independence celebrations of many nations, when flags rise and anthems swell; yet beyond the parades and proclamations, we are called to ask what true freedom means in the light of the Gospel—freedom from selfishness, from indifference, from the idols of power and profit, so that our nations may become communities where justice and peace embrace.

The Holy Father’s message for the Season of Creation, beginning on 1 September, invites us to “beat our swords into plowshares” and to let “living water” flow through our choices, our institutions, and our prayers. Pope Leo XIV urges a conversion of heart so that what has been used for destruction may be redirected toward life, toward the care of the poor, the nourishment of the hungry, and the safeguarding of our common home. In this spirit, our Congregation rejoices with special gratitude for those sisters who mark their Silver, Golden, Diamond, and Platinum Jubilees—25, 50, 60, and 70 years of Consecrated Life—testimonies that God’s

mercy never grows old, and that a life given to HIM bears fruit beyond measure. Their stories are living Gospels written in patience, joy, and quiet heroism, inspiring younger generations to believe that holiness is possible, here and now.

Across India, July to September is a tapestry of cultural festivals that reveal the soul of a people who know how to celebrate: from the vibrant processions of Rath Yatra in Puri, to the boat races of Kerala that turn rivers into ribbons of color and song; from Onam’s floral carpets and harvest feasts that speak of homecoming and abundance, to Ganesh Chaturthi’s clay idols that remind us of impermanence and new beginnings; and in certain parts of the North, the kite-filled skies of Janmashtami and the devotional fervor of Teej and Raksha Bandhan that weave families and communities closer. These festivals, with their music, colors, and shared meals, are not mere traditions but living prayers that teach us gratitude, solidarity, and the sacredness of life in all its forms.

In the midst of these celebrations, let us not forget that every feast points beyond itself to the One who is the source of all joy. Whether we light lamps for Mary, raise flags for freedom, honor our elders in the congregation, or dance to the rhythm of the monsoon, we are ultimately giving thanks to the God who walks with us through history, who turns water into wine and sorrow into song. As we turn the pages of this issue, may we find in each story a mirror of our own journey, in each photograph a face of Christ, and in each word an invitation to love more deeply, serve more generously, and hope more boldly.

“Let us not grow tired of doing good, for in due season we shall reap, if we do not lose heart.”

— Galatians 6:9

Rooted, Renewed & Digital for Mission



Sr. Nirmala

Province of Pachmarhi

Leadership Gathering of the Sisters of St. Joseph in India

The three-day Leadership Gathering of the Sisters of St. Joseph in India was a grace-filled experience of communion, reflection, learning, and renewal. Bringing together the Provincials and Formators of the Congregations of Lyons, Annecy, and Chambery, the gathering provided a valuable opportunity to celebrate our shared Josephite heritage, strengthen bonds of communion, and renew our commitment to the common mission.

The gathering centred on the theme “Rooted, Renewed and Digital for Mission.” Through prayer, reflection, dialogue, and enriching input sessions by Fr. Aquin Noronha O.P., Rector of St. Charles Seminary, Nagpur, participants were invited to reflect on the changing realities of religious life and leadership in today’s world. His insights encouraged the leaders to embrace the possibilities of the digital age with wisdom, creativity, and discernment, while remaining firmly rooted in Christ and faithful to the charism of the Sisters of St. Joseph.

The sessions explored several significant realities facing religious life today, including vocation and discernment, transparency, artificial intelligence, ongoing formation, community life, intercultural living, ageing members, emerging leadership, and mission in a world marked by conflict. These reflections opened meaningful spaces for honest dialogue, mutual learning, and a renewed sense of responsibility for the future of religious life and mission.

The call to be “Rooted” reminded us to cherish our spiritual heritage and remain firmly anchored in Christ. To be “Renewed” invited us to embrace continual conversion, openness to the Spirit, and a willingness to learn and grow. To be “Digital for Mission” challenged us to engage responsibly and creatively with technology and new forms of communication, using them as avenues for evangelization, connection, learning, and service.

The Nagpur Province graciously hosted the gathering with warmth, generosity, and thoughtful care. Their joyful hospitality created an atmosphere of welcome and communion, reflecting the simple, humble, and service-oriented spirit of St. Joseph.

The gathering also reminded us that authentic leadership is not merely about authority or responsibility; it is rooted in communion with God, attentive listening, courage, humility, and generous service. In a rapidly changing world, the challenge is to embrace new realities without losing our identity, values, and spiritual roots.

As the three days came to a close, participants returned to their communities with grateful hearts, renewed vision, and strengthened commitment to our shared Josephite heritage and mission.

May we continue to be deeply rooted in Christ, constantly renewed by the Spirit, and courageously digital for mission, responding creatively and compassionately to the needs of our world for the greater glory of God.



FUTURE LEADERS AT MUN 2026



Sr. Priyanka Ignecious Horo

Tanmaya Province

St. Joseph's Convent Senior Secondary School, Khandwa, M.P. India, organized two-day Model United Nations (MUN) conference on 29th and 21st August 2026, which saw the participation of nearly 240 delegates from various schools of the district. This flagship event of the school which was conducted under the able guidance and supervision of the Principal Sr. Neha, familiarized our budding diplomats about the working style of the government bodies at international level and helped them develop logic, reasoning ability, and an all-round global perspective. The school campus was decorated with the flags of all nations and the school authority arranged the committee chambers according to the UN norms. Superintendent of Police, Khandwa Mr.

Agam Jain was the chief guest during this event. He had keenly followed the proceedings of various committees and appreciated the efforts of the school in organizing such an innovative event.



Model United Nations (MUN) is a learning activity where students take part in a simulation of the United Nations. Each student represents a different country and learns about its views on important world issues. During the conference, students discuss these issues, share their opinions, debate with other delegates, and work together to find possible solutions. They also prepare and write resolutions based on the issues discussed. MUN helps students improve their communication, public speaking, research, teamwork, leadership, and critical-thinking skills. It also helps them understand international problems, different countries, and the importance of cooperation and peaceful solutions.

The two-day conference saw delegates forming various model United Nations committees, including the United Nations Security Council, United Nations General Assembly, and the United Nations Human Rights Council. Guest of Honor Sr. Philo Provincial Superior of Tanmaya province appreciated the delegates for giving constructive opinion and solution to all the issues that will help to bring positive change not only in the society but also in the world.



The distinguished guests present at the function included Fr. Victor John Parish Priest, St. Mary's Cathedral, and Sophia Convent School Manager, Fr. Albin, Fr. Saji Kurian, Sr. Gracy Fernandes, Sr. Navina Pinto, Sr. Rose Antony, Sr. Raphael Victoria, School Manager Sr. Vibha, Principals and teachers of various schools were present and appreciated the school for conducting the program with great enthusiasm and coordination.



On the second day of the conference there were rigorous committee meetings and delegates from different countries presented issues related to their own countries as well as international issues and laid down proposals for their resolution.

The International Press team, a new innovation of this year's event provided a wonderful opportunity, where the student journalists interacted with the country delegates, asked them questions related to the policies they put forth before the committee, got insight about the procedures adopted to arrive at a consensus, resolution and conclusion. All the delegates displayed a lot of vigor and enthusiasm while presenting their views and proposals on the crucial international issues. Their well-researched, logical, and matured opinions along with the decorum and discipline during the proceedings of the meeting fetched them appreciations from the audience as well as from the dignitaries present at the closing ceremony. The two-day event ended with a

prayer meeting followed by cultural program presented by the students. The Guest of Honor Sr. Philo Provincial Superior of Tanmaya province along with the Special Guest Ms. Dona Eames Principal, Angel's Planet School, felicitated the delegates for their splendid performance and applauded the committee secretaries for motivating the delegates in their respective committees.

This prestigious event of St. Joseph's convent Senior Secondary School Khandwa has truly been a great success under the dynamic leadership of the Principal Sr. Neha. The event helped the young delegates acquire diplomatic skills, logical reasoning, and a feeling of global responsibility for contributing towards the development of the country.

St. Joseph's Convent Senior Secondary School, Khandwa successfully organized MUN 2026, a two-day conference with nearly 240 delegates from various schools. Under the guidance of Principal Sr. Neha, students participated in committees such as the UN Security Council, General Assembly, and Human Rights Council. The conference enhanced their diplomatic skills, logical reasoning, leadership qualities, and global awareness. The newly introduced International Press team provided students with an opportunity to interact with delegates and understand international policies and negotiations. Distinguished guests appreciated the enthusiasm, discipline, research, and maturity displayed by the delegates. The event concluded with a cultural programme and felicitation ceremony.



VISITING CHURCHES AS PILGRIMS



Sr. Ritngenglang Mynsong

Province of Pachmarhi

Pilgrimage is a journey towards a destination. As Christians, we are called to be pilgrims of hope on earth, with heaven as our ultimate destination and the place of eternal joy. We believe that God is our loving Father who desires us to live with Him forever. Even when humanity fell into sin, God did not abandon us. Rather, He lovingly brought us back to Himself through His beloved Son, Jesus Christ.

Jesus is the Head of the Church, and we are members of His Body. St. Paul reminds us, “Now you are the body of Christ, and individually members of it” (1 Corinthians 12:27). The Church helps us grow in holiness and become instruments of God’s grace through our daily lives, good deeds, and little acts of charity. Each one of us is called to participate in building God’s Kingdom and to spread His message of love and reconciliation.

Varapuzha was my first community after being sent on mission following my First Profession on 30 May 2026. Soon after my arrival, on 11 June, I had the opportunity to visit three churches with the sisters of the community: Our Lady of Mercy Church, Vallarpadam, the Cathedral Church of Kochi and St. George’s Church, Edappally.

I was also privileged to visit the Synagogue of the Jews in Kerala, one of the oldest active synagogues in India. The beauty of Kerala deeply impressed me—the greenery, trees, rivers, streams, mountains, and the seashore. The history and foundation of the churches we

visited were particularly inspiring. My visit to Our Lady of Mercy Church at Vallarpadam deepened my faith and strengthened my devotion to Mother Mary.

On 16 June, we visited some sick members of the family of Sr. Anita Marie and experienced their warmth, love, and hospitality. On our return, we visited two more churches. On 30 June, we visited Koonammavu, associated with St. Kuriakose Elias Chavara, and had the privilege of entering the small cottage where he celebrated Holy Mass. On 7 July, we visited the church at Varapuzha, Ernakulam, where Blessed Mother Eliswa, the foundress of the CTC Congregation, rests.

Another grace-filled experience was my visit on 4 August to the tomb of Sr. Rohini and the place associated with Blessed Sr. Rani Maria. We also visited the sisters at Pulluvazhi-Tanmaya Province.

These visits helped me understand that the Church is not merely a building but also the People of God, united in prayer, faith, and thanksgiving. I was especially inspired by the families who participate in Holy Mass together, with parents and children worshipping side by side.

Visiting these holy places has enriched my spiritual journey and helped me appreciate the culture, traditions, and way of life of the people of Kerala. As a pilgrim on this earth, I thank God Almighty for these beautiful experiences, which have strengthened my faith and reminded me that our earthly journey is a pilgrimage towards our eternal home.



CELEBRATE TO EMBRACE CULTURE



Sr. Archana Kanakunnel
Nagpur Province.

Come August!!! It's celebrations all over our beloved Country, beginning with Patriotism filling the air. In all our Schools, Colleges and various other Institutions Patriotic songs, dances, tableaux, skits etc. echoes and re-echoes. And the culmination is the celebration of our Independence on 15th August in full gusto. Not forgetting the beautiful feast of Assumption of our beloved Mother Mary. Not over, the Parsi New Year was on the same day. This month of August also placed before us the festivals of Nagpanchami, Id-ul-Milad, Onam, the golden Jubilee of Sr. Vandana and Raksha Bandhan. For Onam celebration we came together as a region in Snehalaya and began with a beautiful prayer service and a reflection on the Eucharist. Then the Onam dance followed by the Onam Sadhya.



Celebrations are a must for personal and community growth. By celebrating the festivals of India we embrace one another's culture. Culture is not something to be locked in books and museums. It lives, the way we greet each other, the food that we prepare on festival days, the clothes we wear, the history we hear from our grandparents and the ultimate truth is: culture only stays alive when we celebrate it. Culture is in motion when we light the Diya, wear the traditional clothes,

cook the special dish, and dance with our community.

When we celebrate Ganesh Chaturthi in Maharashtra, Diwali across India, Onam in Kerala or Hornbill in Nagaland, we aren't just taking a holiday. We are stepping into a rhythm that our ancestors kept for centuries. The drums, the colours, the prayers, the food – they teach us who we are without a single lecture. Celebration turns “history” into “Experience.” And experience is what we remember.

When we embrace culture, we embrace each other. During various festivals we share with one another special food items, dances etc. During Holi a Maharashtrian friend shares Pura Poli, a Panjabi friend invites for a Baisakhi bhangra and we Christians share Christmas cake – we say “This is part of me, come be part of it too.” Celebrating each other's festivals, languages and traditions builds bridges to connect with generations to come.

Celebrations keep our culture from dying and give a reason to survive. Embracing culture is not just performing perfect rituals, but it's all about the heart, the spirit with which we celebrate. To celebrate is to say “yes” to who we are and where we come from and embracing culture is to say “yes” to who we are becoming together. So come on friends, let's celebrate life, every festival, let's wear the clothes, learn the dance, taste the food and invite others in. Let's remember, when we celebrate we don't just keep culture alive, rather we let culture keep us alive – rooted, proud and connected.



Celebrating Cultures, Cherishing Heritage: A Journey of Unity and Togetherness



Srs. Roshini, Priyanka & Ramya

Tanmaya Province

**“God saw everything that He had made,
and indeed, it was very good.”**

— Genesis 1:31

Our world is blessed with a beautiful diversity of cultures, traditions, languages and ways of life. Every culture carries its own history, values, beauty and wisdom. **The International Day of the World’s Indigenous Peoples**, observed every year on **9 August**, reminds us to recognize and celebrate the rich cultural heritage, identities, rights and contributions of Indigenous Peoples. **The United Nations General Assembly** proclaimed this observance in 1994, inspired by the first meeting of the UN Working Group on Indigenous Populations in 1982. The UN continues to encourage greater awareness, respect for Indigenous rights and recognition of their valuable knowledge, traditions and relationship with nature.

In this spirit of appreciation and togetherness, our celebrations of **Tribal Day and Onam** in different communities became beautiful expressions of cultural diversity and unity. Through music, dance, traditional art forms and fellowship, these celebrations brought people together, strengthened cultural identity and reminded us that, despite our differences, we belong to **one human family**.

Ratlam (M.P.) – Celebrating Tribal Culture

Our community at Ratlam celebrated Adivasi

Diwas with great joy, enthusiasm and togetherness. The simple yet vibrant evening was filled with recreation, laughter, music and fellowship. Everyone participated wholeheartedly, making the community come alive with love and respect for one another’s culture.

The celebration helped us appreciate the beautiful virtues reflected in tribal life—simplicity, humility, unity, togetherness, love and care for nature. It reminded us that diversity does not divide us; rather, it enriches our common life.

Though we may belong to different cultures, traditions and languages, we are one. The celebration also inspired us to value and protect Mother Earth, recognizing the deep respect for nature found in tribal ways of life.

At the end of the celebration, our hearts were filled with enthusiasm, love and respect for the gift of diverse cultures. It was truly a joyful, meaningful and memorable time of togetherness and friendship.



Antervelia (M.P.) – Celebrating Tribal Heritage



What a marvelous Creator we have! With great love, God created the earth and everything in it. The beauty of creation reminds us that every person, every culture and every tribe is a precious part of God's wonderful design.

Tribal Day is a special occasion to appreciate and celebrate the richness of cultural heritage. It invites us to remember our roots, value our traditions and thank God for the gift of our cultural identity. Our culture is not simply a part of our history; it is a living treasure that gives colour and meaning to our identity.

We are privileged to live and serve in the beautiful land of Jhabua, surrounded by the rich and vibrant Bhil culture. As part of our mission among the Bhil community, our school celebrated Tribal Day on 8 August 2026 with great joy, enthusiasm and gratitude. The celebration became a journey into our roots, giving our students an opportunity to learn about their tribe, understand their traditions and appreciate their cultural heritage. The colours, rhythms and melodies of tribal life came alive through songs and dances. Each child presented something unique with creativity and enthusiasm.

The cultural dances became bridges connecting the present generation with its roots. They reminded us that our roots give us strength, just as the roots of a tree give it strength to stand tall.

The celebration also reminded us of our responsibility towards Mother Earth. Indigenous communities possess valuable knowledge and traditions connected with their lands and natural environment.

The day invited us to look back with gratitude, live in the present with joy and carry our cultural heritage into the future with pride. Our cultures may be different, but together they form one beautiful human family in God's creation.



Onam – Celebrating Kerala's Cultural Heritage

Onam is a celebration of harmony, equality, togetherness and the rich cultural heritage of Kerala. The festival brings people together and strengthens the bonds of love, friendship and happiness.

Keeping alive this beautiful spirit of Onam, St. Joseph's Convent Senior Secondary School, Pulluvazhy, organized an Onam Flash Mob on 21 August at Kuruppumpady, Valanchirangara and Pulluvazhy during the evening. Fifty-six enthusiastic children transformed public spaces into colourful stages of Kerala's traditional culture.

The performance beautifully blended tradition, folklore, music and dance. The story of Mahabali set the cultural tone, reminding the audience of the values of equality, justice and compassion associated with his reign. The energetic Pulikali added colour and



excitement, while Vanchippattu brought alive the spirit of Kerala's famous boat-race traditions.

The children also presented traditional characters and art forms such as Kummatti, Onapottan, Thiruvathirakali and Kavadi. Each presentation reflected the beauty and diversity of Kerala's cultural roots and showed how traditional art forms can continue to inspire younger generations.

The flash mob carried a message beyond celebration. Through their performance, the children raised their voices against drug abuse and encouraged everyone to celebrate Onam in a safe, healthy and drug-free manner. The message was simple yet powerful: let our celebrations be filled with music, friendship, culture and happiness—not drugs.

The programme received wide participation and appreciation from the public. People gathered enthusiastically to witness the cultural presentation. The sight of children performing traditional art forms in public spaces created an atmosphere of joy and pride, while the social message added greater meaning to the celebration.

The Onam Flash Mob was therefore much more than a cultural performance. It became a celebration of Kerala's roots, a reminder of our shared heritage and a call for a healthier society. The vibrant event also received media



coverage, helping to carry its message to a wider audience.

Celebrating Diversity, Building Unity

Whether through the tribal traditions of Ratlam and Antervelia or the vibrant cultural heritage of Kerala, these celebrations remind us of the beauty found in diversity. They teach us to value our roots, respect one another's traditions and pass our cultural heritage on to future generations.

Like many flowers in one garden, each culture has its own colour and fragrance. When these colours come together, they create a beautiful picture of God's love, creativity, unity and harmony.

Let us continue to celebrate our differences, cherish our heritage and build communities where culture becomes a bridge that brings hearts together.



Grandparents Day Celebration



Sr. Sara Mary

Nirmala Province

“Gray hair is a crown of glory; it is gained in a righteous life.”(Proverbs 16:31)

Grandparents and elders stand as the living pillars of our communities, anchoring us in faith and guiding us with the wisdom of their years. To honour this invaluable legacy, **the Sadar Community** came together in joyful fellowship to celebrate **Grandparents Day**, paying tribute to the senior sisters who have dedicated their lives to selfless service. This special occasion was not only a beautiful expression of gratitude but also a sacred time to reflect on the immense gift of their enduring faith, love, and spiritual guidance.



The Community joyfully celebrated Grandparent's Day on 27th July 2026 in remembrance of the feast of St. Joachim and St. Anne parents of our blessed Mother Mary to express heartfelt gratitude and love for our beloved Senior sisters, whose lives continue to inspire us with wisdom, faith, and selfless service. This special occasion was dedicated to our cherished legends:

Sr. Eleanor, Sr. Ann George, Sr. Ernestine, Sr. Charlotte, Sr. Sarita, Sr. Molly and Sr. Pushpa who had come from Igatpuri and joined us in this celebration. Their years of dedicated religious life, unwavering commitment and loving presence are a priceless gift to our Congregation and to each member of the community. The celebration began during the evening Prayer Service where the community gathered in thanksgiving to God for the precious life and faithful witness of our senior sisters. Special prayers were offered, asking the Lord to bless them with good health, joy, peace, and abundant grace as they continue to reflect Christ's Love through their lives.

Following the prayer service, the community warmly welcomed our honored Sisters for the cake cutting ceremony. The atmosphere was filled with smiles, gratitude, and joyful fellowship, everyone joined in celebrating this beautiful occasion. The celebration concluded with a short recreation, where the sisters enjoyed light-hearted moments together, strengthening the bonds of love and community. Laughter, conversations and shared memories made the evening truly memorable.

The Grandparent's day celebration reminded us that our Senior Sisters are living treasures whose faith, experience and guidance enrich our lives every day. We thank God for the gift of Sr. Eleanor, Sr. Ann George, Sr. Ernestine, Sr. Charlotte, Sr. Sarita, Sr. Molly and Sr. Pushpa and pray that He may continue to bless them with His abundant love, good health, and lasting peace.



The Nation Needs Builders, Not Bystanders



Sr. Nisha Karakat, CSJ

Province of Pachmarhi

“Unless the Lord builds the house, those who build it labour in vain.”

Psalm 127:1

A nation does not collapse in a single day. It weakens gradually when truth is exchanged for convenience, justice is sacrificed for power, integrity is compromised for profit, and good people choose silence over courage. Today, our nation faces challenges such as corruption, inequality, social division, selfish ambition, and uncertainty among the young. Amid these struggles, the voices of the poor and vulnerable can easily go unheard.

Yet, the greatest danger is not merely the presence of injustice but the absence of people willing to confront it. History is never transformed by spectators. Meaningful change begins when ordinary people choose extraordinary courage when they choose conviction over comfort, integrity over compromise, and service over selfishness.

Our nation does not need more people who simply criticize from a distance. It needs **builders**, people who build bridges instead of walls, hope instead of despair, truth instead of deception, and justice instead of oppression. Nation-building does not happen only in parliaments and courtrooms; it begins in homes where children learn honesty, schools where values are nurtured, workplaces where integrity is practised, and communities where compassion replaces indifference.

As religious, we are called to be **the light of**

the world and the salt of the earth. Faith is not an escape from society’s struggles; rather, it gives us the courage to face them and the strength to transform them. True patriotism is not measured by loud slogans but by quiet acts of honesty, justice, mercy, and service. To love our country is to care for its people and stand courageously for what is right.

The question before us is not simply whether our nation has problems, but **who will rise to build a better tomorrow?** The future will not be shaped by those who merely watch history unfold, but by those who have the courage to participate in it.

Today, our nation needs **builders, not bystanders; servants, not spectators; people who carry light rather than merely complain about the darkness.** When our nation cries, may our response be compassion. When challenges arise, may our response be faith, courage, and action.

As the inspiring words remind us: **“Don’t just be a witness to change be the reason change happens.”**

May each of us become a builder of **truth, justice, peace, and hope**, leaving behind a nation that is stronger, kinder, and more united than the one we inherited.



The Joy of Saying "Yes" To God



Srs. Lalita & Rachna

Tanmaya Province

**“Behold, I am the handmaid of the Lord;
let it be to me according to your word.”**

— Luke 1:38

There are small words that can change an entire life. One such word is **“Yes.”**

As we reflected on the Assumption of Mother Mary and the Independence Day of India, two beautiful realities came together: freedom and surrender. Independence reminds us of the freedom won through sacrifice. Mary teaches us another kind of freedom—the freedom to surrender ourselves lovingly to God.

As I look at Mother Mary, I ask: What made this simple woman so faithful and courageous? The answer is found in one word: her **“Yes.”**

Mary’s yes at the Annunciation was not based on knowing everything about her future. She was not given a complete plan or a promise that the journey would be easy. She was simply invited to trust God. And she answered, “Let it be to me according to your word.”

That yes changed everything. It began in Nazareth and continued through Bethlehem, Egypt, Cana and Calvary. Mary teaches us that saying yes to God is not a once-in-a-lifetime decision; it is a choice we renew every day.

A Yes Without Knowing the Whole Journey
Mary did not know what tomorrow would

bring. She did not know every difficulty, sorrow or uncertainty she would face. Yet she trusted God.

How often do I want to know everything before saying yes? I want to know where I am going, what will happen and whether the journey will be comfortable. But faith does not always give us the whole map. Sometimes God gives us only the next step.

Mary did not see the whole journey, but she trusted the One who was leading her.

“Lord, I do not understand everything, but I trust You.”

True Freedom Is the Freedom to Love

Independence Day makes us grateful for freedom. But Mary invites us to ask: What does true freedom mean?

The world may tell us that freedom means doing whatever we want. Mary shows us a deeper freedom—the freedom to give ourselves in love.

Her surrender did not make her weak. It made her fruitful. Her freedom became availability, her availability became service, and her service became love.

So I ask myself: Am I using my freedom only for myself, or am I allowing it to become a gift for others?

Mary and the “Yes” of Religious Life

For those who have given their lives to God, Mary’s yes has a special meaning. When we say yes to our vocation, we are saying yes not only to a particular ministry, place or community, but to a journey with God.

That journey may include changes, misunderstandings, tiredness, disappointments and unexpected responsibilities. Faithfulness does not mean that there are no difficulties. Faithfulness means

remaining with God in the midst of difficulties.

Our vocation is renewed through small daily choices. When I choose patience instead of irritation, I say yes. When I forgive instead of holding on to hurt, I say yes. When I listen to someone who needs me, I say yes. When I accept something different from what I expected, I say yes. When I continue praying even when I do not feel God's presence, I say yes. When I begin again after failure, I say yes.

Perhaps the greatest 'Yes' is often hidden in the smallest acts of love.

Yes, even when I am afraid.

Yes, even when I do not understand.

Yes, even when the road is difficult.

Yes, because I believe You are with me.

Mary said 'Yes' once, but she lived that Yes every day. May I learn to do the same—turning my freedom into service, my uncertainty into trust, my challenges into opportunities for growth, and my ordinary life into a continuous offering to God.

Because sometimes, the greatest adventure of faith begins with one small word: YES.



MARY, MY MOTHER IN THE GLORY OF HEAVEN



Sr. Cosmos

Pachmarhi Province

Your sorrows were many,
your storms were fierce and long;
Through lonely roads and weary days,
you journeyed brave and strong.
You never lost your trust in God,
nor faltered on your way;
His love became your strength and light,
His grace sustained each day.
With gentle hope, you faced each trial,
with steadfast faith and love;
Through joys and tears, you walked with trust,
beneath the stars above.
At last, your earthly journey ended,
your faithful race was run;
And gently came the Father's call:
"Come home, My cherished one."
O Mary, Mother blessed,
Queen of Heaven, robed in light,
You dwell forever with your Son,
in glory pure and bright.
Walk with us through life's journey;
when weak, give us your strength;
when troubled, grant us peace,
and guide our steps at length.
Teach us to trust as you trusted,
to love as you have loved;
Teach us to offer our humble "Yes"
to God, as you have proved.
And when our journey here is done,
take us gently by the hand;
Lead us to Jesus, your beloved Son,
to our eternal promised land.
O Mary, Mother of Glory,
pray for us and stay near;
Lead us home to Jesus,
and calm each doubt and fear.
May we remain with Him forever,
in everlasting peace.

"Faithful Through the Years"

A Joyous Celebration of 70, 60 and 25 Years of Consecrated Religious Life



Srs. Harshita, Smita & Maria Grace

"The Lord has done great things for us, and we are filled with joy."

— *Psalm 126:3*

"Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus."

— *Philippians 1:6*

Some celebrations remain in our memories because they are beautifully organized. Others remain because they touch the heart. The Jubilee Celebration held during the Regional Assembly of the Jabalpur and Bilaspur Regions in Jabalpur, was one such unforgettable grace-filled occasion—a day when hearts overflowed with gratitude and eyes reflected the joy of God's unfailing love. The gathering became more than an assembly; it became a sacred family reunion where Sisters from both regions, came together to thank the Lord for His unwavering companionship through decades of faithful discipleship. The day was dedicated to honouring five remarkable women whose lives silently proclaim God's faithfulness:

- Sr. Eleanor – celebrating 70 years of Joyful Consecrated Religious Life.
- Sr. Ann George – celebrating 60 years of Dedicated Service in God's vineyard.
- Srs. Smita, Maria Grace and Harshita – celebrating 25 years of faithful Religious Profession.



Each jubilee represented not merely the passing of years but a life lovingly poured out in response to God's call. "A Jubilee is not the celebration of years gone by; it is the celebration of God's faithfulness in every one of those years."

A Journey that Began with One Loving "YES"

- ✧ 25 years ago, we walked towards the altar carrying nothing but a dream and a courageous prayer: "Here I am, Lord."
- ✧ 60 years ago, another generous heart renewed the Church with her joyful surrender.
- ✧ 70 years ago, a young woman entrusted her entire future to Christ, never imagining the countless lives she would touch, through her silent witness.

Today, looking back, those simple words have blossomed into lives rich with prayer, sacrifice, community, mission and countless hidden acts of love. As the Book of Isaiah reminds us, **"You shall be called by a new name that the mouth of the Lord will give."** (Isaiah 62:2) God has indeed been faithful to His promise.

Celebrating God's Faithfulness

The Eucharistic Celebration became the heart of the Jubilee. The Holy Mass was solemnly celebrated by Fr. Bausaheb Sansare, (SJ) who beautifully reflected on the enduring fidelity of God and the beauty of a vocation lived with perseverance and joy.

Every prayer, every hymn and every reading echoed one message: **God never abandons those whom He calls.** The celebration was further enriched by the gracious presence of our beloved Provincial Superior, Sr. Ancy, together with Sr. Ophelia and Sr. Maria Vaz, Provincial Councillors. Their presence was a beautiful sign of communion, encouragement, gratitude and support of us.

A Symphony of Gratitude

The liturgy came alive through the melodious singing of our postulants. Their youthful voices filled the chapel with prayer, making every hymn a heartfelt offering of thanksgiving. It was not merely music—it

was faith sung aloud. The solemn atmosphere gently flowed into a joyful felicitation programme. Every creative gesture spoke the language of love. Bouquets were offered—not simply as flowers, but as symbols of gratitude for lives that have blossomed in God's garden. The beautifully decorated Jubilee cake, reminded everyone that faithful lives become sweet blessings for the entire Congregation. Every smile, every embrace, every word of appreciation reflected the deep affection shared among the sisters. It was a celebration woven together by many hands and loving hearts. "Flowers appear on the earth; the season of singing has come."

(Song of Songs 2:12) Indeed, the season of singing had arrived—not merely with voices, but with grateful hearts.

Twenty-Five Years of Cherished Vocation

Silver Jubilee is for a Religious. It celebrates 25 years of a deep covenant with Christ.

25 years of saying "Yes" again and again, of a life of Prayer; living Community Life; in Mission with hidden sacrifices, trusting in the Providence of God, and being convinced that HIS grace is sufficient.

Someone beautifully put it: **"25 years of shared dreams, have become the most beautiful reality,"** through our Commitment, Joyful Service, Love, Hope and Companionship, which these years have offered us.

A Witness Across Generations

The Diamond and Platinum Jubilees reminded everyone that vocation grows more beautiful with time. The gentle smiles of Sr. Eleanor and Sr. Ann George silently preached a powerful homily: that Faithfulness is possible, Love matures, Prayer transforms, God always remains faithful.

For the younger sisters present, it was an inspiring reminder that Religious Life is not measured by achievements but by daily fidelity.

A Celebration Built by Many Hearts

No celebration becomes memorable because of decorations alone. It becomes memorable because the warm wishes and above all the loving participation of every sister transformed the day into a true family celebration. Specially the blessings received

from the senior sisters were perhaps the greatest gift of all—a priceless treasure that cannot be wrapped, only received with gratitude.

Looking ahead with Hope

A Jubilee is never the finish line. It is a renewed beginning. It is a pause to remember the footprints of God in our lives before setting out once again with fresh hope. The words of St. Paul beautifully capture this spirit: **"I have fought the good fight, I have finished the race, I have kept the faith."** (2 Timothy 4:7) but "The journey continues."

As Sisters of St. Joseph of Chambéry, we are called to keep building unity, spreading love and becoming signs of God's compassionate presence wherever we are sent. We the jubilarians raise our hearts with Gratitude to God, for His unending faithfulness. Gratitude to the Congregation, that nurtured our vocations. Gratitude to the communities that walked together with us. Gratitude to every sister whose prayers, encouragement and friendship have sustained our journeys.

"A vocation is not measured by the number of years lived, but by the amount of love with which those years are offered to God."

"Silver celebrates fidelity. Diamond reflects endurance. Platinum proclaims God's everlasting faithfulness."

"The greatest achievement of Religious Life is not what we accomplish, but the Christ whom people encounter through us."

"Every Jubilee is a love story—God writing His faithfulness across the years."

May this memorable celebration continue to echo in our hearts, reminding us that **the Lord who called us continues to walk with us—yesterday, today and forever.**



WHERE THE RIVER MEETS THE SUNSET



Sr. Jayanti Kujur

Province of Pachmarhi

What Life Taught Me at the Ganges

There are places we visit, and there are places that quietly visit our hearts. For me, the banks of the Ganges became one such place. I went there simply as a visitor, expecting to see the river, boats, pilgrims and the famous sunset. Yet, as I stood beside the flowing water, I realized that the river was also making me look at my own life.

Before me was a scene filled with contrasts. Families gathered for the final rites of their loved ones, while nearby people offered flowers and prayers with hope and faith. The same river witnessed both farewell and celebration, sorrow and joy. It reminded me that life is precious and temporary. We often postpone saying “thank you,” “I love you,” or “I forgive you,” assuming that tomorrow will always come.



Boats moved steadily across the water, carrying people towards the other shore. Watching them, I saw a reflection of my own journey. Like those boats, I have travelled through calm waters and difficult currents, through moments of certainty and times of uncertainty.

The river taught me that although we cannot always choose the waters we travel through, we can choose how we journey through them.

The riverbank was also alive with laughter. Families took photographs, children played,

and friends shared joyful moments. Their happiness existed alongside sorrow. This reminded me that life does not wait for everything to become perfect before giving us reasons to smile. Even in sorrow, there can be gratitude; after loss, there can be love; and in uncertainty, there can be hope.

Then came the sunset. Golden light spread gently across the river, bringing everything together, the prayers, farewells, laughter, boats and flowing water. I felt that they were all telling one story: life is precious because it is passing.

The Ganges also taught me the beauty of letting go. The river does not cling to the shore; it simply flows. Likewise, we must learn to release regrets, disappointments and burdens from the past. Letting go does not mean forgetting; it means finding the courage to move forward.

I returned from the riverbank carrying no souvenir, yet I carried something far more valuable, a renewed gratitude for life. The river continues to flow, just as life continues to move forward. While we are still travelling, let us love without hesitation, forgive freely, serve without seeking recognition, and leave behind a little more kindness than we found.

Every sunset reminds us that a day has ended, while every sunrise offers another chance. The flowing river reminds us to keep moving, trusting and loving. Life is a journey; we may not control its length or destination, but we can choose to make every step meaningful.



A TREASURING EXPERIENCE - FEAR NOT, FOR I AM WITH YOU



Sr. Francina Mothi

Tanmaya Province

“Fear not, for I am with you; be not dismayed, for I am your God.”

— **Isaiah 41:10**

These words are very appropriate for those who face challenges and difficulties in life. They remind us that God is always with us. He is our loving God who cares for us, protects us, guides us and stands by us in every situation. The verse continues with God’s assurance: “I will strengthen you, I will help you, I will uphold you with my righteous right hand.”

With these few powerful words of God, I would like to share my experience of the powerful presence of God in our life at Antervelia.



For the past 25 years, we have been educating the children of our village in Antervelia, situated in the Jhabua tribal area M.P. Throughout these years, we have conducted various programmes and activities on our school campus, always trusting in the providence of God

and experiencing His loving care in many ways.

This year, the rainy season began very late. When the rains finally came, it seemed as though there was heavy and continuous rainfall day and night. Yet, whenever we raised our voices to God in prayer, He took care of us and blessed us with favourable weather, especially during our school assemblies and programmes. In moments like these, I truly feel that God stands by us and cares for even the smallest details of our lives. I would like to share one particular experience that deeply touched my heart.

One day, our school had organized a singing and poetry competition on the stage outside.

The previous day, from around 3:00 a.m. onwards, there had been very heavy rain. We were quite frightened and wondered how we would conduct the programme. We prayed to God and placed everything in His hands.

By 8:00 a.m., the rain stopped. The Sister Principal called all the children and asked them to take their places. Everything was ready for the programme. But suddenly, I looked up and saw thick, dark clouds gathering in the sky. The programme was about to begin, and I became worried that the rain might start again.

I raised my eyes towards those dark clouds and prayed to Jesus, saying, “Lord, stretch out Your hand over these clouds and hold back the rain until our programme is over.”

With grateful hearts, we began the programme. And what happened next was truly amazing. Not a single drop of rain fell until the entire programme was completed. As soon as the programme came to an end, and then there was a pouring rain!

At that moment, my heart was filled with gratitude, and I simply said, “Thank You, Jesus!”

My dear Sisters, this experience reminded me once again that our God is a loving and caring God. He comes to our aid and takes care even of the smallest details of our lives. Nothing is too small for Him. He knows our needs, listens to our prayers and remains beside us in every situation.

Sometimes, we may feel frightened when we see the dark clouds and difficulties before us. We may not know what is going to happen or how things will turn out. But God tells us, “Fear not, for I am with you.”

Therefore, let us hold on to Him. Let us trust in His providence and never lose courage. Even when we cannot see the way ahead, God is already there, walking with us and preparing the way.

With gratitude in my heart and deep love for our merciful God, I would like to say:

Let us trust in Him.

Let us hold on to Him.

**Let us never be afraid,
because our loving God is
always with us.**



MIDLIFE - A JOURNEY OF TRANSFORMATION AND INTEGRATION



Sr. Priyanka Nayak

Nagpur Province

A meaningful and enriching seminar on Midlife Dynamics was conducted by Rev. Fr. Jose Parappully, SDB, Ph.D., for the St. Joseph Sisters of Chambéry at Snehalaya on 11 September 2026, beginning at 9:00 a.m., 25 Sisters of the Province participated in this Seminar.

The seminar focused on understanding midlife as an important phase of psychological, emotional and spiritual growth. With great clarity and depth, Fr. Jose helped the participants reflect on the changes and challenges that accompany this stage of life, including the changing sense of time, awareness of mortality, reassessment of life and priorities, unfulfilled dreams, disillusioning and the search for deeper meaning and direction.



A significant part of the reflection centred on the integration of the shadow—those aspects of oneself that may have been suppressed, neglected or difficult to accept. The participants were encouraged to face these realities honestly and compassionately, leading towards greater self-awareness, authenticity and inner wholeness.

The seminar also addressed sexuality, intimacy and celibacy, emphasizing the importance of accepting and integrating one's human feelings and emotions in a mature and responsible manner. Other important areas included menopause and the acceptance of

bodily changes, self-understanding, mourning and letting go, developing a balanced personality, and the integration of masculine and feminine qualities.

The spiritual dimension of midlife was given particular importance. For religious persons, this stage can become an opportunity for renewed faith, deeper vocational commitment, greater inner freedom and a more personal relationship with God. The reflection also highlighted generativity—the call to give life to others through service, mentoring, accompaniment, sharing one's experience and contributing meaningfully to the community and future generations.

The seminar was not merely informative but also deeply reflective and participative. Through group discussions, personal sharing and an interactive atmosphere, the Sisters were encouraged to listen to one another, express their concerns and gain insights from their shared experiences. A meaningful meditation session provided a quiet space for introspection, self-awareness and deeper interior reflection.

Overall, the seminar was a grace-filled and enriching experience, offering the Sisters an opportunity to look at midlife not simply as a period of crisis, but as a journey of transformation, integration and spiritual maturity. It encouraged them to embrace themselves with greater acceptance, to let go of what no longer gives life, to recognize God's presence in every stage of their journey, and to move forward with renewed purpose, freedom and hope.

The seminar left the participants with a deeper awareness that midlife can be a sacred invitation to rediscover oneself, deepen one's relationship with God and others, and become a more authentic, balanced and life-giving person.



JOURNEYING WITH THE YOUNG MINDS IN RELIGIOUS FORMATION



Sr. Promila Guria

Nagpur Province

Religious formation is often imagined as a process of instruction an intentional passing on of beliefs, values, and traditions from one generation to the next. However, when it comes to young minds, this process is far more dynamic and relational. Journeying with the young in their religious formation is not about leading from a distance, but about walking alongside them in a shared path of discovery.

To journey with the young mind in religious formation is not to lead from ahead, but to walk alongside. It is a shared path marked by curiosity, questioning, wonder, and gradual discovery. Young minds are not empty vessels waiting to be filled; they are already alive with questions about meaning, belonging, purpose, and truth.

In this journey, the role of a guide whether parent, teacher, or mentor is less about giving all the answers and more about creating a space where questions are welcomed. Faith, in its deepest sense, grows not through force or fear, but through encounter, reflection, and experience. When a child asks “why,” it is not a challenge to authority, but an invitation to dialogue.

Religious formation, then, becomes an art of accompaniment. It involves listening deeply, recognizing the unique pace at which each young person grows, and respecting their freedom to explore. Stories, symbols, rituals, and community life all become tools that helps translate abstract beliefs into lived experiences. A story

told with care or a ritual practiced with meaning can shape the imagination more profoundly than any lecture.

Equally important is authenticity. Young people are remarkably perceptive; they can

sense when faith is lived genuinely and when it is merely spoken about. A mentor who embodies compassion, humility, and integrity offers a living example of what religious teachings look like in practice. In this way, formation is not just taught it is caught.

There will also be moments of doubt, questioning, and even resistance. These are not failures of formation, but essential parts of it. A faith that has never been questioned is often a faith that has not yet been made one’s own. Allowing space for struggle helps young individuals move from inherited belief to personal conviction.

Ultimately, journeying with the young minds in religious formation is about nurturing a relationship between the individual and the divine, between the individual and their community, and within their own inner life. It is a slow process, rooted in trust and guided by love.

The goal is not to produce perfect believers, but thoughtful, compassionate human beings who can engage with their faith and the world with openness and depth.

“My experiences of learning and growing while journeying with young minds in religious formation have been deeply meaningful.” Why?



1. My Own Spiritual Health Matters

My journey in guiding young minds in faith has helped me recognize the importance of nurturing my own spiritual life. As reminded in Hebrews 2:1, I am called to remain attentive and not drift away. Accompanying young

people challenges me to reflect more deeply, seek answers to difficult questions, and strengthen my personal relationship with God.

This responsibility encourages continuous spiritual growth. It inspires me to deepen my understanding, remain committed to prayer, and become more authentic in my faith, knowing that I am both a guide and a learner.

2. Only God Can Soften Hardened Hearts

In a results-driven world, it is easy to feel discouraged when our efforts seem to bear little visible fruit. Carefully prepared lessons may be forgotten, and sincere words may sometimes seem unheard. Yet, we are reminded that ultimately it is God who transforms hearts (Proverbs 21:1), not human effort alone.

This truth brings humility, especially as we recognize our own limitations in understanding, explaining, and transmitting faith. It helps us remember that spiritual growth and transformation are God's work, and we are simply instruments in His hands.

This perspective brings peace and relief from pressure. It helps us trust God's timing, remain faithful in our efforts, and continue serving with patience and hope. It also deepens our dependence on God rather than on visible results, making our ministry more sincere and grounded.

At times, it can be discouraging when immediate change is not seen, leading us to question the impact of our efforts. Moments of spiritual dryness or doubt may arise, especially when we invest much time and care but see little response.

3. Learning through Community is a Shared Journey

My experience in formation has taught me that I am not alone in this mission. Although we serve different groups and stages of formees, I have come to realize that many of us as leaders, guides, and mentors encounter similar challenges in today's formation context, especially with the growing influence of modern technology, media, and the digital world. These realities often require us to constantly adapt and remain attentive to the needs of young people.

In the beginning, I often found these situations overwhelming and uncertain but working in collaboration with everyone has deeply deepened my sense of community and support. Through sharing experiences, listening to one another, and walking together in ministry, I have realized that formation is not an individual task but a shared responsibility. Together, we accompany young formees in their journey of faith, trusting that as we guide them, we too are being guided and transformed by Christ.



SCIENCE AND SYNERGY: UNITING MINDS AND TRANSFORMING CARE



Dr. Sr. Betsy Xavier

Tanmaya Province

Central Region Sister Doctors' Forum – Hoshangabad, Madhya Pradesh

The Central Region Sister Doctors' Forum was held on 22nd and 23rd August 2026 at Hoshangabad, Madhya Pradesh, with the theme "Science and Synergy: Uniting Minds and Transforming Care." The programme was graciously hosted by the FCC Sisters, whose warm hospitality and meticulous arrangements made the gathering truly memorable. Around 25 Sister Doctors from different parts of Central India and Chhattisgarh came together for two days of learning, sharing, prayer, fellowship and recreation.

The programme began in a joyful and prayerful atmosphere at the Nursing College Auditorium with a beautiful welcome dance, followed by the traditional lighting of the lamp. Sr. Prabha, the Provincial of FCC, extended a warm and gracious welcome to all the participants by presenting each one with a flower. The welcome was followed by words of greeting from Sr. Ramya, the coordinator of the programme, the President of the Central Region SDFI and the Bursar. Their warm reception created an atmosphere of joy, sisterhood and belonging right from the beginning.

One of the significant highlights of the gathering was the session by Fr. Maria Francis, a diocesan priest from Bhopal, who spoke on the importance of science and synergy in healthcare. He beautifully explained how the advancement of science has contributed immensely to the field of medicine and has transformed the way healthcare is delivered. At the same time, he

reminded us that scientific knowledge alone cannot provide complete care unless there is collaboration and cooperation among healthcare professionals.

Through the familiar story of the blind men and the elephant, he metaphorically explained how each person may perceive only one aspect of a situation. In healthcare too, every professional sees the patient from a different perspective. Therefore, doctors need to work in collaboration with nurses, laboratory personnel, pharmacists, specialists and other departments to arrive at a comprehensive understanding and final diagnosis. The session emphasized that the patient is not merely a disease or a diagnosis but a whole person, with physical, emotional, psychological, social and spiritual needs. This holistic vision of healthcare is particularly relevant to our healing ministry.

The inspiring session was followed by the Holy Eucharist, giving us an opportunity to place our ministry, our patients and our communities before the Lord. The fellowship meal that followed provided a beautiful opportunity to meet one another informally and strengthen the bonds of fraternity.



The afternoon was filled with sharing, learning and reflection. Sister Doctors shared their varied experiences of healthcare ministry, the difficulties and challenges they encounter, their experiences of God in their

mission, and the joys and struggles of serving in remote and hard mission areas. These personal sharings reminded us that, although our missions may be different, we are united by one common call—to bring healing, hope and compassionate care to those entrusted to us.

I also had the privilege of presenting a PowerPoint on the use of placenta dressings in managing severe, infected wounds following snake bites. It was a valuable opportunity to share an experience from the field and to learn from the responses and experiences of fellow doctors. Other scientific sessions covered important topics such as hypertension, leprosy, family medicine and other areas of medical care. The sessions were informative, practical and empowering, encouraging everyone to continue updating our knowledge and skills for better patient care.

The minutes and report of the previous year's programme were also presented. This provided an opportunity to look back with gratitude, review our progress and identify areas for further growth. The enthusiasm of all the participants was particularly encouraging. Everyone was eager to share knowledge, expertise and experiences, making the forum a genuine platform for mutual learning and enrichment.

In the evening, after tea, we had the opportunity to visit St. Joseph Hospital and tour its various departments. The visit gave us

a glimpse into the healthcare ministry of the FCC Sisters and their dedicated service to the people. It was inspiring to witness the different aspects of hospital ministry and the commitment with which healthcare is carried out.

After dinner, the day concluded with a recreational evening filled with laughter, joy and fellowship. It was a refreshing moment after a day of intensive learning and sharing. The following day continued with a small outing, giving everyone time to relax, interact and enjoy one another's company.

The two-day gathering was truly a time of renewal, learning and strengthening of our bonds as Sister Doctors. The theme "Science and Synergy: Uniting Minds and Transforming Care" reminded us that quality healthcare becomes more meaningful when scientific knowledge is combined with teamwork, compassion and a holistic vision of the person.

We returned to our respective missions with renewed enthusiasm, enriched knowledge and a deeper sense of fraternity, carrying with us not only what we had learnt but also the encouragement and inspiration received from one another. The gathering was indeed a beautiful reminder that when minds unite, experiences are shared and hearts work together, the ministry of healing becomes more effective, compassionate and transformative.



Teacher's Day Celebration - A Day of Gratitude



Sr. Maneeta Warkade

Nirmala Province

**“A good teacher teaches us many things,
but a great teacher teaches us through his
or her life.”**

Teacher's Day is a special occasion to remember and thank those who have taught, guided and encouraged us in our journey of life. A teacher is not only one who gives knowledge, but also one who helps us to grow through love, patience and good example.

This Teacher's Day was a simple but very meaningful experience for me. We began with a special prayer of about half an hour for all our sisters who have been our teachers and guides. We remembered each sister personally, and thanked God for her presence, care, guidance and service.

I felt especially grateful while praying for our Senior Sisters. Their many years of experience, sacrifice and service are themselves a lesson for us. Their lives remind us that teaching is not only done through words, but also through the way we live.

After the prayer, we had cake cutting and then shared lunch together. The moments were filled with joy, smiles and togetherness. Though the celebration was simple, it brought a deep feeling of love and gratitude.

For me, Teacher's Day was more than a celebration. It was a beautiful opportunity to remember the people who have helped us become better persons. I thank God for all our sisters and for every lesson they have shared with us through their words and lives.

**Teacher's Day reminded us
to appreciate our teachers,
value our elders and be
grateful for those who
guide us. It was truly a day
of prayer, gratitude, love
and togetherness.**



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