

CSJ RIPPLES

Sisters of St. Joseph of Chambery - Indian Provinces

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*" With, Mary Immaculate,
We celebrate 375 Years of
Grace - Where **God's Faithful
Love** took flesh at Christmas
and continues to live in our
Communion and Mission."*





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EDITORIAL

Sr. Priya Saldanha
Nirmala Province



As we embrace this remarkable year, our hearts are filled with gratitude and joy as we commemorate the 375th Foundation Day of our beloved Congregation. Such a milestone is not only a moment to look back at the rich history and legacy that has been carefully nurtured over the centuries, but also a call to renew our commitment to the values and mission that continue to inspire us today. This special celebration marks a profound journey shaped by faith, service, and unwavering dedication—a legacy that each member of our community proudly carries forward.

This year also stands as a Jubilee Year, aptly themed “Pilgrims of Hope.” Just as pilgrims, journey with anticipation and trust towards their sacred destinations, we too walk forward in faith, guided by hope that uplifts and sustains us amid challenges. The pilgrimage metaphor reminds us that our spiritual journey is ongoing, enriched by past experiences and energized by the promise of new beginnings. Through acts of charity, fellowship, and prayer, we embody hope for ourselves and those we serve, striving to be beacons of light in a world that often struggles to find direction.

In harmony with these celebrations, we observe the Immaculate Conception of Mary—a beautiful testament to purity, grace, and divine love. Mary’s Immaculate nature symbolizes the ideal of holiness and total openness to God’s will. Her example calls us to live lives of integrity and compassion, embracing the blessings of our faith with humility and devotion. As we reflect on Mary’s role in the story of salvation, we are reminded of the profound power of trust in God’s plan and the transformative strength of faithful surrender.

The season of Advent ushers in this time of reflection and anticipation, inviting us to prepare our hearts and minds for the coming of Christ. It is a time marked by quiet hope, patient expectation, and joyful preparation—a perfect spiritual backdrop to our congregation’s jubilees and celebrations. Each Advent candle we light, symbolize hope, peace, joy, and love, illuminating

the path toward the ultimate gift of Christmas.

As Christmas draws near, we join in celebrating the birth of Jesus Christ—the true light who enters our world to bring salvation and eternal hope. Christmas inspires us to embody the spirit of giving, kindness, and reconciliation, fostering a deep sense of community and shared purpose. This festive season is also a moment to pause and appreciate the blessings that surround us, renew relationships, and extend love to those in need.

Finally, as we prepare to welcome the New Year 2026, we carry forward the lessons and blessings of the past, inspired to embrace the future with courage and faith. The New Year offers a fresh chapter—full of possibilities and opportunities to grow, serve, and continue our pilgrimage of hope together as a Congregation.

May this year ahead, be marked by peace, spiritual growth, and abundant grace for each member of our community. In celebrating these significant moments—our Congregation’s 375th Foundation Day, the Jubilee Year, the Immaculate Conception, Advent, Christmas, and the New Year 2026, we are reminded that faith is both our foundation and our guiding light. It impels us forward with hope, anchors us in God’s love, and connects us deeply as a spiritual family.

Warm wishes for a Blessed Jubilee Year and a joyful, hope-filled Christmas and New Year 2026.





Dr. Sr. Betsy Xavier
Tanmaya Province

Self-Love to Sacrificial Love

Retreat is a sacred opportunity for the participants to reconnect with the Lord, and every retreat is an invitation from God to experience His transformative grace.

On 18th- 25th October, 28 members from Tanmaya Province, India gathered at Namli, M.P for a spiritual retreat under the guidance of Fr. Suresh SJ from the Gujarat Province. Each retreat is unique, and with Ignatian spirituality at its core, the participants were led to dive deeper into their spiritual selves.

The theme of the retreat was "Moving from Self-Love to Sacrificial Love." The first three days were truly precious, as the participants were called to immerse themselves in God's divine love and discover their own preciousness. This was followed by a deeper exploration of their behavioral patterns and core sins, and how they could move towards God's grace. Through this process, each participant discovered the "burning bush" within themselves, a symbol of God's presence that burns but never consumes.

The preacher reminded the participants that their goal was to move from "praying people" to "prayerful people" where the fruits of their prayers would flow into their daily actions. The charism of communion was explored, focusing on the triple relationship with God, neighbors, and nature. Each day, the preacher carefully guided the participants to reflect on their first and last thoughts, ensuring that their days were filled with purpose and intention.

The highlight of the retreat was the spiritual conversation, a powerful tool for discernment that allowed the participants to individually and collectively feel the movements of the Spirit within them and in the community. This was a sign to identify God's will and direction for them.

Each evening, during an hour of adoration, Fr. Suresh directed the participants to meditate on God's love, their core sin, and core grace. The preacher took great care to familiarize himself with the congregation, its charism, and present challenges, in order to make each reflection meaningful and relevant to our vocation.

Throughout the retreat, the preacher's words stirred the hearts of the participants, awakening in us a deeper desire to follow Christ more generously and closely. The spiritual meetings and guided meditations led the participants into silence and inner peace, drawing us closer to the Lord.

Special emphasis was placed on the vows of chastity, poverty, and obedience, and how they could rise above self-love, self-interest, and self-will.

The mantra for the retreat, "MBA" = M - spirit of Magis, B- balanced at all moments, A- all for God's greater glory – became a guiding principle for the participants. As we concluded the retreat, we were reminded to revisit the divine graces received during those precious eight days and to live our lives in gratitude. The retreat concluded with a renewal of vows, and the participants moved forward with renewed spirit and a deeper commitment to their faith.



Threads of Love Woven Through 375 Years



Sr. Sangeeta Kerketta
Nirmala Province

The foundation of our Congregation is so deep and profound that we have travelled from 1650 to 2025 with grateful hearts, growing in grace, witnessing the enduring love of God, and carrying forward the sacred mission entrusted to us in a spirit of unity and communion.

This is the terquasquicentennial glorious year of our Congregation, and this remarkable year has brought a lot of memories back to our minds about each pioneer, brave Sister, who without the slightest hesitation faced trials, tribulations, and challenges with the Lord courageously and showed their dedication and commitment to the Lord.

They are the greatest and ideal examples for all of us, to live our religious life in a worthy manner. Each founding Sister lived great values and virtues to be imitated by us.



Our Jubilee theme of our Jabalpur Region, "Threads of Love Woven through 375 Years," reminded us that the beauty of our Congregation was not created in a moment, but formed slowly and lovingly through thousands of simple acts of faith and service. From the humble beginnings in Le Puy, to our mission in all over the world, God has been gently weaving us together with the threads of unity, communion, and love.

Across these 375 years, the sacred thread of our mission has been passed carefully from one generation to the next. Each generation received the charism, lived it deeply in their own time,

and then handed it on with devotion. What our first Sisters began with courage continued to grow through education, healing ministry, social action, village outreach, accompaniment of the poor, and community building. Because every Sister added her own small thread, our Congregation has become stronger, wider, and more vibrant. This continuous passing of the thread has touched countless lives and kept the spirit of St. Joseph, and our founder Fr. Jean Pierre Medaille alive in every place we serve.

As we look back, we see that love has always been the colour of our journey, unity the pattern, and God's faithful grace the support. In this Jubilee year, each of us is invited to offer our own thread through kindness, compassion, forgiveness, and humble service, so that the beautiful fabric of our Congregation continues to grow in beauty.

The celebration brought a lot of fun, laughter, and togetherness. It was well organized by our coordinator, Sr. Navya, and our secretary, Sr. Aruna. The talk was given by Sr. Sangeeta Mathias on the topic "Desire" (good and bad), beautifully connected with the maxims. She explained how, as human persons, we can become trapped by our desires, and that it is we who must distinguish between them and choose what is right for us, because "the devil is like a roaring lion seeking someone to devour". Sr. Namita spoke on the topic "Man of God", highlighting the life of Fr. Jean Pierre Médaille, who was deeply spiritual, rooted in the love of God, and attentive to God's voice.

Each sister had something meaningful to take away from the talks to reflect, meditate, and introspect upon in her own life. The recreation added even more joy to our celebration, filling it with laughter, enjoyment, and creativity.



A Grateful Tribute to Fr. John Peter Medaille



Sr. Teresa Vattakkunnel
Province of Pachmarhi

God, in His infinite wisdom, planted a Precious Seed '**Christ**', who emptied Himself in love through the mysteries of the Incarnation and the Eucharist. It was this profound revelation of divine love that inspired **Fr. John Peter Medaille** to envision and shape a religious congregation capable of responding to the pressing needs of his time.

The **Congregation of the Sisters of St. Joseph** was founded in 1650 in Le Puy, France, a landmark moment for the ordinary people who longed for compassion, justice, and renewal. From its inception, the Congregation expanded rapidly, addressing the spiritual and material needs of a society deeply wounded by injustice and division. As France entered the turbulence of the Revolution, society was fractured almost beyond repair, calling for devoted and courageous women willing to dedicate their lives to healing and service.

Moved by the spirituality and vision of Fr. Medaille, numerous young women responded generously and wholeheartedly. They joined the Congregation with unwavering faith, resolute commitment, and no hesitation to leave behind the familiar in order to embrace a life of service.

At the heart of the Congregation lies a mission centered on **union**:

- Union with God,
- Union among ourselves, and
- Union with others.

In fidelity to this mission, we live in community as instruments of unity in a divided world and engage in ministries that address both the spiritual and material needs of the people, with a special preference for those most marginalized.

However, the repercussions of the French Revolution dispersed the Congregation across regions, as civil and religious conflicts disrupted communication and shattered unity for nearly a century. Yet, despite the challenges, the spirit and vision of Fr. Medaille endured. In various locations, the sisters revived and re-established the mission, adopting the names of the places where they had found refuge. Thus emerged three independent Congregations:

- **Sisters of St. Joseph of Annecy,**
- **Sisters of St. Joseph of Lyons,** and
- **Sisters of St. Joseph of Chambéry.**

We, the Sisters of the **Pachmarhi Province**, are part of the Chambéry Congregation.



Today, as we joyfully commemorate **375 years** since the founding of the Sisters of St. Joseph in France, we express profound gratitude for the enduring legacy bequeathed to us by Fr. Medaille. May every sister be renewed in spirit, strengthened in mission, and inspired to open new pathways of love, service, and unity in a world still longing for healing and harmony.

PILGRIMS OF HOPE: A JOURNEY OF FAITH AND GRACE



Sr. Asinta Lugun
Nirmala Province

A pilgrimage is not merely a movement from one holy place to another. It is a sacred journey of transformation, filled with moments of faith, grace, and spiritual renewal. With this spirit, we, the Sisters of the Jhansi communities, embarked on a blessed pilgrimage to two renowned Christian pilgrimage centres in the Southern part of India:

1. **St. Thomas Mount, Chennai**
2. **The Basilica of Our Lady of Good Health, Velankanni.**

Though our feet may have walked the same paths, each of us carried a unique inner journey. Every step we took became not just a physical movement but a moment of deepening faith, gratitude, and closeness to God. Walking in places where saints, apostles, and countless devotees have prayed before us filled our hearts with reverence and awe.



Our pilgrimage began at **St. Thomas Mount**, a place rich in history and divine significance. Standing on the sacred ground where St. Thomas lived, prayed, and ultimately sacrificed his life for his faith, we felt deeply blessed. One of the most powerful moments was touching the holy stone on which St. Thomas prayed. It reminded us that faith does not require having all the answers; rather, it calls us to keep walking even when the path ahead is unclear. It is a journey rooted in hope—a hope that remains firm even in times of trials.

From the heights of St. Thomas Mount, we travelled to the serene shores of Velankanni, where grace flows like a gentle stream. **The Basilica of Our Lady of Good Health at Velankanni**, stands as a radiant symbol of hope for millions. As we arrived in the early hours of the day, the cool sea breeze seemed to carry the whispered prayers of pilgrims who had come before us. The majestic white basilica, surrounded by seven beautiful churches, is more than a structure; it is a living testimony of faith, a place where tears have become prayers and prayers have blossomed into miracles.

From the moment we stepped onto the sacred soil, a deep sense of holiness surrounded us. Silence and prayer naturally embraced our hearts, drawing each of us closer to God and to one another. It was a time of grace—lifting our spirits, renewing our commitment, and filling us with profound peace.

This pilgrimage was not just a visit to holy places; it was a journey inward, a rediscovery of God's presence in the silence of our hearts. We returned with strengthened faith, renewed hope, and deep gratitude. As **Pilgrims of Hope**, we are called to carry Christ's light into the world, living each day with kindness, love, and unwavering trust in God's plan.

May our journey inspire us to walk in holiness and share the grace we have received with all whom we meet.





**Sr. Karmela,
Province of Pachmarhi**

Advent is a sacred season of waiting. It is an invitation from God to look within, to pause, and to allow His grace to reshape our hearts. Advent often arrives quietly, yet the world around us becomes loud, prepares outwardly for Christmas with decorations, gifts, celebrations, and endless activities. These outward preparations can be beautiful, but they are not the heart of Advent. The true meaning of this season lies in preparing our hearts, not our houses; our spirits, not our surroundings. Advent calls us to an inner transformation that no decoration or celebration can replace and it challenges us to prepare inwardly for the coming of Christ.

While we may be busy cleaning our homes and planning events, God invites us to cleanse our hearts and open our lives to His presence. Advent asks us: Are we preparing only for a festival, or for a spiritual encounter? For Christmas is not just the birth of Jesus in Bethlehem, it is His desire to be born within us. Outer preparation focuses on finishing tasks but the inner preparation focuses on becoming transformed. The world tells us to hurry, buy more, do more but Advent whispers us quietly slow down. It invites us to silence, reflection, and prayer. Only in quietness do we discover what needs healing, what needs forgiveness, and what needs renewal within our hearts.

John the Baptist cried out, "Prepare the way of the Lord". His call was not about decorating streets or

homes. It is a call to examine our thoughts, attitudes, and actions in the light of God's love. It is a call about straightening the paths inside us: removing anger, pride, selfishness, resentment, and fear. That is the preparation Christ desires from

Advent A Season of Inner Preparation, Not Outer Decoration

each one of us. The stable in Bethlehem was simple, but Jesus chose it because it was empty and open. Likewise, Advent invites us to empty ourselves of what is unnecessary so that Christ may find a home in us.

Mary and Joseph show us that spiritual preparation requires openness, trust, and surrender. Mary prepared herself through humble faith; Joseph prepared himself through silent obedience. Their quiet openness to God's will were greatest miracle. Advent reminds us that the most meaningful preparation happens unseen. It happens when we choose forgiveness over bitterness, prayer over noise, kindness over indifference, and compassion over selfishness. These inner acts illuminate our souls more than any Christmas light ever could.

As we journey through this sacred Advent season, let us shift our focus from the outer celebration to the inner sanctuary of our hearts. Let us welcome Christ not just into our homes but into our daily choices, our relationships, and our way of living. Let us make room for Christ to be born in us anew. When we let Jesus enter our hearts, He brings healing, strength, and renewal. This inner preparation becomes our greatest gift, not only to ourselves, but also to the world around us. May this Advent awaken in us a deep longing for God, and may our inner preparation make a true home for the Christ who comes to bring hope, peace, joy, and love.

*Advent :
A Season
of Hope
and
Preparation*





Sr. Cecile Coutinho
Nagpur Province

Pilgrims of Hope and Peace: A Reflection for the Jubilee Year

Having walked as Pilgrims of Hope and Peace during this Jubilee year, we find ourselves transformed by a journey that has touched our hearts, deepened our faith, and broadened our vision for the future. A Jubilee is more than a celebration marked on a calendar; it is a sacred invitation—an opportunity to pause, reflect, reconcile, and renew our commitment to God and one another. This year, that invitation called us to walk not as individuals alone, but as a community united by a shared mission.



A Journey of Hope

Hope has been our guiding light throughout this pilgrimage. In a world often overshadowed by uncertainty, conflict, and fatigue, the Jubilee journey reminded us that hope is not mere optimism—it is a steadfast trust in God's promises. As pilgrims, we learned to look beyond difficulties and to recognize the quiet, persistent signs of grace present in our daily lives. Whether through small acts of kindness, words of encouragement, or the courage to forgive, we discovered that hope grows strongest when shared. Walking together taught us that even the simplest gestures can become powerful symbols of God's enduring presence.

Walking in the Way of Peace

To be Pilgrims of Peace is to embrace the Gospel call to be peacemakers. Peace is more than the absence of conflict; it is the active creation of harmony, justice, and compassionate understanding. Throughout this Jubilee year, we have been invited to examine our own hearts, letting go of resentments and divisions that hinder relationships. As a community, we have stood together

in prayer for peace in our homes, our communities, our societies, and our world. We have sought to build bridges rather than barriers, recognizing that peace begins with each of us. In every encounter, we were challenged to reflect Christ's love—patient, forgiving, and inclusive.

A Year of Renewal

The Jubilee offered us a precious opportunity for spiritual renewal. Our pilgrimage—whether literal, symbolic, or both—prompted us to re-center our lives on faith. We revisited the richness of our traditions, embraced moments of silence and prayer, and allowed the sacraments to strengthen and guide us.

We were reminded that renewal is not a one-time event but a continual process. As this Jubilee year draws to a close, the renewal we experienced is meant to flow into the days ahead. We are called to remain steadfast in our spiritual commitments, carrying with us the lessons we have learned.

Moving Forward with Purpose

Having walked this path as Pilgrims of Hope and Peace, we now step into the future with grateful hearts and renewed purpose. The journey does not end with the Jubilee; rather, it equips us to live more intentionally, with greater compassion and deeper faith. We are called to be witnesses—messengers of hope in discouraging times, instruments of peace in fractured communities, and bearers of God's love wherever we go. The spirit of the Jubilee invites us to continue building a world rooted in justice, mercy, and unity.

As we look back on the grace-filled journey of this Jubilee year, we acknowledge the many ways God has walked with us. Our steps as Pilgrims of Hope and Peace have left an imprint not only on the paths we travelled but on the hearts we touched and the lives we encountered. May the seeds planted during this sacred time continue to flourish, guiding us toward a future filled with hope, peace, and abiding trust in God's unfailing love.

Jeevodaya Silver Jubilee Celebration

A Journey of 25 Years of Trust, Hope, and Transformation



Sr. Clara
Province of Pachmarhi

On **22 November 2025**, the Jeevodaya Society marked a historic milestone, its **Silver Jubilee**, celebrating 25 years of unwavering service, compassion, and transformation. What began in 1999 as a modest outreach at the Itarsi Railway Station to safeguard children in distress has flourished into a powerful movement advocating dignity, rights, and opportunities for every child in need.

From Struggle to Success: A Heartwarming Homecoming

More than 80 alumni, many accompanied by their spouses and children, returned for the jubilee, transforming the event into a joyous homecoming. These were once children standing alone on railway platforms. Today, they are professionals, parents, and responsible citizens, living testaments to the hope, support, and guidance that Jeevodaya provided.

Celebrating Exemplary Journeys

The celebration was graced by two distinguished alumni who stand as shining examples of Jeevodaya's mission in action:

- **Shri Arjun Thakur**, Junior Commissioned Officer, Indian Army (Mhow), Eklavya Awardee and an International Athlete selected for the 2027 Olympic Games — a true embodiment of discipline, resilience, and ambition.
- **Mrs. Shobha Pal**, Udayan Care Resource Person for Youth, a compassionate leader devoted to child development and youth empowerment, whose life and work reflect Jeevodaya's enduring impact across generations.

Honouring Dedicated Supporters and Founders

The event was further honoured by the presence of esteemed dignitaries who have contributed significantly to Jeevodaya's mission over the years:

- **Dr. A.A.S. Durairaj SVD**, Archbishop of Bhopal & President, CBMP
- **Sr. Maurice George**, Provincial Superior, Sisters of St. Joseph of Chambery, Pachmarhi & President, Jeevodaya
- **Shri Ashok K. Verma IAS**, one of the earliest supporters of Jeevodaya, who witnessed first-hand the challenges children faced at railway platforms when the initiative began
- **Dr. Girish Sharma IAS**, CEO, Global Skills Park, Bhopal, associated with Jeevodaya for the past 13 years
- **Shri Subodh Jain**, former Divisional Railway Manager, Bhopal & General Manager, Central Railway, a pivotal collaborator at the outset, instrumental in allocating safe space for children arriving at the station



The celebration was also graced by the co-founders whose compassion and commitment ignited the original spark in 1999:

- **Mr. Ashley Butterfield (U.K.)**
- **Mrs. Jane Butterfield (U.K.)**
- **Mr. Stephen Cannan (Netherlands)**

Their presence brought warmth, nostalgia, and gratitude, as they witnessed the remarkable transformation of Jeevodaya into a sanctuary of hope.



A Celebration Steeped in Symbolism

The Silver Jubilee tribute was rich with symbolic acts that spoke volumes about Jeevodaya's past, present, and future:

- **Plantation of 25 Saplings** — Alumni, some of whom once had no family or support, planted 25 young trees to symbolize “Hope for the Next 25 Years.” Each sapling stands as a living testament to their commitment to nurture, care, and give back.
- **Lighting of 25 Lamps** — Twenty-five lamps were lit to honour each year of service, each flame representing a year of guiding children, restoring dignity, and empowering the vulnerable.
- **Souvenirs and Felicitations** — Guests, alumni, former staff, and stakeholders were honoured with special souvenirs in recognition of their invaluable contributions to the Jeevodaya family.



Reflections on Humble Beginnings

In heartfelt recollections, Shri Subodh Jain and Shri Ashok K. Verma IAS shared memories from the early days:

- The sight of unaccompanied children arriving at Itarsi Railway Station, vulnerable, helpless, and without support.
- The absence of any system or mechanism to protect or rehabilitate them.
- And the courageous decision of a young sister, **Sr. Clara (Sisters of St. Joseph of Chambery, Pachmarhi)**, whose compassion and bold initiative sparked the founding of Jeevodaya, a sanctuary where childhood is restored, futures are rebuilt, and human dignity is reclaimed.

Honouring the Heart of Jeevodaya

Every story, achievement, and transformed life echoes a single truth: Jeevodaya exists because one woman dared to respond to suffering. Sr. Clara, through her tireless service and advocacy for child rights over 25 years, has remained the guiding light and living spirit of this mission.

A Reunion of Hearts, A Vision for the Future

As alumni stood together with their families — planting trees, lighting lamps, embracing long-lost friends, and honouring their caretakers — one message emerged clearly: Jeevodaya is not merely an institution. It is a family — reborn each time a child is given dignity and a future.

The Silver Jubilee celebration affirmed that Jeevodaya's story is not confined to the past 25 years. It is a living, ongoing journey — a continuing legacy of compassion, empowerment, and grace that will shape the next 25 years and beyond.





Ashta Community. Tanmaya Province

On 30th November, the CRI unit of Ashta, Sehore, had a gathering in Bhopal, M.P. It was a half-day of sharing, reflection, and relaxation. Fr. Abilash IMS gave a short and inspiring reflection, which added a new understanding and perspective to the Advent season and Christmas.

In the first half, he explained the history of how Christianity was born in Palestine and how the importance of Incarnation was given significance by St. Francis of Assisi when he said, "During Christmas, every wall should proclaim the joy of Christ, and every tree should be illuminated." Earlier, Christians gave importance only to Easter, the Passover festival.

Later, Christianity spread to Greece, where the body and soul were distinguished as two different opposites, and how Socrates, the great philosopher, and others considered the body as evil and the soul as divine. Then, Christianity spread to Rome, where dogmas, doctrines, and teachings of the Church evolved. Later on, Christianity spread to the other European countries like Germany, Spain, France, etc. Here, Christmas became a part of their culture.

During their extreme winters, only pine trees were adorned with leaves, which became Christmas tree, and the snowing Christmas culture was passed on to the whole world without understanding its origin and importance. When the tradition was passed on to the United States,

it became a business. Today, we don't give importance to Christ's incarnation but to outward decorations, buying-selling, giving-receiving gifts during Christmas.

Advent - does this imply waiting for the Second Coming of the Lord? No, the Lord is right with us, but it is we who need to move closer to Him during this season.

The second part of the talk was about how we ought to prepare ourselves during Advent. As Fr. Abilash pointed out, the source and summit of Christian life is the Eucharist, where consecration is the peak point, where the bread and wine change into body and blood. It's here we are called to change ourselves from our old selves. He quoted the saying of John Henry Newman, "To live is to change, and to be perfect is to have changed many times."

Thus, the season of Advent calls us for an inner change - a change of our perception, behavior, life, and attitudes. All our external preparations are calling us to celebrate Christmas in a deeper, meaningful manner. The group also discussed how change can bring new innovations, allow us to grow, while being challenged and threatened to ourselves, our communities, and our provinces at large.

Members also discussed newer, meaningful ways of celebrating Christmas and had suggestions regarding the next meeting and its input sessions. It was a day of deep reflection, and all of us were happy to get to know one another. We ended with an agape and a photo session in the afternoon.





Sr. Jacintha Purthy
Nirmala Province

Mary - a Thread of Gold

**“The simple prayer of the Rosary beats
the rhythm of human life.”**

— *Pope Saint John Paul II*



Mother Mary stands at the very heart of salvation history, a thread of gold woven gently yet firmly into God’s divine plan. She is purity of soul and quiet strength of spirit, a woman whose love for her Son, Jesus, burns like an eternal flame, illuminating the path that leads us home to God. From the humility of Nazareth to the shadow of the Cross, Mary remained steadfast — her heart beating in union with His, her soul surrendered completely to the will of the Father.

Her “Yes” was not spoken lightly. It was a response of total trust, a surrender that echoed through eternity and changed the course of human history. In accepting God’s plan, Mary embraced both profound joy and piercing sorrow, holding them together in a heart expanded by love. She carried Christ first within her womb and then within her life, treasuring each moment, pondering every mystery, and teaching us what it means to believe even when the way forward is veiled in uncertainty.

As we gaze upon Mary, we see not weakness, but quiet courage. She is a woman of deep interior strength, anchored in faith and carried upon the gentle waves of God’s providence. She is rightly called the Seat of Wisdom, for she teaches us not with many words, but with a life wholly aligned to God’s will. She is the Mother of Mercy, ever attentive to the needs of her children, and the Refuge of Sinners, whose heart remains open to all who seek forgiveness and peace. In her, we behold the beauty of God’s plan — a plan not of condemnation, but of redemption, healing, and boundless love.

Mary’s heart is a living mirror of God’s own heart, reflecting His compassion,

kindness, and mercy into a world often darkened by fear and division. Her intercession comes to us like a gentle breeze on a summer’s day, calming troubled hearts and guiding weary souls through life’s storms. She does not draw attention to herself, but continually points us toward her Son, reminding us, as she did at Cana, to “do whatever He tells you.”

In the Rosary, Mary invites us to walk with her through the mysteries of Christ’s life — His joys, His sorrows, His light, and His glory. Each bead becomes a step on a sacred path of contemplation, each prayer a quiet heartbeat echoing the rhythm of human life itself. Through this simple yet profound prayer, we learn to place our lives within the mysteries of Christ, trusting that even our suffering can be transformed by grace.

As a loving Mother, Mary gathers our prayers — spoken and unspoken — and presents them to Jesus with tender care. She walks beside us in our weakness, reminding us that no burden is too heavy, no wound too deep, and no soul too lost for God’s redeeming love. Through her gentle presence, we are led ever more deeply into the Sacred Heart of Christ, where mercy triumphs and hope is reborn.

May we, like Mary, learn to say “Yes” each day to God’s will. May our hearts become vessels of love, overflowing with compassion, kindness, and mercy in a world that so desperately needs them. And may Mary’s prayers lead us always closer to Jesus, so that we, too, may become beacons of His light and love.

As Pope Benedict XVI reminds us, *“The Rosary is a spiritual ‘weapon’ in the battle against evil, and a prayer that brings peace to hearts, to families, and to the world.”*

MOUNT MELODIES



Sr. Archana Kanakunnel.
Nagpur Province.

In a symphony of nature's wonders at Mt. St. Joseph, Bangalore, the golden girls of 1975 batch gathered for our golden experiences with our Lord and Master. This place seems to be a paradise. On this Mount, the air vibrates with sweet chirping of birds, each note is a heartfelt praise to the Divine. As dawn breaks, the sky transforms into a canvas of warm hues, with sunrise painting the mountain in golden light dispelling the shadows. In such an atmosphere, along with Jesus seven of us, {Srs. Alice Salve, Annies Padayatil, Valsa Paul, Alice Abraham, Dorothy Beck, Suma and Archana} went up to this Mountain for eight days of Abba experience. Sure and certain we missed Srs. Joanita D'Souza and Divya Mani in our company due to their ill health. And our two other companions Patsy Paul and Lizia Pinto who went for their eternal reward.

On the onset of our retreat with "God in me and I in God" awareness, our Director Rev. Fr. Clarence D'Souza SJ turned our attention to the Amazing God of wonder who is our Creator and who reminds us of the Divine embrace by lavishing on us so many gifts in nature; our talents, in the people around, and in the gifts of the earth. Our natural response to this gracious love of God in return, to reverence the gifts of God and to love others as God loves us. Each morning, we woke up listening to the musical chirping of the birds. And looking out of our room windows the panoramic view of the lush green trees like emerald guardians standing tall and serene, their leaves whispering secrets to the gentle breeze and the dawning rays of the sun peeping through the leaves and the flame of the forest were a feast for our eyes. With these scenes in our minds, we could not help, but

sing the praises of our Divine Creator. Thus we could say with Ralph Sockman, "The larger the island of knowledge, the longer the shoreline of wonder."

Next, we contemplated on the theme, "to know myself as I am known," and realized increasingly that, "A heart that loves is always beautiful and a heart that cares is always strong." Our prayer hours were packed with the Scripture passages which were truly Ignatian. Then we moved on to contemplate on "Wounded, But Healed in Love." In the background of God's love for me, His great and unconditional love, I am called to see how I have responded to share in God's love. God is greater than sin. Our brokenness is embraced by the power of His Love. "The Parable of Mercy in Luke 15 has been called the "Gospel in the Gospel," as if it contained the much-distilled essence of the Good News which Jesus came to tell," says William Barclay. And St. John Mary Vianny is of the opinion that "our faults are like a grain of sand beside the great mountain of the mercies of the Good God."

We continued our spiritual journey more intensely – To know the Lord intimately, and to love the Lord more ardently. The life of discipleship is wonderful- we can share His Ministry- we can talk with the Master. The disciples of Jesus are incredibly human. "A worthless life is always difficult for a person to bear than a life that is, hard, but full of meaning." – Cardinal Koning. Thus to follow the Lord faithfully, Jesus calls {is calling} me to accompany Him.



As I was contemplating on the theme, "Loved unto Death," the words of Tielhard De Charden came into my mind, i.e. "A Christian is called not to faint in the shadow of the Cross, but to climb in the light of the Cross." Here I just need to be present, more quiet, pray and simply to be with Jesus as He enters His passion and Death. To feel not only His physical pain, but also the emotional internal suffering of a person who is misunderstood, isolated rejected and abused. Jesus' suffering is a sign of friendship with each one of us – a friendship that sacrifices. The passion and Death of Jesus is a school in following Jesus on the way of the cross. On the Cross Jesus no longer teaches, but He forgives.



Then, the theme "Fear not for I am with you always," is contemplated on the Risen Jesus consoling us. With tenderness, patience and affection He tries to awaken in us to His joy – to transform sorrow into joy. We experience joy in the company of others and in our work. St. Augustan says – "Be an Easter Christian from head to toe."

Finally we concluded our 8 days Tabor experience with few reflective thoughts like – little hugs can dry big tears; little candles can light the darkness, little memories can last for years. It is the little things in life that bring the greatest happiness. In a nutshell we can say in Mount Melodies, nature's beauty and music entwine, creating a sanctuary of peace and wonder.

After the lunch on the 10th of November, our taxis rolled down the Mount and speeded to Deepanjali community of Tanmya Province wherein our sisters prepared a grant celebration for our Jubilee with solemn high Mass followed by a sumptuous dinner with varieties of dishes. The delicious Cake so lovingly made by Sr. Irene was number 1. The angelic singing and the glittering golden decorations by the community added colour and beauty to the festivity. A million thanks dear Sr. Helen and sisters. God Bless you all.

On the next day we set out for a little shopping and visited sisters Sheila Rose and Agnes Anthony. There the celebration continued with high Tea/Coffee. The mouth watering Carrot Cake made by Sr. Sheila Rose was so tempting that we had more and more of it. We are ever grateful to you dear sisters. Next we visited our Kengeri community and spent some time with Srs Kripa, Jeny and MSFS Fathers. Lastly on the 12th Nov. we waved goodbye to each other and parted to our respective communities to relish and live our Tabor experiences.

Sisters, before we wind up, we request your prayerful support for us golden jubilarians that we may continue to shine with the love of Christ, radiating joy and wisdom as we celebrate 50 years of dedicated service in His Vineyard.

WOW!!!!!!!!!!!!!! A LIFE TIME GOLDEN MEMORIES TO CHERISH!!!!!!!!!!!!!!



CALLS FOR CONSECRATED WOMEN TO THE SEASON OF ADVENT

— Sr. Isabel Marie Britto
Nirmala Province

Advent Season focuses on how our ancient vocation remains a prophetic witness in a weary and digital world. It integrates the Jubilee call to renewal, with Advent theme of hopeful waiting, speaking directly to our communal and personal lives.

As we enter the Season of Advent, the Church in its Wisdom calls Consecrated Women, to a season of patient and intentional waiting. As the world around speeds up, racing towards another Christmas, we find ourselves as Consecrated Religious, entering a sacred slowing down.

This year, during Advent, let us consider the landscape of our own hearts and communities. The Jubilee asks us. **“Do we Have a Heart”**

In a world that can often feel fragmented and overwhelmed, what does it mean for a Consecrated Religious to be a sign of Hope? We stand at the threshold of a new spiritual journey that is interwoven with the theme of the Jubilee 2025 **“PILGRIMS OF HOPE”**



This is a profound invitation, not just for the wider church, but for us, who have consecrated our lives to radical discipleship. As women of faith in a modern world, this season calls us to reflect on our unique pilgrimage of hope. How do I, as a religious, do a modern pilgrim walk?

Pope Francis has challenged us to confront the heartlessness of our modern world – characterized by indifference, division and anxiety. The world often driven by a culture of efficiency and superficiality, yearns for the authentic hope that our lives are called to witness. We are not tourists passing through this world, we are pilgrims of hope bearing witness to a different way of living.

Our pilgrimage of hope is not a geographical journey, but a profound internal one. It invites us to walk with the Blessed Mother, who upon hearing the WORD “went with haste “to be a

handmaid to others. Our pilgrimage like hers, is one of inner readiness, bringing the Incarnate Christ to the world around us. Consider the meaning of pilgrimage in your own spiritual life and in your community’s charism. What are the personal and communal deserts you are traveling??

For Reflection, Prayer , Action :

How can our ministries / Apostolates be a sign of hope to others who feel lost or marginalized? Reflection on the journey of Mary and Joseph to Bethlehem, which mirrors a sacred pilgrimage.

How do you plan on celebrating or observing Advent this year?

Your attention is a valuable gift. Find ways you can give attention to someone in your life who is overlooked, taken for granted, living on the margins. Simply ask yourself; who needs a gentle word, a thank you, a smile, a compliment, a note, a phone call, a visit, and offer to help. There is always a small price to pay when we focus on someone else.

Advent culminates in the celebration of the Eucharist where Christ comes to us in a tangible, real way. The Jubilee is an opportunity to renew devotion to the Eucharist, For us religious, whose lives are centered on the Eucharist this is a chance to find renewed hope in the heart of our spirituality.

The Advent Hymn... “My soul in stillness waits, beckons us to sit in the darkness of the night, in the stillness, waiting for our Saviour to enter our world of the Religious, and ask Him to move in our broken world. Advent reminds us beautifully, that God is the one on the move in this season and all we need to do is to be still. When we take time for silence, for stillness we remember that we do not merit our Saviour, but receive Him as a gift freely given. When we sit in darkness, we remember our own humility and we marvel at the abundant generosity of our God.





Embark on Enriching Study Tour

Sr. Teresa Vattakkunnel
Province of Pachmarhi

St. Joseph's Convent Higher Secondary School, Sambalpur organized a two-day educational tour for the students of Class 12 on September 16th and 17th. The Principal, along with a dedicated team of teachers, accompanied the students on this meaningful and enriching journey. The purpose of the tour was to foster holistic development by extending learning beyond the classroom, encouraging students to discover their intellectual abilities, inner potential, and creativity through real-life exposure.



Cultural and Historical Exploration

The first stop of the tour was the majestic *Lingaraj Temple*, an architectural masterpiece of the Kalinga style built in the 11th century by King Jagati Keshari. The temple's grandeur and intricate craftsmanship left the students and teachers in awe.

The group then proceeded to the *Udayagiri and Khandagiri Caves*, ancient rock-cut marvels that once served as residences for Jain monks. These caves stand as enduring symbols of artistic brilliance and the spirit of religious harmony during the Kalinga dynasty.

The day continued with a visit to the *Sanchi Stupa*, one of India's oldest and most revered stone monuments, recognized as a UNESCO World Heritage Site. Built by Emperor Ashoka in the 3rd century BCE, the stupa represents peace, enlightenment, and the spread of Buddhism across the Indian subcontinent.

Architectural Wonders and Recreation

The second day began with a visit to the magnificent *Konark Sun Temple*, another UNESCO World Heritage Site. Constructed in the 13th century, the temple is renowned for its iconic 24 intricately carved stone wheels, each with eight spokes, symbolizing the celestial chariot of the Sun God. The precision and beauty of its architecture captivated everyone.

The day concluded with a joyful outing to *Blue Splash Water Park*, where students enjoyed a variety of water rides and recreational activities. The group also visited the serene *Blue Flag Beach*, admired for its pristine sands and breathtaking views of the rising and setting sun.

A Journey of Learning and Inspiration

The tour proved to be not only educational but also profoundly inspiring. It offered the students an opportunity to reflect on the words of Dr. A. P. J. Abdul Kalam :

“The best brains of the nation may be found on the last benches of the classroom.”

This journey served as a beautiful reminder that true education extends far beyond textbooks—it flourishes through exploration, meaningful experiences, and the guidance of devoted teachers. The students returned enriched, inspired, and filled with joyful memories and renewed curiosity.



Be the Hands that Uplift and the Heart that Encourages



Sr. Pauline Pookodan
Tanmaya Province

Navjeevan Charitable Society's Joyful Experience with the Differently Abled Cricket Council – North Zone Divyang T-20 Tournament

In a world where many face silent battles and unseen limitations, the call to be the hands that uplift and the heart that encourages becomes a powerful mission of love. Hope grows when compassion is expressed, and dignity is restored when we choose to stand beside those who persevere with extraordinary courage. With this spirit, Navjeevan Charitable Society joyfully participated in supporting the Differently Abled Cricket Council – North Zone Divyang T-20 Cricket Tournament, held on 17th and 18th November 2025.



The event brought together talented differently abled children and youth whose passion for cricket surpassed every physical limitation. Their determination, discipline, and unity on the field became a testimony that ability is far deeper than appearance and that true strength arises from the human spirit. Our team members had the privilege of offering various services—welcoming the distinguished guests, assisting with arrangements, offering refreshments, and being a supportive presence throughout the two-day tournament.

Yet our greatest service was not in tasks alone, but in the encouragement we offered. Through

our applause, smiles, and engagement with the players, we became channels of motivation and joy. Standing by the boundary line, cheering for every run, every catch, and every effort, we witnessed how encouragement can uplift hearts and inspire confidence. Many players expressed that this support renewed their energy and strengthened their belief in themselves.

The presence of the Bishop of Jalandhar added honour and grace to the event. His encouragement, blessings, and personal interaction with the players reflected the Church's deep concern for inclusiveness and the dignity of every child.

The Cricket Council warmly appreciated the services rendered by Navjeevan Charitable Society. For us, it was more than volunteering—it was a life-giving experience. We returned enriched, humbled, and inspired by the resilience and joy of these young athletes.

This event reminded us that when we reach out with compassionate hands and encouraging hearts, we become instruments of hope. The differently abled players taught us that true victory lies not merely in winning matches, but in conquering fear, embracing one's gifts, and celebrating life with courage.

The two days were filled with joy, gratitude, and a renewed commitment to remain hands that uplift, and hearts that encourage.



A Pilgrim's Desire for Transformation



Sr. Shila Alavamkudy
Nirmala Province

The pilgrim is moved by a profound desire to embark on a path of austerity, self-discipline, and penance—a way of life dedicated to achieving the **MAGIS**, or “the more.” For eleven months, the pilgrim – St. Ignatius of Loyola consciously set aside the comforts and riches of worldly life to listen attentively to the inner movements of the soul. He recorded such interior experiences—particularly those arising from challenges—in his **Spiritual Exercises** and **Autobiography**.

The six-day seminar at Upasana, Jamshedpur, centered around Ignatian Spirituality, a deeply enriching journey guided by a spiritual father, Fr.RC Chacko who met every difficulty with love and compassion. This experience invited participants to encounter a **Kairos** moment—a sacred, transformative time—to journey into the heart of God, the mystery of creation, and their own innermost being. It became a cherished occasion to rest, renew, refresh, and re-energize one's spirit.

Ignatius often reflected on the lives of Christ and the saints, posing these powerful questions to himself: If Saint Francis could embrace such holiness, why could I not? If Saint Dominic could dedicate himself so fully, why could I not do the same? These reflections propelled him to leave behind the security of nobility and adopt the pilgrim's life. He relinquished everything, donned the pilgrim's cloak, and set out to

visit the very places where Jesus lived, carried out His mission, and ultimately sacrificed Himself on the cross. Throughout this journey, Ignatius depended entirely on divine providence, placing unwavering trust in God's care. His intense desire enabled him to endure poverty, uncertainty, and a life removed from worldly security.

Throughout the seminar, three virtues resonated insistently: **GENEROSITY**, **MAGNANIMITY**, and **SURRENDER**.

Ignatian prayer is an **AFFECTIVE PRAYER** that moves from the intellect to the heart—from thoughtful reflection to feeling, from feeling to experiencing, and finally to savoring God's presence. This spirituality fosters discernment—the capacity for deep self-awareness, the ability to choose wisely between right and wrong, between competing goods, and to perceive God's call in every moment. It is said that, “God taught Ignatius as a schoolmaster teaches a child.”

Thought for personal Journey:

- As you journey through your own daily life, what desires stir your heart to pursue transformation?
- How might you embrace generosity, magnanimity, and surrender in seeking the greater good today?





MAY
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Joy

TOUCHED WITH

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AND BLESSED
WITH
THE PROMISE OF

Peace.



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