

CSJ RIPPLES



Congregation of St. Joseph of Chambery

Indian Provinces

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St. Joseph, Silent Guardian of Grace

In shadows soft,
you walked unseen,
A humble heart,
steadfast, serene,
No crown of gold,
no worldly fame,
Yet heaven knew
your noble name.

You held the Child
with gentle hands,
Guided by faith,
obeying commands,
Through trials deep,
through journeys long,
Your silence spoke,
your trust was strong.

O carpenter of holy grace,
In every heart
you find a place,
Teach us to serve,
to love, to pray,
And walk with God
in night and day.



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A Journey of Unifying Love January – February – March: A Grace-Filled Beginning to 2026



Sr. Vineeta

Tanmaya Province

As we step into 2026, our CSJ charism of Communion calls us afresh to weave together neighbour with neighbour, neighbour with God, and neighbour with all creation. The first three months of the year are not merely pages on a calendar; they are sacred invitations to renewal, conversion, and deeper commitment to our religious vocation. For us, Sisters of St. Joseph of Chambéry, this is a season to rediscover who we are and why we are called.

January: New Year, New Life in Christ

The new year begins in the lingering light of Christmas. The Solemnity of Mary, Mother of God, and the Feast of the Epiphany remind us that God’s light continues to shine into our world. Like the Magi who followed the star, we too are invited to journey toward the “dear neighbour” in new and meaningful ways.

January is a privileged time to take new decisions. Religious life demands constant renewal. We are called to let go of what divides—old hurts, rigid habits, unspoken resentments—and to allow God’s unifying love to recreate us. This is the moment to ask:

- How can I love my community more deeply?
- Whom have I overlooked in my daily mission?
- What habits in me need conversion for greater unity?

Our CSJ spirituality rooted in Trinitarian communion and self-emptying love, urges us to begin again with openness. New life blooms when we allow God to heal and renew us from within.

February: The Gift and Focus of Consecrated Life

February gently turns our gaze inward to the beauty of our vocation. Consecrated life is a prophetic witness in today’s world—a life that says God alone is enough. It is a life centered on what truly matters: love, service, prayer, and communion.

Ash Wednesday ushers us into Lent with the call: “Repent and believe in the Gospel.” This is not a season of harshness but of purification. Through prayer, fasting, and charity, we remove what blocks unifying love from flowing freely through us.

Lent resonates deeply with our religious commitment. It invites us to:

- Renew our personal relationship with Christ
- Strengthen our community bonds
- Recommit ourselves to the mission of reconciliation

In this sacred time, we rediscover the joy of living intentionally as women consecrated for God and dear neighbour without distinction.

March: Learning from Joseph, Mary, and Jesus.

March unfolds with powerful examples for our religious life.

St. Joseph (March 19) teaches us silent fidelity. He served without recognition, trusted without question, and loved without condition. His hidden life mirrors our own call to humble, faithful service. The Annunciation (March 25) presents Mary’s courageous fiat. Her “yes” allowed God’s plan to unfold for humanity. As Sisters, we too are called to say “yes” daily—to the needs of our mission, the surprises of community life, and the promptings of the Spirit.

Holy Week leads us into the heart of Jesus’ self-emptying love. In the Cross and Resurrection, we see the ultimate act of unity—reconciliation with God and with one another. Jesus shows us that real love costs, but it also transforms.

Living Our Vocation Effectively

These three months together form a spiritual journey:

- January calls us to renewal
- February calls us to focus
- March calls us to faithful witness

By learning from Joseph’s quiet service, Mary’s generous yes, and Jesus’ sacrificial love, we discover how to live our religious life more authentically and effectively.

As Sisters of St. Joseph, may 2026 begin as a journey of unifying love—where every prayer, every act of service, and every community interaction becomes a living expression of our charism: profound love of God and neighbour without distinction.

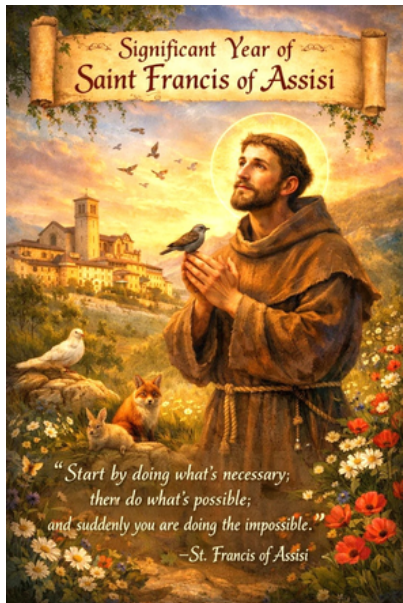


A SIGNIFICANT YEAR OF SAINT FRANCIS.

A Call to Begin Again and Walk the Path of Simplicity, Peace, and Renewal

Sr. Marina Gulati
Nirmala Province

A Special Year of Saint Francis invites the Church and the world to pause, reflect, and rediscover the timeless wisdom of a man whose life continues to speak powerfully across the centuries. Saint Francis of Assisi was not merely a saint of his own time; he is a saint for every age—especially for our own, marked by restlessness, division, and a deep longing for meaning.



At the heart of Francis' life was his radical response to the Gospel. When he heard the words of Christ, "If you wish to be perfect, go, sell what you possess and give to the poor." (Matthew 19:21) These words became the foundation of his life, re-shaping his desires, his choices, and his entire way of being in the world. Rediscovering Simplicity in the Light of the Gospel, Saint Francis embraced voluntary poverty in order to follow Christ more closely. He once said: "That which we love above all else is our God." His life gives flesh to Jesus' teaching: "Do not lay up for yourselves treasures on earth... but lay up for yourselves treasures in heaven." (Matthew 6:19-20) In a culture driven by accumulation, competition, and status, this special year invites us to re-examine our attachments and rediscover the freedom that flows from simplicity. Francis teaches us that poverty of spirit is not deprivation, but openness—an openness that makes room for trust, gratitude, and deep joy.

A Call to Peace and Reconciliation, Saint Francis greeted everyone with the words: "The Lord give you peace." This greeting echoes the words of the risen Christ: "Peace be with you." (John 20:19) Francis lived the Beatitude with radical sincerity: "Blessed are the peacemakers, for they shall be called sons and daughters of God." (Matthew 5:9) In a world fractured by violence, intolerance, and division, a Special Year of Saint Francis calls us to become instruments of reconciliation—beginning in our own hearts, homes, and communities. Peace, as Francis understood, is not merely the absence of conflict; it is the fruit of a heart fully surrendered to God.

Care for Creation: Praise Through All Creatures Saint Francis' deep love for creation finds luminous expression in his Canticle of the Creatures: "Praised be You, my Lord, through Brother Sun... through Sister Moon and the stars." This vision reflects the biblical truth: "The earth is the Lord's and the fullness thereof." (Psalm 24:1) and the original mandate given to humanity: "The Lord God took the man and put him in the garden of Eden to till it and keep it." (Genesis 2:15) This special year urges us to renew our sense of responsibility toward creation—not as owners, but as humble stewards of God's gifts. The Earth as a Sacred Gift, not a Possession. During this special year, we kneel before the Creator and confess with humility: the earth is not ours to exploit, but a gift to receive with love and care. This confession is both an act of faith and an act of repentance. Scripture reminds us: "The earth is the Lord's and the fullness thereof." (Psalm 24:1)

Nothing in creation belongs to us in an absolute sense. We are not owners, but stewards—entrusted with a world shaped by God's wisdom and sustained by His love. When we forget this truth, creation suffers, and so does the human heart. Saint Francis of Assisi understood this sacred relationship profoundly. He did not dominate creation; he lived in communion with it. He called the sun his brother, and the moon his sister, not as poetic imagery alone, but as a confession of humility. What we call "brother" or "sister," we cannot abuse without wounding ourselves. The Book of Genesis tells us that humanity was placed in the garden "to till it and keep it" (Genesis 2:15). To till is to work with care; to keep is to protect.

Exploitation forgets both. It takes without gratitude, uses without responsibility, and consumes without love. Care, on the other hand, flows from wonder—seeing the world as a sacrament of God's presence.

In this special year, we are invited to examine our lifestyles and daily choices. Saint Francis' Canticle of the Creatures, is not merely a song of nature; it is a hymn of surrender. When we care for the earth, we join that hymn. When we exploit it, we silence part of that praise. May this special year teach us to receive the earth with grateful hearts, tend it with faithful hands, and pass it on—healed and honoured to those who come after us. A Special Year of Saint Francis invites believers to rediscover this deep, resilient joy—a joy not dependent on comfort or success, but rooted in total trust in God.

Conclusion: Living the Gospel After the Manner of Saint Francis. A Special Year of Saint Francis is more than a remembrance of the past; it is a call to live the Gospel anew today. As Francis urged his brothers: "Let us begin, for up till now we have done little." May this year inspire us to live simply, love generously, seek peace tirelessly, and praise God through all creation—so that, like Saint Francis, our lives may become a living Gospel.



Centenary Jubilee Celebration of St. Joseph's, Pachmarhi

Rihunlang Suting

Postulant of Pachmarhi Province

The Centenary Jubilee Celebration of St. Joseph's, Pachmarhi, was a historic, grace-filled, and deeply meaningful occasion, marking one hundred years of faithful service, dedication, and commitment to God and humanity. The entire campus was beautifully decorated, radiating joy, gratitude, and thanksgiving for God's abundant blessings throughout the years.

The celebration began with a warm and respectful welcome extended to the priests, religious, and guests. Among those present were Fr. George Vazhakkalayil, Parish Priest of Pachmarhi, Fr. Dilip Xaxa OP, Fr. Sijo Antony OP, Sr. Maurice, Provincial Superior of Pachmarhi Province, the Provincial Councillors, Sisters from Bhopal, Itarsi, Pipariya, Nagpur, Pachmarhi, parishioners, formees, well-wishers, and other invited guests who gathered for the Eucharistic celebration.



The entrance procession commenced with a prayerful and graceful dance performed by the novices. Through their elegant and expressive movements, they conveyed joy, gratitude, and praise to God, creating a sacred and festive atmosphere that prepared everyone for the solemn celebration.

Following the entrance dance, Sr. Marian presented the history of St. Joseph's, Pachmarhi. She took everyone back to the humble beginnings of the institution, recalling the courage, faith, and vision of the pioneering sisters who began the mission with deep trust in God. She spoke about Mother Anasthasia, who came to India in 1881 and was elected Provincial Superior in the summer of 1915. At that time, she was responsible for five houses outside Kamptee, which she visited regularly. However, she was deeply saddened to realize that between 1915 and 1925 there were no postulants in the novitiate at Kamptee, nor were there sisters from St. Jean de Maurienne. As a result, more teachers had to be engaged to compensate for the shortage of religious staff.

The working sisters were often exhausted and in need of rest. Keeping this in mind, a plot of land was purchased in Pachmarhi, close to the church and town area. In 1925, St. Joseph's House was built to accommodate nearly fifteen sisters, with a chapel attached to it. At present, it serves as a Postulancy, offering training in languages and initiation into religious life for the Pachmarhi Province.

Sr. Marian highlighted the steady growth and achievements of the institution over the past hundred years, emphasizing its valuable contribution to spiritual formation and pastoral service.

A deeply symbolic moment followed during the singing of the Gloria, when the centenary lamps were ceremonially lit by Sr. Maurice, the Provincial Superior, along with the Provincial Councillors Sr. Clara Animottil and Sr. Prasanna Kachappilly. The lighting of the lamps symbolized the light of Christ that has guided the house for a century. Each flame represented a decade of service, sacrifice, and steadfast faith.

This was followed by a solemn Bible Procession, during which the Word of God was carried reverently. The procession reminded everyone that God's Word has been the foundation and guiding force of St. Joseph's, Pachmarhi, throughout its journey.

The Holy Mass was celebrated with deep devotion and thanksgiving. Special prayers were offered for the sisters, benefactors, and all those who have contributed to the growth and mission of the house over the years. After the spiritually uplifting Eucharistic celebration, the joyful Jubilee cake-cutting ceremony took place, marking the completion of one hundred blessed years.

As a gesture of gratitude and respect, the military officers present on the occasion were honoured with bouquets, acknowledging their dedicated service to the nation. Their presence added dignity to the celebration and reflected the community's respect and goodwill.

The celebration concluded with a sumptuous meal served to all. Sisters, guests, formees, and well-wishers gathered together in a spirit of fellowship, sharing joy and conversation. The meal strengthened the sense of community and unity that marked the entire day. Indeed, the Centenary Jubilee Celebration of St. Joseph's, Pachmarhi, was a wonderful, gracious, and blessed occasion—a day of thanksgiving for the past, celebration of the present, and hope for the future. As St. Joseph's steps into its new century, may it continue to shine as a beacon of faith, service, and love for generations to come.





**Sr. Sagaya Rani
Tanmaya Province**

Be the Vessel and the Voice of Hope

The schools of Tanmaya Province adopted the theme for the academic year 2025–26: **“Be the Vessel and the Voice of Hope.”**

Hope does not drift silently waiting to be discovered. It is carried, spoken, and chosen deliberately by those willing to be its messengers.

In a world filled with fear and uncertainty, hope is the quiet flame that refuses to fade. But hope does not spread on its own; it needs people to carry it. Each one of us is called to become a vessel that holds hope and a voice that proclaims it.

The message was clear: to be vessels of hope, we must first prepare our hearts, and to be voices of hope, we must choose our words wisely.

Throughout the year, the schools expressed this theme through various activities, competitions assemblies, and annual functions.

St. Joseph’s Convent Senior Secondary School, Pulluvazhy, Kerala

Guided by the theme, the academic year became a journey of compassion and awareness. Students of Classes V and VI visited an Old Age Home at Malayidamthuruthu, sharing love and companionship with the elderly. Class VIII students visited a court to learn about truth and justice, while Class VII explored scientific curiosity at the Aromatic and Medicinal Plants Research Station, Odakkaly. Senior students visited Koinonia, Mar Athanasios Special School, fostering empathy and inclusion.

The Annual Day “Kairos” beautifully concluded the year through the inspiring story of Totto-chan, reminding us that every child is unique and deserves understanding and encouragement. These experiences helped shape students into compassionate and confident ambassadors of hope.



St. Joseph’s Convent School, Sagar – “Aashayein” (Hope)

The Kindergarten Annual Function held on 16 January 2026 was a joyful celebration of talent and creativity. Based on the theme of Hope, the children presented dances, songs, and short dramas highlighting determination and positivity.

Each performance reflected dedication and enthusiasm, reminding everyone that children are the future of our nation. Their creativity and confidence showed that they are truly the vessels and voices of hope for a brighter tomorrow.

St. Joseph Convent School, Ratlam – “Mostra: An Iconic Display of Brilliance”

On 1 November 2025, the school celebrated its Annual Day marking 70 glorious years (1956–2026) of its journey. The theme “Mostra,” an Italian word meaning exhibition or display, symbolized the institution’s legacy and achievements.

A creative highlight was the presentation of the school’s 70-year journey through five train bogies, each representing a phase of growth. The celebration included several interactive zones:

- Model Exhibition Zone displaying innovative academic projects
- Entertainment Zone with games and cultural performances
- Health Zone featuring yoga and acupressure sessions
- Food Zone with hygienic food stalls
- Art and Craft Zone showcasing students’ creativity

Parents and visitors appreciated the vibrant celebration of the school’s heritage and progress.

Catholic Mission High School, Mohankot

The Annual Function held on 9 December 2025, after a gap of twelve years, became a memorable celebration of the theme “Be the Vessel and Voice of Hope.”

Students and teachers prepared for months to make the event meaningful. The Chief Guest, Most Rev. Bishop Peter Kharadi, inspired everyone with his message on the importance of education and responsibility. Cultural performances such as dances, skits, and qawwali showcased the talents and creativity of the students, while the prize distribution encouraged excellence.

The evening concluded with a renewed commitment to become true vessels and voices of hope in society.





Saint Joseph: Hidden Greatness, Silent Fidelity

**Sr. Preia Fernandes
(Nirmala Province)**

There is something profoundly moving about Saint Joseph. The Gospels record no spoken word of his, yet his life speaks with extraordinary power. He listens, even in his dreams. He obeys, without hesitation. He trusts, without demanding explanations.

When the mystery of Mary's motherhood unfolded before him, he chose reverence over reaction, faith over suspicion, surrender over pride. In the silence of his heart, he embraced God's plan. That silence was not weakness; it was strength rooted in trust.

With what tenderness, he must have held the Child Jesus in his arms. The hands that shaped wood in Nazareth also protected the Savior of the world. He taught Jesus how to walk, how to work, how to pray. He took responsibility for Mary and Jesus in the ordinariness of daily life, earning bread, building a home, fleeing to Egypt when danger threatened. His holiness was not loud. It was hidden in daily duty.

Even today, he continues his work quietly. So many graces come through his intercession, unnoticed and unannounced. We admire the mysterious staircase of the Loretto Chapel, built in a way no one could explain, attributed by many to Joseph's silent craftsmanship. Whether seen or unseen, his way remains the same: hidden, humble, faithful.

And here lies the challenge for us. As Sisters of St. Joseph, are we content to remain hidden in God? Or do we secretly long to be recognized, praised, acknowledged? Do we highlight the faults of others to make ourselves appear more virtuous? Do we fall into subtle pride, thinking we are more faithful, more spiritual, more committed? Saint Joseph never defended his importance. He never sought attention. He never compared himself. There was no competition in his heart, no "crab mentality," pulling others down to rise higher. His greatness lay in making space for others to shine, especially for Jesus.



Our vocation calls us to the same hidden fidelity. To serve without applause. To correct without humiliating. To lead without dominating. To love without calculating. True holiness does not advertise itself. It does not expose others' weaknesses. It does not build itself by breaking others. It grows quietly in obedience, humility, and trust.

Joseph teaches us that the most powerful work of God often happens in silence. The world may not notice. Even the community may not fully see. But God sees.

May we learn from this silent guardian, to carry Jesus in our hearts with reverence, to protect one another's dignity, and to let God's plan unfold through our quiet fidelity.

Hidden, yet fruitful.

Silent, yet strong.

Unknown, yet deeply known by God.





Sr. Vasantha Joseph
Nirmala Province

LENT: The Sacred Pause, Awakening the Divine Within



Sr. Anju Olattupurath
Tanmaya Province

Lent – Joyful and Sanctifying Season

Lenten Season invites us to fast! Initiates us to trust!
Motivates us to pray! Moulds us to plead! Calls us to give!
Counsels us to love! Do I practice external piety? Or Do I
prioritize excelling purity?

Lent means: L- Lean towards the Lord
E- Evil to be destroyed
N- Never to sin
T- Total Transformation



Lent is a God's invitation to return. In the biblical language
return in Hebrew means turn around, to change direction,
to come back home. Lent is therefore not about doing
more religious things, but about changing direction. It is
also a time when we remember God's great love for us in
the person of Jesus Christ.

Pope Leo XIV th, gives us three pillars for the Lent of 2026.
First listen: Let the word of God train your ears for the
voices that are easy to ignore the poor, the suffering, the
overlooked, make room for them.

Second Fast: From food yes, but also from the words that
damage others. Let fasting expand your desire what
actually matters justice, goodness and God.

Third together: Conversion is not just personal. It changes
the quality of our relationships, our communities and our
common life. Show up for it, not alone, but with others.
These are demanding once because they ask for attention,
for accountability, for real presence with God and with each
other. That's what makes this message worth taking
seriously not as checklist but as an invitation to different
kind of 40 days. Let us ask ourselves which of these three is
hardest for me to practice personally listening, fasting from
words or showing up for community?



Lent is more than a season of sacrifice; it is an invitation to
a tangible encounter with the Divine within. On Ash
Wednesday, the Church whispers a stark and grounding
truth: Memento, homo, quia pulvis es – Remember, man,
that you are dust. In a life span of 90 years, we are gifted
just 32,850 days to breathe, to love, and to behold the
world's beauty. Yet we often walk this brief pilgrimage
distracted by the trivial. Our days are consumed by
grumbling, burdened by complaints, and shadowed by
needless conflict. We forget that those who journey beside
us are temporary gifts. We forget that by surrendering our
ego, we can create an atmosphere of joy and love.

Every human heart is a restless seeker of love, appreciation,
and lasting happiness. We search outward, yet Jesus gently
redirects our gaze: "Seek first the Kingdom of God." This
Kingdom is not a distant realm; it is the sacred interior
landscape where the Divine dwells.

When our thoughts, words, and actions align with this
indwelling Presence, a quiet metamorphosis begins. Life is
no longer a series of tasks, but a living liturgy of awareness.

- Thoughts become reservoirs of blessing
- Words carry the power of healing and hope
- Actions become effortless inspirations to others.

This inner alignment does not shield us from criticism or
misunderstanding, but it anchors us in a peace the world
cannot give. It offers a satisfaction that flows from the
Source, not from external validation.

Prayer and fasting remain hollow echoes if they do not lead
us into this gracious power of God. We have become
experts at being "busy" – so preoccupied that we no longer
feel the gentle brush of the breeze or notice the silent ache
in a neighbor's eyes.

During this Lent, we are invited into a sacred pause:
To recognize and awaken the grace within us, and to allow
that grace to flow outward. This is the heart of every
spiritual journey.

- Let us cultivate interior silence.
- Move with awareness.
- Feel the Divine Presence within.
- Allow the grace you awaken to spill over, scenting the
air around you with peace.

May these forty days rouse the sleeping grace within our
souls. When we encounter the Divine in the quiet sanctuary
of our hearts, our very presence becomes a conduit of
blessing to our communities, our ministries, and to a weary
world. Let us

- Awaken the grace.
- Feel the touch.
- Become the blessing.





Sr. Victoria Irudayaraj CSJ
Pachmarhi Province

Beyond Boundaries: The Healing Power of Compassion

Christian, remember your dignity,” says Pope Leo XIV, reminding believers that their lives must reflect Christ’s mercy. The following is the Message of the Holy Father for the 34th World Day of the Sick, on the theme “The compassion of the Samaritan: loving by bearing another’s pain”.

One of the most touching and transformative parables told by Jesus is the Parable of the Good Samaritan found in Gospel of Luke (Luke 10:25–37). Through this story, Jesus redefines what it means to love. He moves love beyond emotion, beyond sympathy, and into action – into the willingness to bear another person’s pain. The compassion of the Samaritan becomes a living example of mercy in motion.

In the parable, a man is traveling from Jerusalem to Jericho when he falls into the hands of robbers. He is stripped, beaten, and left half dead on the roadside. A priest passes by and sees him, yet chooses to walk on the other side. A Levite, too, notices the wounded man but does not stop. Both represent religious duty and knowledge of the law. Yet their hearts remain untouched by the suffering before them. Then comes the Samaritan – a member of a community despised and rejected by the Jews of that time. Surprisingly, he is the one who stops. He does not merely glance at the injured man; he is moved with compassion. The Samaritan approaches him, tends to his wounds with oil and wine, places him on his own animal, and brings him to an inn for care. He even pays for the expenses and promises to return to settle any additional costs.



True compassion is not passive. It does not calculate inconvenience. It does not ask, “Who deserves my help?” Instead, it asks, “How can I help?” The Samaritan risks delay, financial loss, and possibly even danger. He chooses involvement over indifference. His love costs him time, comfort, and money. Yet he gives freely. In this parable, Jesus teaches that love is not limited by boundaries of race, religion, or status.

The Samaritan crosses social barriers to respond to human need. Compassion here is not just feeling pity; it is entering into another person’s suffering and carrying it with them. To love is to allow someone else’s pain to touch our hearts deeply enough that we act.

In today’s world, the road from Jerusalem to Jericho appears in many forms – broken families, lonely elderly, struggling youth, wounded hearts, and those marginalized by society. Often, like the priest and Levite, we may be busy with responsibilities, schedules, and even religious activities. We may see suffering yet remain distant. The parable challenges us to ask ourselves: Do we cross the road to avoid pain, or do we cross it to heal? The compassion of the Samaritan reflects the very heart of Christ. Jesus Himself becomes the ultimate Good Samaritan. He sees humanity wounded by sin and suffering. He does not pass by. Instead, He comes near, heals, restores, and gives His very life for our salvation. In loving by bearing our pain, He reveals that compassion is sacrificial love.

To practice such compassion today means being attentive, available, and courageous. It means listening when someone needs to speak, offering support when someone feels weak, and standing with those who are rejected. Compassion invites us to slow down, to notice, and to respond. The Samaritan’s example teaches us that true neighborliness is not defined by proximity but by mercy. Anyone in need is our neighbor. Loving by bearing another’s pain transforms not only the wounded but also the one who serves.

In conclusion, the compassion of the Samaritan calls us to live love in action. It reminds us that genuine faith expresses itself through mercy. As we walk our own roads each day, may we choose not indifference but involvement, not judgment but kindness. For in bearing another’s pain, we reflect the heart of God. “The measure of love is to love without measure.” – Saint Augustine of Hippo.



COMMUNICATION: Building Relationships with God and Others

We, the second-year novices of the Interprovince Novitiate at Kamptee, were privileged to attend a class on communication conducted by Sr. Sadhna and Sr. Priyanka on 26th January. It was a special and enriching experience for all of us.

During the session, we learned that communication is an essential way of relating with others through words, actions, body language, and attentive listening. The sisters helped us to understand the importance of effective communication in building healthy relationships with people, nature, and God.

Learning Modern Communication Techniques

The class also introduced us to modern techniques of quick communication, especially through digital media. We were made aware of Artificial Intelligence tools such as ChatGPT, Gemini, and Perplexity. As religious, we realized that while these technologies can be helpful, we should not become overly dependent on them. They have both advantages and disadvantages, and it is our responsibility to use them wisely and only when necessary.

Activities for Better Understanding

To deepen our understanding, we participated in two activities:

1. Writing an article on an object
2. Listening attentively to a message and passing it accurately to others.

These activities helped us to develop practical communication skills and showed us how communication strengthens understanding and relationships.

The word communication is derived from the Latin word "communicare," meaning "to share." Communication takes place in many forms, such as:

- Spoken and written words
- Actions and gestures
- Body language

Social media, newspapers, television, mobile phones, and the internet

Through social media, people can easily communicate across distances and become aware of events happening around the world. It is also useful for teachers and students in learning new ideas, improving language skills, and discovering opportunities.



Responsible Use of Media

At the same time, we also reflected on the harmful effects of misusing social media. Over-dependence can lead to laziness, sickness, depression, and a lack of personal growth. Therefore, media should be used carefully and with balance so that our minds remain active and creative.

Communication with God

Communication is not only human but also spiritual. In the Bible, God communicates directly and indirectly with prophets, kings, and ordinary people. Their encounters with God brought transformation in their lives. For example, the Samaritan woman's meeting with Jesus changed her completely, freeing her from fear and shame. Nature itself is also a form of God's communication, as He speaks through creation. The Holy Trinity is the perfect model of communication, showing love, trust, and understanding in unity.

Our Charism as Sisters of St. Joseph

As Sisters of St. Joseph, our charism calls us to a DOUBLE TOTAL UNION WITH GOD, self, and neighbor.

Communication plays an important role in living this Charism, especially in today's world. Through good communication, we can continue living our legacy and reaching out meaningfully to society.

Conclusion

This class helped us to understand how essential communication is in modern life. We learned how to write an article, use a DSLR camera, and explore AI tools responsibly. We truly enjoyed the session and were inspired by Sr. Sadhna and Sr. Priyanka, who shared their knowledge with great dedication.

We are grateful for this opportunity, and we feel encouraged to become better communicators in our religious life and mission.

2nd Year Novices Kamptee, Nagpur



Grace-Filled Days in God's Own Country

***"Come to me, all you who labour and are burdened, and I will give you rest."*(Mt.11:28)**

Kerala, lovingly known as "God's Own Country," became for us not merely a place to stay, but a sacred space where our hearts were gently drawn closer to God. From the very beginning, we felt deeply grateful to the Lord for granting us this precious opportunity to live and grow in such a blessed land.

During our stay in Varapuzha, the sisters accompanied us with great care, love, and patience. Through their guidance and example, we learned the beauty of good manners, the depth of spiritual life, and the meaning of living as faithful persons dedicated to God. Their encouragement and support helped us grow not only spiritually but also personally.

Under their guidance, we also learned to read and write in English, which opened for us a new window of knowledge and expression. This opportunity enriched our learning and enabled us to communicate with greater confidence.

Before coming here, our understanding of the saints was limited. However, in Kerala we discovered the inspiring lives of many saints whose faith, sacrifice, and devotion deeply touched our hearts. We were also amazed to learn that this blessed land has given the Church many holy men and women who continue to inspire generations.

Each day offered us a new opportunity to grow closer to God. Reading and reflecting on the Word of God became a daily nourishment for our souls. We were blessed to participate regularly in the Holy Eucharist, spend time in Eucharistic Adoration, and join the community in morning and evening prayers. Through the daily examination of conscience, we slowly learned to listen to the gentle voice of God guiding our lives.

One thing that deeply moved us was the strong faith of the people in Kerala. It was truly inspiring to see even young children attending Holy Mass before going to school. Their devotion reminded us that faith is not only something to be believed but something to be lived each day.



We were also blessed with many opportunities to serve and participate in the life of the Church. Through the parish choir, sacristy work, stage programs, and various parish feasts, we experienced the joy of being active members of a vibrant faith community.

Another remarkable blessing we witnessed was the large number of priests and religious who come from this state. Their dedication and generous service to the Church stand as a living testimony to Kerala's deep spiritual heritage.

Indeed, during these nine months in Kerala we have come to know Jesus more personally, and our faith has grown deeper and stronger. This time will remain in our hearts as a precious chapter of grace, a journey in which God gently shaped our faith and lovingly drew us closer to Him.

Candidates from Varapuzha Province of Pachmarhi

**Sr. Divya Lakra
Tanmaya Province**



A Sacred Shelter for Tiny Wings

The sun-baked calabash gourd,
shaped with loving hands,
hangs gently from the trees
beside our quiet home.

A humble dwelling,
where tiny wings may rest—
a beautiful cradle carved
for feathered guests.

Small hearts pause
as the calabash softly sways;
happy, lilting chirps
fill the silent air.



Watching them,
we stand in quiet joy,
knowing they are nestled
just as God intended.

Compassion woven
into this simple art
inspires us to guard creation
with the same tender heart.

**Srs. Manjula Lakra, Anita Matti,
Carmela Tigga (Nirmala Province)**

**Sr. Bindu George
Nagpur Province**



**Making our life worth living
through a strong spiritual life**

FROM DOING TO BEING

“A person who is spiritually rooted, will become practically strong”.

A three days seminar was conducted for the young and vibrant Finally Professed Sisters at Snehsadan, Igatpuri. It was a meaningful and enriching experience for all of us, which has taken place, for the first time in our Province.

Soon after our arrival along with Srs. Joyce, Namita our spiritual directresses, Sr. Ancy our provincial superior, accompanied us to a picnic spot where all of us could relax and connect ourselves with the beauty of nature created by our loving God. We were just lost in the beauty of God’s creation and experienced a sense of calmness and inner peace. Filled with lots of positive energy, the next day our seminar started with a meaningful prayer service, “The Joy of belonging to God”. Many of us were very much inspired, uplifted and felt how precious is our Religious calling, that we are completely belonging to God alone.

Thereafter Fr. Bineesh the resource person, a committed, holy Dominican priest, who is deeply rooted in the Word of God, began his sessions which enlightened and set us on fire with zeal for spiritual growth and mission. He dealt with various topics such as, our spiritual depth, practical living, deepening our knowledge of vows, time management, setting priority, balance between prayer life, community life and mission. We were touched by many aspects but particularly relevant was – “Sitting at the feet of Jesus to get vitamin “G”, i.e. Grace”. We get strength and nourishment for our soul, love and peace just like when we sit in the sun light receiving its impact on our physical body. Yes we realized that spending time in the presence of God before the Blessed Sacrament has great impact on our spiritual life. Fr. Bineesh shared his personal life experience, his knowledge, skills and guidance to empower us. Father helped us to overcome challenges and achieve goals. These three days seminar was very inspiring and motivating to lead a purposeful life.

It was a blessed opportunity given to me by the provincial to spend 4 weeks in Ishvani Kendra Pune, from 11th January 2026 to 7th February 2026. The course entitled personal growth and renewal for mission gave me an opportunity to retrospect my religious journey after having spent 27 years in the congregation.

A life not reflected is not worth living.

We were 18 participants from various congregations-going through a period of renewal and a time of refreshment and looking back with gratitude, healing and taking a fresh look into the future.

The psycho-spiritual journey was both informative and enriching making an inner journey into self. This journey gave me deeper awareness and opportunity to accept myself with openness and look into the areas that still requires healing. Besides psycho-spiritual topics there were also other enriching sessions on Asian spiritual traditions, Church history, Eevangelization in the digital age, Mapping god's dream for my life and Consecrated life - challenges and mission today; all by eminent professors.

This will remain a cherished time in my life, spending time in reflection and prayer. From my varied missions and activities of the past years that might have blurred my true goal of loving God and serving Him. It reoriented me to the true meaning of my vocation and entering into a second call, transcending to the second half of my life with passion and commitment. From less of doing to more of being.





Sr. Asha Prava Kujur
Pachmarhi Province

Emotional Intelligence: *Deepening Inner Freedom for a Mature Religious Commitment*

A profoundly enriching Renewal Programme on Emotional Intelligence was held from 27 to 30 December at the serene setting of the Provincialate, Pachmarhi – Fox Rock, for 30 young finally professed sisters of the Pachmarhi Province. The programme was thoughtfully planned and organized by our Provincial, Sr. Maurice, together with her committed team, reflecting a deep pastoral sensitivity and a forward-looking concern for the holistic formation, emotional well-being, and sustained joy of the sisters in religious life.

The programme was animated by Fr. Joseph Xavier, SJ, whose experiential, reflective, and participatory approach created a safe, welcoming, and transformative learning environment. With great sensitivity and clarity, he guided the sisters through a process that integrated personal reflection, group interaction, and practical insights. This method enabled the participants not only to understand the concepts of emotional intelligence but also to internalize them in a deeply personal and prayerful manner.



The journey began with a strong emphasis on self-awareness, recognized as the foundation of emotional intelligence. The sisters were invited to become more attentive to their emotions, inner movements, strengths, vulnerabilities, and habitual responses. By learning to encounter their feelings with honesty, courage, and compassion, they were helped to grow in inner integration, emotional balance, and responsible discernment—essential qualities for a mature and life-giving religious commitment.

A significant dimension of the programme focused on perception, highlighting how personal experiences, unconscious assumptions, and emotional filters influence the way individuals interpret people, events, and situations. Through practical examples and reflective exercises, the sisters learned to distinguish clearly between objective facts and subjective interpretations. This awareness enabled them to cultivate a more realistic, empathetic, and life-affirming outlook, particularly important for fostering harmony and mutual understanding in community living.

At the heart of the programme was the theme of empathy, presented as a central pillar of emotional intelligence and a Gospel value. Through shared reflections, attentive listening, and interactive processes, the sisters discovered the transformative power of emotional sensitivity and non-judgmental presence. Empathy was recognized as indispensable for building healthy, supportive communities and for engaging authentically and compassionately in pastoral and apostolic ministries.

The sessions on motivation invited the sisters to reconnect with the deeper sources of their commitment, zeal, and inner vitality. By prayerfully revisiting their vocation story and missionary purpose, they were encouraged to nurture intrinsic motivation rooted in faith, values, and meaning. Such motivation, it was emphasized, enables religious men and women to remain faithful, resilient, and hopeful even amid challenges, transitions, and moments of fatigue or discouragement.

Recognizing conflict as an inevitable and often growth-filled aspect of communal life, the programme also addressed conflict management with realism and sensitivity. The sisters were guided to approach conflicts with emotional awareness, self-regulation, openness, and maturity. They were helped to see conflicts not as failures or threats but as opportunities for deeper understanding, healing, reconciliation, and personal as well as communal growth.

Overall, the renewal programme proved to be timely, transformative, and deeply enriching. It equipped the young finally professed sisters with practical insights, reflective tools, and renewed awareness to integrate emotional intelligence into their personal lives, community relationships, and ministries. More than a training programme, it became a meaningful journey toward greater emotional maturity, inner freedom, and a joyful, wholehearted commitment to their religious vocation, strengthening their capacity to live and serve with compassion, authenticity, and hope.





Sr. Francina Divya

ICJ: A call to launch into the deep!!

“Launch into the deep” (Luke 5:4) is not only a Gospel invitation; it is also our lived- experience here at ICJ, Tanmaya. Just as the sea calls a fisherman to leave the safety of the shore, the ICJ programme invited the junior sisters to move beyond comfort into deeper formation, faith, and commitment.

When the ICJ session began we felt we were standing on the shore. Everything looked familiar and safe, yet there was uncertainty... with new companions from different congregations, backgrounds and cultures. Cautiously we embarked upon the sea - with deeper study of the bible, theological topics, reflection on vows and honest self-examination, weekly examinations/ evaluations and integration. The sea looked vast and the expectations soared high. Like Peter after a night of catching nothing, we sometimes felt inadequate. But the voice of Christ gently whispered, “Launch into the deep.”



The Sea of Knowledge

ICJ classes were like entering deeper into the waters of understanding. Study of scripture, the healing sessions, sharing vocation stories, charism of our congregations, wider and depth study of evangelical vows, history of the church, importance of the mission helped us to discover the richness of religious life. What we once knew only on the surface now became clearer and more meaningful. The deeper we studied and reflected, the more we appreciated the beauty of our vocation.

The Sea of Community

Living in ICJ community was like sailing in one boat, with sisters from diverse shores. At times the cultural differences were like strong waves, but in due time we learnt that diversity is not a storm but a ‘gift’. The sea does not have only one current; it has many, yet it remains ‘one’ ocean. Similarly, our congregations are extensions of one great family.

The Sea of Self-Discovery

Perhaps the deepest waters were within each one of us. ICJ classes invited us to embrace silence, prayer, and self-reflection. We discovered hidden fears, unhealed wounds, and also our hidden strengths and grace. Going deeper meant facing ourselves in honesty before God. It was not always comfortable, but it certainly was very transforming.

The Sea of Commitment

Launching into the deep ultimately meant a renewed commitment to life and our vocation. ICJ prepared us to leave the shore of our temporary vows and to move courageously forward toward life-long dedication. The sea of religious life is vast, but it is also filled with God’s abundance. When we trust Him, He fills our “nets” with peace and purpose.

ICJ classes were not just academic sessions but they were a spiritual voyage. They taught us that the deep is not something to fear but something to embrace. Like the sea, the religious life is mysterious, challenging, yet beautiful. When we choose to launch into the deep with faith, we discover that Christ is already there, guiding our boat.

We sincerely thank Sr. Sheela, our directress and ICJ community for arranging wonderful classes and experiences for us. We are ever grateful for their constant support and accompaniment. We are also immensely grateful to our Provincials and Councillors for freeing us from the responsibilities so that we could spend this year in intense reflection and study. We wish that the coming session will find many more young sisters benefitting from the programme here and embarking on their voyage of self-transformation.

Ursulines sisters
On behalf of ICJ students.





Serving Christ Through Serving the Poor

Sr. Roshni
Tanmaya Province

We are reminded of Jesus' words in the Gospel of Matthew 25:40: "Whatever you did for one of the least of these brothers and sisters of mine, you did it for me." In serving the poor, we encounter Christ Himself. In every grateful smile and in every person we met, we recognized the living presence of our Lord.

In the words of Mother Teresa, "It's not how much we give, but how much love we put into giving." Inspired by this spirit, we, the Sisters of St. Joseph Convent, Ratlam, were blessed with an opportunity to serve through a small yet heartfelt act of charity.

On 8th February 2026, with love and compassion, we distributed provisions and a day's meal to underprivileged Catholic families. Around 60 families gathered to receive this humble package of care and concern. This charitable outreach is carried out each year to support families in need and to help them sustain their livelihood with dignity and hope.

This simple yet meaningful gesture was more than the sharing of food—it was a sharing of love, respect, and solidarity.

Though the provisions and the day's meal were basic necessities, for many families they became a source of comfort and relief. Beyond meeting physical needs, this outreach reassured them that they are neither alone nor forgotten—that the Church stands beside them, especially in moments of hardship.

Pope Francis beautifully reminds us, "Each individual Christian and every community is called to be an instrument of God for the liberation and promotion of the poor." Our small act of service was a humble response to this call.

This experience also deepened our own faith. In giving, we receive. In serving, we are blessed. It reminds us that we are all children of one loving Father, united in compassion and care.

May we remain steadfast in loving, serving, and recognizing Christ in the poor. Let us walk beside them with support, encouragement, and kindness. For in serving the poor, we truly serve Christ.



Ashram Experience "God is Omnipotent, Omnipresent and Omniscient"

"Be still and know that I am God." – Psalm 46:10

Silence opens our hearts to encounter God more deeply. In the midst of our busy lives, moments of prayer and reflection help us to become aware of God's presence within and around us. Our Ashram experience became a special opportunity to slow down, listen to the voice of God, and grow in deeper awareness of His presence.

Gratitude for the Opportunity

At the outset, we express our heartfelt gratitude to our Provincials and the Novitiate Community for giving us the precious privilege of participating in this Ashram experience. Their trust, encouragement, and support enabled us to take part in this enriching spiritual journey which has greatly contributed to our personal and spiritual growth.

We as a group of twelve second year novices from our four different provinces had the opportunity to participate in this Ashram program. Coming together from different regions and backgrounds, we experienced unity, fellowship, and mutual support as we journeyed together in search of God. This shared experience strengthened our bond as novices and helped us appreciate the richness of our diversity.

As part of our formation program, we attended a ten-day Ashram experience at Sachidananda Ashram, Narsinghpur in Madhya Pradesh. The name Sachidananda expresses a deep spiritual meaning:

- Sat – Truth
- Chit – Consciousness
- Ananda – Eternal Joy

The Ashram welcomes people from all religions and promotes universal brotherhood, peace, harmony, and interreligious dialogue.

Meaning of Ashram

The word Ashram comes from the Sanskrit term "Āśrama," which means a place of spiritual striving or tireless pursuit of God. It is a sacred place where seekers dedicate themselves to prayer, meditation, and spiritual discipline in order to deepen their relationship with the Divine. Ashram life is a form of sadhana, a continuous spiritual practice that helps a person to grow gradually in awareness of God's presence.



Journey Towards Interiorization

The main purpose of the Ashram experience was to help us grow in interiorization and integration. In our journey towards God, we encounter Him in two ways: through exteriorization and interiorization. Exteriorization helps us to recognize the presence of the transcendent God in the world around us, while interiorization helps us to discover the immanent God dwelling within our hearts. Both lead us towards unity with God, humanity, and the entire cosmos.

Guidance and Spiritual Teachings

Under the guidance of Fr. Anto, (CMI) we were introduced to the richness of different religious traditions. Various resource persons shared their faith journeys and explained the three classical paths through which people seek God:

- Jnana Marga – the path of knowledge
- Bhakti Marga – the path of devotion and love
- Karma Marga – the path of selfless action

These teachings helped us to understand the different ways through which people seek union with God.

Life in Silence and Prayer

Much of our time at the Ashram was spent in silence, meditation, and prayer, because silence allows us to listen more attentively to God. Through meditation on God's presence and practice of yoga, we experienced inner peace and harmony between body, mind, and spirit.

Spiritual Practices in the Ashram

During the program we participated in various spiritual exercises such as:

- Atmadarshan Kriya
- Pavitra Balidan
- Karma Yoga (selfless service)
- Swadhyaya (self-reflection)
- Trataka (practice of concentration)
- ARI – Awareness, Relaxation and Integration
- Madhyan Sandhya (midday meditation)
- Arati prayers

These practices helped us to deepen our spiritual awareness and concentration.

Personal Prayer and Relationship with Jesus

Personal prayer was an important part of our daily routine. By sharing our thoughts, feelings, and doubts with Jesus, we experienced a deeper relationship with Him. Through the various teachings and interactions, we gradually realized that Jesus came to bring salvation to all humanity.



Seva Yoga – Service with Love

Every evening we practiced Seva Yoga, which means serving with a spiritual attitude. Through this service we helped maintain the cleanliness and beauty of the Ashram surroundings. This experience helped us to feel a sense of belonging and responsibility.

Satsang – Sharing of Spiritual Journey

Each session began with a prayer for peace and harmony. During Satsang, we shared our personal spiritual journey. Listening to one another inspired us to grow in deeper awareness of God's presence in our lives.

Learning from Indigenous Spirituality

We also had sessions with invited speakers who spoke about indigenous spirituality, which emphasizes simplicity, hospitality, and community life. Their sharing helped us to appreciate our cultural heritage and spiritual values.

Encounter with Other Religions

Through interactions with people from different faiths, we gained a deeper understanding of their beliefs and practices.

- From Muslim spirituality, we were inspired by their deep devotion to the one God.
- From Jainism, we learned about their strong commitment to non-violence and compassion toward all living beings.

These encounters helped us to develop greater respect and appreciation for other religious traditions.

Awareness of Our Religious Vocation

The Ashram experience also reminded us of our responsibility as religious sisters. Many people expressed their hope that through our lifestyle we become witnesses of Christ's love and peace. This challenges us to live our vocation with greater authenticity and dedication.

A Prayer for Universal Peace

During our stay we experienced deep peace and harmony. Our hearts were filled with the prayer:
"Sarve Bhavantu Sukhinah" – May all be happy.

Conclusion – A Transformative Experience

These ten days of Ashram experience have been a deeply enriching and transformative journey for each one of us. Through silence, meditation, yoga, and spiritual teachings, we became more aware of God's presence within ourselves and in the world around us. This experience helped us to appreciate the values present in different religions and strengthened our commitment to live in peace, justice, harmony, and universal brotherhood.



With hearts full of gratitude, we thank God for this grace-filled opportunity. We also thank our Provincials and the Novitiate community whose support made this experience possible. As we continue our formation journey, we carry with us the lessons and inspiration of this Ashram experience.

"May all be happy, may all be peaceful, and may all experience the presence of God."

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