

CSJ RIPPLES

Sisters of St. Joseph of Chambery - Indian Provinces

July - September 2025

Vol-III

Celebrating Season of Creation:

"The entire material universe speaks of God's love,
God's boundless affection for us.

Soil, water, mountains: everything is a caress of God." - Laudato Si



Celebrating Mary's Birthday:

A Celebration of Creation's Beauty -

"Behold, I am the handmaid of the Lord;
let it be to me according to your Word." - St. Luke 1:38

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S. Regi Komoroth
Tanmaya Province

**‘No great man lives in vain. The history of the world is but the biography of great men.’:
Thomas Carlyle**

How can we ever begin writing for this Ripple without paying homage to the great woman, who had caused many a ripple to lash our shores and enrich our lives with her incomparable contributions? Yes! S. Lorraine Marie Delaney.

The shining star who made us all proud by her leadership, innovations and untiring hard work. Her capacity to translate a vision into reality was amazing. What she has accomplished for the Congregation as the Superior General and for our Indian provinces will always be acknowledged gratefully. We learned a lot from her, the art of appreciation, dreaming, humour, positivity, unbeatable enthusiasm and above all humility. Having entered the month of September with the drums beating for teachers, our nostalgic salutes to you dear sister for being a great guru and mentor.

The October will take us into celebration and jubilation. We are privileged to be living at this time of grace, of the Jubilee of the Church and the Congregation. It calls each one of us to introspect, 'what have I contributed to my congregation to enrich its history'? Also to raise the cup of blessing that overflows in our hands in good cheer and thanksgiving.

In our world, we are amidst countless crises, political, cultural and of natural calamities. The prolonged Russia-Ukraine war, the Israeli-Palestinian conflict, the Syrian civil war, and conflicts in Yemen, Sudan, and Myanmar. Regional and internal conflicts are also present, such as in the Sahel region of West Africa, involving groups in Mali and Burkina Faso, as well as cartel violence in Mexico, Haiti Gang War, ongoing conflicts between India and Pakistan and the list goes on. Joining the Pope and the Church, we too plead for wars to end and for peace. Being compassionate and just to those who work with us and sincerely trying to forgive and reconcile, we can give witness to our charism. Thus we contribute our humble might towards world peace by virtue of our intention.

September and October are also the months in which we celebrate the gift of Mother Mary. The star that guide us in the turbulent sea of today's world. It is good to recall how the Blessed Virgin has won wars for us and brought us peace.

In the 16th century, a powerful Ottoman Empire was threatening the European continent, aiming to conquer and spread Islam. A Christian alliance, known as the Holy League, was formed to defend against the Ottomans, but they were significantly outnumbered by the Ottoman navy. Pope Pius V recognized the need for spiritual support, so he asked Christians across Europe to pray the Rosary and invoke the intercession of the Blessed Mother for a victory.

Thus the Battle of Lepanto in 1571 was the war associated with the prayer, the Hail Mary. The victory for the Holy League against the Ottoman Empire was attributed to this devotion, leading to the establishment of the Feast of Our Lady of Victory.

Today Mary the Queen is our fort of refuge. Let us march ahead courageously to meet the challenges of our mission and witness Christ. May we be blessed and empowered by the intercession of this great Mother and our heavenly Patron St. Joseph.



Mother Mary:
A Model of Faith and Love for the Church

Mother



Sr. Matilda Khakha
Pachmarhi Province

Sr. Priyanka Nayak
Nagpur Province

In every season of the Church's life, Mother Mary stands as a shining example of unwavering faith, profound love, and courageous obedience to God's will. Her life, though lived in quiet humility, echoes across the centuries as a song of trust and surrender to the divine plan.

When the angel Gabriel announced the seemingly impossible, Mary did not hesitate. Her "Yes" "Be it done unto me according to your word" became the gateway for the Incarnation, the very moment when heaven touched earth. Her faith was not a passive acceptance but an active, living trust in God's promises, even when they were beyond human understanding.

Mary's journey was not without trials. She fled into Egypt as a refugee, stood by her Son in His ministry, and remained at the foot of the Cross, sharing in His suffering with a heart pierced by sorrow. Yet, through all this, she remained steadfast. She teaches us that true discipleship is not about avoiding suffering but about standing firm with love and faith through it.

Today, Mother Mary continues to guide and accompany the Church as our Mother. She prays with us, encourages us, and points us always to her Son, Jesus. In a world that often struggles with fear, doubt, and division, Mary reminds us of the power of a trusting heart and a life given completely to God.

As we honor her, let us imitate her virtues her listening heart, her spirit of service, and her unconditional love. Let us ask her to walk with us, that we too may say "Yes" to God daily and bring Christ into the world through our words and deeds.

Mother Mary, Star of the Sea, guide us on our journey of faith!



A mother is the true blessing of God.
A mother's love is selfless and unconditional.
A mother makes countless sacrifices for her children without expecting anything in return.
A mother teaches discipline, honesty, and values, shaping her children's character.
She is the first teacher and the strongest guide of life.
We can find everything in this world,
But nothing can ever replace a mother.
She is the light of the home,
The strength of the family,
And the heartbeat of her children.
A mother smiles even in pain,
Hides her tears to bring happiness to her children,
And dedicates her entire life to their growth and success.
In this entire world, there is no one as precious as a mother.

Wherever we go, whatever we achieve,
We must always remember-

A mother's love is eternal and irreplaceable.

My mother is the most important person in my life. She is not just my mother, she is my friend, my teacher, and my biggest support. If I take the word MOTHER, each letter reminds me of her:

M- Most Lovable because no one can love me the way my mother does.

O - Outstanding she always does everything so perfectly for the family.

T - Teacher she teaches me the right values of life.

H - Honorable I always look up to her with respect.

E- Extraordinary because she manages everything with so much strength.

R- Remarkable my mother is truly unforgettable and unique.

My mother always keeps her family first. Even when she is tired, she never shows it. She works hard, she smiles for us, and she supports me in every situation. When I feel sad, her words give me courage and comfort. When I succeed, her smile is my biggest reward.

People say God cannot be everywhere, so He created mothers. For me, my mother is the face of God in my life. Her prayers protect me, her love guides me, and her sacrifices inspire me every single day.

I just want to say that I am very proud to be her child. I love you, Mom.



**Sr. Mary Lawrence
Cheriakramcherry
Nirmala Province**

SISTERS OF ST. JOSEPH OF CHAMBERY

The 98 blissful years of my life

I am overwhelmed with joy and gratitude to the Almighty God, who has been my strength, guide, companion and for all the blessings, He has showered upon me over the past 98 years. Each year has been a gift, each day a blessing, and every breath a reminder of His faithfulness. When I look back, I see the hand of God in every season of my life. He has been with me in my childhood, guiding me through my youth, sustaining me in my adulthood, and comforting me in my old age. Truly His promised has been fulfilled "I will never leave you nor forsake you." Together with my Blessed Mother I can say the Almighty God has done great things for me and Holy is His name". I thank God for the precious gift of family and friends. Over the years I have been surrounded by the people who have cared for me and shared in the ups and downs of my life. I cherish their memory with love because their love reflects God's love, and I am grateful for every person He has placed in my life.

I take this golden opportunity to thank all my Sisters Who made this day a memorable for me, starting with a meaningful and heart touching Prayer Service, Eucharistic celebration, anda delicious meal to make this day a happy and special one for me. May God reward all that they have done for me and are still doing for me. May God bless each one of them and keep them in His loving care. These I wish for all God bless you and thanks to each one of you.

With 98 years behind me I can truly say" **The Lord has been good to me.**" My soul magnifies the Lord and my spirit rejoices in God my savior. May my remaining days be spent in gratitude, prayer, and love. Thank you, Lord, for the wonderful gift of life.





The girl child

Sr. Smitha Kujur
Nirmala Province

"Without a girl child what would the world be? A world without hope and a future. "So, a girl child is considered to be a blessing. She can be a mother, a daughter, a sister, a friend and so on. If the society could make an effort to see and to reflect on the girl child with the eye of faith, truly she is a precious pearl to the society and for the future.

In our modern age, the girl child is very dedicated, responsible, hardworking, faithful, sincere and self-sacrificing. Yet she is not respected, and abused mentally and physically by husband, mother -in -law and society. In a Hindu family, a girl child born first in the family is called "Laxmi "means Dhan or a blessing in the family. As per the present scenario according to the ancient faith, tradition and belief in a girl child has given respect, education and they are leading members in the society. They walk shoulder to shoulder along with the boys and men.

We celebrate International Girl Child Day in the month of October every year. The significance of celebrating this day, is raising awareness of issues facing girls Internationally, such as education, forced child marriage, legal rights and medical rights and protection from discrimination. Education is one of the fundamental rights of the girl child. It is very important to educate girl child because education moulds the life of a girl in a considerable way. She can make right decisions regarding her career. An African proverb says, "If you educate a man, you educate individuals, but if you educate a woman, you educate a nation."

We are invited to cultivate her thoughts and dreams and not to enforce our thoughts into her. Indeed, she dwells in the "house of tomorrow "she is the future of our country. This opportunity for girls increases awareness of gender inequality faced by girls worldwide. Let us encourage every girl child, to educate herself and fight for justice that has been done in society.

The girl child is denied of her human rights in many countries, especially in India. In a slum in Bangalore, many face not only economic hardships but discrimination and exploitation because she is a girl. Barriers to realizing these rights include practices such as sex-educative abortion and child marriage etc. Let us live a claim that is said in a country Caption. "BetI Bachao BetI Padhao"



Our Pilgrimage to the Roots of the Josephite Mission



Srs. Asha Kiran,
Ramya and Anita
Tanmaya Province



Life is a sacred journey, a journey filled with the faithful love of God. In this sacred pilgrimage of life, we eleven chosen daughters of Father Medaille were blessed with an unique opportunity to walk on holy ground. From June 3rd to June 19th, 2025, we had the immense privilege of visiting France, the birthplace of our congregation, where the spirit of our founder and our pioneer sisters still live on.

As daughters of the Josephite family, our hearts overflowed with gratitude for being able to visit the very places where the seed of our congregation was sown places deeply rooted in prayer, love, sacrifice, and mission. What a joy and honour it was to pronounce our final commitment in the same sacred land where our early sisters were professed and sent into the world to witness God's love.

France, to us, is not merely a country it is a spiritual heritage. It is a land that carries the fragrance of our early sisters' prayers and the beauty of their selfless service. From the moment we arrived, we experienced an overwhelming sense of God's presence through the warm hospitality of our French and Indian sisters and the deep spiritual atmosphere of the places we visited. Each day, we were guided by different sisters who not only showed us around but also shared the stories, sacrifices, and spirit of our founders and foremothers.

Every evening, we gathered to reflect on the day's experiences. Each sister's sharing was unique, heartfelt, and deeply moving. These reflections enriched us and renewed our enthusiasm for the mission ahead. We felt a growing peace and a deep sense of communion within ourselves and with one another. The Spirit was alive and moving in us to find courage in today's world by drawing strength from our roots.

Walking the paths once walked by our pioneer sisters, visiting Annecy and Lyon where our founder celebrated Mass, standing at the tomb of Mother St. Marcoux, and stepping into the villages where our sisters tirelessly served the poor each place was a sacred encounter. These experiences stirred our hearts and challenged us: Where am I today? Am I truly witnessing Christ in my life as they once did? It was a moment of honest reflection and commitment, calling us to ground ourselves more deeply in Christ's love.

15th June, 2025, the day of our final commitment was filled with profound grace. Spiritually, we felt our Founder smiling upon us, whispering words of affirmation and love: "My daughters, you are courageous to go forward in this challenging world, to witness love." With hearts full of zeal, we said our final "yes" to Christ, surrounded by blessings, prayer, and the legacy of our pioneer sisters. This day will remain etched in our hearts forever.

We visited Lourdes to honour Our Blessed Mother. We prayed for strength to continue walking in the footsteps of Christ, just as our founder and early sisters did. We are immensely thankful to our Provincials for their support, to the sisters across the congregation for their prayers, and in a special way to Sr. Jona and her province for the meticulous planning and hospitality. Our heartfelt thanks go to Sr. Lorraine, who lovingly accompanied us, her kindness and spiritual depth remain with us. We pray her soul rests in the eternal peace of God. Our gratitude also extends to Sr. Anney from Nagpur Province and every sister who supported and encouraged us throughout this journey.

Let us continue to walk the path our founder laid out a path of love, humility, service, and Eucharistic devotion. Let our lives be a testimony of the love we have received, and in gratitude, let us proclaim:

**"How can I give you thanks enough
For all the gifts from you received?
The gift of love, the gift of life,
The gift of life to love you, Lord."**





Sr. Gracy Choury
Nirmala Province

SISTERS OF ST. JOSEPH OF CHAMBERY

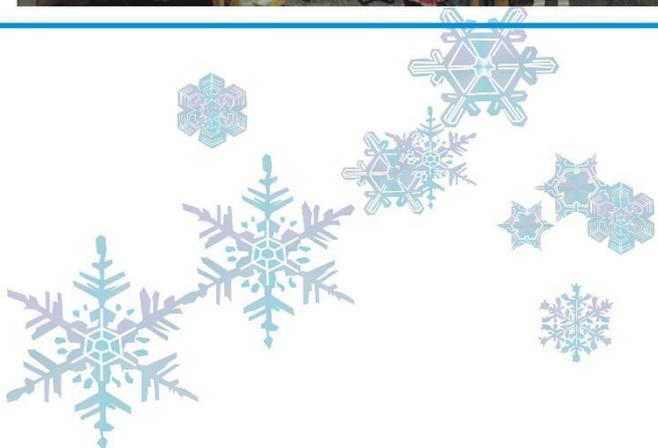
Share our similarities celebrate our differences

“An individual can make a difference but a team can make a miracle.” (Doug Pederson). Share our similarities celebrate our differences should focus a finding common ground while appreciating unique qualities. It allows us to celebrate the diversity that make each culture and individual unique, recognizing its richness as a source of creativity innovation and stronger community.

We the St. Joseph's Convent community sisters set aside a day to remark a blessing of our culture, tradition and respecting each one's culture. We commemorate the international Day of the world Indigenous peoples and Onam collaborating with the student of St. Jude's college of Nursing.

They actively participated in the liturgy of the day, introduction and hymns, were highly in hybrid language which evoked us, Respecting others uniqueness as well. Let us respect how different we all are, among others and not one those differences against each other. We love to use our differences to unite and live in harmony with others, in this challenging world. All our differences should be used to empower and to serve others through respectful living.

“The more you praise and celebrate your life, the more there is in life to celebrate”





**Sr. Anoopam
Tanmaya Province**

On 28th July 2025, in celebration of *World Nature Conservation Day*, 200 enthusiastic students from St. Joseph's Convent School, Pulluvazhy, Kerala guided by 5 teachers, embarked on a memorable nature walk to **Abhayaranyam Nature Conservation Park, Ernakulam**. It was a day when classrooms gave way to open skies, and textbooks were replaced by the living chapters of the forest.

As the children stepped into the emerald canopy, they felt the tender embrace of Mother Earth. The gentle rustle of leaves, the fragrance of damp soil, and the songs of birds wove together a symphony of serenity. Their eyes sparkled with wonder as they encountered the majestic elephants, graceful deer, and even the mighty bear & creatures that reminded them of the richness of life that thrives when nature is preserved. Each sighting was a moment of awe, planting seeds of respect and care for all living beings.



After the walk, the group settled down under the shade of trees, sharing a simple yet delightful lunch amidst nature's lap. The joy of sitting together in the open air, surrounded by greenery and wildlife, was an experience etched deeply in their hearts.

This nature walk was not just a walk, it was a journey of awakening. Students learned the benefits of slowing down, observing, and connecting with the natural world. It built an emotional bond, a silent promise to love, protect, and cherish the Earth. They returned with hearts brimming with gratitude, carrying a renewed commitment to be guardians of the planet.





SISTERS OF ST. JOSEPH OF CHAMBERY

TEACHING: A NOBLE PROFESSION

**Archana Kanakunnel,
Nagpur Province.**



“Every New Born Baby comes with a message that God is never tired of creating man” : Tagore. So also every Teacher is a Guru who is never tired of welcoming a child into the store house of Knowledge. Teaching is a Noble profession, and each Teacher creates a profound impact on shaping the minds and future of individuals and society. They impart knowledge, nurture character development, and foster critical thinking skills. “Tomorrow's leaders are in today's Classrooms.” A teacher inspires and motivates. Effective teachers empower others, drive change and achieve goals. So a teacher's influence extends far beyond the classroom, shaping the next generation of leaders, thinkers and innovators.

Besides, teachers instill values, ethics, and caliber necessary for a better society. They influence families, communities and the nation, thus contributing to the collective knowledge and development of society. Teaching requires high qualities of selflessness, dedication, and a genuine passion for helping students learn and grow. Through education teachers provide a powerful tool for addressing social and economic differences. Even in remote villages and disadvantaged areas, teachers often go beyond to ensure equal opportunities and give quality education.

In ancient civilization, the concept of teaching as a noble profession, were revered for their role of imparting wisdom and moral values. Teachers also educate the students about global issues, cultural differences and the importance of compassion and understanding. Teachers foster incorporating technology into learning environments, preparing students for an increasingly digital world. Effective teachers inspire students, develop their full potential and instill a love for learning that lasts for a life time. There are many challenges and criticisms within the education system. But the core value of teaching as a noble profession is focused on the betterment of individuals and society.

“Teaching is the noblest profession in the world-the most unselfish, difficult, and honorable profession.” : Leonard Bernstein.

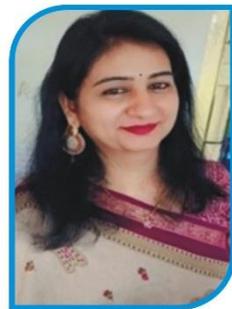
Let us salute our Parents, Teachers, Mistresses, superiors for shepherding us to become what we are now. Kudos to our entire sister teachers past and present.

“Teachers can change lives with just the right mix of chalk and challenges.”

- Joyce Meyer.



A Grand Beginning to 70 Glorious Years of SJC, Ratlam



Mrs. Shikha Khatri
Tanmaya Province

The myriad dreams once seen through countless open eyes came to life in 1956, the founding year of our beloved and prestigious institution — St. Joseph’s Convent School, Ratlam (M.P.). Today, with immense pride and gratitude, we mark a significant milestone: the Platinum Jubilee Year, celebrating 70 remarkable years of unwavering dedication to education, values, and holistic growth.



To commemorate this historic journey, St. Joseph’s Convent School has planned a series of vibrant and engaging events that reflect the rich legacy and inclusive spirit of the institution. Among the very first of these were two heartwarming and creatively charged competitions that set a jubilant tone for the year ahead — the Trio Umbrella Painting Competition and the Trio Ramp Walk Competition.



Trio Umbrella Painting Competition – “Painting Hope and Happiness” Held on 26th July 2025 in the Primary Wing, this colorful event brought together creativity, family bonding, and the spirit of celebration. The competition was unique in its format, welcoming Trio Teams — comprising father, mother, and child (Classes I–IV) — to collaboratively paint vibrant umbrellas.

Out of a large pool of eager participants, 70 trio groups were randomly selected. The school provided plain umbrellas, while participants were invited to express their artistry on one of the following pre-decided themes:

1. India in its Diversity
2. One Milestone in the 70-Year Journey of SJC
3. Myriad Splendors of Nature
4. Any Favourite Season
5. Clean India, Green India

From graceful walks to imaginative costumes representing various Indian states, each family added their own charm to the event and left the audience mesmerized. The auditorium echoed with applause, laughter, and admiration, making it a truly unforgettable celebration of togetherness. A Celebration to Remember These two captivating curtain-raisers — the Trio Umbrella Painting Competition and the Trio Ramp Walk Competition — embodied the essence of teamwork, unity, and celebration. They not only paid tribute to the glorious 70-year journey of St. Joseph’s Convent School but also created lasting memories for every participant. As we step into this Platinum Jubilee Year, these events have set a tone of joy, pride, and community spirit, paving the way for many more celebrations to come. Here's to St. Joseph’s Convent School, Ratlam — a beacon of learning, legacy, and love for 70 incredible years!

The participants poured their hearts into every brushstroke, turning simple umbrellas into canvases of hope and happiness. The event wasn’t just about painting — it was about coming together, celebrating familial bonds, and creatively honouring the legacy of SJC. The vibrant hues and enthusiastic energy truly reflected the joy and pride of being part of this monumental celebration.

Trio Ramp Walk Competition – “Grace in Togetherness”

On 23rd August 2025, the school auditorium came alive with grace, tradition, and joyous family bonding during the Trio Ramp Walk Competition, held for Pre-Primary students and their parents. With the theme “Unity in Diversity,” this event was a tribute to India’s cultural richness, celebrated through colorful costumes, poised walks, and the radiant smiles of our young Josephites and their proud parents. Each trio — father, mother, and child — walked the ramp hand-in-hand, showcasing not only style and tradition but also the values of unity and togetherness.



The event was graced by Principal Sr. Nidhi, who delivered an inspiring message on the significance of family involvement and the joy of shared creative expression.

Mother Mary: A Loving Guide and Protector



**S. VICTORIA
Pachmarhi Province**

Mother Mary, the Blessed Virgin, holds a tender and powerful place in the hearts of countless believers across the world. She is not only the mother of Jesus Christ but also a spiritual mother to all who seek comfort, guidance, and intercession. Through her deep compassion and unwavering obedience to God, Mary became a model of faith and humility. Her role does not end in history it continues today, as she loves, cares, guides, and protects her spiritual children from the trials and temptations of life

From the Annunciation to the foot of the Cross, Mary's life was one of silent suffering, deep trust, and pure love. She understands human pain and struggle because she experienced them herself. As a mother who once held her suffering Son in her arms, she now embraces our sorrows and heavy burdens. When we are weighed down by fear, guilt, or confusion, she stands beside us, gently reminding us that we are not alone.

Mother Mary also plays a powerful role in helping us resist temptation. Just as she remained pure and obedient in the face of hardship, she teaches us to trust in God and reject the lies of the enemy. Her intercession strengthens us when we feel spiritually weak. She wraps us in her mantle of grace, guiding our hearts away from sin and closer to her Son, Jesus. One of Mary's greatest desires is to bring souls closer to God. Her heart is always directed toward Him, and when we allow her to guide us, she leads us along the narrow path that leads to salvation. The Rosary a prayer deeply connected with Mary is a spiritual weapon, a meditation on the life of Christ through her eyes. By praying it, we invite Mary into our hearts and allow her to intercede for us in our darkest moments.

Mary doesn't promise a life free from suffering, but she offers comfort and peace amidst the storm. She teaches us to say, like her, "Let it be done to me according to your word," trusting that God's plan is always good.

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In quiet grace, she walks with me,
Through shadowed paths and stormy sea.
Her gentle hand, a guiding light,
Through darkest hours and sleepless night.

She hears the prayers I cannot speak,
She lifts the lowly, guards the weak.
When burdened heart begins to break,
She gathers all my soul's heartache.

She shields me from the tempting voice,
And points me to the better choice.
Her whisper softens doubt and fear,
And draws my wayward spirit near.

She bore the Christ, the Prince of Peace,
Now bids my restless heart to cease.
She leads me to His open

Where mercy, truth, and love abide.

O Mother, Star that lights the way,
Don't let me wander or delay.
Wrap me beneath your robe so mild,
And keep me always, Mary's.



A Light That Still Shines: The Legacy of Sr. Lorraine Delaney



Sr. Lorraine was deeply person-oriented, intelligent, jovial, and profoundly humane. Every time I spoke with her, she would gently ask, “How is Damian? Give her my love.” That simple gesture reflected her genuine care and attentiveness to each individual.

As our Superior General, she was staunch in her commitment to the growth and development of the sisters. Her leadership was marked not by authority alone, but by compassion, encouragement, and vision. She served in many fields with grace and dedication, always bringing her full heart to whatever she undertook.

An exceptional teacher, Sr. Lorraine inspired generations of students not only through her knowledge but through her warmth and integrity. Her students held her in such high regard that they readily supported her whenever she reached out a testament to the lasting impact she had on their lives.

She was, and remains, a role model to all who knew her embodying wisdom, kindness, and quiet strength.

--Sr. Cosmas, Pachmarhi Province

Sr. Lorraine was a visionary leader, a devoted servant of God, and a pillar of strength within the congregation. Naturally gifted with leadership and intellect, she pursued an outstanding career in education. She was well known as an inspiring teacher and principal, admired and loved by peers, mentors, students, and staff alike.

Sr. Lorraine was a linguist and fostered international relations. She excelled in her organizational skills, wisdom, empathy, and courage. Sr. Lorraine guided our congregation as a true servant leader. Her service extended far beyond national and congregational borders.

Sr. Lorraine's life was a testimony of compassion, humility, and service. We miss Sr. Lorraine, but her legacy will live on in our hearts.

--Sr. Linda, Pachmarhi Province

Gratitude is a powerful catalyst for peace and happiness. It is the spark that lights a fire of joy in our souls and unconditional love for God and our dear ones. I write these few lines in memory of our beloved sister Lorraine Marie, with the above quotation, as my heart flows with loving gratitude and lasting appreciation for her, with the last 59 years of connectedness as Sisters of St. Joseph, and as a sincere friend to me from the novitiate to the present time.

When Sr. Lorraine arrived to begin her novitiate in Pachmarhi in 1966, I was there along with my companions, finishing the 1st year of novitiate. Her presence made a lot of difference to us, as she was always available to help us with her wider experiences, knowledge of the English language, and support making us capable of adjusting ourselves to our new situation. Here I quote from her obituary: *Sr. Lorraine effectively led our congregation and provinces, fostering growth, unity, and progress with wisdom, empathy, and courage.* I can say that she began living the above qualities from the novitiate onwards, as a person always empowering others, making our charism of communion ever alive.

God Almighty made her gift of leadership a powerful means to guide us as Sisters of St. Joseph in India and abroad, as Provincial and Superior General of the whole congregation. After many years, when Sr. Lorraine was the Superior General, we had the Enlarged Council in India at Sr. Lorraine's initiative in Nagpur, attended by the Provincials from all the Provinces, as well as representatives of the young sisters from various Provinces. This strengthened the spirit of communion among us and the appreciation for the vibrant spirit of Indian sisters and the entire Congregation. It became an extraordinary experience for Sr. Roseline and myself to organize and conduct the Enlarged Council along with Sr. Lorraine and the General Council.

I feel privileged and consider it a great blessing to have been in close contact with Sr. Lorraine from the time of our novitiate except the last two weeks before her death.

Sr. Lorraine is like a candle that lights the way for others even now. As it burns, it illuminates the path, sharing warmth and light. Though the candle itself may gradually diminish, its flame ignites countless others, spreading radiance far and wide. Even though it was heartbreaking to hear the news of Sr. Lorraine's sudden sickness and death in such a short period of time, I firmly believe we have a great intercessor in her for all the sisters.

--Sr. Flavia Pullokaran, Tanmaya Province

I have known Sr. Lorraine since 1968 we were novitiate companions and friends. We had such lovely times in the novitiate under the able guidance of Sr. Ann Mary Maliakel. This included spiritual maturing along with plenty of fun and frolic.

The Juniorate was equally enriching, fun-filled, and hilarious at times. What hearty laughs tears streaming down Lorraine's eyes when she laughed with full gusto!

Then we parted ways Lorraine went on to excel in the field of education, and I pursued my medical studies. Since then, we met on and off, here and there, but it was always a joyful and exciting reunion.

Later, I was in her council for a short while before she was elected Superior General. From 2012 to 2016, we both held the post as Provincials Lorraine of Nagpur Province and myself of Nirmala Province.

Lorraine was an ever-ready battery for everyone and anyone who approached her for help.

A computer wizard and a linguist, always ready to share her knowledge and expertise at any time.

A born leader, a visionary, a deeply spiritual human being.

An unimaginably versatile personality, fondly loved, respected, and remembered by all.

May she enjoy life in her eternal home. -

--Dr. Sr. Augusta Mylackel, Nirmala Province

Sr. Lorraine a vibrant and joyful soul. We have one individual leaving a lifelong mark not because of the positions held or titles netted, but because of the power of a life-giving, joyful presence.

As I gather my thoughts, remembering the indelible mark she left behind, I can still picture her gestures of making everyone feel seen, heard, and valued. This is the legacy she leaves behind not just stories of her accomplishments as Superior General or Provincial.

I personally had a simple encounter with her as a postulant. It was just a small appreciation and a word of affirmation it gave me confidence. This gesture of hers changed how I saw myself. Perhaps she never knew she had touched a soul so deeply. Yes, this is the true power of a life lived with satisfaction.

Remember, we all miss her. But even if a fraction of what she left behind is practiced by us, her spirit will remain with us forever.

So friends, let us not be mere admirers of her life.-

Let us be extensions of it.

--Sr. Monica Stephen, Tanmaya Province



“Now is the time.” Just as Mary once spoke these words at Cana, they echoed in my own heart through Sr. Lorraine. She was God's chosen instrument in my life the gentle yet firm voice that called me to embrace my vocation with faith, laughter, and resilience.

As my spiritual director and mentor, she embodied vision, courage, and joy. Her wisdom corrected without wounding, her love encouraged without condition, and her very presence filled life with meaning. She had the rare gift of transforming ordinary days into celebrations.

From her, I learned that holiness is not perfection but courage, joy, and surrender. Though she now rejoices in eternity, she continues to walk beside me, guiding my path with her wisdom and love.

I love you, Sr. Lorraine forever my guide.

--Sr. Deanne Dsouza, Nagpur Province

She walked not in shadows but in light,

Her soul a lantern, burning bright.

With gentle strength, she led the way,

And turned the night into the day.

Her words were pearls, her smile a song,

A heart that healed, made weak ones strong.

I miss you, Sr. Lorraine, not only as a guide but as a beacon who lit the path before me.

Sister Lorraine was more than a woman she was a force of grace.

Her life whispers still: Lead with love, live with courage, serve with joy, and let prayer be the breath of your soul.

Indeed, Sister Lorraine remains a radiant flame in the tapestry of our lives a woman of power.

--Sr. Priyanka Nayak, Nagpur Province

Sr. Lorraine,

An unmatched leader and mentor, so kind yet firm...

Encouraging and challenging me for the MAGIS....the better...the higher never settle for the less....

A fire is present, burning bright within me even in your absence.....

Dear Sister Lorraine, please keep inspiring me so that I launch ahead courageously.

I am trying my best to fill the void of your absence as you urge me to move on with passionate zeal, dedication and commitment!!

Thank you dear sister

You will live on in our hearts forever until we meet in eternity. **--Dr. Sr. Bindu George**



Being a magnet in a world of competition.



Sr. Monica Lakra
Nirmala Province

A magnet is an object made of certain materials which creates a magnetic field around itself. This magnetic field causes objects of certain properties to attract to itself. The closer the objects are to the magnet, the stronger they are pulled to the attracting force. Another interesting thing is that objects attracted to the magnet over a certain period, themselves become magnetized and are able to attract other things to itself.

Divine love constantly invites us to be attracted to divine qualities and to radiate the same in our lives.

We all have read the life of Jesus in the Bible. It was not so easy. He too had many challenges and difficulties in his life. In spite of it, He was able to attract many people to himself. People were flocking around him. He was like a magnet which pulled people to HIM. It was all possible for Jesus only, because of His intimacy with God the Father from where He drew this power.



Is it easy to attract people towards God? No. In a world of competition, power and position, it is not easy. We all know it is very difficult and challenging for us as religious, to attract people to God. People in the world are so much attached and are attracted by technology, that they forget their own creator. This is the use of Selfie, Twitter, Facebook, Instagram, iPhone, Wi-Fi and many more. Smart phones have already taken the place of God. In olden days, people solved their problems, difficulties, sorrows and disappointments, by turning to God for help, but today in the present reality, in all these situations, people turn to smart phones for answers. Are we able to attract people for God? Yes, but it is not easy. Today Jesus is inviting us to become like magnets, and do our best to pull everybody towards God. How can we become this magnet? It is possible only through our constant prayer and deep intimacy with God, which will help us to draw power and strength from God or this will charge us with God's power. This will help us to work miracles in our own life as well as in the lives of others. The power which we draw from God will work as a magnet to attract people in the world and bring them back to God. So, let's be empowered and energized by the power of God and become a magnet to attract the negative energy and change it into positive energy which will give glory to God.





SISTERS OF ST. JOSEPH OF CHAMBERY

THE NATIVITY OF OUR MOTHER MARY

Sr. Maneeta Varkade
Nirmala Province

The feast of the Nativity of the Blessed Virgin Mary is celebrated every year on 8th September. It is one of the oldest Marian feasts in the Church and honours the birth of Mary the mother of Jesus. The birth of blessed Mother Mary, is a moment of great joy in the life of everyone of us. She was chosen by God to be the mother of Jesus, and her life was filled with humility, faith, and obedience. Each year, as we celebrate her birthday, I feel a deep sense of closeness to her, like a mother guiding me in my own journey of faith.

Through this I am reminded of a story.

There were catechism classes going on in the Parish for one week. Catechism children were staying in the Parish and they were very good in each activity. One day during rosary time the Parish Priest noticed two boys playing with the rosary. Father was very angry with one boy because father felt that boy is disturbing other children from praying.

On the second day all children and father went for rosary outside in the procession. Father had separated both from the line as they were walking and praying the rosary, again father noticed that same boy throwing the stones one by one, like playing with the stones. Parish priest again got angry, and after the rosary called the boy and told him to call his parents. When the child's father came, the Parish priest told him take your child back home, here your child disturbs others during the rosary time.

Then the boy said to the Parish Priest, I am sorry father, but I would like to tell you the truth. When my friend and I was sitting together for the rosary, I was not playing with him or with the rosary but we were sharing the rosary and praying. And when we went outside for the rosary I was not playing with the stones, since my friend was not with me to share the rosary so I took 10 stones, to count and pray the rosary that is why I was throwing a stone one by one.

After knowing the truth Parish Priest felt very sad about it because without knowing the truth, the Parish priest judged a boy and wanted to send him back home.

This story reminds me of Jesus teaching, "Do not judge so that you may not be judged." (Matthew 7:1)

So, celebrating, Mary's birth invites all of us to open our hearts without judgement and pray to Mary specially during the rosary time.

Whether we have the rosary in our hands or not, when you have the rosary, do not think that you are holding the beads of the rosary and praying, but feel an experience that you are holding each finger of Mother Mary and saying.... Hail Mary full of grace.....!

So let our hearts be without judgement, to value people as God values them, and to trust that even the smallest or simplest person can do extraordinary things when they say "Yes" to God, like our blessed Mother Mary.





Sr. Seema

Tanmaya Province



Sr. Nisha

Tanmaya Province

A Grace-Filled Visit to St. Jude's Church, Jhansi

Pilgrimage is a sacred journey of the heart and for the 16 Sisters from the Tanmaya Province (Central Region), our visit to St. Jude's Church in Jhansi on 21st July 2025 was just that: a journey of deep faith, unity, and grace.

Warmly welcomed by the Sisters of the Nirmala Province, our arrival rekindled bonds of sisterhood. Joyful stories, laughter, and shared memories reminded us of our collective mission as Sisters of St. Joseph of Chambéry.

St. Jude's Church, known as a place of miracles and hope, embraced us with its peaceful and prayerful atmosphere. Participating in a special novena and Holy Mass filled us with spiritual strength. The blessing with holy oil and prayers at the statue of St. Jude was a powerful reminder of God's healing love.

Though the church's structure is simple, it radiates sacredness. Before the statue of St. Jude, we surrendered our intentions with hearts full of gratitude. This pilgrimage not only deepened our individual faith but also strengthened our community bond and renewed our sense of purpose.



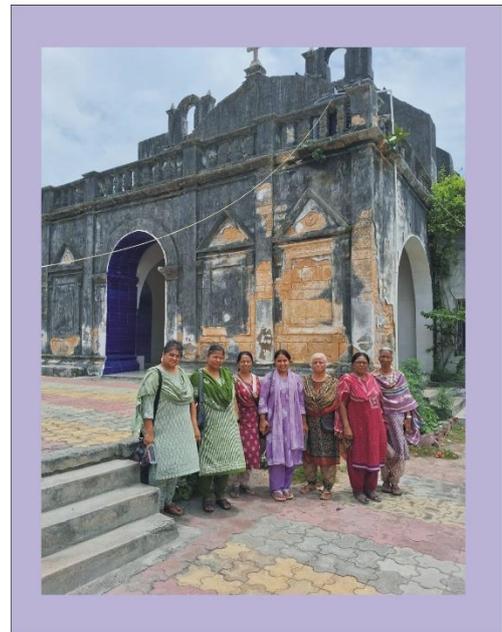
A Spiritual Journey to Diu

On 17th August 2025, seven Sisters from the Western Region began a pilgrimage to Diu, seeking the Divine in both, ancient churches and within ourselves.

The centuries-old churches we visited were rich in history and beauty. Yet, seeing some closed and abandoned stirred deep reflection: Do we, too, neglect our inner sanctuary when we fail to pray? But we were reminded **God is not confined to buildings; He dwells within us.**

The journey was also filled with God's providence, seen in the warmth and hospitality of the priests who received us. Their generosity echoed Christ's promise: *"I go to prepare a place for you."*

This pilgrimage was more than a visit to holy sites it was a personal and communal call to rekindle faith, recognize God's presence in daily life, and carry His light wherever we go.





SISTERS OF ST. JOSEPH OF CHAMBERY

Jesus is my Anchor

**Sr. Bimla Kerketta
Pachmarhi Province**

I sail the troubled water
Through the below white with foam
For Jesus is my anchor
Who leads me safely home.

My life rolls like ocean tides
With high that lift and low that hide
Each wave surge, calm and wild
that create stillness in my soul.

I rise, I fall, I drift, I stir
Through storm of doubt and fear
Like sea, deep, vast and wide
I flow with strength in your lovely paradise.

O Lord my God,
I want to fly like shearwater
And taste the saltwater
I wish to smell the current
And see the glittering fishes
which draws me under your waves.

I leave the worries, by the shore line
And run bare foot through the sand
There your water becomes my soft bed
When I can't bear to stand.



You hold the sun up on your palm
Before I get scorched by my enemy
You help me to swim against them
When the whole world is mute and calm.

In the moment of joy, you become the melody
in sea breeze
Your love and grace give me strength
That directs my path towards
the shore of abundance blessing.

In the moments of sorrow
You as an anchor, who holds me firm
Guide me with the promise
of under wavering support.

You always wrap me with your garment
When I am fragile and weak
You spread out your arms like ocean
to comfort me beneath your wings.

Your hands are always upon me
Where striving ends and sorrows cease,
I hear you saying,
“You are not adrift, I'm here.”

So let the storms come, let them roar
I have touched the one, who calms the shore,
My anchor holds, not in the sea,
But in the hands that bled for me.



The Gospel: Lamp for our Journey



Sr. Nisha Karekat
Pachmarhi Province

Faith Comes from Hearing

In the words of Romans 10:17: *“Faith comes from hearing, and hearing through the word of Christ.”* This verse beautifully expresses how the Gospel serves as a beacon of hope and a source of strength for Christians in today's world. In an age where materialism often overshadows spiritual pursuits, the Gospel remains a steadfast guide, encouraging believers to deepen their faith and witness in everyday life.

On September 7, 2025, a historic event unfolded in the Diocese of Varapuzha, India. A remarkable assembly of 16,500 faithful gathered at the Vallarpadam Basilica in Kerala for the hand-copying of the Gospel of St. Mark, Organized by the diocese in collaboration with the catechism department and the Basic Christian Community (BCC), this initiative became a powerful testament to the mission of evangelization. The event earned recognition in the *Best of Indian Records*, highlighting both the scale of participation and the profound depth of faith expressed by the attendees.

We live in extraordinary times marked by rapid advancements and countless conveniences, yet a deep search for meaning and identity persists. Our lives are often filled with possessions, but they do not always bring true satisfaction. In such a restless world, the dedication of young people who participated in the hand-copying of the Gospel of St. Mark is truly inspiring. This sacred endeavor offered thousands a grace-filled moment, allowing them to experience the living Word of God through their own hands.

In today's society, quality is highly valued, but it is identity that truly defines us. St. Paul reminds us in his Letter to the Galatians: *“I carry the marks of Christ.”* This call invites those in consecrated life to reflect deeply on their true identity. While many possess vast worldly knowledge, it is essential for those consecrated to Christ to foster a genuine encounter with Him. The years ahead will require us to live our vocation with authenticity and commitment, ensuring that our consecrated life remains fruitful and life-giving.



Many have read the Bible, but few have experienced the unique blessing of writing it by hand. In the Varapuzha community, two sisters and two candidates have completed the hand-copying of the Gospel of St. Mark, with others still continuing this work. Writing the Word of God is not just an act of copying it is a sacred encounter, a channel of grace, and a source of abundant blessings that flow into one's life.

In conclusion, the Gospel remains the lamp for our journey, guiding us towards a life of faith, identity, and authentic witness. As we strive to deepen our relationship with Christ, may we embrace opportunities like these to connect more profoundly with the living Word of God.



SISTERS OF ST. JOSEPH OF CHAMBERY

WEAVING A TAPESTRY OF CULTURES



It was indeed a memorable day for our Chembur Community coming together as a small Intercultural Village emphasizing the interconnectedness of our Community cultures thus fostering a sense of Global citizenship and a shared humanity, with a focus on the diverse culinary delights from each state.

Our cherished and treasured guests were a very loving couple, our aging neighbors, staying just opposite our Convent gate, Derrick and his wife Barbara their presence and sincere appreciation of our Community Interculturality completed our united Celebration !

On **15th August '25**, our Chembur Community celebrated the 10th Provincial Chapter Theme - **“CALLED TO BE INTERCULTURAL SPIRIT FILLED PILGRIMS OF HOPE.”**

It was celebrated in a very creative, dynamic, vibrant and sporting spirit as we wove the intricate tapestry of cultures, highlighting the beauty of individual threads coming together to create a vibrant whole.

It was indeed a day of Cultural Fusion and Unity in Diversity as our Community enjoyed the blending of traditions, customs and cuisines showcasing the unique heritage of each State from which our Sisters hail !

**Chembur Community,
Nagpur Province**





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