

ARADHANA DWANI

December, 2019

INDIA REGION- ASC

Christmas Special Issue

**Jesus, the Visible Expression of
God's Love**

... At Your Word...

The beautiful story of all times is the story of what had happened 2000 years ago in Palestine. Blessed and holy was that silent night, in which Christ was born. He came into the world with the message that he is still in love with humanity. St. John says that, **“For God so loved world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life” (Jn 3:16).**

Christ's birth is also the concrete expression of God's love. God came to us in Jesus. Endlessly God has sought after us human beings through the ages. Hans Urs Von Balthasar would say that, from Incarnation to cross, in miracle and parable, Jesus bore witness to the authority and poverty of love. The human mind cannot measure God's free love in the self-emptying act of God in the Incarnation. God's love joins the two extremes of divinity and humanity. God becomes human so that man might become divine. God becomes sin so that man might be justified. We are part of this greatest and divine mystery.

The Incarnation of Christ thus came with specific good news of God's special love



for humanity. Christmas is a feast of love, every time we share love, every time we forgive, it's a real Christmas. Let our Christmas celebrations make a difference in our lives. Let us allow Christ to be born in the inner sanctuary of our hearts so that we may become Christ bearers, manifesting his love and goodness to the people around. Let us rediscover, contemplate & meditate the presence of baby Jesus in our daily living situations and transmit him to others.

May the spirit of Christmas bring you peace, the joy of Christmas give you hope and the warmth of Christmas fill you with His love.

Sr. Elsy Palatty, asc

Mission Goal Proposed

“To become missionaries by living as witnesses, by our lives by spreading/proclaiming peace, joy, compassion, sharing, and live, a life as a Gift and not as a Burden”.

Challenges foresee in actualizing the goal (To witness by ones' life is tedious task)

- Rather than spreading joy, one may think of ourselves as victims or feel no one loves us or understand us
- Become slaves to fears and immobilize us or we let ourselves be paralyzed by thinking “things will never change”
- Live life as burden and not as a gift
- Place ourselves and our concern at the centre, and not our brethren who are waiting to be loved

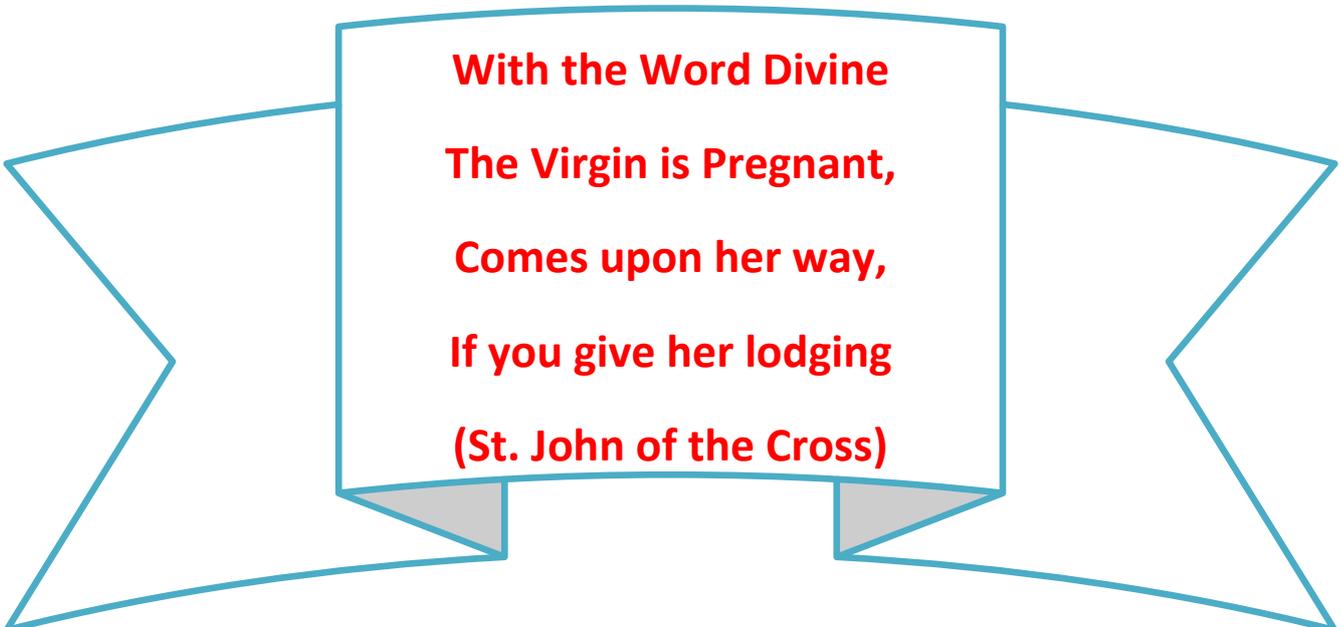
A Few tips/ steps to overcome these challenges

- Deliberately and consciously listen/confront and pray with WORD of GOD and mediate/ ponder over it
- Strong will to change HABITUAL ATTITUDES & take personal responsibility for change
- Consciously practice new behavioural patterns again and again till it becomes a new habit
- Self-confidence, strong and Passionate motivation for a desired change
- Avoid self-pity, sympathy or poor me attitude and try to live at peace with oneself, nature and others
- Be firm in your decision for personal change and Live what you believe is positive and Practice personal self-denial, self-discipline
- Face and meet our inner obstacles skilfully with the assistance of God

Each community was asked to prepare a mission statement, Challenges foresee in actualizing the goal and the steps to overcome these challenges. An initiative of the Agra CRI Unit on the occasion of the Extra Ordinary Missionary Month.

This is prepared by our community.

Sr.Moly Parayil, asc - Mathura



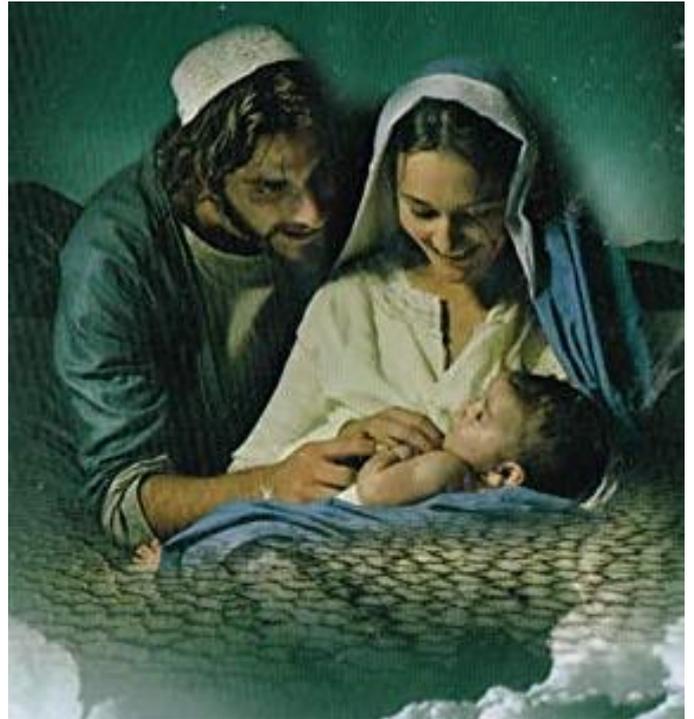
**With the Word Divine
The Virgin is Pregnant,
Comes upon her way,
If you give her lodging
(St. John of the Cross)**

May the love that came
with the birth of our
Lord... the joys that were
heralded ... and the
blessing that were best
asked on us shine upon
you at Christmas always!

Love is born at Christmas

Christmas is the day of love joy and celebration. The thought of Christmas itself brings smile on our face. Because it's the day on which our creator himself came to dwell among his beloved children. He came to this world with the message of God's love. There is a famous song which goes like this '**Love is born at Christmas**'. With the birth of Jesus the meaning of the word love has new significance. Love becomes sacrifice, self-denial, mercy and forgiveness in Him.

The incarnation of Jesus is a grace we get to experience over and over. Jesus comes into our world with every prayer we



breathe. The light of Jesus shines within us and illumine the lives of those around us. Today Christmas becomes real when we also like Child Jesus humble ourselves and become a dear companion and sister

to those who live around us. We experience the goodness of God's grace reborn in every kind word and every helping hand, not just on Christmas, but every day. May the light, hope and joy of Christmas remain with us always.

Sr.Chitra Pulickakunnel, asc - Bengaluru

**“Christmas, my child, is love in action. Every time we love,
every time we give, it's Christmas.”**

DALE Evans Rogers

Formees Corner

CHRISTIAN UNITY AND EVANGALIZATION

We the novices along with our mistress had the great opportunity of attending, three days seminar in Prabodhana based on Christian unity and evangelization. This program was organized by CCBI (catholic conference of Bishops in India and UCPI (United Christians for India). This programme was initiated by invoking the blessings of the Lord through the prayer song and reading a passage from the Bible. The motto of the UCPI is – called to prayer, and action to reach the nation and the vision of UCPI is to reach with the Gospel of Jesus Christ in our life time. As we know, India is a large nation of 1.2 million people. To evangelize this nation, we need the power of prayer.

Our Holy Father Pope Francis – dedicate this month as “extraordinary mission “. The Pope Benedict - XVth published exhortation called- “Maximum Ilud“. This document exhorted all



Christians to go and baptize and make disciples. It gave a push for the local people to, to break away from the colonization experience and take their responsibility of proclamation.

We were divided into three groups, in the first group session, we had to recall the different problems of the world and we were asked to note down. In the second group session, we had to drop it down in the box. Finally, in the third group session we had to wash our hands as a sign of purification. After completing these three sessions, we were given the lighted lamps and we placed it on the Karnataka map and interceded for the different needs of the state. In the earlier days we were made aware of the valuable contributions sown by the Christian missionaries in various sectors like: education, medical, pastoral, political and social. These factors really made us feel proud at the same time responsible today,



to continue the mission started by the Missionaries.

In the Gospel of John Chapter 17 we come across Jesus praying for the unity between himself and the Father and the prayer for similar unity among the disciples. This also motivates the UCPI-to consider that unity is more than uniformity. It is very important to note that the task of making the world know Christ, is not achievable if there is no unity among the people of God.

Through this seminar we realized that as a baptized Christian our prime responsibility is to bring Christ to others in our mission and become agents of change. We always cherish these sweet memories in our hearts and minds. We are indeed indebted to our superior Sr. Mini, our mistress Sr.Marykutty for giving us this unique opportunity to participate in this seminar, where we were boosted and renewed in our spirit to work for the Lord.

Wilma & Maya - Novices

Mysuru

EXPERIENCE OF QUEST FOR INNER FIRE

We are glad to share our memorable experience of quest for inner fire. Awareness and collaboration are the key stones for the mental preparation for the successful



journey in our life. On Nov 3rd we formees gathered together in Mysore community to participate in this class for quest for inner fire. Sr.Manjusha was the resource person for this class. Sr.Silvia and Sr.Marrykutty guided us into prayer.

During this 5 – days seminar Sr.Manjusha helped us to feel the class integrated and tangible and she made us to deepen and refine our sense of place to bring out the weakness and helped us to identify our talents and giftedness which is hidden within us. Mostly we enjoyed going back to our inner childhood events which helped us to bring back our missing joys in our life. Through this class we clearly understood that initiative should come first from us then only we can change or transform ourselves. Through group therapy we became aware that troubles and worries are not only for us but it is there in everybody's life. Through this we were able to understand others pain and help each other. Counselling helped us to open ourselves and realize our own woundedness and brokenness. Through our personal work we discover ourselves. it was so reformative and interesting to know and appreciate ourselves and others.

Hidden talents were unfolded leadership potential was engraved new ideas, thoughts were found in us.End of our class on fifth day we had evaluation and Sr.Siji also encouraged us through her presence and positive valuable thoughts for our inner growth. At the conclusion of this program we had a small recreation where we presented our talents and we also

best in us. During these 5 - days we enjoyed the sessions on quest for inner fire and owning of our vocational motives, personal synthesis, the warmth of home, body mind connections and inner healings and various activities like painting our inner child, mask making, kite making, being aware of our body parts, drawing our heart, drawing our family through which we were able to become aware, of our brokenness. encouraged and wished our postulants all the best for their next stage of formation in Italy.

“umbrella cannot stop rain but allow us to stand in rain, confidence may not bring success but it gives the power to face challenges”. We also thank regional team and Mysore community who supported us through their prayer and other support.

Divya Sushma & Jennis - Novices

Mysuru

**Wishing you Peace, Love and
Joy this
Christmas!!!!!!**

Aspirants & pre-postulants - with the Community - Thrissur



“For God so loved the world, that He gave His only Son, that whoever believes in him should not perish but have eternal life”.

(Jn 3: 16)

Postulants in Italy



Schools

Ranchi

Swacch Bharat Abhiyan

Swacch Bharat Abhiyan (SBA) is a nation-wide campaign in India for the period 2014 – 2019, that aims to clean up the streets, roads and infrastructure of India's cities, towns, urban and rural areas. The campaign's official name is in Hindi and translates to "Neat and tidy India Mission" in English. The campaign was officially launched on 2 October 2014 at Rajghat, a significant day for Indians as it is Mahatma Gandhi's Birthday and 2nd October 2019 is the 150th Birth Anniversary of Gandhiji.

To join this campaign, St. Maria School, Chund (Ranchi) had organized "Swacchata Abhiyan" a Cleanliness Drive along with the teachers and students. We had selected a particular village named Thakurgaon, a few kilometers away from our school. The students were very happy and excited to make posters and banners for this purpose. They had also brought





along with them brooms, shovels, sickles etc. to use for the same. 2 October 2019 is a remarkable day in the history of St. Maria School, Chund. We started from the school at 9.00 am and reached in the village by 9.20 am.

The president of Thakurgaon village, two police personnel and few parent representatives were all present there to support and guide us.

At first we made a parade holding the posters and banners and reciting the slogans in order to give awareness to the people about keeping their surroundings clean. Thereafter, the students were divided into small groups and started to clean up the roads and streets by

removing the plastic waste, dried leaves and sweeping the roads. Some of the residents and shopkeepers of that area also joined us in this cleanliness drive. We have come back to the school by 11.45 am.

It was indeed a great success. Students were very happy to be the part of this great drive and the people of that area appreciated very much for this initiative from the school. It was a unique experience for all of us.

Sr. Mini Vadakumpadan, asc
Ranchi



Bangalore

Aradhana Academy

celebrated Christmas with the less

Privileged Children on Dec 15-16, 2019

Christy Girls Home - Kolar - Run by ASC Sisters



Snehasadan - Boys Home - Run by CFIC fathers



Sanjo Bhavan Girls Home - Run by SD Sisters -Kothannur



Social Activities

Arampilly

**Jeevadhan - Home for
Destitute women**

**Blessing & Inauguration
of Jeevadhan**



Activities of Jeevadhan

There are 7 inmates in Jeevadhan. They are happy and are involved in different activities.



Tarikere



Christmas & Children's day celebration with the children of Tuition centres

It was a happy moment for all the children as they came together to celebrate children's day and Christmas on Dec 15th 2019. There were 55 children from 3 villages of Tarikere taluk. We began our program at 11.30 am with prayer dance. Mrs Chandrakala welcomed every one. Sr.Mary was the chief guest. We had colourful cultural programs from each centres. After the cultural programme we conducted sports for the children according to their class. The winners awarded with attractive prizes. For the concluding function our parish priest Rev. Fr.Ealise was present. He gave short message to children. He said that as u get good opportunity to exposé your talents you should be happy and go as good citizen. You must bring good name to your family school and society. He also appreciated the winners and consoled and encouraged the other children who did not get prize to get the prize next time and he said be happy that others got prize. With prayerful blessing he concluded the speech. Then he distributed the prize for the winners. Consolation prize was given to all of them. We concluded the program with lunch at 2.30pm all. Happily they back home.

Sr.Rotion Mangarayil - Tarikere



Precious Blood Associates - Mysuru

Jn 2:5 "Do whatever He tells you".

St. Maria De Mattias a woman - fire of God's love, inspired the hearts of young, burning for the love of Jesus crucified and service among the poorest of the poor. The Precious Blood Associates are the by standards of Christ in their Prayer and simple service in the Vineyard of Christ. On 8th of December 20 of our Associates renewed their promise to God with much zeal and enthusiasm. The Holy Eucharist was offered for the intension of Associates by reading the readings of the day and intercessory prayers and offering their work of hands. The day was filled with prayerful and memorable atmosphere. These of our Associates sacrifice their time and energy for the service of Human kind. They participate in the ministries of visiting the sick, aged and destitute, experience the Devine God with those who are need of our prayer, cleaning of the Church during the special days and by giving charity to the needy etc., through this great spiritual activities they are enticed to renew their promise to God. All the members participate in the work of God always and everywhere. May the Lord assist each one of us and keep this Gods will in the hearts of His people.



Sr.Regina Mary, asc - Mysuru



Wish you all a Merry Christmas.

Christmas: The Feast of Love Incarnate



“Joy, prayer and gratitude are three ways that prepare us to experience Christmas in an authentic way”.

Pope Francis

Happy Birthday & Many Happy Returns of the

December

Sr. Bincy Marottikudy	07
Sr. Marykutty Kanattu	10
Sr. Viji Parekkadan	11
Sr. Mini Vadakumcherry	14
Sr. Valsa Mammoottil	26



Happy Birthday