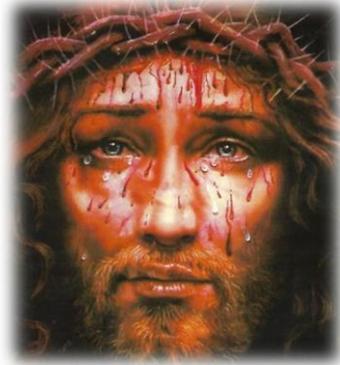


ARADHANA DWANI

March – May, 2019

INDIA REGION- ASC



... At Your Word...

Contemplation of the Chaplet of the Precious Blood

The chaplet of the Precious Blood is rare gifts of the Holy Spirit present in the church and above all in connection to the Spirituality of our Congregation. Praying it with devotion to the Wounds of the Lord Jesus is a spiritual gift of immeasurable price for our life. Each one of us with our special life choice to this Congregation are invited to meditate upon the chaplet, live it and transmit it to others. Let us focus all our attention on the Crucified Lord, and meditate to understand that what makes this chaplet very powerful is that we stand before the Cross of Jesus together with our Foundress St.Maria De Mattias. What a great mystery is the Blood of Christ! From the dawn of Christianity it has fascinated the minds and hearts of so many Christians and particularly of our Foundress St.Maria De Mattias, who made it the standard of our Congregation. While praying the chaplet as Adorers we contemplate Jesus' who **shed His Blood in the circumcision, in the garden of Olives, in the Scourging, in the crowning with thorns, in carrying the cross to Calvary, in the Crucifixion & at the piercing of His Sacred Heart.**

In the devotion to the Chaplet of the precious Blood, our devotion is centred on the Precious Blood of Jesus. The Precious Blood is the "source of life which gushed forth for souls". We pray O Blood and water which gushed forth from the Sacred Heart of Jesus as a fount of mercy for us. The preface of the 1857 Constitution says that "to reveal His infinite love for us and in consequence of His great mercy, Jesus Christ our divine Redeemer consented to shed His blood for us, in the midst of suffering and humiliation, as the price of our salvation and glory. Yes, he gave it all, he gave it for all, and he does not cease to give it.

Through praying the Chaplet of the Precious Blood meditatively, we adore and bless Christ, because by His precious Blood he has redeemed us. St.Maria De Mattias had a dream: that of collaborating with Jesus in re-establishing that "beautiful order of things" which He came to establish in His Blood". That dream deeply motivated her and she knew how to communicate her dream to the members. As we are in the grace-filled season of Lent let us prepare ourselves for the celebration of the Paschal Mystery of Jesus and pray the chaplet with true devotion, Contemplation, & it should become part of our life.

Sr.Elsy Palaty, asc

At Your Word.... Charity at door steps



Adorers embrace the process of Transformation and we are renewed by the fire of our Christ, announce the Power of the Blood of Christ to all we meet (GA Acts 2017).

In January 2018 I had an opportunity to visit the Parish along with Sr. Nadia, Nativity of Our Lady, where they serve the needy and quenching their hunger and thirst. Looking at the realities of these people who were present, My eyes were opened, heart was sensitive and I remained in wonder seeing all types of people over there waiting for a meal. I happened to interact with few of the people and came to know that they are refugees and migrants from different parts of the world. Most of them are without shelter, job and food. Some of them lost all their belongingness and beloved ones, some of them ran away from their countries due to war and natural calamities, some of them are mentally disoriented due to the situations happened to their life.

I asked myself Why did I choose a consecrated and religious life? Is it for my security or for the love of God and for His people? A transformation took place in my heart to come out of my door. I seek the assistance of the Holy Spirit and took courage to face the challenges. My challenges were ... I was handicapped with the local language, new face of people, food and culture. But Every Monday and Thursday afternoon there is some energy and enthusiasm driving me towards the parish. I admired the spirit and zeal of the volunteers who feed all these hungry who are at our door. In different occasions, I could learn from them the Values of the Kingdom like .. Love, Justice, respect for each person, concern for the weak and excluded, sharing, solidarity, forgiveness, peace etc... One day I remember a man named Daniel who was full drunk and shouting at others, speaking all kinds of vulgar language, and misbehaving. I was just observing the volunteers attitude. All of them were very gentle, quite, compassionate and trying to listen and understand what did he



really want. It was a surprise for me. The bible passage echoes in my ears and heart.



**Moments
of prayer and reflection together among the
volunteers**

“For I was hungry and you gave me food, I was thirsty and you gave me so to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me”.(Mt 25:35-36).I carry these words of Jesus in my heart to serve them and I have mountain experience with Jesus the Multiplication of bread and Fish. Thousands of people ate and satisfied and many bags remained balance. Every time 400-500 people come to eat .Food is served abundantly. Many generous hearts and hands are behind all these marvellous work.

Whatever you do to your least of your brethren, it is done to me. Yes to my beloved Jesus. I remain always grateful to God because I am precious to Him and He blessed me with abundance .

Lord God, Father of all, in Your Son Jesus Christ You invite everyone and all to know and love You and to live in Your unending Love and peace. Keep alive in us the zeal to bring the light of Your truth and the riches of Your life and love to all, without any distinction of race, language or culture. May everyone on earth come to know You as the merciful father of all through our brother and Savior, Jesus Christ our Lord. Amen

Sr.Rani Padayattil, asc-Roma

Sadhbhavana and Interfaith Dialogue



India is a land of diverse religions. It has set an example of unity in diversity as people of different castes and religions live in harmony. The Constitution of India is unique in its nature, composition and character. For, the Indian nation emerged as a result of an evolution of socio-political and religio-cultural ideologies and principles that guided human society through the centuries. Many races, cultures, religions and ideologies interact often causing conflicts and clashes, invasions and wars. However, the basic principle of ‘live and let live’ did promote tolerance and mutual goodwill. Liberty, equality and fraternity, fellowship, justice and peace may



have appeared to be elusive. Through the dynamic vision of the founding fathers, the sacred Constitution was gifted to the Nation on January 26, 1950. That governs our nation.

It is our pride to be citizens of a nation whose sacred Constitution has the language of liberty, equality, justice, peace, fellowship and goodwill. Its basic grammar is liberty, equality and fraternity. The fundamental rights that emanate from provide us dignity, honour, respect, mutual goodwill and solidarity forming one Indian nation. Influence of caste, class, religion, culture, language, profession or way of life get integrated by fair interaction of mutual fraternal bond of unity and integrity ever upholding natural human values, sustained by the essential, permanent principles that flow from the supernatural and the spiritual. The secular fabric of our nation as one people and one nation made of multi-religious, multi-cultural and multi-lingual frameworks. Our society is knit together with high spiritual, ethical and moral values.

Our Constitution is the composite reality of binding the entire Indian society in solidarity, unity and basic humanity, summed up in one sense, good will or "Sadbhavana". Sadbhavna towards one another gave rise to the elements of the Constitution. It spells out the attitude of "Sadbhavana". Sadbhavana in hindi means good will or a feeling of wellness for each other therefore, when referred in context of India Sadbhavana indicates communal harmony and peace among its people.

The challenges and threats to our sacred Constitution may only be adequately responded through Sadbhavna. Maintaining the sacredness and effectively adhering to the Constitution ought to be our duty. The spirit and the truth of the Constitution is the hallmark of our democracy.

India is a multi-religious and multi-lingual land. People belonging to different religions live in harmony. Different festivals, like Holi, Diwali, Eid , Christmas are celebrated with equal zeal. However, communal harmony is disrupted at times due to difference between certain religious groups. The constitution of

our country gives its citizen the freedom to practice any religious of their choice they also have the liberty to change their religions, if they wish. The country does not have any official religion.

The theme chosen for the Symposium is "Sadbhavana provided by the Constitution of India "Sadbhavana has its roots in the very ideals of our Constitutions about which Dr. B.R. Ambedkar expressed, "India for All". Students and Staff from Schools and colleges as well as people from different walks of life has taken part in the symposium through writing articles and essays on various topics. We believe that participation in this movement will enable them to become more and more aware of the import ants of living in harmony, peace, brotherhood etc. Sr. Moly Parayil works as the Joint Secretary of Sadbhavana Movement at Mathura Unit.

We wish all happy and safe stay where ever you are. God bless all.

Sr. Moly Parayil, asc - Mathura

**A LOVING TRIBUTE TO OUR
FOUNDRESS ST.MARIA DE
MATTIAS**



A hundred and eighty five years have rolled by
In the history of the world,
Since grace and blessings flowed from you dear Holy Foundress
Tiny seeds of faith and love you sowed in the South of Italy.
ASC Congregation was founded on the granite of sacrifice

‘To please God alone’ was your motto
‘To draw souls to God and make Him loved’
Was all you wanted deep down from your simple heart.
Nothing could ever separate you from this ideal
We thank you for your life of faith and obedience

Put together grace and nature you formed a pure diamond
Sparkling with the fire of the Holy Spirit
Who did everything in and through your

generous spirit
Your surrender to the Lord was total and unconditional
Even when His will was revealed amidst crosses and thorns

Today as yesterday, your daughters look up to you
And draw inspiration from your life of sacrifice
Challenges and risks were great many, but you never did look back
Silent visionary who saw beyond the horizons
Branches spreading out far and wide

A hundred and eighty five years today
Our hearts overflow with gratitude
And with a song in our hearts
We say ‘THANK YOU’ dear Holy Foundress
Yes, we thank you for being channel of blessings

As we step into the 185th year of our foundation
Help us walk with undaunted courage,
And with unshakable trust in the Divine providence
We do not know what holds the future for us
As we leap into the unknown paths

Sure we are, of your succor
The helping hand to lead us on,
And ever with us to cheer and pray;
Dear Holy Foundress,
Pray for us to God, now and forever.

Sr.Marykutty, asc - Mysuru

Lent: A time to look at the Crucified Saviour

EXPERIENCE OF FORMEES GATHERING

January 25-27 2019, at Arampilly

We have received many treasures from those who have touched our lives. It's our privilege to freely share this wealth of experience with others. Here we the Novices are glad to share our beautiful experience which added new pages to our lives. Participants were twenty according to each phase of formation:

Aspirants: Anima, Kavitha, Keerthy, Lincy, Malini, Roopa, Santhoshamma, Sirisha & Sowmya

Students: Sandhya, MaryMatha, and Lavina

Postulants: Priya, Padma, Swarna and Suchithra

Novices: Jennis, Maya, Sushma, and Wilma,

Sr. Mini Pallipadan our Provincial and Sr. Siji Madapallikadu Councillor in charge of formation, and our dear formators, Sr. Manjusha Pulickakunnel, Sr. Silvia Guthala and Sr. Marykutty Kanattu were present with their guidance and encouragement. The gathering was officially inaugurated with solemn prayer service conducted by Sr. Silvia along with the postulants.

The great support and collaboration of our sisters were our strength and courage and they kept us going. They have kept alive in us the presence of God with its positive influence. Sisters' presence reduced our tensions and renewed each hour of the day with different types of activities, classes, reflection and sharing. It enabled us to be motivated and enthusiastic. The sessions by

Rev.Fr.Shijo on discernment, vocation and mission was enriching.

Formees had been divided into four groups, to enact a Bible skit each. The topics chosen were: **the life of St. Maria our foundress, Adorers life today, prodigal son, and the call of Moses.** All the groups utilized their creative ideas, Biblical knowledge and imagination in order to perform it well. Indeed it was a rich moment.

Quiz competition was based on the gospel of St. John, the history of our congregation and the life of our foundress. It was conducted in four groups with the following names: **St. Francis Xavier, St. Gaspar, St. Maria, and John Merlini.** All the participants collaborated well in answering promptly even though at times there was little hesitation. All remained happy and satisfied of the outcome.

We also had competitions like throw ball, drawing and word ladder game as well as a few fun games and prizes were awarded to the winners. Participants showcased their creative talents and skills.

Formees gathering days were mutually enriching for each other. During these days the cooperation of each sisters and formees were very much inspiring. It was marvellous and remarkable days in our formation; each day was filled with many values, like unity, cooperation, creativity, hard work, fun and cheer.

There was no difference between us and sisters when we were together. Sisters enjoyed with us and we too freely mingled with the sisters. We also got the chance to visit historical museum, few churches, where we could understand little more about Christianity. Everything helped us move in a good spirit.

To mark the conclusion of the gathering, novices conducted a creative thanksgiving prayer. It helped us all to recall God's goodness of past three days and thank him for his companionship throughout various activities and for the rich experience of communion and participation. Cultural evening was a great moment of joy where we could also wish Sr. Mini our Jubilarian. Great is the symbol of heart. In this moment we are grateful to God and to Sr. Mini Pallipadan, Sr. Siji and all the formators who took initiative to make this event a memorable one.



Novices – Mysuru

On behalf of all the Formees

My God Experience



Prayer is the medium to receive the unending blessings of God in which He showers every day on us. Prayer is the source of inner-strength. I have received a positive vibration through the prayers and I had been praying since last one year. I was waiting to get a life partner and my strong belief is that my prayer for this purpose worked. I am Ms. Vintee Bhatia staff at St. Francis School – Mathura.

Though I had to wait for a quite long time, my personal experience is that God has given me the best and the right life partner which God has chosen for me. I am convinced that everything is possible if we truly believe and ask God in faith. As my marriage was delayed my parents were very anxious and upset. One day while speaking with Sr. Moly Parayil, I had mentioned to her about this same concern that we are undergoing. She without a second thought told me to pray and she too promised that she will also pray for the same cause. She gave the prayer called 'MEMORARE'. As I practice Hinduism, I did not know how to pray this

particular prayer. Sr. Moly instructed me that I and my mother should pray it twice in a day with lighted candle. I have done it faithfully, with faith and conviction that my prayer will be heard one day. Months passed by we waited with hope and in fact it did happen.

Dear Sister, I am really thankful to you and grateful to GOD that HE had worked in my life through your intervention. I trust in God that HE will be always with both us in our life as we begin our new journey in life. It's my humble request to continue to pray for us.

Ms.Vintee Bhatia - St.Francis School

Mathura - UP

The Lenten Journey in shadows of death



Lent is one of the Church's earliest liturgical seasons, dating back to around 330. It is a 40 day fast preceding Holy Week and Easter, in which we observe and emulate Jesus' 40 days of temptation in the desert ([Matthew 4:1-11](#), [Mark 1:12-13](#), and [Luke 4:1-13](#)).

It is a call to hold fast in faith no matter the temptations, trials, or deaths we face. And it is a season in which we practice this call.

Joan Chittister, in her book [The Liturgical Year](#), writes this of Lent:

“Lent calls each of us to renew our ongoing commitment to the implications of the Resurrection in our own lives, here and now.

But that demands both the healing of the soul and the honing of the soul, both penance and faith, both a purging of what is superfluous in our lives and the heightening, the intensifying, of what is meaningful.”

Very often the season of Lent is limited to a few external practices than an internal death and a radical transformation of life. There is a conscious effort to forget the most essential part of the journey that Christ participated fully in: death. In order for that transformation, renewal, and invigoration that we long for to be realized, something must die death to our ego, pride and all of that does not allow us to bend down and wash the feet of others.

Death is not a new concept for us disciples of Jesus. In every loss, failure we experience the pain of death, and in every achievement or victory we experience the joy of life, the joy of resurrection. Jesus was fully conscious and lived in consistency this reality and at different occasions, illumined the disciples’ understanding about suffering and death. The shadow of the Cross constantly reflected in the discourses of Jesus and he challenged the disciples to drink the bitter chalice in order to enter into glory.

As we have decided to take up this sacred Lenten journey, let us choose to walk in the deserts of our life, our person. It is not for alienating ourselves from the crude realities and relationships but rather bringing us closer to ourselves and others. We grow in greater awareness of what we are and learn to set priorities once again in our life. We embrace death, understanding that each experience of death bring us joy, of victory over sin. Jesus has died once and for all so let us appropriate in us the life and grace he gives us through his death and resurrection.

What are the vulnerabilities and shades of death we are experiencing in this season of life.

Sr. Beena Thoombalan - Kolar

VOICE FROM SCHOOLS

RANCHI

“The school, there is God’s work. He will take care of it. Place all in His hands, as I have done; from Him we hope for all”. (St. Maria De Mattias.



To achieve true success, you need the strength of mind and body to struggle and



hope that you would continue to support us for achieving an excellent result.

Despite some hard tasks, sadness and grief that they have encountered in the course of

work hard.

To reach your fullest potential, you need the right attitude, self – discipline and the ability to put your goal before your own needs. There is no matter how talented you are, you have to work hard and excel in life. We at St. Maria School believe in providing an integrated curriculum to the students. To make learning fun and last forever, we provide our students opportunities of participating and organising various events and competitions. A glimpse through the events at St. Maria School.



their studies in the school, at the end of it all, they completed this part of journey with great achievements and beautiful memories. Today we are honoured to say, we are proud of their many achievements over the years, their hard work, various accomplishments in all most all curriculum

This year our First batch students of class X are giving their ICSE Board Examinations. The Collective hard work of our teachers and students is put forth to come to this point. Lots of efforts, ceaseless prayers, meetings with parents and teachers, remedial classes are all part of this journey. We had a very beautiful and meaningful farewell gathering for our class X students. As we are thankful to all of you for your continuous accompaniment through your prayers, we do



and extra curriculum activities. Their brilliant achievements in academic discourse and in sports are indeed acknowledged. Their sweet

memories will forever remain in our hearts. This school has seen their childhood and adolescence, and now they are continuing to enter into their adulthood of life stage. What we did was the process to shape them all for future and make a good human being for the country.

It took six or five years of us and them in shaping them for their bright future. At a time teacher also learn many things together with the students. In order to grow and shape a student, both students and teachers have to effort and battle together by the same force. Students become the subject of teacher's actions target of teacher's actions, target of teacher's thoughts and compliment of teacher's endeavours. It is true that they have been taught by us however it is also true that we too have learned so much from all of them.

We are grateful to the management, entire faculty, parents and all of our sisters for your support and encouragement directly or indirectly received.

Sr.Mini Vadakumpadan - Ranchi

Kannur-2018: A Look Back

“Reach high, for stars lie hidden in your soul. Dream deep, for every dream leads the goal”.



Kids Achievement



It is the change that we all go through our lives that constantly improve us. It is fair to say that we thus believe that the future of the world starts here. The session of 2018-19 was a great year, to showcase that the achievements and development that the school staff and students undertook.

Our commitment to excellence and our relentless pursuit of achieving our best. Our teachers are reflective and responsive to student needs and there is quality commitment established in year



World Environment day



Farewell day



Cleanliness Program

We have committed, proactive teachers and dedicated supporting staff working to help each child to reach their potential. We humbly salute our visionary leaders of the past and the great ones of the present and seek divine grace and blessings to guide us in all our endeavours.

We successfully ended our session this year, we look more collective steps towards our vision, and it was certainly achievable.

**St.Maria De Mattias School
Pappiniserry**



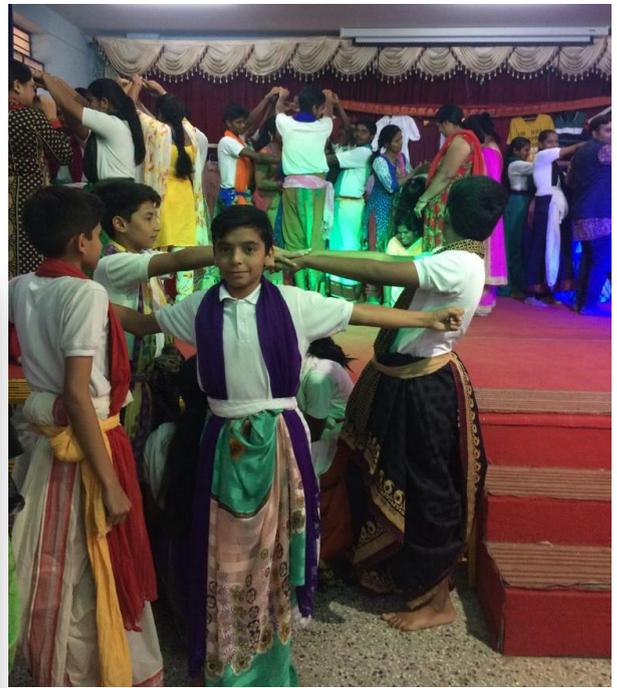
Anti drug quiz program

2003, St. Maria De Mattias has been preparing our children for the future. We focus on supporting all students to reach their full potential academically socially and emotionally.

*Encounter the Sacred:
The opportunities await*

BANGALORE

Theatre Culmination Day-08-03-2019



"The theatre is so endlessly fascinating because it's so accidental. It's so much like life."-Arthur Miller

It was held on 8/3/19 for the classes VI, VII, VIII- ICSE & STATE parents and students in the auditorium. The programme was a demo of what transpired during theatre classes. Parents also participated along with their kids very sportingly. They depicted the journey of life through emotions. "Life is a drama", every human being faces challenges and obstacles in life both emotionally and physically. It's up to each one of us to see that we overcome these with lots of positivity and serenity in life.

It was conducted and hosted by our theatre personality Mr.Chandrakeerthi, who is a profound theatre artist and famous for hosting theatre classes in and around Karnataka. We are proud of sir that he is one of our staff who takes classes for our students. Our respected Principal Sr.Siji, sisters ICSE &STATE

Coordinators and teachers were present to witness the program, it was a great delight.

Students and parents participated in this programme. Mr.Chandrakeerthi stressed on the importance of theatre in every child which moulds him/her to express every feeling through creativity and emotions.

Importance of theatre:

Theatre has been an influential factor in many people's lives. Creativity can flourish, academics can improve, and means of self-expression can be developed. It is important to have mandatory theatre classes because when a student participates. They benefit significantly, not only in terms of exploring the unexplored or hidden ability to act, but also by shedding the shyness associated with performing in front of an audience. Theatre can be influential in all aspects of life. Participating in theatre classes can stimulate student's creativity and thought process. The whole experience of theatre makes people more aware and sensitive towards various issues. It empowers the weak and makes people do away with their uncertainties.

Aradhana Academy - Bangalore

Social activities

RANCHI

New paths challenge us

Empowerment starts at childhood

Empowered children are the foundation of an empowered society. If the children get an environment in which their holistic development is taken care, the future of the society will be bright.



The environment in which many children live in India needs a lot of improvement. In 2009 Right of children to free and compulsory Education Act were passed. Though majority of children are enrolled in school half of them do not attend school regularly. Eventually they drop out from the school due to poverty, bonded labour, loss of breadwinner in the family and other reasons. 77 million child laborers counted on the basis of families below poverty line. The largest numbers work in the places like textile factories, dhabas, and hotels or as domestic workers.



After learning the situation of our poor, marginalized, vulnerable children St Maria social center at Ranchi started evening class for government school going children. Our purpose is to love and motivate the children to go to school regularly in spite of all the struggles in the families. Home visits, counseling, and economical support

encourage these children to equip themselves to stand on his/her own feet.

A hungry child is



fed with light food **Emancipation of poor peasant women**

Deprivation, decimation and disadvantage dominate the everyday lives of the poor peasant women. The shimmer of development has added not even a tiny sparkle to their lives. Their life is riddled with economic crisis such as industrialization, macro economy, globalization, liberalization, multinational Enterprises, social evils, family misfortunes and natural calamities. They are forced to lead a life of uncertainty, insecurity,

hunger and deprivation. They engage in small



holder farming to feed their families and also sell some of produces to pay fees, while irresponsible male counterparts laze around drinking and playing cards under trees/shed. This phenomenon breeds hard physical labour, harassment, exploitation, domestic violence and endemic poverty in most homes.

To empower these womenfolk we started tailoring center in two places and income generating project by providing loan according to their need to start goat or pig rearing, poultry etc. Through these activities we build up good rapport with women and their families and conscientize them to be freed from the clutches of social evils.

Sr Jancy Pallicka - Ranchi

SAMAGRA – HIV/AIDS INFECTED PATIENTS - KOLAR

The prayer group from the parish together with the parish priest visited and prayed with the inmates of Samagra ward.



WOMEN'S DAY CELEBRATION - 8th MARCH

Women's Power... Yes, women have progressed in every walk of life. However, there is still a long way to go. Ensuring safety and giving equal rights to women is not be considered as charity but duty

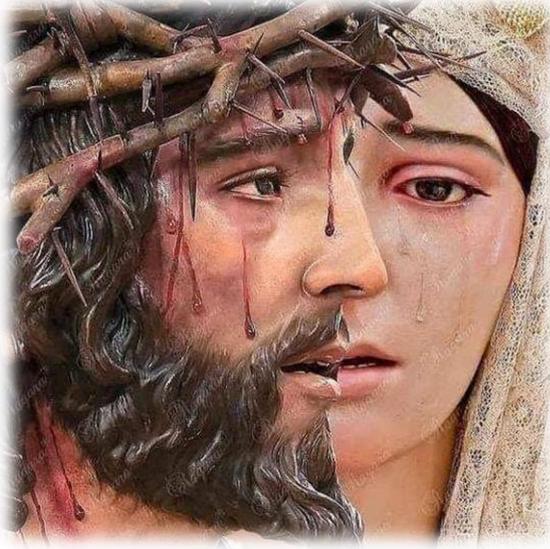
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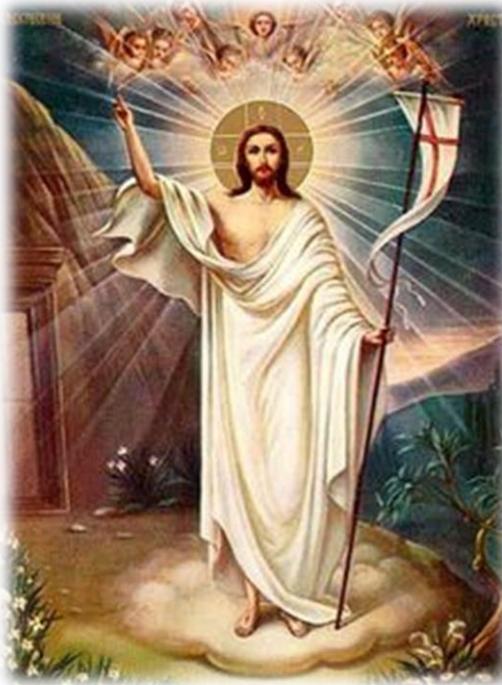
MY SURU



**SACRED TRIDUM -LET US
ENCOUNTER THE SACRED MASTER**



**WISH YOU ALL HAPPY EASTER
APRIL, 21st**



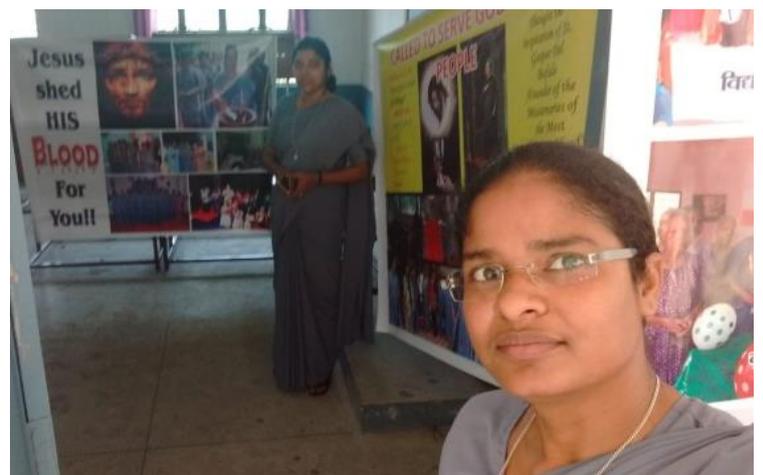
Jesus is Risen! Today is the most important Sunday of the liturgical year, when we celebrate the most extraordinary event of Jesus's resurrection. It is the most decisive event of the human history. "Why do you search the Living among the dead" asks the angel to the woman at the tomb. As Pope Francis said, "with the marks of the merciful love, he draws us to follow him on His way, the way of life". He is not in the tomb, he is risen, He is not limited anymore by space and time. He is here and everywhere. We shall find Him in our hearts and in the hearts of others. HAPPY EASTER!

CONGRATULATIONS TO YOU
DEAR SRS:MINI P & MINI VC
ON YOUR SILVER JUBILEE YEAR 1994 - 2019



*Silver Jubilee will be celebrated on May 18th at 10.30am in
Bangalore Regional house*

Srs.Lourdu Mary Susai & Renita attended Vocation camp at Sampalpur.
Let it be an inspiration for everyone of us to
committ ourselves for the vocation promotion



WISH YOU VERY HAPPY BIRTHDAY & HAPPY RETURNS OF THE DAY

March

Sr. Regina Mary	03
Sr. Mary Stella Yesthaki	09
Sr. Rotion Mangarayil	15
Sr. Rosy Bandi	26
Sr. Mini Pallipadan	27
Sr. Jiji Parayaruthadathil	31

April

Sr. Bimla Lakra	01
Sr. Lourdu Sagaya Selvi	03
Sr. Hemema Juvanapudi	09
Sr. Gracy Vadakiniedath	10
Sr. Jacintha Manickathan	16
Sr. Salomie Vazhayil	17
Sr. Leena Puthuparambil	17
Sr. Velangani Juthuka	22
Sr. Elsy Palatty	26

May

Sr. Rani Padayattil	02
Sr. Mercy Thadathimackal	04
Sr. Janci Rani	21
Sr. Rosy Karippai	26



~~Sr JANCY PALICKA ASC~~