

# ARADHANA DWANI

September-November, 2019

## INDIA REGION- ASC



### ... At Your Word...

#### Mary, Woman of the New Covenant - Our Lady of Sorrows

“Mary most holy, woman of the new covenant and first adorer of the mystery of the Blood of Christ shows us how to live in adoration and service. She will be with us as virgin mother, friend and intercessor as we follow Christ in his Paschal mystery (Cost # 4).



In the heart of the Church, Mary shines forth. She is the supreme model for all of us to follow Christ the crucified. Mary's mission would undoubtedly be difficult, but she took the risk and accompanied the suffering of her Son Jesus. The title woman of the New Covenant suggests the fullness of Mary's relationship with Jesus. Mary is the mother and the Redeemer because she formed his mind and heart as she educated him as son of a covenant people. She is his companion and intimate spiritual associate in the Paschal Mystery, through which he has established the new covenant in his blood. Also we experience Mary's role as model for the whole people of God, in filling up what is lacking in the suffering of Christ for the sake of His body, the Church.

It reminds us that the new covenant will not be completely realized until all are truly made one in “that beautiful order of things which the great Son of God came to establish in his blood”. We pray for this through Mary's intercession. Mary's womanhood emphasises that she is a woman for our times, because we are to recognize Mary as an active and responsible woman.

Mary as mother was the source of Jesus' life blood. She was the closest of Jesus in his mission of establishing the new covenant in his blood. She is first of all the redeemed. It's Mary who models perfectly the kind of response appropriate for all those who are invited to share in the new covenant of peace and love established in the blood of Jesus. She lived in growing faith the Fiat of her own surrender as first of all Jesus' disciples. Each one of us are called to see in Mother Mary, an authentic model of a woman consecrated to God and fully dedicated to the person and the saving work of Christ, Son of God and Son of the virgin.

Let us look at the tender heart of mother, whose heart is afflicted and in anguish for the love of her Son, innocent and crucified and the love for the redeemed sinner inflicts upon her pain. With Mary, Woman of the New Covenant, let us all turn our gaze lovingly at the crucified Christ and draw sufficient spiritual energy for our life journey.

**Sr.Elsy Palatty,asc**

# My experience in Don Bosco Renewal centre(DBRC)



## **“You have blessed me to be a blessing”**

Month of August was indeed wonderful and my experience altogether was good and was a blessed time. As St. Paul says **“I thank my God every time and remembered you and constantly prayed for you with joy during course Don Bosco Renewal Centre**

We were 32 participants belonging to 6 different Congregations. A large number of sisters were from St.Anne’s of Bangalore, and another large number of sister were from the Charity sisters of Maria Bambina, one sister from the Ursuline Congregation, one priest and one brother were from the Marianist fathers, two sisters from Sri Lanka, one Father from the Salesians and myself.

After 25 years I had this opportunity to participate in a course with an inter-Congregational group. Most of these participants were the Jubilarians for their 25 years of religious life. It was in fact a renewal course for all of us and for me in particular.

Different topics were interesting and helpful to me as I was there in preparation to take up the new endeavour or ministry of the Novitiate of the Congregation: like spiritual direction, Psycho sexual integration, consecrated life and Congregational Charism , transformation and so on. Other topics were

also helpful and were useful for myself, for my renewal, my transformation and refreshing my spirit and soul.

The resources persons were mostly the Salesians well prepared and skilled, competent, with vast knowledge! The inputs given by them were really enriching, concrete, practical and helpful for our consecrated life today and also to

look into one, bringing forth our positive and negative experiences, the unnoticed feelings and unsolved problems.It helped us to become more and more positive, confident, appreciative and develop self-esteem. Times to time sharing with the small groups and in pairs were also very useful to know each other and supporting and encouraging.Making memory of this past month I praise and glorify the Lord for all His innumerable blessings. He accompanied me in my inward journey being my light and guide. He enriched me in all the levels gave me courage as I look forward in taking up the responsibility of the Novitiate of the Congregation.I take this opportunity to thank Sr.NadiaCoppa the Superior General and the members of the General Administration for giving me this opportunity. Thank you!

I also express my thanks to Sr.MiniPallipadan, the Regional Superior and the members of the Regional Administration for helping me to choose the course and for your support, encouragement and your love and care for me. Thanks!

Thanks to all the ASCs for your constant prayer and support for this new initiative of the Congregational Novitiate which is going to begin shortly.

With gratitude and joy

**Sr.Mariamamma Kunnackal - Bengaluru**

# FORMEES CORNER

## A UNIQUE EXPERIENCE OF THE ASHRAM



We see the light of day with an innovative, insightful, interesting, and inspirational way. Imploring mercy and exploring grace, which is not timely and relevant but also is very much in line with the teachings of Pope Francis and indeed this was the same experience of ours too.

We novices, along with our mistress Sr.MarykuttyKanattu went to Anjali Ashram-Mysuru, which is situated near Chamundi Hill. We had really a unique and rich experience. Ten days were kept at our disposal, but we cannot imagine how swiftly days passed. The participants of the programme were 32 in number. All

the participants were docile for this Atma-



### Poorna -Anubhava.

This programme was begun with the solemn Indian Eucharistic celebration, with all the symbolic gestures of **Arathi, purification, lighting of the Indian lamp and Mansa Pooja.**



**Ashram way of life** is called to live the paschal mystery, where the individuals are called to yearn for God. It is lived by integrating **Dhyana, Sandhya, Upadhesa and Seva**. It is concretely lived by **Jnanamarga, Bhakti Marga and Karma Marga**. The truth, silence and awareness were the key words, living up to its challenges and the demands. The very first day itself we were very well directed by our guru Fr.Louis, to keep the silence and the solitude. As we began our journey of Ashram experience, we focused our direction on - having the experience of the ultimate. Our well-focused direction put us into right place. **“Our hearts are restless unless they rest in you”**. The exemplary life of the Saints created in us the urge to meet the Lord in our guha (heart). Each day, we had different teachings, readings, to be pondered over, poems, and scriptures of different religions for our meditation.

The silence and stillness enabled us to become conscious of the presence of God, gave insights and the knowledge about oneself. The teachings on freedom helped us to realize that, we are children of God and the talk on consecrated life, challenged us to prepare ourselves worthily for his mission and brought within us more clarity about religious life, which further enlightened us to introspect our self and made us broadminded person about the reality of the world at large.

**‘There is no meaning of life, except the meaning you give to your life, by unfolding the infinite energy’**. This saying enlightened us to appreciate one’s own abilities and the potentialities. The final day, we were instructed that a disciple should be - **ultimate, universal, free, total, unconditional, radical, and gem (goal -oriented, empowered and motivated)**.) The Madhyansandhya we had



under the fig tree, walnut tree, and at the temple of beatitudes with our guru which really was a unique and heart touching experience to unite oneself with the nature, God and the assembly that was gathered. The imagination of sitting beside the lotus temple made us encounter the Lord in the depth of our heart. The simple life of MeeraBhai impressed us to identify ourselves with the poor. We also had the privilege of visiting Chamundi Hill and meeting the Brahma Kumari.

Being the last day we had the penitential right and the symbolic concluding prayer service. The prayer service edified us to recall God’s goodness of past ten days programme and thank him for his companionship throughout our various activities and for the rich experience of communion and participation.

#### **Our little new learning are:**

1. **‘AtmapurnaAnubhava’** means **self-realization**. As a human person first, we have to discover our true self and should develop a longing and desire to unite ourselves with the supreme reality - God. We have to discover our self in the great self through awareness. The quality of awareness is the measure of one’s spiritual progress, when we are able to become aware of ourselves, we will be like God. The awareness and consciousness of the Lord must be like the flow of river.
2. **Our ultimate goal in life is God realization**. Human person is both human

and divine; when one realizes it and cherishes it she or he can become a beautiful person.

3. **Being is important than doing.**
4. **We learned that there is no meaning of life except the meaning we give to life by unfolding the infinite energy in us.**
5. **In times of Dhyana we human beings should be passive so that God's spirit will be active in us.**
6. **There is a spark of the reality in each religion and we need to respect each religion.**
7. **This Ashram Experience truly helped us to take decision to love silence, to live in the awareness God and to lead a simple life style; to experience the presence of God in the nature and in times of Dhyana.** We like to practice Dhyana, yoga and adopt sitting posture suitable for concentration. We appreciate the Indian liturgical celebrations.

As we cherish the sweet memories of Ashram, we are grateful to Sr.Marykutty the directress Sr.MiniVadakumcherry and the Sisters of our novitiate community who supported us through their prayers and sacrifices.

### **Novices-Mysuru**

**Wilma, Sushma, Jennis & Maya**

**YOU DON'T HAVE TO BE GREAT  
TO START,  
BUT YOU HAVE TO START TO BE  
GREAT**

We the postulants are excited to share our experience of conducting interview with the religious and the lay people. We were given few questions for the interview with religious priests and sisters and with youth, women and

men of different religions. We were very curious to listen to them as we interviewed them. Interview with various age groups of variety of people with their beautiful life style brought in to our hearts lot of joy and inspiration. We had a unique experience by this interview conducted and later we shared in our group with each other. Following were the questions.

Why did you become a sister or a priest? When and how did you receive your call to become a sister or a priest and what was your response? What attracted you to your congregation? What do you like about your life style and what makes you most happy? What role do you play in your congregation? Have you ever found God in your life? What are the challenges do you face in this life and how do you reply to those? What action do you take to heal yourself from past and childhood negative experiences? Do you ever feel lonely? And have you ever wished you could be married and have children? Have you ever inspired anyone to this life or to appreciate by your life example? What is your personal vision and how do you discover God's will for you?

We were so happy to meet and ask above mentioned questions and the answers given by the priests, asc sisters and lay people inspired us so much. Their unique way of life helped us to understand the differences of one another and to accept our own selves as we are. By hearing each ones vocation stories which were beautifully narrated to us help us to know and appreciate the preciousness of our call to

religious life. We understand that the religious life is precious and it's not an easy life always but God gives strength and courage and He guides us like a shepherd to follow him. And when we heard about the challenges they face in their lives, and their trust and confidence they build in God to overcome these challenges inspired us to know that, the challenges comes always from the world and over take us especially when we are not attached to God. Therefore it is very important that we should give the best and first priority for the prayer life in our lives. And they also advised us to be happy in life always because the life is a gift and we have to share the fragrance of life to all around us.

We understood that in this challenging world it is very difficult for the religious to be a model to inspire the young but it is not impossible to keep ones identity as religious by living sincerely to save the souls. We were all inspired by our sisters and the priest whomever we interviewed.

It was a good chance for us to meet youth, educated and uneducated. As we met them we experience that everyone had their own unique answers to express their views because they shared their own life experiences with us. And they are also happy in this modern world, but the challenges are increasing especially for the uneducated because they are facing more difficulties in day today life to educate their children and face the difficulties. And when we asked what your opinion about religious life is, every one said that religious life is a Holy life which is received from God and they

also believe in the blessings of religious because those blessings fall from God.

The answers received made us to evaluate ourselves and to reflect how far as we are living this life seriously? We are very glad to say that this experience taught us to be happy in our life and to accept and appreciate this way of life that we have chosen to follow Christ. It was a great opportunity for us to meet many people and to know ourselves more deeply by interacting with them. Most of their answers taught us various lessons for our lives and drawn us to a deeper reflection of our visions for the future life and especially to discover the will of God for me and to accept the will of God in our life. We also thank all those who spent their precious time to interact with us and to inspire us. We thank Sr. Silvia our directress for giving us this opportunity to grow in our lives.

### **Postulants - Bengaluru**

**Mary Priya, Padma, Suchithra  
and Swarna**

**“I urge you to be humble  
and devoted to Mary  
most holy, often go to  
the feet of this Mother  
and place yourself  
entirely in her most holy  
hands”. (St.MDM # 703)**

# SCHOOLS

## Ranchi School



The celebrations of teachers' Day are one of the best memories of the school days in every person's mind. This day is considered as an important day in schools and colleges.



Teachers' Day is celebrated every year on 5<sup>th</sup> September that is the birth anniversary of India's second President, Dr.Sarvepalli Radhakrishnan with full fervor and joy in all the schools across India. We, St. Maria School at Ranchi have also celebrated it very splendidly.

All the teachers were welcomed to the auditorium with the traditional Jharkhand tribal dance. A special program was held in honour of the day which was attended by all the teachers of our school. Our students were so innovative and pleased rock the stage to pay tribute to their teachers.

They had also arranged few games to entertain the teachers.

**Sr.Mini Vadakumpadan - Ranchi**



# Bangalore

TEACHER'S DAY, 4 -5<sup>th</sup> September, 2019



The teacher's day celebration was an extravagant 2 day grand affair. The celebrations started on the 4th September with a prayer in front of Our Lady, after which teachers were welcomed with roses. The award winning troop, escorted all the teachers and staff as a mark of honor from the gates of the school to the red carpet, on the ground. Teachers were also welcomed warmly by the angels of the Kids' world. Parents extended their gratitude to the teachers with their presence and wishes.

Every teacher's day was made as strutted across the red carpet with an overflow of cheers from the children of all classes. The teachers' and students' enthusiasm was soaring in the sky, as each teacher was felicitated with a 'Super teacher' badge and a

gift, presented by our Principal, Vice Principal, Sisters and Father.

After a great start, everyone was made to sit for the show organized by the student leaders. As a school we sang 'Humko Mann ki Shakti de. The program started with performances from the primary section. There were songs, dances and fashion shows which were adorable. As the program progressed, both teachers and children were filled with awe and broke out of their shells to show their excitement. The senior classes showcased a plethora of talent with their enthralling skits, songs, dances and magic show, 'life of a teacher' speeches. The entertainment gauge kept rising with each passing performance. A few memorable mentions were the B-boying performance by Kumar, the 8th graders' hip hop number, a heartfelt song, 'thank you' on the keyboard by Joy, a hilarious skit by the boys from 8th and 9th grade, state board, a teacher's fashion show by the 1st and 2nd graders, 'we love you teachers' song by 10th graders.

The sun and the clouds were playing hide and seek, but nothing could dampen the festive spirit. The program ended on a high note with the teachers setting the stage on fire. The anchors, Alwin and Shriya took the entire program to the next level. After the mind-blowing program, the teachers were lead to the auditorium. A beautiful cake with all the school teachers' picture was imprinted on the cake. Sister Siji did the honors and everyone enjoyed it with snacks. Sister Viji made the moment even more sweeter, by wishing each teacher by applying cake to the face! Teachers headed back to the classes and were unexpectedly flooded with wishes and gifts from children of all classes.

Little did the teachers know there was more fun in store? At 2 o'clock teachers were made to assemble in the auditorium once again, but this time to play games. All the teachers had to buckle up to run around the school for the treasure hunt, followed by musical chairs, guess the song and dumb charades. This was a good time for the teachers to share some laughs and enjoy. The dance floor was opened to students and teachers, and we got to see a different side to everyone as everyone let their inner child out.

Sr.Siji the principal closed the day with distributing prizes to the winners. Sister and teachers gave a huge round of applause for the school leaders who put in tireless effort to make this day so memorable for each teacher. The teachers gave them a loud hip-hip-hurray, for their seamless organizing skills.



On 5th September, all the teachers wore Onam saris and assembled in the Chapel for a mass dedicated to teachers. The exchanging of candles which denoted the spreading of light was a beautiful way of teachers wishing each other.

At 11 o'clock we had a special session with Mr. Raju, Parent Association Head of Aradhana School. He reminded us that loving children is the best method of reaching out and transforming children. His life experiences were heartening and insightful.



In the spirit of Onam, we had a special lunch prepared by the Sisters and supporting staff of Aradhana School. All teachers were treated to a sumptuous 'Onamsadhya' with 12 mouth watering dishes, served with all the love by the Sisters, Principal and Vice principal. This was one-of-a-kind experience; the flavour of the food was love.

The teachers with full stomachs and hearts sat down to watch 'Hichki' a Hindi movie based on a relentless teacher. It was the perfect ending to the two day celebration. Each teacher came out with a rejuvenated heart and spirit. All teachers shared the feeling of true happiness and gratitude of being a part of the Aradhana family, which can't be put in words.

We are proud to be Aradhanites, may God bless all of us.

**Aradhanites - Bengaluru**

# Social Activities

## Tarikere



Tarikere Navajeevan Social centre conducted one day free **eye camp** along with Indian Vision Institute of Chennai. There were 297 people attended and checked their eyes freely, and most of them got optical too freely.

Sr.Rotion Mangarayil - Tarikere

**“Please ask Our Lady to give me her heart - so that I may with greater ease fulfil His desire in me”.**

**(St.Teresa of Kolkata)**

# Wish you all a very happy feast of Nativity of our Lady (Sep 8)



## Nativity of Mother Mary

Holy Mary, Child most precious, joy of the  
Holy Trinity.

Purest daughter soon to bless us; Holy  
Spirit's bride to be!

Heavenly child and purest temple, from  
your cradle send your grace.

Make us pure and sweet and simple, as the  
love shining from your face.

Holy Mary, Child sublime, garden of  
virtue, full of grace.

Gate of Heaven make us thine, as we reach

out for your embrace!

Heavenly child and fairest dove, beautiful  
lily, oh so sweet.

Fill us with your trusting love, as we lay  
flowers at your feet.

Holy Mary, Child of life, mirror of love  
and hope and peace.

In the sorrow of our strife, teach us the  
way; our faith increase!

Heavenly child and mystical rosebud,  
Mother of Mercy, soon to weep.

To thee we bring this song of love to  
console you as you sleep.

(Quoted)

# Wish you all Happy Onam (Sep, 11)

The people of Kerala gather for Onam, where they joyously celebrate for the blessings they have received during the monsoons, and in tradition, it is a time for joy and happiness in the honour of the king Mahabali.



# Mary, Woman of the New Covenant (Sep 15th)-Happy Feast Day to you all



Mary accompanied the suffering of her Son, she supported him by her gaze and protected him with her heart. She shared his suffering, yet was not overwhelmed by it. She was the woman of strength who uttered her 'yes', who supports and accompanies, protects and embraces

## Our lady Of Rosary, pray for us - Oct 7

Love the Madonna and pray the Rosary, for her Rosary is the weapon against the evils of the world today. All graces given by God pass through the Blessed Mother. Always stay close to this heavenly Mother, because she is the sea to be crossed to reach the shores of Eternal Splendor.



# All Saints' Day - Nov.1

All Saints' Day is celebrated in honour of all the saints, known and unknown. The day commemorates all those who have attained the beatific vision in heaven. The celebration reminds the faithful that there is a prayerful spiritual

bond between those in heaven and the living. St. Augustine says, "Do you aspire to do great things? Begin with the little ones."



# All Souls Day - Nov 2

All Souls' Day is the day commemorating all the faithful departed. Here is a prayerful spiritual bond between those in purgatory and the living. Death is frightening for the faithless, but for the faithful, it is the doorway to the Fountain of Faith! When we love God deeper, the fear of death decreases.



# Wish you all Happy Birthday & Many Happy returns of the day

## September

Sr. Lila Akkanath	01
Sr. Mary Malieckal	03
Sr. Chinnammal. A	08
Sr. Renita Norohna	14
Sr. Lalitha Varakulalayil	18
Sr. Gracy Vadakumcherry	
24Sr. Joji Chirakandathil	
29	

## October

Sr. Mariamma Muttel	01
Sr. Mini Vadakumpadan	03
Sr. Chitra Pulickakunnel	04
Sr. Christina Innasappa	15
Sr. Deepika Tirkey	25
Sr. Jyothi Vorugonda	30

## November

Sr. Rosamma Vithayathil	01
Sr. Arockiammal.	01
Sr. Sherly Koorkamattam	11
Sr. Catherine Yesthaki	11
Sr. Mariamma Kunnackal	13



