



ARADHANA DWANI

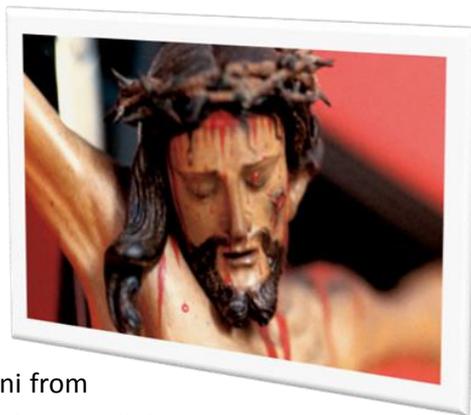
July - September, 2021

INDIA REGION- ASC

... At Your Word...

THE PRECIOUS BLOOD OF JESUS

Dear Sisters, we are in the month of July - a month exclusively dedicated to the 'Precious Blood of Jesus Christ', all the more we are going through rough times across the world- this pandemic situation. As members of the Adorers of the Blood of Christ we have to become aware of the significance of the Blood of Jesus Christ in our personal life, community and Congregation at large. "How much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God". (Heb:9:14)



During the first Italian War for independence in 1849, Pope Pius IX went into exile to Gaeta. He went there with Venerable Giovanni Merlini from the Fathers of the most Precious Blood. While the War was going still raging, Merlini suggested to pope Pius IX that he create a universal feast to the precious Blood, to beg God's heavenly aid to end the War and bring peace to Rome. Pius IX subsequently made a statement on June 30, 1849 that he intended to create a feast in honour of the Precious Blood. The War soon ended and he returned to Rome shortly thereafter. On August 10 he made it official and proclaimed that the 1st Sunday in July would be dedicated to the precious Blood of Jesus Christ. Later, Pope Pius X assigned July 1 as the fixed date of this celebration. Today the entire world is fighting the Covid 19 War and it is very appropriate to contemplate the precious Blood of Jesus and invoke the grace of the Lord for an end to the Covid 19 War.

Let us recite the powerful prayer for protection through the Precious Blood of Jesus: "**Lord Jesus, by faith in your merits, I now take your precious blood and anoint myself from the crown of my head to the very soles of my feet. I claim total and complete protection over my life and community, Region, Congregation and the world. Lord Jesus keep me free today from evil, sin, temptation, Satan's attacks and afflictions, fear of darkness, fear of man, sickness, diseases, doubts, anger, all calamities and all that is not of your kingdom.**"

Sr.Elsy Palatty, Asc

'Love Without Measure'

'Time flies and the scene changes. Have great faith and hope in the mercy of God, in the merits of Jesus and in His Blood' (St.MDM # 874).

Eighteen years have flown after the canonization of our dear foundress St.Maria De Mattias. Every year May 18th reminds us of her life, lived in total submission to the will of God and in selfless love for humanity. Her heroic example, even after 155 years of her death, stands as a source of inspiration for every Adorer. Her words "although I am far away, I am always near you in spirit, my dearly daughter; yes, in the side of Jesus Christ, I tenderly embrace you" (St.MDM #527) is a proof for her love and continual intercession for us and the whole world.

In India, St.Maria De Mattias, is loved and remembered by many people. Usually, the anniversary of her canonization is celebrated in a splendid and meaningful way with the celebration of the jubilee or with the perpetual profession of sisters. But this year it was something different as the whole country is under strict lock down due to uncontrollable spread of pandemic. The news about lack of medical facilities, uncontrollable death rates, jam-packed crematoriums and the nonstop horns of ambulances add fear and uncertainty to our days. In this condition having a celebration or a gathering is far beyond our imagination.

In spite of these unfavourable situations, there is always a ray for hope. When we were not able to have any celebration this

year, the unique and beautiful idea of the General Administration to host an online Eucharistic celebration was appreciable and a sign of nearness for each one of us. I am sure that, like me, hundreds of Adorers who were present also felt the pain of losing 20 of our beloved Asc sisters due to Covid. Here a platform was created to be united as one family with single mind and heart to express our solidarity with one another, sharing our pain and grief at the loss of our beloved sisters. At the same time, it was an opportunity to remember many lives lost because of Corona Virus, to pray for their eternal rest and to bid adieu with Christian Hope. I believe that this ever living gesture of love and gratitude for our departed sisters for whom we were unable to pay even the owed final salute may be acceptable and pleasing to God. I am sure that every candle that was lit in honour of them here on earth will also be lit in heaven, interceding to the Divine Lamb.

While we gathered as sisters and friends gathered around the same Eucharistic table from thousands of miles away, made me feel that, we are one body and called to be united in all circumstances of life. It was a great privilege that to have the vision of the ossuary of St. MDM on that special day. His Excellency Cardinal João Bráz de Aviz gave us a foretaste of heavenly banquet through beautiful and meaning celebration of the Eucharist and made a lasting impression in the mind and heart of every Adorer. His homily revived in me the conviction that only our faith in God can give us strength to pass through these difficult times. His words were a

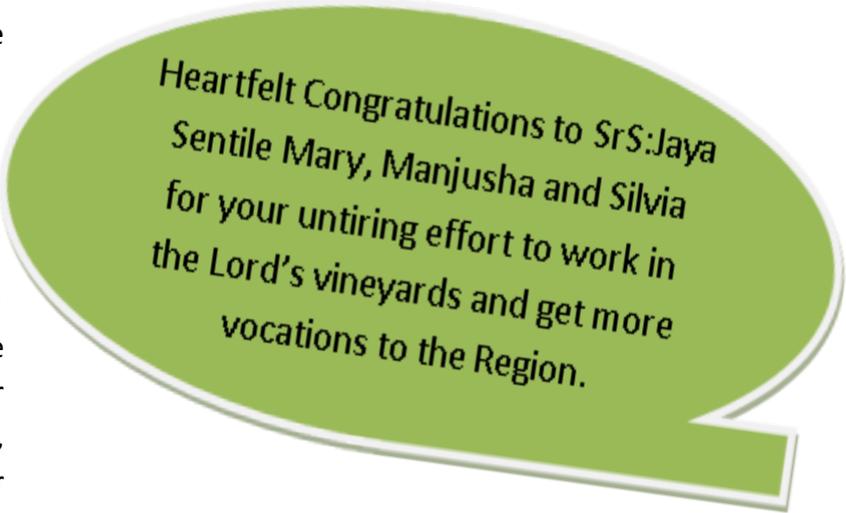
reminder for all of us that as consecrated women our primary duty is to follow Jesus and to have 'love without measure'. This immeasurable love must be expressed not only to God but also in our communities and in turn to the whole humanity. From the introductory words of Superior General Sr.Nadia Coppa, I could experience the concern and love that she has as a mother for each member of the congregation. My heart and eyes were filled by listening to her while she was expressing gratitude and appreciation each regional team, each community, and every sister for their service. Her message reminded me once again to count the blessings of God and to centre my life on what is essential like our foundress. I recognize that through the words of Sr.Nadia Coppa, St. Maria De Mattias, reminded us be 'the grain of wheat ready to die in order to complete fruitfully our pilgrimage on this earth'.

Above all, this new initiative was a sign of great love and support to all of us from the part of the General Administration during this time of pandemic. It was for the first time that so many of us could participate in the celebration at the Generalate. The beauty of this celebration was that when we were maintaining social distance with our own community members and others, we could be connected in prayer and in spirit to the entire congregation. Where physical proximity was impossible, we could feel the strength and bond of our family unite in the Blood of Jesus. In fact, the sight of the chapel, celebrants, our sisters and lay people made me feel

delighted. I express my heartfelt gratitude and appreciation for the beautiful ceremony during which everyone is remembered and every culture was represented. I look forward to have together again such beautiful celebrations in future.

On the whole, I feel and believe that it was not only the celebration of the canonization but the celebration of our fraternity, solidarity, empathy and support to each other. As daughters of this great saint, we seek her intercession for the healing of the entire humanity and to live our call as sign of hope and faith following her example. It's time for us to live our paschal identity and call upon the power of Divine Blood for the entire world. I unite myself with all the ASCs in spirit, and remain grateful to Sr.Nadia Coppa and Administration for making this day an unforgettable one for all of us.

Sr.Chithra Pulikakkunnel ASC - Bengaluru



Heartfelt Congratulations to SrS:Jaya
Sentile Mary, Manjusha and Silvia
for your untiring effort to work in
the Lord's vineyards and get more
vocations to the Region.

Pandemic Beckons us to be Good Samaritans

Following the footsteps of the Master, Church has been called always to be Good Samaritan. The unprecedented crisis created by the spread of corona virus all over the world, and its disastrous impact on human lives, spiritual and economical life, jobs and financial crisis, beckons the Church to respond actively, creatively and urgently not as a priest and Levite did but as the Good Samaritan in the parable of the same name. In fact, Christ is the Good Samaritan who reaches out to the needy in all circumstances. The joys and hopes, the grief and anguish of the people of our time, especially of those who are poor or afflicted are the joys and hopes, the grief and anguish of the followers of Christ as well.

Pope Francis in his latest Encyclical, Fratelli Tutti, on Fraternity and social Friendship has devoted an entire chapter (ch.2) to the parable of the Good Samaritan. The Holy father tells us that "We need to acknowledge that we are constantly tempted to ignore others, especially the weak.... We have become accustomed to looking the other way,

passing by, ignoring situations until it affects us directly" (F.T.64). We are like the priest or Levite in the parable who passed by. Only the Samaritan stopped and cared for the wounded man spending his time and money. In the face of so much pain and suffering, at present due to pandemic, our only concern is to imitate the Good Samaritan.

Pope Francis reminds us that "each day we have to decide whether to be Good Samaritans or indifferent bystanders... All of us have in ourselves something of the wounded man, something of the robber, something of the passer by and something of Good Samaritan". The whole world is wounded and is lying on the roadside. We cannot pass by. We cannot be indifferent. We cannot look other way. Let the Lord's command ring in our ears and hearts again and again "Go and do likewise". Let's go forward as Good Samaritans in compassion, building bricks needed, caring for the earth and being peace warriors together making the society healthier and happier for all.

Sr.Elsy Palatty - Bengaluru

Hearty Welcome dear Aspirants for COME & SEE Programme. Jesus who has called you will accompany you and purify your heartfelt desires day by day to become his true disciples. May the life of St.Maria De Mattias be a model and light for your journey.

"The God is all comfort"

2 Cor : 1-3

Tears are prayers too. They travel to God when we can't speak. God is good and gracious always.... Losing our beloved ones on this earth is painful but uniting them in heaven is happiness. Shedding tears for our departed brethren is unforgettable but they are having life (earth) after life (heaven) is indescribable.

It was my deep Godly experience when my family lost our beloved brothers but I was strengthened by God's grace and I found a consoling, boosting, unimaginable insights from my mother. I and even our parish priest asked her " ma, why it all happening to our family though we pray and lead a God fearing life according to our conscious? Mother replied with positive mind to the negative feeling of mine " world is filled with sins, it is for our transformation and of our neighbours and even we can cry out always "

Jesus...Jesus....Jesus..." In the midst of losing her beloved sons she prayed for her rest of the children to have consolation, peace and acceptance of pain. I was shocked and wondered for the positive energy of my mother an angel. Jesus says in Jn 16:22 " so also you have sorrow now but I will see you again and your hearts will rejoice and no one take your joy."

Our joy doubled when my first nephew ordained and also healing of another nephew from pneumonia.I proclaim loudly and proudly that " God will not abandon His own" 1Sam 12: 22

"God is close to the broken hearts" PS 34:18 "God is our refuge and strength, an ever present help in trouble" Ps: 46 -1. "God blesses those who mourn, for they will be comforted" Mt:5-4.

Sr.Regina Mary - Bengaluru

Life Choice

"Lord Jesus, I truly desire to be a witness to your love in this world today. Fill me with your Holy Spirit and lead me in your plan for my life. Teach me the way you want me to go and help me walk in obedience. I want to know you more, love you more and serve you more. Use me as an instrument so that your name is known and glorified. Amen.

DARE TO CARE

“Keep doing what is good and evil will not come upon you .It is a more honourable thing to do a work of mercy than to store up gold” (Tobit 12: 8-9)

I am extremely happy to share the joy of caring for the covid patients during my covid voluntary care service. I had the privilege to work in two hospitals and a covid care centre as a nurse and as a covid care volunteer. This programme was organized by the Archdiocese of Bangalore under the leadership of two great humanitarians, Fr.Anil D’Souza SDB youth director for the Archdiocese of Bangalore and Br.Madhu a camellian brother, under their meticulous planning and guidance around 40 of us including religious fathers, brothers, sisters and lay volunteers were send to hospitals like St.John’s Medical college, St.Philomina’s, St.Martha’s and Jeevan Jyothi covid care centre to take care of the covid patients. We were divided into four batches each batch consisting of 4 to 6 members and was serving in three shifts.



opportunity to work in St. Martha's Hospital general Covid ward, St. John's Medical College covid ITU, and Jeevan Jyothi covid care center at Chamrajpet. These three places gave me three different experiences. What we basically were asked to do in these three places were to meet the hygienic needs of the patients like, take them to wash room, help them change their cloths, change their diapers, supply them food, prepare and give them some hot water, feed those who are unable to eat by themselves, check their vital signs and give them medications, we also used to teach them some breathing exercises, assisted them to lie in prone position to improve their oxygen levels and also told them about eating good nutritious food, remaining time we used to talk to them council and console them, because most of the patients were living in terrible fear and anxiety as they were seeing all the patients in the ward gasping for breath, gasping for life and watching some who are lying next to them die. Most of them had lost all their hope, all that they wanted was a keen listening ear and a compassionate heart that understands the entire trauma that they were going through, some of the patients had lost their loved once with covid, some patient's family members were admitted in another hospitals with covid, some had not seen their loved once for more than a month, some had lost their jobs and few of them were worried about the huge hospital bills that they had to pay as they get discharged. These things were really bothering them. In this painful reality we went to each patient and spent quality

time with them listening to their stories, consoling them, give them some courage and positive energy through our loving words and therapeutic touch and told them that they will be able to come out of this difficult situation and go back to the their normal life situations. This made lot of positive change in them to face the pain with little more hope and smile on their faces. Many of the patients expressed their gratitude to us as they got healed and got discharged; this was a great satisfying moment for each of us as we risked ourselves to bring a little ray of hope to their lives.

I had got lot of information about covid and its effects on people before becoming a covid care warrior through news, newspapers, videos and other mass media, but going to the hospitals to serve them gave me a first-hand experience. Shifting a dead body from ITU to the mortuary was a great frightening as well as was a heart breaking experience for me. I could not control my emotions when I saw the dead young man's wife and children crying outside the ITU as I was shifting their beloved dad's dead body. They were begging me to show their beloved dad for the last one time, the body was all covered with white sheet and only a small portion of the face was visible to them. They wanted to touch him, kiss him and bid good bye to him but it was all restricted. I couldn't sleep well that night but next day I prayed to the Lord to make me strong and I realized this is the same struggle every health care personal is going through every day. Moreover it is not at all easy to be in a PPE (personal

protective Equipment) for hours together without food and water and not being able to go to wash room until we finish our patient care, remove our PPE and scrub.

I prayed to the Precious Blood of Jesus to strengthen me and fill me with His grace to experience His healing touch upon all those infected and affected with Corona Pandemic. I

also witnessed the good will of many people who came forward as volunteers leaving their comfortable life to help who are suffering with covid. I really thank God for the opportunity I got to serve so many people, more than feeling happy for the service I rendered, feel that I have learned many lessons for my life.

1. Life is very short and it is not under my control so live it to the full with joy spread joy, peace and happiness.
2. A small good gesture of kindness can bring a big change to some one's life.
3. More than the medications there is lot of healing taking place through our good words, therapeutic touch and kindness shown.
4. It is good to be blessed but it is better to be a blessing.
5. We are not put on this earth for ourselves, but are placed here for each other.





I gratefully remember the Archdiocese of Bangalore and covid care volunteer team members specially Fr.Anil SDB and Br.Madhu for taking this daring step to help hundreds of people who are suffering. Together with me Sr.Fathima Asc and Sr.Jancy Rani Asc also served as Covid care warriors. They too were happy and challenged with this precious experience of serving the covid infected patients in the hospitals.



I am very thankful to Regional Superior Sr.Mini Pallipadan and councillors who inspired me to be a daring Covid care warrior and who made all the arrangements to get me this rich experience. My sincere thanks to my superior Sr.Viji and all my community members and all the

sisters of our region who accompanied me with your sincere prayers and who enquired about my wellbeing through phone calls and messages. Let us never grow tired of doing what is good. The above written bible verse was a driving force for me to render my service with good will and joy even though it was hard at times. Our foundress St.Maria often said we may not be able to save all souls in this world but if we can save at least one it is great. All the services we do may be like a drop of water in a big ocean but still I feel happy I could contribute at least a little drop of water in making that big ocean.

Sr.Manjusha Pulickakunnel - Bengaluru

Congratulations and appreciation to the Corona Warriors Srs: Manjusha, Fathima and Jancy Rani for your selfless service rendered to the corona infected patients in different hospitals.

➤ Sr.Jessie D'Souza, Counsellor assisting as Covid warrior in collaboration with the Archdiocese of Bengaluru and NGO in quarantine centres, caring the Covid negative and positive children and giving them counselling and meeting all their needs. Congratulations and prayerful wishes to you dear Sr.Jessie D'Souza. God bless you as you continue to take care of the affected and infected children.



Unbearable suffering of the 21st Century

The unbearable pandemic sickness is reigning the whole world continuously from March 2020 onwards. At the same time, more than a year, it is torturing us, from children to elderly persons, mentally as well as physically. We have become vulnerable beings to this deadly virus. We cannot deny the fact that it has killed millions of people and it is still killing many more. Due to this life threatening virus, many of our poor and middle class people are fed up of living in this present situation.

Every day we hear about lots of people becoming dead and their bodies are being cremated. Cremation areas in many places are filled with dead bodies. Thousands of people working in companies, factories and business centers in the metropolitan cities like Bengaluru, Mumbai, Delhi, Ahamedabad, Bhopal, and Indore are migrating to their native places by trains because these people are well aware that the national leaders are going to do nothing for them. We have witnessed a similar situation last year in March when the nation was forced into a total lock down.

Last year in April hundreds of people left their working places and started walking towards their homeland, miles away, with their shabby clothes and in a pathetic condition. Most of the private institutions companies and trade markets are shut

down till today. We are still remaining in the same condition without a ray of hope.

“Hey, can you please help me in getting a bed in a hospital? My father-in-law is facing acute breathlessness”, barely, did the phone down, thinking whom to call, and another asking for help in getting an oxygen cylinder. For the last few weeks this has become the norm. This second wave of the pandemic had already begun to hit us hard. The hospitals are filling up and so are the cremation grounds. Pope Francis has sent a message to Cardinal Oswald Gracias of India, expressing his closeness with the people severely hit by record infections and deaths. Pope Francis has expressed his solidarity and closeness to the people of India, ravaged by the second wave of Covid-19 infections that has overwhelmed its health care system.

It is possible that in these challenging times, we may tend to give into negativity and lose hope. However, we need to keep in mind that God wants all of us to be saved and that losing hope is not an option. As a matter of fact, losing hopes adds to the challenges we already have. Keeping the flame of hope alive in our hearts will result in accepting all the challenges that come our way and responding to them as we ought to. Hope is not deceptive but faithful. We are grateful to God Almighty for protecting us and sustaining us by the power of His Precious Blood.

Sr. Shiny Pallipadan - Mathura

Schools

Hearty Congratulations to the communities involved in Teaching Ministry. Sisters' teachers, Principals: Siji, Mini Vadakumpadan & Moly Parayil and the Teaching Staff for the 100% results for the academic year 2020-21 and for your hard work inspite of Corona Pandemic.

- ✓ **Plus Two and 10th ICSE of Bengaluru,**
- ✓ **10th ICSE of Ranchi**
- ✓ **10th ICSE of Mathura**

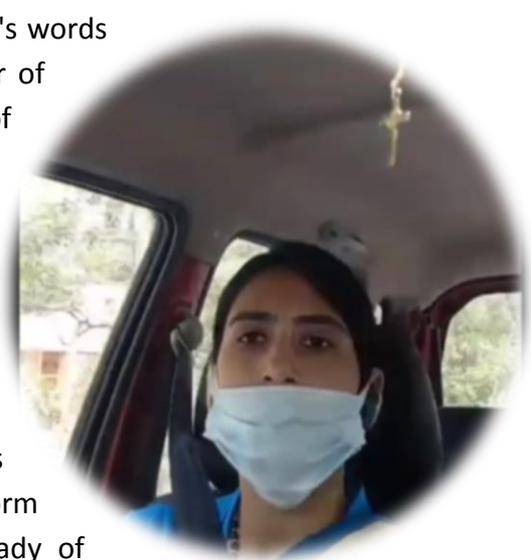


"Power of Prayer Memorare"

A very warm greeting to everyone. My name is Mayuri Augusta Sah. Currently, I am teaching in St. Francis School Mathura. Over here I met sister Moly as she was our assigned principal. One day, just in a random call, I told Sister Moly that I am learning to drive a car but I am unable to boost up my spirit due to which I am getting a bit edgy day-by-day. Sister Moly encouraged me and proposed an idea that I should chant the prayer "Memorare".

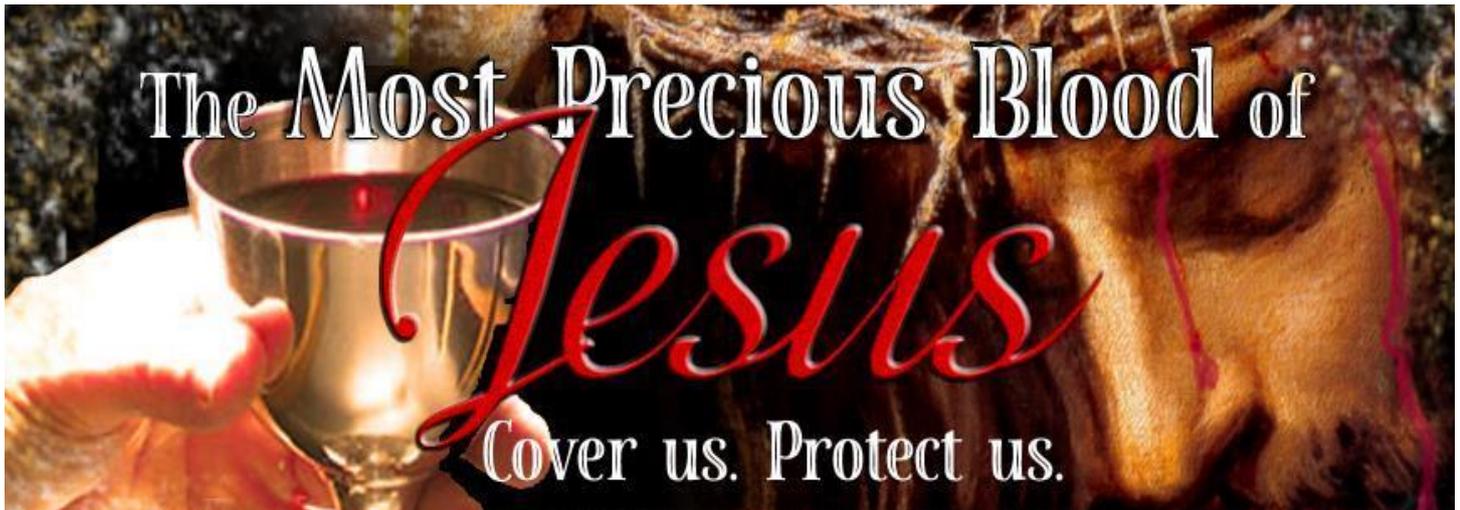
I was unaware of the divine potency of this prayer. The prayer's words turned out to be a gospel truth when in actuality our mother of mercy helped me. I don't know how, since the second day of praying, holy Mary helped me in my driving. While I was learning how to drive, I felt absolute confidence in myself. It's true when you seek with full faith, surely you receive it as well. Earlier, I was having anxiety but now I am driving smoothly like a feather. I am going to school daily by myself. This incident is one of the life changing experiences for me.

A big thanks to sister Moly, unaware of the reality, but she was my guardian angel and helped silently in building a deiform relation with our Lady of Rosary, Queen of Heaven. Our Lady of Sorrow, does not look to see what kind of person you have been, she simply comes to a heart that wants to love her. May the blessing of our Mother of the Church, Virgin Mary, Holy Mother of God, be with you. Thank you. May the gracious blessing of our beloved Mother Mary be with you.



Mayuri Augusta Sah - Mathura

Titular Feast of the Congregation - 1st July



HAPPY INDEPENDENCE DAY - 15th AUGUST

Freedom with hope... Long live with India- Let us pray earnestly for the humanity to draw closer to God, experience freedom from Covid 19 pandemic and live in harmony with the whole of humanity. Let every Indian experience true freedom, collaboration, cooperation and fullness of life, "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom" (2Cor 3:17)

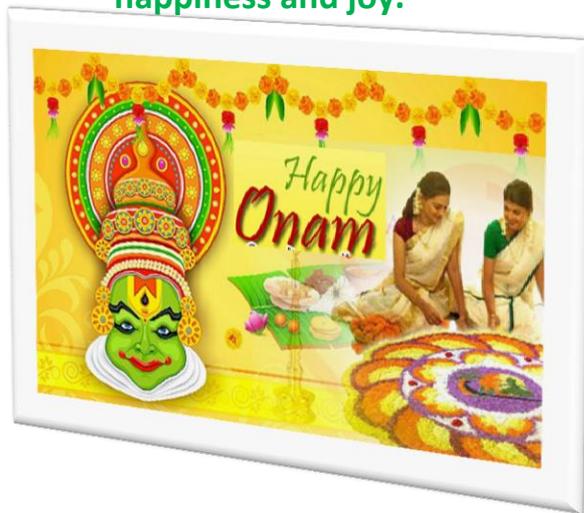


St. Maria De Mattias, pray for us! 20th August, 155 death Anniversary



Happy Onam wishes to all - 23rd August

May the spirit of Onam remains everywhere. Onam is a perfect time for the family bond. Wish you an Onam, filled with happiness and joy.



HAPPY TEACHERS' DAY - 5th September

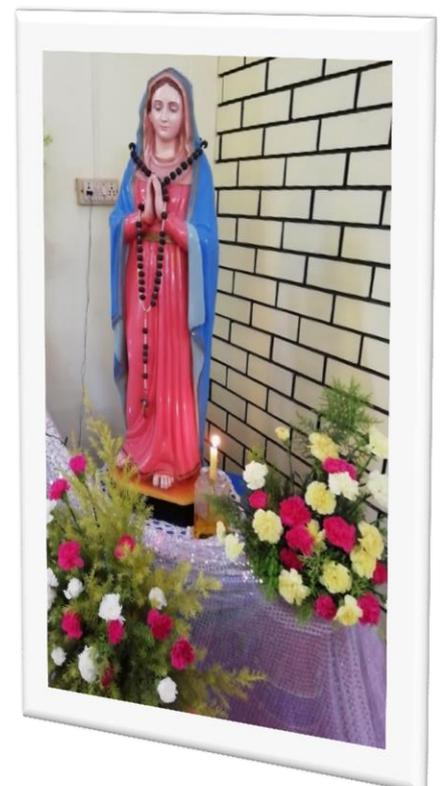
In the life of every student and child, one teacher can make a lifelong impact. For me, you are that teacher. Happy World Teacher's Day!



Our Lady of Sorrows, "Woman of the New Covenant" - 15th September

In the life of Mother Mary, the compassionate and tender love of God is revealed to us. Let us love all with tender affection, they cost Jesus His blood and caused bitter sorrows to his Virgin Mother. Our hearts should be filled with zeal for their salvation, and we should offer our prayers for the salvation of souls.

Our Lady of Sorrows, woman of the New Covenant pray for us!



Wish you all a very Happy Birthday and many Happy returns of the day Dear Sisters

July

Sr.Elsy Velayappallil	01
Sr.Elsie Kariattil	02
Sr.Sheela Mary	03
Sr.Kanthamani Abburi	08
Sr.Shiny Kayyaniyil	08
Sr.Jaisy Karukuttikaran	10
Sr.Lourdu Mary Savarimuttu	18
Sr.Jiya Elappunkal	26

August

Sr.Lourdu Mary Susai	07
Sr.Moly Pullan	13
Sr.Jyothi Nallamothu	14
Sr.Manjusha Pulickakunnel	15
Sr.Jessica D'Souza	19
Sr.Jancy Pallicka	29

September

Sr.Lila Akkanath	01
Sr.Mary Malieckal	03
Sr.Chinnammal. A	08
Sr.Renita Norohna	14
Sr.Jancy Rani	15
Sr.Lalitha Varakukalayil	18
Sr.Gracy Vadakumcherry	24
Sr.Joji Chirakandathil	29

