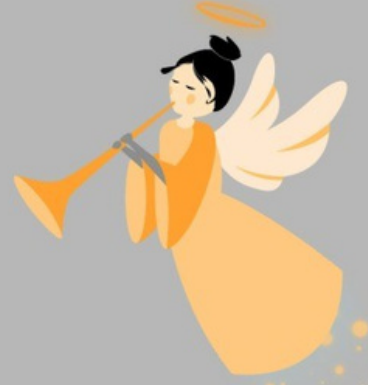


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ISSUE 5 - MARCH - APRIL 2023

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KEEPING A HOLY

LENT

AN INVITATION



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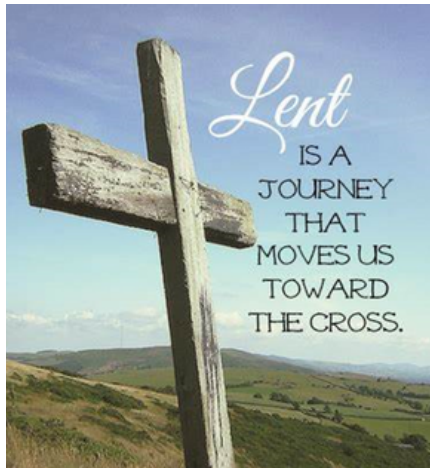
Editor's Desk

Lent is a favourable time to

Dear Friends,

'Each year during Lent we are reminded that "goodness, together with love, justice and solidarity, are not achieved once and for all; they have to be realized each day." (Fratelli Tutti, 11).

Lent is a favourable time **to seek out** – and not to avoid those in need; **to reach out** – and not to ignore those who need a sympathetic ear and a good word; **to visit** - and not to abandon those who are lonely. Let us put into practice our call to do good to all, and take time to love the poor and needy, those abandoned and rejected, those discriminated against and marginalized.



As the world is still suffering the consequences of the Ukraine-Russia war; and moreover, in other countries weapons are not yet silent, earthquakes, and violence in the name of religion, etc. etc., we are called to be actively united with God's **"bountiful goodness"**. As Pope Francis reminds us - we are called to **"sow seeds of goodness for the benefit of others"**, to take daily concrete actions in favour of our brothers and sisters.

This means actively choosing to make visible and hear the voices of those people who are on the margins. This means actively seeking and reaching out to those whom society has excluded and making a place for them. This means to sow seeds of hope even in the darkest moments. This means putting into practice our call to love without exception. This is not an easy task, and it can be tempting to give up, but as people of faith, we can always find the strength to keep going through God's unconditional love for humanity. No matter how bleak or difficult the situation may be, with the gift of faith and God's embrace, we are never lost.

Lent, a time for reflection; is also a season of conversion. Encouraged by St. Paul who followed

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Jesus' call to faith and action; we too are called to open ourselves to the inspiration of the Holy Spirit as we look to the future and creatively imagine the sort of world we want to build for ourselves and for generations to come.

This Lent is calling all people to join us on a journey of dedicated action as we work together to rebuild a society which truly lives 'as a single human family.' (Fratelli Tutti, 8)

- Is this a world in which peace is more than just an absence of war?
- Is this a world in which young people's voices are heard and respected?
- Is this a world in which we live together in communities of care and compassion?

This Lent, rather than simply giving something up, we invite each of you to consider taking something up, and commit yourself to taking up a simple action each day to grow closer to God, nurture personal and spiritual renewal, and build communities characterized by care and hope. Inspired by this, in each week of Lent, let us be motivated by following calls to action:

→ Our faith is a great gift which we are called to share through our actions towards

others, especially the poor and most vulnerable. Let us look confidently forward, then, knowing that it is possible for each of us to build a world of justice by the sum of the simple actions that we take each day.

→ Lent is a spiritual journey, and though it can be tough, we must never give up. Together, let us embark upon this journey with courage and determination to show the way forward towards a world shaped by the Gospel values and Jesus' commandment given at the Last Supper: **"Just as I have loved you, you also should also love one another. By this everyone will know that you are my disciples, if you have love for one another" (John 13: 34-35).**

St. Maria De Mattias says "Let us encourage ourselves evermore to toil in the Lord's vineyard and to practice the holy virtues..."

Therefore, let us never tire of doing good!

Wish you all a holy journey during this Lenten Season with faith and courage!



Sr. Moly Parayil, asc



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ST. MARIA DE MATTIAS

St. Maria de Mattias wrote: For the triumph of his mercy and to show his infinite love for us, our divine Redeemer Jesus Christ shed all his precious Blood with great suffering and humiliation, as price of salvation and of glory. He gave it all, he gave it for all, and he does not stop giving it...This lowly Congregation which lives and labors under the glorious title of the most precious Blood of Jesus Christ must itself take on the shape and pattern of a living image of that divine love with which it was shed, and of which it was and is symbol, expression, measure and pledge. The spirit of this holy work is all love. We have carved this word in our minds and on our hearts. I repeat: Love! Love toward God and our dear neighbor...What a beautiful consolation it is to see spouses of the divine Lamb, the Adorers of his most precious Blood, motivated by one sole will, the will of God, forming but one heart and one soul, and thus unite, making the heavens resound with a hymn of thanksgiving to the infinite goodness of God, while at the same time they offer the Blood of his Son for the reconciliation of heaven with earth, of earth with heaven....”

HAPPY FOUNDATION DAY TO YOU ALL!!



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A tribute to DON GIOVANNI MERLINI as C.PP.S celebrates the 150th Anniversary of his Transit to HEAVEN.....

In Giovanni Merlini, the certainty of the value of each person becomes a style of service, marked by the Blood of Christ. His contemplative attitude toward the Mystery of Redemption explains his ability to harmonize all resources with the exercise of a loving will, to value all the talents present in himself and in his C.PP.S. Companions, to be *pontifex* of reconciliation and peace in fraternal and missionary life. In our time of fluidity, of brief and fragmented thoughts, in a culture we call "of the present" and "of the ephemeral", in which absolute value is given to the moment in which one lives, looking at Giovanni Merlini with soul



DON GIOVANNI MERLINI

intelligence means for us to compare the makeup of the wise man and the foolish man (cfr. Mt. 7, 24-29). The rock on which Giovanni Merlini builds the house and accompanies others to build it is the will of God: the saving plan worked out in Christ in the sign of his precious Blood. "I only desire the will of God, and it is enough for me".

The life of Venerable Merlini, as an admirable, intelligent, passionate blend, not only of the talents received, but of the inevitable shadows of the human, grows in the stature of Christ, while in everyday life he collaborates to establish *the order of love* (cfr. 1 Jn 4, 16), which the Son of God made possible for us by following a new and living way in his Blood (cfr. Heb 10, 19b-20).

Giovanni Merlini experiences harmony as a meeting of opposites, proceeding from the eye of the soul, where one discerns, decides, works, is unified by the grace of the Spirit in the blood of the Lamb. He lives as a missionary who recognizes the fruitfulness of proclamation among the people as proceeding from the power of the Spirit in the blood of Christ: "You see, in the missions we make a great noise and nothing else; but the conversion of the heart depends solely on God and on the efficacy of the Most Precious Blood of Jesus Christ".

We Adorers are truly happy and delighted to be part of this, as **DON GIOVANNI MERLINI** was the spiritual guide, guardian angel, a mentor and above all a Holy soul who led Maria in her journey of Holiness.

Venerable Giovanni Merlini, pray for us!

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AN INWARD JOURNEY

A Retreat in the Ignatian tradition is a Retreat Process of prayers and reflections that follow the rhythm of reevaluation from creation, sinfulness and reconciliation to the life of Jesus, His passion, death and resurrection. It is a focused encounter with God that centers on the gravity of our personal response to God's self-reevaluation in prayer, reflection and meditation.

As religious persons, prayer is a principal activity as it unites us with God, who is the Master and who called us.



The spiritual exercises were organized into five stages of meditation.

- In the first stage, we were invited to recognize God's gifts and our own sinfulness considering that He is always ready to accept us and to come to meet us in our journey.
- In the second stage, we were led into imaginary meditations on the life of Jesus - from His incarnation and birth up to His earthly Ministry. So we were helped to create a close relationship with Him, as our GURU and FRIEND.

- During the third stage, we meditated upon the triumphal entry into Jerusalem, the last supper, suffering on the cross, crucifixion, death and burial of Jesus.
- During the fourth stage, we contemplated on the resurrection and the physical apparition to Mary Magdalene and the disciples.
- The fifth stage is a recap of what we learned, imagined, meditated, reflected and contemplated and our resolution to live and practice for the rest of our lives.

Really this Retreat was heart-touching and inspiring, and a fruitful spiritual experience that helped us to come closer to Jesus. It was a graceful time in which we could really see totally our inner-selves as we celebrate 50 years of God's countless blessings.

We thank God for this precious time offered to us. We also extend our heartfelt thanks to Sr. Mini Vadakemcherry, the Provincial, and team, for these memorable spiritual days.

THE GOLDEN JUBILARIANS





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"The harvest is plentiful, but the labourers are few" Luke 10:2.

Yes, this was our eye witness experience as we started our journey from December 18th to 26th 2021, to visit our beloved catholic families staying in 8 villages located in hills and valleys at Chirapunjee, belonging to Shillong Diocese, Meghalaya. The Parish Priest willingly invited and supported us to visit every family and to spread our charism; and at the same time to find out the spiritual needs of the people.

We stayed with a family in each of these 8 villages, and went around visiting all the catholic families and prayed for them and spent time with them.



As we lived with these people, we became aware of their unique culture and experienced tremendous joy, satisfaction, God's love and His

wonderful presence. In our interaction with them, we were surprised at the many realities they face and their minimalistic way of life and the many needs of the locality.

This experience helps us recall the small town of Acuto (Italy) which was the beginning stage of charism of St. Maria de Mattias. The people

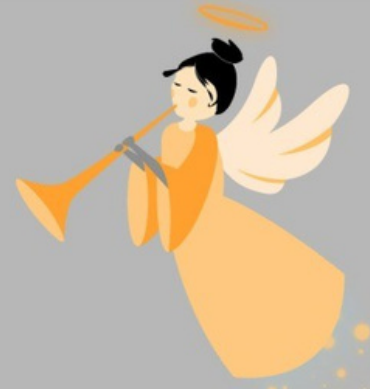


living in these hills and valleys are very welcoming, humble, respectable, very hard working, generous, collaborative and faithful to the Catholic Church and all its teachings. There are both, poor and rich families. They survive through coal mine and stone business; daily wage activities such as cultivation of beetel leaves, cutting fire wood in forest, construction works, etc. and lead a tough life for sustenance. Each family has more than ten children and few get the opportunity to be educated in Shillong; and besides, most of the children are school

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dropouts due to various reasons like need to care for the elders, poor education in government schools, and other schools being located very far away which involves a great deal of travelling.

Though these active and participative Catholics are many in number, it is sad to know that there is no proper spiritual assistance as there is no religious congregation and also lack of priests to reach all these villages for Sunday Eucharist. Our journey from place to place was very tiresome; but the sweet smiles, happiness and the joy of these people on seeing us, only strengthened us and gave us hope to complete our journey successfully. There were difficult moments walking through these hills and valleys but our dearest Foundress, St. Maria de Mattias was an inspiration for us to have hope and faith in Christ to save many souls. The words of our Foundress "courage my daughter" was echoing in our hearts and we joyfully accepted the challenges of the new place, people, culture, language, customs, food, climate and new realities. All of them were attracted to our spirituality and charism, and finally we received the invitation to begin our congregation in their parish.

In this amazing journey, we experienced God's love and support and the constant intercession of our dear mother Mary. We had a beautiful and unique Christmas celebration with all the people of these 8 villages gathered in one village. This wonderful and lovely experience of being with our less-deprived Catholic brethren brought us more satisfaction of being called Adorers of the Blood of Christ. We are grateful to our Provincial and Council for providing us with this great opportunity to meet and interact with these simple yet loving and faith-filled people. We are also grateful to the Parish Priest, Catechist and all the Presidents of the villages and families who supported and cared for us during our visits. Our journey was successful only because God was with us constantly.



Sr. Silvia Guthala, asc



Sr. Rosamani Eete, asc



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A NEW PATH OPENS UP MANY SURPRISES

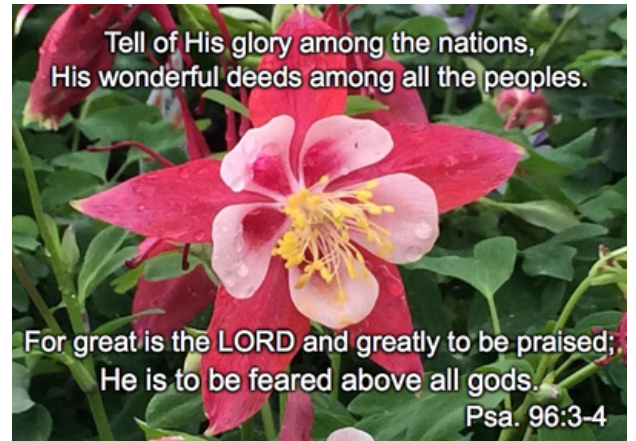
“Let us always be grateful to the deeds of the Lord”

Yes, dear Sisters, we are really glad to share our memorable experiences of being students in Mysore Community, and are truly grateful for the great deeds the Lord has done for us. When we look at our prayer life, we are very much interested in putting forth our words of thanks to God, who is always with us.

We, viz: Amita, Sohani and Subhashree, the Second-Year Students, desire to express the different missionary activities we are involved in.

We have been participating in common prayer as well as personal prayer; providing assistance daily at Mass; and also visiting different religious places like St. Anthony's Shrine, St. Philomena's Church and St. Teresa's Church. We have had the opportunity to take God's word to the people here by conducting prayers, participating in carol singing, and attending to pastoral ministry along

with the Sisters in the Church. But most of all, we would like to express the spiritual peace and calmness through meditation; and feeling of God's divine presence during Adorations. We are immensely motivated and inspired to continue to live this religious life and find the true values of missionary activities.



We had some colourful events like going for a picnic with the Sisters and hostel girls, and also participating in different programmes conducted by different congregations; even joining in College programmes and taking part in street plays, interacting with the poor children and extending our love towards them. With all these varied activities, we became aware of our



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qualities and capabilities, and which also gave us an opportunity in improving our self-confidence to face future public situations. We also became aware that our life is not static but dynamic as we need to reach out to people to achieve our ultimate goal as the followers of Christ.

Though we were actively involved in these socio-cultural activities, we also concentrated on our studies, and are thankful to the Sisters for their support and prayers; and we hope to give our best in achieving success in the educational field. We extend our heartfelt gratitude to the Community Sisters for all their love, care, guidance as well as prayerful support, in helping us to stand firm with a strong heart and desire to do God's will.

In addition to the above, we are also carrying out our household chores according to the time-table, which help us in managing the kitchen, keeping the house and surroundings neat and tidy; maintaining the garden, doing craftworks, etc.. We are happy to be associated in the various programmes and activities, which help in developing us as responsible persons; and are more convinced of our religious life.

Lastly, with a joyful heart, we thank God for all his blessings and tender love and accompaniment in our journey. We also thank all the Sisters of our Community, for their constant support in different ways, specially our Mistress, Sr. Elsy who guides and encourages us to achieve all our levels of serving and loving God in our little ways. We are also grateful to our Superior, Sr. Mary, for her valuable guidance and help. May God bless you all.



II Year Students – Amita, Sohani and Subhashree



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Experience in the Pushpa Girls Hostel, Bhopal

“Though we all are in the world; yet we are not of the World!”

I am grateful to God for His immeasurable blessings and graces showered on me. I am assisting in Pushpa Girls Hostel, Bhopal, which is run by our Sisters. It’s an amazing community, where I experience love, care and support and encouragement to do God’s will.



Pushpa Girls Hostel has around 100+ students pursuing different courses. These are young girls moving with the trends and fashion of the world and have great aspirations. It is pleasantly enriching to live with them, that sometimes, I feel like one of them. We help them to

IF YOU ARE A CHRISTIAN,
YOU ARE NOT A CITIZEN OF
THIS WORLD TRYING TO
GET TO HEAVEN;
YOU ARE A CITIZEN OF HEAVEN
MAKING YOUR WAY
THROUGH THIS WORLD.
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develop positive and moral values of sincerity, honesty, self-awareness and mutual love and respect for one another. We also assist them in their studies and prepare them to face life challenges by promoting self-discipline, and encouraging them to make all out-efforts in giving their best always. I am enjoying my association with these girls; and at the same time, I also learn a lot from them. May God continue to walk with me as I journey along in my mission activities.



Sr. Mary Priya, asc



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Student from Nava Jeevan Community College,
Kadinalvayal Reports

LIFE IS BEAUTIFUL...

***A teacher is very important in everyone's life,
because she imparts good education and lays
the foundation for good habits.***

I am Niboshitha, student of Nava Jeevan Community College, Kadinalvayal. It is a College different from other colleges because of its uniqueness. Through this small Institute run by the ASC sisters, many students who have dropped out of school, as well as poor students are given education and good moral values to face life challenges in the future.

As a student, I am enjoying every moment and cherish all wonderful times spent in this Institute which will be imbedded in my mind always. The simple living of the Sisters is very interesting and their social service in this locality for people living in the peripheries is very impressive. Their openness, understanding and availability is a big support for me and my friends to go and work for the people. I am grateful to Sr. Lourdu who helps us in our difficult subjects by her simple methods of explanation. She treats all equally and never makes any distinction or difference between the students. She always encourages us to study and also lead other students to walk in a right

path. I am overjoyed that not only education is imparted but also good habits and moral values.

I am very proud of my College and ever grateful for getting such an opportunity to study and to motivate others. After coming here, I learnt to be clean and tidy in whatever I do. I am thankful to the Sisters for spending their valuable time, not just to teach the subjects but also to help solve our many problems.

Whenever she senses that we are sad and having some problem, she calls us and speaks to us in private and helps us to overcome our problems. I am proud of being a student here and admire and appreciate the great service rendered by these Sisters. May God continue to bless these Sisters and may they continue the good work and make a difference to many others.



Nava Jeevan Community College, Kadinalvayal



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3rd - Sr. Regina Mary

March



9th - Sr. Mary Stella Yesthaki



15th - Sr. Rotion Mangarayil



26th - Sr. Rosy Bandi



27th - Sr. Mini Pallipadan



31st - Sr. Jiji Parayaruthadathil



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April



1st - Sr. Bimla Lakra



3rd - Sr. Lourdu Sagaya Selvi



8th - Sr. Maya Orappankuzhimattathil



9th - Sr. Hemema Juvonapudi



10th - Sr. Gracy Vadakiniedath



16th - Sr. Jacintha Manichathan



17th - Sr. Salomie Vazhayil



17th - Sr. Leena Puthuparambil



21st - Sr. Velangani Juthuka

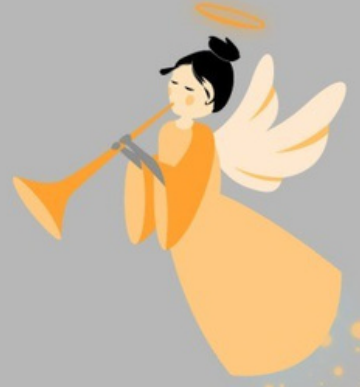


26th - Sr. Elsy Palatty





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March

April



10-03-2016
Mr. Devassy
Father of Sr. Rosy Karippai



03/04/2011
Mr. Philip,
Father of Sr. Bridget
Pulickakunnel



25-03-2020
Mrs. Marium
Mother of Sr. Jacintha
Manickathann



17/04
Mr. Anthony Samy,
Father of
Sr. Chinnammal A



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EVENTS

GOLDEN JUBILEE AND SILVER JUBILEE CELEBRATIONS AT BENGALURU - 4TH FEBRUARY 2023





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ARADHANA

WHAT ARE YOU GIVING UP FOR LENT?"

It's a question a lot of people will get these next few days. If you want to give up meat, sweets or perhaps entertainment, it is the way to go. But if you want to change your heart, a harder fast is needed. This narrow road is gritty, but it isn't sterile. It will make room in ourselves to experience a love that can make us whole and set us free. So, if we're going to fast from anything this Lent, Pope Francis suggests that even more than sweets or alcohol, we fast from indifference towards others.



DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from **hurting words** and say kind words.
- Fast from **sadness** & be filled with **gratitude**.
- Fast from **anger** & be filled with **patience**.
- Fast from **pessimism** & be filled with **hope**.
- Fast from **worries** & have trust with God.
- Fast from **complaints**; contemplate **simplicity**.
- Fast from **pressures** & be **prayerful**
- Fast from **bitterness**; fill your heart with **joy**.
- Fast from **selfishness** and be **compassionate**.
- Fast from **grudges** and be **reconciled**.
- Fast from **words**; be **silent** and **listen**.

How about you, what are you willing to fast this Lent?

An Alphabet for LENT

During the Season of Lent, we think of Fasting, Abstinence, or extra moments of prayer. However, we do the same things every year without being transformed in any way. Let this Lent bring about some change in us and our surroundings.

A dopt a person during this Lent and pray for that person regularly. Why don't you choose someone out of your kind? Not of your family/community/gender/language/etc...?	H umane approach to the other is the need of the hour. Use these words often: "Sorry, Thanks and Please."	N ails on the Cross. They are symbols of His sacrificial love. Pray the Divine Mercy Chaplet and the Sacred Mysteries of the Rosary apart from your daily prayers.	U se communication tools to connect effectively. Eg. 40 WhatsApp personal messages, or 40 phone calls to 40 deserving people. Say "Hi" to forwarded messages unless you verify them. This ministry is far more effective than good morning/goodnight messages!
B ible is your companion. It is not a book but a Person. Find time to read it daily.	I nvite your neighbour for a meal or prayer together. If that neighbour does not belong to your caste or creed, then the company becomes even more Christian!	O mega Prayers . He is our destiny. Say a prayer for the dead and for your happy death daily.	V isit some of the sick, elderly, or those in a hospital/old age home several times a week.
C onfession transforms your life. Begin this Lent with a good Confession.	P er for a stranger whom you met today as you waited for the bus, or in the workplace or in the train. Do it all forty days for forty different people. Be inspired of the words of philosopher Plato of Alexandria, who said, "Be kind, for everyone you meet is fighting a great battle."	W ith the Sacred Way with Christ. Walk the Way with the Stations of the Cross, Mercy or Family.	X ray your reasons for passing judgement on others. Resolve to be less critical. Self-critique your life daily.
D eny and detach yourself from over-use of the Cell phone. Observe a daily "Cell-Off" hour or weekly "Cell-Off" day.	J esus Prayer is the most ancient form of meditation in the Catholic Church. Formulate one (if you don't have one) and use it daily.	Q uery times for a new prayer-experience can be Stimulated. Find a sacred time and space.	Y es Lent. These words of wisdom changed the history of the world. This is His Mother's style. Practice language which is "Proactive, synergising and interdependent."
E ed addiction during this Lent. Social Media? Alcohol? Food? Particular Relationships? Or Nicotine? You decide!	K indness is a kind of love. Read the reflections of Pope Francis on 1 Cor 13: 4-8 from Amoris Laetitia. "Love is kind."	R ead the life of your favourite saint. Pray his/her to daily. If you don't have one, please select one favourite saint of your choice.	Z is the inspiration for this Lent. Share your life with Jesus and others. Acknowledge your mistakes in the presence of God and people. God will bless you and your home. May his will ever increase during this Lent!
F est and Fasts. Fast on Ash Wednesday and Good Friday. Fast with the poor. The latter has greater significance than the former.	L ogues to get down your reflections and acts for these 40 days. Keep the logbook as your unique memento of this Lent!	S erious attitude against a glossy approach to penance. Smile during this Lent. Practice the fruits of the Beatitudes if you want to have Him!	
G ive your time and resources for the needy. Practice the Spiritual and Corporal Works of Mercy. Make a plan to complete the 14 Works of Mercy during this Lent at least once.	M em in the morning, "Mass at noon, Mass in the evening. It should be possible to attend Mass often on Lenten weekdays.	T rans the attitude of His Creation. Don't litter. Make sure the public space outside your space is clean. That is Mission Possible!	

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This Lenten Season, grab some opportunities to read, listen and contemplate on God's Word



Dear Friends,

They say reading the Bible, the Word of God is like standing below a waterfall and drinking with whatever you have; there is no way you will be able to consume the entire water that is flowing but only what you have caught it with. Likewise, no one can say I have read and understood the Word of God in totality.

"BIBLE IN A YEAR" is a "Sacred Scripture" read-and-study program that started on 1 Jan 2021 by Ascension Press, and represented every year beginning January. The sacred scriptures is presented in a very enlightening, informative and interesting manner, from Genesis through Revelation spending an average of 20 to 25 minutes daily. It is available on YouTube as well as a podcast. Fr. Mike Schmitz is the presenter along with the Scripture Scholar, Jeff Cavins, Creator of the Great Adventure Timelines., where he reads out the entire Bible in a year, which he starts as day 1, day 2 and so on, along with the reading he gives a short commentary on the passage that he has read. We may not end up listening to it everyday, but we can start from the day we have left it for e.g. if we completed day 52 and took a pause, we can continue from day 53 without missing anything, and this can be done year on year as the podcast is on and it is the 3rd year for some who are going through this program.

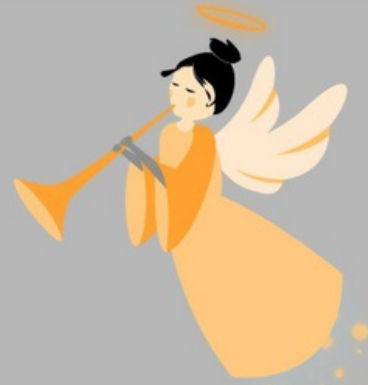
In addition, from 1st January 2023 onwards, Fr. Mike Schmitz has started "Catholic Catechism in a Year" on the same lines. Once again it's a wonderful presentation and an opportunity to learn and understand our faith.

Incase you have missed it, now is the time to grab this opportunity (even if its late, you can catch up) to understand God's word as well as the Church's teachings, in a beautiful and wonderful way. During this lenten season, let us undertake this journey to walk with the Lord by reading and listening to God's word in a different way, and allowing Him to speak to each one of us. God bless!

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He is RISEN...
and we are

Alive!

IN CHRIST

HAPPY EASTER !!