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News Glow Bangalore Province

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SACRED HEART OF JESUS, SYMBOL OF LOVE



Dear sisters, this year the feast of the Sacred Heart of Jesus falls on 19th June. It is one of the greatest devotions of Christianity. The Sacred Heart stands as a powerful symbol of the whole human body of Jesus Christ. The heart is at the core, representing the very real life of Jesus our Savior, a heart which was formed in Mary's womb, a heart which beat as he preached the good news and healed the sick and a heart that stopped on the cross and was then pierced by the soldier's lance. It is also the heart that beats once more at the resurrection and continues to do so for us today. The sacred heart of Jesus is therefore, a powerful reminder of the love of Christ poured out for us all. It is a heart which can teach us that, through grace, we too are capable of loving God, ourselves and others to a degree which we may have thought impossible. We often reject the Love of God, and have done so throughout our human history. But the love of the Sacred Heart of Jesus, does not cease upon rejection, it loves all the more. When the soldier pierced Christ's side, His heart did not close but instead opened and flowed out the blood and water of our redemption. We are called to love as totally and recklessly as Him, who gave His life for us. Heart is the center of a person, the place from which he/she makes the choices which will affect the world within them and around them. Let us spend the month of June in prayer to the Sacred Heart of Jesus, lifting up our congregation, our nation, indeed the whole world to the One in whom we place all of our trust. He will not disappoint, His heart still beats with Mercy and love for the world.

THE NEW NORMAL

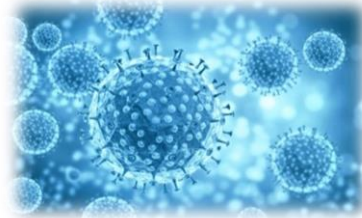
Let us understand the new normal amidst corona pandemic

What is normal and what is abnormal? In the covid - 19 contexts the question assumes, life and death significance. Now the normal world as we know it, it's our relationship with it, our behavior within it, having posed by tiny, tiny particles. So much so we are scared with the normal. We all want to breathe the fresh air, but now that the air has become unclean, it is dangerous to breathe. We need to wear a mask. It is normal to touch, to hug, a sign of affection. But all of a sudden it has become strict. No, No. Playing together, eating together, getting together had so much fun and it was bonding. Now bonding is when we sit far from each other, we can't even talk close to each other. There is fear of spreading infection and it looks like it will continue for some time. What will happen to all that were labeled as normal. How to get back to this sense of normal? Why do we shut indoors for so many days without shopping, parties, meeting friends, and work? The answer is very obvious. All want to live. The desire to live comes across all species of life in the society. This desire transcends them from all religious affiliations, caste/community differences, economical status, geographical boundaries, men and women, children, young and old, those in

the shacks, those in the pent houses, we all need to be awake. We all have to remain awake, that will preserve life. Our deep desire to nurture life, not only my life, and all those who are dear to me, but everyone beyond every differences especially those who are denied of a dignified life. The awareness that all are human beings like us will bring the best out of us a common desire to live and nurture life. A virus that has no life of its own has become a teacher to appreciate life, beauty and diversity. So dear sisters, the changes happening around us redefine our life style to see the world differently. Let us draw some insights from the article on lock down as given below

Where is the GOD of anawim?

*Where is this merciful God in this pandemic disease –Covid19?
Is He also locked down in the Temples?
Is He locked down in the Mosques?
Is He locked down in the Churches?
Where is He?*



These distinctive questions that are constant in our minds, as the covid19 struck the whole world killing lakhs of people and left us inside the four walls with aim less and helpless conditions. *In fact, where is this God of ours whom we call as all powerful and mighty healer?
Is He on the Mountain peaks? Is He on the Pinnacle of the Temples? Is He in the Tabernacles?*

Are not these queries that aroused or arise at this chaos of our lives? Indeed I too was so much disturbed with such kind of doubts and questions from the time the locked down began in our country. At this outset, as I was in search of finding answers for my queries, I remembered the words of our great Indian Poet Rabindranath Tagore –

“Leave this chanting and singing and telling of beads! Whom do you worship in this lonely dark corner of a temple with doors all shut? Open your eyes and see your God is not before you.” “He is there where the tiller is tilling the hard ground and where the path maker is breaking stones. He is with them in sun and in shower, and His garment is covered with dust. Put of thy holy mantle and even like Him come down on the dusty soil!” “Come out of thy meditations and leave aside thy flowers and incense! What harm is there if thy clothes become tattered and stained? Meet him and stand by him in toil and in sweat of thy brow.”

This thought of Tagore provoked me to go in search of that God of ours and finally I stopped as I encountered HIM in some of the great human personalities like....

Karnataka CM praises nurse who left 3 kids, to join Covid-19 battle:

a viral video shows her daughter, who came to visit her, crying and longing to see her. The three-year-old girl seated on a two-wheeler with her father was seen waving and crying as the nurse stood at a distance away from the entrance of the hospital. As the country battles to contain the spread of Covid-19 infection, nurses and doctors have been at the forefront of this battle, and the hardest part for many has been the prolonged separation from their loved ones, since most healthcare personnel are being housed at lodges in addition to being kept in quarantine for a fortnight. For Suganda, this estrangement from her family was particularly painful, since it meant having to leave her three-year-old daughter behind. Undaunted, she decided to join the battle instead, much to her daughter’s grief. This sacrifice on her part earned her appreciation from the CM.





Andhra Woman Wins DGP's Praise for Selfless Gesture of Buying Cold Drinks for Cops on Duty:

In a heartwarming gesture, a woman from Andhra Pradesh won many hearts after she bought two bottles of soft drinks for the police officers working in the scorching heat. According to reports, the woman works in a private school in East Godavari district and earns Rs 3,500 per month. But that didn't stop her from helping Cops who have been working day and night amid this crisis.

4-Year-Old Andhra Pradesh Boy Donates Rs. 971/- to fight COVID-19, which was his Saving For A Bicycle:

In times of despair like the one the world is going through right now, there is a need for kindness, empathy and generosity more than ever. What does this little lad could understand at the age of 4 years about this pandemic disease? Perhaps he might have understood that the world is in need of money, thus he gives whatever he has .A little hero of the era invites you and me to understand the suffering world of today. Don't we find that God of ours in this little smiling face? A great brainwave appealing and interesting ahead of us understands the suffering world of today. *Where are we?*



As the maxim goes “Take One Step towards God and He Takes Two Steps towards You.” You can see how God comes out in search of His children. The roads and streets, He makes as His dwelling places. Thousands of people receive the blessings of our merciful God as they see the glimpse of holy face, as the priests with the Blessed Sacrament walks through the roads and hospitals *As we see this splendid sight, aren't we reminded of our beloved Lord Jesus of Nazareth who 2000 years ago walked through villages, towns and cities of Palestine, healed the sick, gave sight to the blind, made the lame walk, those who have leprosy were cleansed, the deaf heard, the dead were raised, and the good news was proclaimed to the poor?*



Instead of people coming to the church to receive Holy Communion at Mass, the Bishop of San Cristóbal asked his priests to take the Blessed Sacrament to their church porches to bless the city.

Bishop asked his 150 priests to ring the church bells at 12 noon and go out with the Blessed Sacrament calling on God to rid the world of the pandemic. Here is our merciful God, He is not locked indoors. Like a shepherd, He is in search of his sheep. Are we attentive to His voice?



I could encounter God in the Civic workers, police, doctors... Is it not a historic moment, as the entire world broke into fighting with the pandemic virus, all the doctors, Nurses, Policemen, Officials, Municipal departments, Civic workers and Cleaners have become the warriors to protect us from the dreaded disease. Though it was risk, yet the faithfulness towards their duty did not interrupt them to curtail them to their homes. *What a herculean job is done by all these people? Where else can we see that God of ours if not in these people?*





The journey of my search for God was like the experience of Emmaus disciples. A common phrase that is often heard or read is “Most children walk to school ...but come back home running!” Thus my search too was dull tale of being filled with disappointment and confusion. The encounters with GOD lead me to be recounted as we received the message from our provincial council to help the poor people of our neighborhood.



That is a great initiation offered to us to reach out to the poor and marginalized who were locked down without a daily meal. As a community, we decided to help poor families along with all our helpers: Rice, Groceries and cooked food was distributed on the roads for the destitutes.

To be human is to be divine, so let us be human to understand the suffering world of today. We may not be able to give our helping hand to all the needy but let us not miss to do the little that we can do to the people around. May our prayer for others reach out far and wide to the many that our limited service cannot touch like these poor migrant workers are forced to walk home.

Virus is brought by passport people and consequences are born by ration card people. A mass exodus of migrant workers began as hundreds took rides on trucks and autos or even cycled in desperation to reach their homes. Many lost their lives before they could reach either from hunger and exhaustion or accidents. *In this pathetic condition, what is our responsibility towards such people who knock at our doors? The time is at hand let us arise and awake to show The God of ours whom we worship and adore by sharing of His Love, mercy, compassion, kindness and make our lives more human and divine.*



Knock and the door will be opened for you.

Jesus, during Your ministry on Earth You showed Your power and care by healing people of all ages and stations of life from physical, mental and spiritual ailments. Be present now to people who need your loving touch because of COVID-19. May they feel your power of healing through the care of doctors and nurses.

Take away the fear, anxiety and feelings of isolation from people receiving treatment or under quarantine. Give them a sense of purpose in pursuing health and protecting others from exposure to the disease. Protect their families and friends and bring peace to all who love them.

“This storm will pass. Although, it has tested our strength, our foundations, our roots, we will arise stronger, wiser and smarter. The best is yet to come.” Charles F. Glassman

- Sr. Jayasheela JMJ

WORD OF APPRECIATION

Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.



Zilla Panchayat Meera Saib honoring our sisters at JMJ clinic - Kadaba for their dedicated and uninterrupted services to the people of Kadaba in the midst of the global pandemic corona virus.

Good News

We congratulate the sisters at JMJ Clinic, Kadaba for obtaining the certificate of registration on 26th May 2020. We thank God for bestowing upon our sisters the abundant blessings that they may become His useful instruments in healing ministry.



CELEBRATING LAUDATI SI WEEK, MAY 16-24, 2020



*“Rivers don’t drink their own water. Trees don’t eat their own fruits. The sun doesn’t shine for itself. Flowers don’t spread their fragrance for themselves. Living for others is a rule of nature. We are born to help each other.”
- Pope Francis*

Dear sisters, happy to hear that all of you celebrated the Laudato Si week, caring for our common home from 16th to 24th May 2020 personally and as a community, thanking and glorifying God for His beautiful creation. Following the example of St. Francis of Assisi, the Holy Father reminds us, of the inseparable connection, among concern for nature, justice for the poor, commitment to society and interior peace. Often we forget that we ourselves are earth. Our own body is made of the elements of the plant, its air is what gives us breath, and its water gives us life and restores. So everything is connected and related, and we human beings are united as brothers and sisters, on a wonderful pilgrimage, woven by the love, God has for each of His creatures and which also unites us in fond affection with brother sun, sister moon, brother river, and mother earth. The earth which was created to support life and give praise to God, is crying out with pain because human activity is destroying it. All of us have an obligation to take steps to mitigate climate change, clean the land and seas, and start treating all of HIS creation –including the poor people, with respect and concern. Pope Francis says, ‘*a lack of respect for creation is a lack of respect for God who created all that exists.*’ Johann Wolfgang Goethe said, ‘*Let everyone sweep in front of his own door, and the whole world will be clean.*’

Following this principle, let us see what we the sisters of Bangalore province have done in our communities in promoting and protecting the mother earth –

➤ OLF Convent-Porumamilla

If we destroy creation, creation will destroy us”-Pope Francis

Under the theme of the week 16th -24th May-2020, we the community sisters had awareness talk on the theme - CRISIS OF THE EARTH AND THE POOR. It is a great opportunity for us, Catholics and as religious to be part of citizens for the common good and to re-engage with our environment and take responsibility for it.



We had a day of awareness session- on climate crisis and its impact on the world by Fr. Vijaya Rao - Parish Priest-Porumamilla. Throughout the week, we had prayer service using various themes. The theme on examination of conscience through video clip helped us to thank the Lord for the beautiful creation. It is an eye opener to us for the realization that many ways God has blessed us through creation. It was a great opportunity to recall the people who had contributed to the fabric of our lives. We had thanksgiving prayer service for the beautiful earth, the safe drinking water and the air we breathe. We prayed and meditated on all the mysteries of

Rosary which helped us to reflect on the importance of human dignity and the value of respecting creation. We offered ‘Divine Mercy chaplet’ for those who pollute the environment in ignorance, willful polluters, indigenous people, the poor, the ill, the migrant and the forgotten. We also had taken ‘Laudato Si’ pledge and personal commitment, Reflection on Eco-friendly living and last day spending as a day of prayer, praying for the needs of the world. Three days our employees and sisters participated in clean and green programme at our OLF premises. For example: Taking away the stones, thorny plants, sweeping and removing the grass, etc. The garbage is segregated to dry and wet in our convent pit. Every day the altar was decorated according to the themes. The ‘Laudato Si’ week (16th -24th May-2020) was a message oriented programme. As a community and as individual, we have drawn action plan and taken concrete suggestions:



Action Plan/Suggestions:

Spiritual -

Meditating on the Bible passages that speak of creation.

Listing down the positive things of the day and thanking God for the blessings.

Putting away all devices for an hour and spending time in prayer (or) serious reading and reflection.

Biological -

Planting fruit bearing trees, flowers and vegetables in our garden. Reducing consumption of goods. Minimizing the consumption of water/drinks sold in plastic bottles. Segregation of garbage into dry and wet using the pits for organic garbage into compost. Eliminating single use items at community functions, Usage of steel and glass utensils and cutlery. Using LED lights, turning off fans and lights when not in use, etc.

➤ **JMJ Sadan, Shiggaon**

From May 16th to 24th 2020, we had prayer service on different themes like Examination of conscience, Laudato Si pledge, personal commitment, reflection on Eco – friendly living.

On the last day, whole day we had adoration. All the sisters took turns and spent the day in prayer, praying for the whole world, praying the Rosary and reciting the chaplet of mercy. Candidates and workers took time to clean the campus, we made vegetable garden by planting some seeds and removing the garbage. It was a good time to join with the whole world to pray and to become aware of how to take care of the environment created by God.

➤ **St. Joseph’s Convent, Dargamitta**



Cleanliness is next to Godliness – Caring the earth. We cleansed the campus of the convent, school, and college. Segregated the waste according to its usefulness and some of it were used as manure which could help for the growth of the plants and the rest buried in the pit. *“Plants are effectively the lungs of the environment.*



They take much of carbon dioxide from the atmosphere and release oxygen.”

➤ **JMJ Convent, Kadaba**

We made this week very essential and meaningful. We started the first day of the week by planting some flower plants and vegetables in our limited area as well as terrace gardening.

➤ **JMJ Sneha Sadan, Kogilu**



DATE	DAY	PRAYERFUL ACTIVITY	PHYSICAL ACTIVITY
16 th May 20	Saturday	Examination of Conscience	Planting the sapling
17 th May 20	Sunday	Prayer Service - Laudato Si' Prayer for Creation	Watering the garden
		Watching and Reflecting with Videos on YouTube	
18 th May 20	Monday	Praying the Rosary – Joyful Mysteries	Cleaning the garden
19 th May 20	Tuesday	Praying the Rosary – Sorrowful Mysteries	Placing small containers with water for Birds
20 th May 20	Wednesday	Praying the Rosary – Glorious Mysteries	Having lunch in the Garden
21 st May 20	Thursday	Praying the Rosary – Luminous Mysteries	Playing together as a community
22 nd May 20	Friday	Session on Carbon Footprint	Fasting for the cause
		Divine Mercy Chaplet	
23 rd May 20	Saturday	Laudato Si' Pledge and Personal Commitment	Promise to stay green & care green
24 th May 20	Sunday	Reflect – Concrete Suggestions Eco-Friendly Living	Celebrate Laudato Si'
		Worldwide Day of Prayer	

➤ **JMJ Convent, Payyavoor**

We helped the people who were affected by floods and visited the houses and areas. We avoided the usage of polythene plastic bags and other materials, stopped burning and throwing away plastic. Planted more trees and we cultivate organic vegetables for our domestic need. Grow kitchen garden and terrace garden. We are using wet garbage waste as manure for the plants. We make well use of washing water without contaminating surrounding area and direct it to irrigating the



plants. We take care of disposing the House-hold waste in proper manner. We are eco-friendly by recycling the dry waste. We are dealing on the issues on the right to clean water.

➤ **Infant Jesus Convent, Chellanam**

“Everything is connected”

We thank God almighty for our Pope Francis who reminded us the steps towards integrating love and care for creation as part of our Christian faith. We began the Laudato Si week with a special prayer service thanking the Lord for the creation and the connectivity that we build up day by day. Each day we had a theme to pray for the mother earth.





The few activities we have done in Infant Jesus convent are:- Motivational talk to employees, Eco friendliness, cleansed the campus, Proper disposal of waste, personal awareness- to be cautious regarding the usage of water & electricity. The pledge was displayed on the notice board to remind one another, avoid wasting food & water and started using public transport.

➤ **JMJ Convent, Pulivendla**



We, the sisters of JMJ convent started the celebration with a meaningful prayer service on various themes like nature, healing of the earth, etc. Activities include sweeping the campus, meditating on the passages from the Bible that speaks of creation. Water harvesting: Reducing wastage of water, recycling water, not to burn leaves fallen from the trees but collect it and make it as composed garbage along with kitchen waste and utilize it as manure, eliminating the use of Plastic,

minimizing the use of water, gardening, Developing eco-friendly relationship through nature walks, participating in Eco seminars, retreats and partaking in various awareness sessions to know more about climate crisis and its impact on the world to save our Father nature and Mother Earth.



➤ **JMJ Provincialate, Bangalore (Preethi Nivas)**

The best way to find yourself is to lose yourself in the service of others. - Mahatma Gandhi
This saying was very much expressed and experienced by all of us at JMJ Provincialate as we joined together to mark the occasion of Laudato Si Week with a meaningful prayer service. As children of one universal family, we thanked God for the gift of His creation and asked for His help in guiding our choices for good.



During the prayer, sisters offered soil, water, fire, plastic to which we are addicted, promising God that we will use materials which are

environment friendly and go for eco friendly products. Soon after the prayer, Sr Anthony Mary planted a coconut tree, a tree universally known for its wide use followed by pledge.



Awareness was given through skits where in every sister participated and brought out beautifully what life style changes we can make as individual and as community to protect God's creation. Videos were shown, depicting the ill effects of plastic and finally conducted quiz to evaluate and to impart knowledge. All of us were divided into groups and the campus was cleansed and today we breathe fresh air.

➤ JMJ Convent, Nagavara

We had a meaningful prayer service, thanking the God of our Creation and acknowledging the uniqueness of each one whom God has created in His own image & likeness. We believe that it was God given time to acknowledge the fabulous work of God and to live a life of gratitude to Him. As co-creators of God, we need to multiply it for the future generation by planting new trees, cleaning of the house & garden part by part. We planted some flowers & vegetables in the Garden. We followed the booklet sent by the CCBI Commission for ecology for the week's prayer.

➤ JMJ Nivas, Dornahalli

Under the theme of the week “everything is connected” with the Vatican's Dicastery for integral Human Development prompts the Catholics to join in a year long journey of transformation, as we grow through the crisis of the current moment by praying, reflecting, and preparing together for a better world to come .



- Ultimately it is a great help for all Catholics especially to raise hope and try to build up a bright future especially to the helpless and hopeless people.
- It helped us to be united with our brothers and sisters in faith and build a better tomorrow by going through problems and difficulties.



From May 16th to 24th, we had prayer service every evening from 6:30 to 7:30, with the following patterns- Examination of conscience, prayer service -Laudato Si prayer for creation, the Rosary Prayers of all the mysteries, praying the Divine Mercy chaplet, Laudato Si pledge and personal commitment, reflection on Eco – friendly living and last day spent in prayer.

All the sisters participated regularly for prayer. The topic on “Examination of conscience” was very good and helpful too, to introspect ourselves. It helped us all to thank God for the creation, reflect on the cry of the poor & help them. It allowed us in developing the attitude of forgiveness, to have faith and trust in God. The last day was dedicated for the day long adoration. Sisters took turns and spent the day in prayer, prayed for the whole world during the adoration, prayed the Rosary and recited the “Divine Mercy Chaplet.”



We the sisters along with our children with special needs and workers took care of cleaning the campus; we tilled the vegetable garden and sowed some seeds and also removed the waste. It was a good experience- joining with the whole world, praying and becoming aware of how to take care of the environment created by God.



➤ **Nirmala General Hospital (TIPC)**

Cleaning of the entire campus by dedicated team of staff and sisters.



➤ **St. Stanislaus Campus, Bangalore**

The opening ceremony began with the procession from the entrance of the convent. Each sister was given a plant with their names with the promotion of “go green” concept. Some of them were given plaque cards with slogans inscribed on it. We gathered near the convent garden, Sr. Elsy began with a short prayer taking pledge to save the earth. Then each one was asked to place their plants near the statue of Mother Mary. The



second part was the unveiling of the theme which was solemnly inaugurated by Sr. Sicily. The theme for the earth day was “climate action”. We all need to protect our mother earth from beginning with oneself. We continued our inaugural ceremony with meaningful prayer service conducted by Sr. Tresa & team. Every sister was given a new sapling to plant, all were happy and began to care for their plants.



We had meaningful meditation on nature sitting in the garden in the midst lushy green, birds chirping, colorful fish and fountain sounds which were all arranged to experience the genesis of creation.

- *Sr. Thresiamma K., JPIC Co-ordinator*

An Expression of Gratitude by Silver Brides: Batch-2020



For His steadfast love!

With this quote in our hearts and thought in our minds, we began our journey to Sirumalai for a mount experience. The festive spirit of air played music, the flowers spread the fragrance of aroma and silver oak trees danced with resounding sonnets of jubilation and welcomed the shining silver brides to the portal of Divyodaya JMJ Spirituality Centre with a bouquet of words, “ *Nurture the nature of being for better future living*”. An affectionate and warm greetings of welcome was extended by Rev. Sr. Mary Kutty the Provincial Superior of Raipur Province, Sr. Shymala the Directress of Divyodaya JMJ Spirituality center, Sirumalai, Sr. Prameela the Assistant Directress, the Superior and the community Sisters, ceremonially with arathi and badged us with natural flowers and lighted candles for a solemn thanks giving prayer service.



“*The Lord blessed the later days of Job more than the beginning.*” With this reference from the Holy Bible, Sr. Mary Kutty began the ice- breaking session and conducted a game- pick me up. And she induced us with sundry group dynamics and activities to evoke the past memories and affluent experiences of 25 years of green miles as a Consecrated Religious. We had a moment of silence for the departed soul of our beloved companion Sr. Rosalia.

The topics Psycho Spiritual Integration kindled us to live a meaningful, purposeful, balanced and holistic life as a Consecrated person. The group realized that we are spiritual beings from womb to the tomb. It ignited a new insight to go back to the past, live in the present and be fruitful in the future. It called us personally to be -

**Intellectually sound, Spiritually deep,
Emotionally balanced and Socially relational.**



We have journeyed the road less travelled by neglected feelings and ignored emotions. Now we are able to identify, understand and accept the uniqueness of each individual person in our communities and to celebrate the difference by connectedness.

The session on *Emotional Intelligence* was introduced by Fr. Johnson. We became aware of the positive and negative emotions, which are very powerful energies and gift from God. The knowledge of self consciousness made us to be more flexible and effective to face the challenges of today’s context. Various group techniques, personal workshops and therapeutic activities made us to be freed from the clutches and hurt feelings, which hindered our self-growth. Different methods and skills in

counselling emphasized for inner journey, to live our life to the fullness. We learned to handle our emotions skillfully and express it positively.

Fr. Michael Fernandes SDB dealt the topic of **Canon law**, systematically he quoted the latest documents and encyclicals on Constitutions, important rules and regulations, duties and tasks of the major superiors of Consecrated religious at different stages of religious institutions. We felt that it is our primary duty and responsibility to know about the articles on religious life. We realized that we need to abide by the constitutions and live by the spirit of it every day. He vividly explained the vows and the financial matters of religious institutes and mostly emphasized on qualities and characteristics of a good leader and community life.



“Gratitude is the fairest blossom, which springs from the soul” - is the description resounded in all the sessions of **Ignatian Spirituality** by Fr. Dhanraj SJ. He enlightened us that life is a gift from God, we need to celebrate each and every day and express our gratitude for His unmerited grace. He explained the life of St. Ignatius, who visualized and actualized his dreams by fighting warfare with the weapon of self denial. The resource person also emphasized and highlighted on meditation, contemplation and Discernment of the spirits, which stirred us to practice the spiritual exercises of St. Ignatius.



Our JMJ Spirituality is ***“An ever renewed search in doing God’s will”*** was systematically and reflectively dealt in depth with personal life experiences and shared views by Sr. Prameela and Sr. Shymala. We could travel in spirit miles and miles to the sources of our Congregation and walked with our pioneers and stalwarts to different communities in the Netherlands. The metaphor ***“Spring”*** awakened us to know the flow of our present status of life and to be aware of the obstacles and crises in our religious life. Inspiring video clippings and power points stimulated our innate to imbibe the missionary spirit, to be innovative and creative, to spread our JMJ Spirit and Charism to the universal church and to the four corners of the world.

We are convinced that our JMJ sisters’ prayer life was the secret of their charitable and apostolic works, and also the driving force for their fruitful mission. The integration of interior spirit and exterior Spirit will help us to imbibe the characteristics of our dear founder Rev. Fr. Mathias Wolff. Thus we may preserve the rich patrimony and heritage of our beloved Congregation of Jesus Mary Joseph.

We began our spiritual journey with a proper disposition and desire to make one month **Retreat** by Fr. Louise SJ, who is a person of prayer and living a witnessing life. The theme was ***“Vigilant to the Word of God, Alert to the Grace of God and Docile to the Voice of the Spirit”***. Daily meditations, talks, retreat direction and the Spiritual dynamics of St. Ignatius helped us to spend more time with the Lord in inner silence and serenity.

The word of God was the source of foundation and strength for us to taste God's merciful and compassionate love and to come back to Him in repentance like prodigal children. We realized that God freely created us so that we might know, love and serve Him in this life and be happy with Him forever. We became aware that God's purpose in creating us is to draw forth from us a response of love and service here on earth, so that we may attain our goal of everlasting happiness with Him in heaven.

Like the disciples on the way to Emmaus encountered Jesus, so we too were touched by the Eucharistic presence of the Lord to act and trust as if everything depended on God. We believe that all the things in this world are gifts of God, created for us, to be the means by which we can come to know Him better, love Him more surely, and serve Him more faithfully.

“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness”. At this juncture our hearts resonate with gratitude to God our creator for His unstinted blessings and marvellous protection throughout these 25 years. ***“Nothing is more honourable than a grateful heart”.*** We express our attitude of gratitude to our Superior General Rev. Sr. Innamma and Council, all the Provincials and Councils especially Sr. Mary Kutty and Council for planning the renewal program meticulously.

We sincerely thank Sr. Shymala, Sr. Prameela and the community sisters for their support and hard work to keep us happy and healthy during our stay at Sirumalai. ***“Gratitude helps us to grow, expand and to contribute our might”.*** A special sincere note of thanks to all our Superiors, Community sisters and our dear beloved formators for being an instruments to form and transform our silver lives brightly and steadily for greater glory of God.

**Gratitude makes sense of our past,
Brings peace for today,
And creates a vision for tomorrow
It's a powerful catalyst for happiness.
It's the spark that lights a fire of joy in your soul**



- **Silver Brides (Batch 2020)**

In Loving memory

Guntur Province:-

Sr. Virgo Gali 08.02.2020

Family Members:-

Aunt of Sr. Bala Prema Narala	03.02.2020
Nephew in law of Sr. Sundari Singareddy	05.02.2020
Uncle of Sr. Vijaya Rani Poliseti	10.02.2020
Brother of Sr. Aniamma Pottanani	02.03.2020
Brother of Sr. Gnana Sundari	03.03.2020
Father of Sr. Eliza Nallabai	12.04.2020
Brother of Sr. Arogya Mary Naguri	23.04.2020
Nephew in law of Sr. Sundari Singareddy	29.04.2020
Mother of Sr. Praveena Mallavarapu	19.05.2020
Uncle of Srs. Prakashamma & Fathima S.	23.05.2020
Cousin brother of Sr. Rosy KC	28.05.2020
Sister of Sr. Anastasia Mallavarapu	08.06.2020
Sister of Sr. Elsy Pulickal	15.06.2020



We extend our heartfelt condolence and sympathetic wishes to our dear sisters and their family members. May the Lord give them comfort and consolation.

**Eternal rest grant unto the departed O Lord and let perpetual light shine upon them.
May they rest in peace. Amen**

Editorial

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