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A beautiful season of Advent

Dear sisters,

The Advent season is almost here. It usually surprises us when it comes, since it usually starts in November. The beauty of Advent is that it is a season, not a day. Preparing for Advent means that we can enjoy the richness of our faith which helps us to prepare our hearts and minds for celebrating the coming of the Christ child on Christmas.



Advent is a four-week spiritual preparation for celebrating Jesus' birth (and His Incarnation). Advent begins four Sundays before Christmas day. We have four weeks of Mass readings and prayers to help us focus on Jesus and what He has done for us. Incarnation is one of the most amazing truths we know. Incarnation means God made man. God, our mighty Creator, became a human. He did not just arrive on Earth fully grown one day. No. He humbled Himself to be born as a baby, to be initially helpless and grow up just like we do.

God, in His infinite wisdom, love, and humility, became a man for our sake. He did not have to do this, but He chose to. This is a great act of love. We celebrate His coming on Christmas. We prepare our hearts to celebrate His coming during the season of Advent. Advent is a gift to us. The four weeks of Advent help us to prepare us to truly celebrate Christmas, to contemplate and understand the great reality of God becoming man for our sake because of His great love for each of us.

Jesus became a man knowing ahead of time that He would suffer and die for us on the cross. His whole life on Earth was dedicated to loving, teaching and serving us, so we can learn more about Him and can choose to be with Him in Heaven. His birth is a great reason to celebrate and a remarkable gift to us. Advent gives us the opportunity to reflect more on the truths about Jesus and our Catholic faith. The Advent wreath first appeared in Germany in 1839. A Lutheran minister working at a mission for children created a wreath out of the wheel of a cart. He placed twenty small red candles and four large white candles inside the ring. The red candles were lit on weekdays and the four white candles were lit on Sundays.

Eventually, the Advent wreath was created out of evergreens, symbolizing everlasting life in the midst of winter and death. The circle reminds us of God's unending love and the eternal life He makes possible. Advent candles are often nestled in the evergreen wreath. Additional decorations, like holly and berries, are sometimes added. Their red color points ahead to Jesus' sacrifice and death. Pinecones can symbolize the new life that Jesus brings through His resurrection. Families begin lighting a candle on the first Sunday before Christmas and light another candle each subsequent Sundays.



- The first candle symbolizes hope and is called the “Prophet’s Candle.” The prophets of the Old Testament, especially Isaiah, waited in hope for the Messiah’s arrival.
- The second candle represents faith and is called “Bethlehem’s Candle.” Micah had foretold that the Messiah would be born in Bethlehem, also King David’s birthplace.
- The third candle symbolizes joy and is called the “Shepherd’s Candle.” To the shepherd’s great joy, the angels announced that Jesus came for the humble, unimportant people like them. In liturgy, the color rose signifies joy.
- The fourth candle represents peace and is called the “Angel’s Candle.” The angels announced that Jesus came to bring peace—He brought people closer to God and each other again.
- The (optional) fifth candle represents light and purity and is called “Christ’s candle.” It is placed in the middle and is lit on Christmas Day.

Renewal Seminar for Temporarily Professed Sisters

“Rejoice always, pray continually and give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” - 1 Thessalonians 5:16-18

We the Temporarily Professed Sisters (TPS) from six batches had gathered for the renewal and refreshing seminar from 23rd to 27th May 2022 in JMJ Provincialate, Bangalore.

The following topics were dwelt -

- a. Exploring the realities
- b. Dynamics of community living and prayer
- c. Synodality
- d. Friendship and Relationship
- e. Conflict management

Exploring the realities: This session was very practical, it was based on the realities of today’s life. The group sharing helped us to analyze the problems which we are facing in our communities. Each group expressed the different situations, gave their solutions and suggestions for the following problems -

1. Vocational crisis
2. TPS in the community
3. TPS as students
4. Division in the community



“What is lacking for you to touch the sky?” This was the question that deeply touched our hearts after seeing the clipping of Jessica a girl who was born without arms, but she achieved her goal of reaching the sky. We understood that - Instead of blaming the darkness, we must light a lamp. The greater the difficulties, the greater is the joy was the lesson that we learned. We were also enlightened by the non-negotiable core values which are the deep roots of our Congregation. As our founder Rev. Fr. Mathias Wolff found God’s Holy Will in his life, we as his daughters must seek the will of God in our lives by imbibing the non-negotiable core values.

Dynamics of community living and prayer: Community life calls all of us to live with a common purpose and for the common good. Three to four people living together does not make a community but with one heart and mind. We need to live one day at a time, not ten years at a time. We must be able to stand by others when they are in need. Main thing that we should have in the community is never to seek uniformity but pluriformity. Vatican II insists explicitly on the spiritual dimension and on the bond of

fraternity which must unite all members in charity. Prayer life is the main and most required dimension, it is only in prayer we find the deep knowledge of God. We must not excuse ourselves while compromising prayer with work, both prayer and work must go hand in hand.

Synodality: Synod is the path along with the people of God journeying together. It is an invitation to work together, to walk together and to listen to one another. In Synod, each person is given importance in the Church to bring faith and moral values in the hearts of the people. We are all involved in the Synod but ultimately all of us are concerned about the outcome of the Synod. It will have an impact on the lives of the people, this Synod has made a way for the people to put out their views and ideas for the betterment of Christian living. This Synod also will have an impact on religious women and men's life both individually and as a community.

Friendship and Relationship: Human beings need to belong to groups, family and peers for psychological, physiological support and for other needs that are required. We learned a few tips for building good relationships. They are as follows:

1. Build relationship one at a time
2. Be friendly and share genuine concern
3. Ask questions to people
4. Go to places and do new things
5. Tell people about yourself
6. Accept people as they are
7. Assume other people want to build relationship too
8. Overcome fear of rejection
9. Invite people to get involved
10. Enjoy the company and presence of people

All human beings depend on Physiological needs, Safety need, Acceptance needs (belongingness) and Esteem needs - the needs to live a normal way of life. These four needs are like the four pillars which are to be met in a proper way. There are different types of interpersonal relationships such as :

- Friendship
- Love
- Platonic relationship
- Family relationship
- Professional relationship

Conflict management: Conflicts are bound to happen in our lives, we are called not to react but to respond to the conflicts. Conflicts come from goals, personality, scarce resources, styles, and values. The causes of conflicts are miscommunication, different perception, different values and different in preferred outcome.

The five styles of conflict management are as follows:

1. **Avoiding:** People who avoid conflict are generally unassertive and uncooperative. They avoid the conflict entirely or delay their response instead of voicing concerns.
2. **Competing:** People who approach conflict in a competitive way assert themselves and do not cooperate while pursuing their own concerns at another's expense.
3. **Accommodating:** People who accommodate are unassertive and very cooperative, they put relationship first, ignore issues and try to keep peace at any price.
4. **Collaborating:** Collaborators are both assertive and cooperative, assert own views while also listening to other's views and welcome differences. They create room for multiple ideas.



We thank Sr. Anthony Mary Dasari our provincial superior and council for arranging seminars for all the TPS to respond to God's call in our day today life. Thank you, Sr. Ruby for taking effort to bring us together, arranging the timetable of the seminar and making us available to attend seminar fruitfully.

- *Temporarily Professed Sisters,
Bangalore*

Seminar on Leadership & Governance

Gratitude is our ability to see the grace of God, morning by morning, no matter what else greets us in the day. Gratitude is the real treasure God wants us to find, because it isn't the pot of gold, but the rainbow that colors our world.

The golden days were dawned from 20th - 24th June 2022, leadership and governance seminar was organized by Ashirwad center for social concerns. Sr. Suseela, Sr. Chinnamma, Sr. Mary Kalavathi and Sr. Josepheena M. were blessed to be present for the seminar. We were open-minded to assimilate every topic that was placed before us. The main topics were: -

- ❖ Leadership & governance -Preliminary considerations
- ❖ Assertive skills of an effective leader
- ❖ Anger and conflict management
- ❖ Coping with stress and burned out
- ❖ Dealing with difficult persons
- ❖ Financial management- Fr. Jaison Furtado SJ
- ❖ Legal issues- Fr. Clifford OCD

Fr. Joseph Lobo SJ

My heart overflows with thankfulness for the wonderful opportunity given to us, to be more skilled with various sessions and very important themes. Special note of thanks to Sr. Anthony Mary our Provincial superior & council for allowing us to engross ourselves fully.

The most striking point which was lingering into us all through the days of seminar, so many queries that were rolling through, were cleared soon after the session. Case study and group discussions were very effective to consider the reality of our existing issues and problems. Classes on legal issues were the most significant days to recall, where the precise answer to the question was given.

Few points that have enlightened us to be effective animators -
(*Tips for dealing with difficult people*)

1. Be calm
2. Use the S.T.O.P. model to avoid reactivity
 - S** - Stop whatever you are doing presently
 - T** - Take a deep breath in and out
 - O** - Observe how you feel
 - P** - Proceed with dignity and compassion
3. Be Proactive, not Reactive.
4. Detach your self
5. Understand the person's intentions and not merely actions or words
6. Get some perspective from others
7. Use lots of kindness



8. Let the person know your intentions
9. Look at yourself
10. Keep up your interior strength
11. Build a rapport
12. Keep record of your conversations
13. Treat the person with respect
14. Find something in common.
15. Don't gossip
16. Use appropriate humor
17. Focus on what can be done
18. Express appreciation when appropriate
19. Don't get stuck with difficult person
20. Don't act defensively
21. Overcome your fear of conflict.
22. Ignore
23. Appeal to higher authority for resolution
24. Discharge your own stress
25. Give your self-credit



As a conclusion of this class, we were enthused to know that, whenever we deal with difficult people at work, there are two points,

EITHER WE LEARN TO LIVE WITH THEM OR WE TRY TO CHANGE THEM.

A leader is one who knows the way, goes the way and shows the way.

- **Sr. Josepheena Muthupeedika JMJ**

My three months experience at Dhyavanava

“The advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.” (John 14:26)

‘Dhyana’ means meditation and ‘Vana’ means Garden. Dhyavanava means meditation in the garden, because the garden is made up of varieties of fruits, flowers, plants, trees. It reflects the face of God to everyone who enters there.

During my three months stay in Dhyavanava, I encountered God personally and experienced His Divine presence. In this garden of meditation, there were lots of input sessions which has strengthened my faith and enlightened my outlook towards consecrated life. The pleasant place, people and the atmosphere of the surroundings added more beauty to my life.

My experience with God made me to remember the promise of God in my life. His love, care, support to strengthened my religious vocation. I am very fortunate to have this course which has added meaning especially to my spiritual life. He made me to realize that my vocation is not unfortunate but fortunate. I never thought I could meet God directly in the form of people in my life.

The love, care, affection that I have received from priests and sisters, the openness with them made me to feel that my life is worth living. In brief to say,

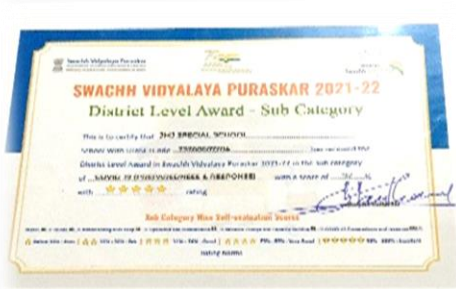
Every past thing has its own things to say...

Present has its own thing to do with...

Future has its own plan for everyone...

There is joy and happiness always in a family. The lifeless creature gets life when we see the family of Dhyavanana. This family is filled with different cultures, traditions, etc. My stay with them as a young one in the family, I experienced the joy of religious life, the prayerful support that I have received from them and as their own sister, daughter made me to find God in my life.

- *Sr. Manasa Naripogu*



Well Done!!!

Hearty congratulations to the Management, teaching and non-teaching staff of JMJ Special School, Dornahalli for securing 'Swachh Vidyalaya Puraskar 2021-22' (District level award-sub category). Bravo!!! We are proud of you!!!

The Beauty of Life

One of the biggest problems in the world today is emotional instability - when we create an informal outlook and cordial environment and not feel helpless about what is happening around us. Life is very complex. There is no formula. When you think that you are very honest and righteous, you become a little stiff inside without even knowing it. You point your finger towards others and become intolerant. When you recognize that there are flaws in you, then you are able to accommodate the flaws in persons.



Life is beautiful and is the most precious gift of God. It is a treasure of jewels whose worth is immeasurable. Life shows all its colors and shades which may be dark and bright. The dark shades of life make us realize the depth of life because life is just not a bed of roses. As it is rightly said, "The stream would have no song, if it wouldn't have rocks in its beds". So, the trying, enduring episodes of life make us more insightful and patient. They make us view life from a different perspective and help us explore new possibilities. The pains and sufferings in life make us judge the importance of pleasure, that is the beauty of life.

There is no dead end as such and no shortcut in life. What may seem adversity is an opportunity, as failures are the stepping-stones to success and "success is counted the sweetest by who never succeed."

We are confronted with the idea of giving up, at that point of time, that helpless situation, perhaps is opening new doors for us as life is full of surprises and possibilities. When we are shattered and lose courage, God helps us to pray and by praying, we become humbler and tolerant in life. The more we pray, the more optimistic and vibrant we become in life. Then, we see the colorful shades of life - the joy, ecstasy, rhythm, humor and love. It makes us rejoice and celebrate. Celebrate not just because we have won a lottery, got a promotion. Celebrate just because we have made all the lovely things around us happen, the smile we give to our friends, the kind words we say to the people around us.

That is the beauty of life to see the sunshine which brightens our day and fills us with new vigor and strength. Each day is a new day to accomplish new tasks and usher with a new vision. Embrace the moment with tenderness and innocence and life will become a garden of mesmerizing flowers. Life is to pick up the good and ignore the bad. When we reflect on the positive aspect of life, we can cherish our dreams. Life is not a competition or a game of win or lose but it is an enjoying journey and we are comfortable travelers always landing safely. Life is to forget and forgive. Move ahead with faith and conviction then only we can realize our dreams. Life will truly unfold its magic and bring good luck and happiness. So, live life wholeheartedly as this day is yours and tomorrow may be more wonderful.

- *Sr. Lilly Eluvathingal*

Encountering experience

Jesus said that those who seek the Kingdom of God will get everything else as a bonus. How then could those who seek and desire nothing in this world other than the Kingdom of God be lacking in anything? Now then, that is what we as sisters of JMJ are to do. (P.M. 32)



Here, we the first and second year TPS of Bangalore Province were fortunate to receive this bonus as God sent Sr. Innamma Yeruva the Superior General and Sr. Vijaya Udumala the General Councilor to motivate us in the way, God wants us to be, during the seminar from 24th – 26th Sept. 2022 at JMJ Provincialate, Bangalore.



We learned more deeply the Non-negotiable core values. This seminar has helped us to become aware of our own commitments, purpose and goal of religious life. We are instilled that these Non-negotiable values cannot be changed because they are the roots of our Congregation. These Core Values distinguishes JMJs from the rest of the world. We recall the spiritual patrimony which is passed on to us by our Founder and the pioneering sisters, which has to be passed on to our future generation.

The second day's session was on the topic 'Encountering God and our neighbor through Scripture'. The encounter with Jesus was inspiring which was brought out with the example of sinful woman from Lk 7: 36-50. This enabled us to recall and relive our first love towards Jesus. The insight that still resonate in our hearts is "Worship without words". We are energized through the session to 'worship God' after the example of the woman in the Scripture.



Once again, we deepened ourselves, as God brought us together to come in union with the Lord. As our Constitutions speak, community is for Mission and community itself is Mission. We are assured that; community prayer is the strength of our community life. We are enthused with these words - 'Bloom into the best version of yourself'.



We realized the difference between personal and personality development. This session made us to reflect on the philosophy of life, each one possesses. We were enriched by the life experiences and the practical tips that were passed on to us by our sisters. Our life and achievements depend on our personal efforts and hard work. We were stirred when we listened that God has not given up on us. We by ourselves alone cannot become experts in our life, we need the support of others.

We need to work together for the common goal and mission of the community. We are now awakened and ready once again to continue our journey with the Legacy that is handed over to us. We assure that we will be faithful till the end of our lives, to live a life of authenticity and availability for the sake of God and love of our neighbor. We are ever grateful to Sr. Anthony Mary Dasari the Provincial Superior and the Council for arranging this seminar for our charismatic growth.



- First & Second year TPS

Divine love is unconditional, human love is conditional

There was a Hindu lady by name Mrs. Renuka, who was suffering with an insomniac problem, she was in tears when she met us for the first time. We assured her our prayers, visited her house and prayed in her house and blessed the house with holy water, as well as she too visited our convent Chapel and prayed, believing in the mercy of God. With courage, we started to talk about the goodness and mercy of God.

Since she was suffering with sleepless nights, making use of the opportunity, we took her to the Chapel and prayed over her. It was continued for several months. We continued to follow up until she regained good sleep during the night. God worked wonders through us to that person; it was a miracle which we experienced at that moment of confused state of mind. Because of the Unconditional love of God, we are here as an instrument of God. Though we are reserved, having a lot of conditions and our own difficulties to reach out to people, yet God worked in a mysterious way to free the broken hearted; only we need to trust in His providential care. Experience and cherish the Divine Love and Divine Love sustains the Human life.

- *JMJ Nivas, Devara Hipparagi*

The Cool Serenity's Sunset - Homage to Parvathamma from Sirsi

A simple village lady
Beauty in the character
Righteousness in the heart
Harmony in the home
Peace in the workplace

She never taught, but Suffered throat cancer
Hidden in the depth, never knew the thief
Pressing forward to see doctor
A step back ward beyond the reach

Carved the tunnel of hope
Dark Mountain of disappointment
Parvathamma not the wife of Rajkumar
Parvathamma cool, serene non- teaching staff

Cleanliness is next to godliness was her motto
Kept the school and college speck and spark
We miss Parvathamma in the campus
Hidden love she had for sisters
Shared much she possessed, felt a river moving.
Rest in peace Parvathamma.



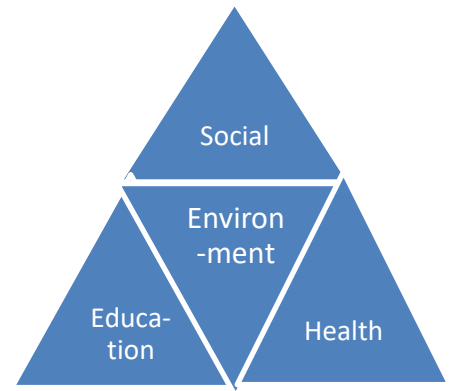
Report on Sustainable development of Environment – JPIC, Bangalore Province



“The nature of our future depends on the future of our nature”

Introduction: Deeper awareness and respect for the environment evolves from simplicity of life leading to a commitment to use Earth’s Resources responsibly. The entire universe speaks of God’s love and God’s boundless affection for us. Soils, water, mountains, everything as it were a care of God. A greener environment always ensures a better place for everyone. We must strive to protect our environment and keep it clean.

The term ‘Sustainable’ stands for sustainability and it represents an approach to development which is concerned with such fundamental human concerns like poverty, environment, equality, democracy, development and peace. The link between development and peace is now realized. Meeting the basic needs of poor communities holds the promise of eliminating many types of situations which favor the outbreak of violence and wars. Not development, but sustainable development alone can contribute.



We the Bangalore province sisters have sketched a plan to sustain our nurture through different apostolates. The departments according to its nature have inscribed the goals, objectives and activities in their own localities, districts and states - Andhra Pradesh, Goa, Karnataka, and Kerala. We have involved the youth, school children, elders in the villages, staffs and coworkers, together to build a just and a green world to live in justice and peace. The Sustainable Development Goals, a series of common goals to protect the planet and guarantee social well-being, by adopting this new strategy, we have committed ourselves over the years, to mobilize all the necessary means for its implementation.

The Bangalore province development programme aims to help implement the goals and objectives in different departments and care for the green nature.

Objectives:

- To conduct prayer services on environment, in order to glorify God through creation.
- To clean the surroundings, plant and replant the plants by all the community members and make it a beautiful garden.
- To segregate the plastic and other wet waste for safe disposable.
- To reduce waste, reuse the products and recycle materials.
- To promote kitchen garden.

Activities – From communities:

The following were the ventures of different communities -

- Prayers dedicated for the nature - The sisters engaged themselves by celebrating the world environment day with gratitude by thanking God for the beautiful creation with its uniqueness of each person, flowers, animals, birds, etc. They have decided to safeguard it, nurture it and protect it for the glory of God. Deeper meaning of Eco system Restoration was brought before the Lord and surrendered every living creature to be blessed by Him and glorified God for His every tiny work.



- Every community conducted prayer service and meditation on creation in different forms like offering sapling to God with gratitude, using the lighted lamps.
- Prayed Jericho Rosary dedicating for nature, under the blue sky, along with moon and stars and choirs of angels. These are the expressions and love towards God’s Nature.
- Creation of Laudato Si Chapel at Devara-Hipparagi, Bijapur: Students were encouraged to visit this Chapel and motivated to pray.



• **Campus cleaning:**
 Admiring the beauty of creation, with the spirit of joy, the community sisters were engaged in campus cleaning, planting, replanting, and putting manure for the plants, and making it a beautiful place for everyone.



- **Mini nursery** was maintained and these plants were used at the time of replanting. Special attention was taken to plant the trees for shade and maximum care was given for its growth.
- **Waste Managements:** We practiced waste management at our communities and institutions –



- - Kept separate containers for dry and wet waste in the kitchen.
- Kept two bags for dry waste collection - paper and plastic, for the rest of the household waste.
- Plastic from the kitchen was kept clean, dry and dropped into the dry waste bin.
- Wet waste was used for garden as manure.



The communities have learned to segregate the plastic and other wet waste and put them in a separate bin and dispose them safely.

- **Nature kiss:** Sisters spontaneously enjoyed with nature in the form of shadow play, dance, action songs, etc. They experienced a cosmic energy while they were one with nature.



- **Kitchen garden:**



Our sisters felt the importance of having kitchen garden which allows us to live a better life and make gardening an ordinary part of daily or weekly routine. Kitchen garden is growing fruits and vegetables at the backyard of house by using kitchen wastewater. By this, we reap fresh fruits and vegetables, high in nutritive value and free from toxic chemicals. The good news is, there is a garden setup in every convent campus by our sisters, who want to grow them and lead a healthy lifestyle.



JMJ Convent, Athani has installed Biogas and solar water heater system in the campus. The food and vegetable wastes are turned to cooking gas 4 to 6 hours every day and the byproduct is used as manure for plants. We have reduced using electricity to heat the water because of solar water heaters. Sisters as well as co-workers share the benefit of solar. We take inspiration from the encyclical of Pope Francis' Laudato Si and reduce the use of plastics, flex, etc.

Education Ministry:

Objectives -

- To encourage a healthy organic relationship among students.
- To teach them a holistic approach and the development of a student to the best.
- To focus on the sustainable development, conservation and recycling knowledge and skill depending upon the nature and research.
- To encourage the student's active participation in environmental issues and step out in rally and bring awareness through street play, speeches and plantations



The followings are the activities done in the schools -

- The MJM schools promote eco-friendliness, motivate the students to sponsor book for the school library and saplings on their birthdays.
- On world environment day, 75% of students were given saplings to plant in their hometown and this was done in collaboration with the forest department.
- Children of all the classes were given the opportunity to participate in Work Education programme. During this endeavor, the

children cared for the plants and took care to keep the campus clean. This automatically instilled in them love for the nature. Scouts and guides participated in various cleaning programmes which were organized at sub district and district levels.

The awareness programs - schools/colleges



The awareness programs was taken up during the year for the teachers and students on JPIC/ Laudato Si/ SDG. International Day of Forests, World Water Day, International Climate Change Day, International Day for the Preservation of the Ozone Layer – such special days were observed.

- Seminars, Workshops, discussions and dialogue among the students on Mother Earth, Environment, our Natural resources, Mineral Resources and climate changes. Contents related to Earth/Ecology were followed in the Curriculum.
- A workshop was conducted by District health department to create awareness on health and hygiene.
- Debates on diabetes and competitions were organized on World Wildlife Day.
- Conducted rally, street plays and seminars
- Reduced the use of paper products, inspired children to protect trees, also to motivate their friends and family members to join hands together to save our beautiful Earth.



We also need to make climate change as compulsory subject in School education, because what sort of world are we leaving behind for our children a world full of careless neglect or a world full of hope. Let us give a hope to our own young generations by taking care of our Mother Earth.

Health Ministry:

Objectives -

- To teach clean and good environment
- To bring awareness about safe breathing
- To teach safe disposable and segregation of waste
- To educate patients on hygiene
- To encourage people to consume coconut water and not soft drinks

Improving community health is a huge undertaking that involves cooperation, sisters in health ministry are putting efforts to promote healthy lifestyle in hospitals, communities, and wherever possible.

Education also plays a large role in maintaining community health. Awareness on preventive and primary care services (including medical and dental checkups and condition management, disease prevention



vaccinations, anti-smoking programs, obesity screenings, patient education nutritional counseling, injury prevention, and disease information, mental health services, screening and counseling.

Sisters from health ministry shared their responses to the cry of the poor in promoting JUSTICE, PEACE AND INTEGRITY in their localities. We respond to the cry of the poor through various ways in our healing ministry. We adopt our services according to the need of the people and not counting the time.

The various steps taken are:

- Hospital care with minimum charges and home care with free of cost.
- Disposal of waste is maintained well.
- Preserve the sacredness of Mother Earth (planted more trees in our campus)
- Plastic free in campus both hospital and convent to promote eco- friendly environment.
- Started with well-equipped monitors to have better services to the poor.
- Provided just wages to our employees.
- Conducted awareness on hygiene and hand wash for slum dwellers.
- Inspired them to keep clean their surroundings and to consume clean water inorder to prevent from various health problems.



The ‘path to renewal’ together- Season of Creation 2022 (St. Joseph’s Convent/college of nursing Dargamitta)

The season of creation is the annual Christian celebration to listen and to respond together to the cry of creation. ‘The sweet song of creation invites us to practice an “ecological Spirituality” (Laudato Si’, 216), attentive to God’s presence in the natural world’. It is a summon to base our spirituality on the “loving awareness that we are not disconnected from the rest of the creatures but joined in a splendid universal communion”.

Hearken to this summon we, the sisters of St. Joseph’s Convent, Dargamitta celebrated the season of creation with arrays of creative activities to rejoice with whole of creation and at the same time sensitize ourselves about the conservation of nature with its rich resources, listening attentively to the voice of creation. We drew out a plan for our community to develop deeper understanding of our responsibility towards nature and to motivate ourselves to do all that we can to make our planet to sustain itself and in turn to make it even more beautiful and lasting place to live in. All the sisters executed the plan with great respect towards nature and exhibited enormous enthusiasm to do the activities planned together as a community.

The season of creation commenced with a meaningful prayer service with a procession to the altar bringing along the Earth, water, stones, grown fruits, vegetables, flowers and plant in the gracious presence of Rev. Sr. Anthony Mary - Provincial Superior and Sr. Arogya Mary - Provincial Councilor on their canonical visitation to the community. The symbol of season of creation “*The Burning Bush*” was set up in the chapel to remind us of the deeper meaning it has for the season of creation. The narrative about the burning bush was read from the book of Exodus. The burning bush, symbol of God’s Spirit and presence reminds us to take off our sandals, to contemplate our connection to the holy ground. On the first



day of the creation, Rev. Fr. Alphonse offered Holy Eucharist for us and during the homily, he briefed us on the importance of season of creation and gently reminded us about our responsibility towards the care of creation.

On 2nd Sept. evening, Sr. Anthony Mary - the Provincial Superior planted a sapling to mark the beginning of season of creation 2022 and as a symbolic action declaring our commitment to care more deeply for God’s creation. Before this divine feat, meaningful prayer was said by

Sr. Bertillia, superior of the community imploring God of wonders to bless the Earth and for the grace to celebrate the potential of the tree, also for God’s blessings to be living witnesses and commit us to heal the common home through lasting and bold changes.

Creation walks in pairs, helped us to thank the Mother Earth for all its bountiful gifts in the form of all flora, fauna and lush green trees. On 3rd Sept. eve, special prayer was held in which all the members of the community gave a reflection on various elements of nature like Earth, sun, clouds, water, fruits, vegetables, grains, plants, etc. that helped us to understand the role they play in our lives and thanked God for the marvelous bits of His handiwork.

The evening of 12 Sept. was spent in audiovisual aided prayer reflecting on 'River Mee'. The flow of river from its origin to its destiny helped us to dive into our inner selves glancing at our lives from birth through different stages of life and experiences. The lesson learnt was that our life flows till it reaches its destiny – God and becomes one with divine as river disappears when it enters the sea.



On 20th September, we had a pleasant nature meditation, beside the still waters, in the rare garden of the convent under the magnificent mango tree with mesmerizing chirping of birds, gentle touch of the cool breeze and the melodious music in background which led us to be deeply united with the master of the universe using the five senses. It was greatly energizing exercise to face the busy day. Praying the rosary in the garden, we lovingly placed ourselves in the loving hands of Mary our Mother and entreated her to envelop the Mother Earth under her mantle of love.



The last week in season of creation was a journey through creation story of Genesis. Everyday reflection about the creation story took us by surprise at the care and concern of creator God for human race. It left us with awe at His meticulous planning of creation, making it all good.

Sharing about St. Francis of Assisi, patron saint of ecology by Sr. Rosy Kannamaly made us wonder at the immense love which St. Francis exhibited towards the nature and led us bless the creator for the wonders of creation. Special thoughts about burning bush kept us seeking God in hope and feel the presence of God considering the Earth as the 'Holy Ground'.

The culmination of Season of creation was very exciting with the community outing to 'Irakam Island' near Tada which is the embodiment of God's beautiful creation. It was a chill and rainy day. The clumsy weather did not put a stop to our desire to be together. The outing rekindled the joy and unity among sisters and brought us closer to the nurturing nature. An hour journey in the boat with water below and blue sky above was spectacular experience for all of us. The scenic beauty with the rare, migrated birds was so captivating. We spent some quality time speaking and listening to the people residing on the island. Listening to



their life stories, we were stunned to know that they lack basic education and health facilities, but the people are so hopeful and contented with their simple lifestyle. They were very welcoming and hospitable. The visit to this island stirred us to listen to voice of creation and the cry of the people. Throughout the day, we experienced God's beauty and love mirrored in His creation.



Grabbing every opportunity to grow spiritually in the season of creation, all the members had a chance of learning a bible verse daily and had fun - memorizing the

verse. Quiz was planned on the Biblical numbers and it kept the members on toes to prepare well for the quiz and everyone was very eager to do well. Quiz masters Sr. Showrilu Allam and Sr. Elizabeth K were very systematic in conducting the quiz and members were too smart to bag almost equal scores.

In this season of creation, we the community members decided to make at least two sustainable life style changes. It was a time to renew our relationship with God our creator and with all creation. We give thanks for all that God has made and repent for the damage that we have caused and commit ourselves to protect the Earth our common home. The season of creation is ended... but our efforts to become friends of nature will continue.

Social ministry:

Objectives -

- To meet the basic needs of all, particularly the poor majority, for employment, food, energy, water.
- To help the children and youth group to acquire knowledge of environmental degradation.
- To raise awareness and teach respect for nature, to the public through mime performance by children's club.
- To help children to understand and appreciate the beauty of nature, the limits of the world and encourage them to create greenery wherever they are.
- To create awareness on greenery to slum dwellers.
- To encourage them to have kitchen garden.
- To teach them about the management of waste and to keep their surroundings clean.

Activities -

- We met the children's groups at slum and conducted awareness on the importance of greenery.
- We encouraged them to have a kitchen garden.
- Taught them about the management of waste.
- Visited the kitchen garden in slum area and regularly monitored the growth of the greenery in slum areas.
- Children took part in procession with slogans on save the Earth
- Children raised awareness by planting trees and mime performance to the public.



Planting of trees is especially important to protect our environment against air pollution and global warming. We need to empower students with substantial knowledge of environment and plants. Expressing that, they will care, nurture, and save the trees that are around them.



Green slum: We focused on slum dwellers to conduct greenery programme, the purpose of conducting this programme for children, youth and elders were that they will learn to love the nature and to be responsible for its growth, also to keep their surroundings clean and neat. Spoke about the care of nature and the management of waste and cleanliness. These days, the Mother Earth has been polluted very badly and slowly the green world is disappearing. It's our duty to renew the environment with all our good nature. We should love the nature as a friend and mother. Trees and plants are essential to our life.

They even help keeping the food chain. Trees also help save energy, improve air qualities and solves health problems.

Kitchen garden: Children at slum created a kitchen garden as they promised. The visitors felt happy and appreciated children's work. People find difficult to spend money over vegetables which is highly rated and sold in the market. If we have our own kitchen garden, we will enjoy the organic products from our garden which is healthy. Waste compaction that is materials such as cans and plastic bottles are compacted into blocks and sent for recycling and composting in smaller way together in their surroundings, later it will be used as nutrient rich manure to enriching the soil.



Creative ways to reuse plastic at homes -



We have cultivated in children and elders, the creative method of doing out of waste materials, things in best ways which looks very attractive and beautiful to decorate houses and offices.

As a community, we planned to promote healthy practices to safeguard the nature in our social set ups.

- **Social Awareness:** Through campaigns and movements can help avert the problem of the ongoing environmental crisis.
- **Waste Management:** Solid waste management must be carefully managed. Wet waste has the potential of being used as natural manure by converting it into compost and to use for the plants and trees.
- **Water Management:** Rainwater harvesting and conservation of water can help with the long-term potent problem of scarcity of water and to use the ground water responsibly.
- It needs to be noted here that environmental factors are the root cause of significant burden of death, disease and disability around the world. According to World Health Organization (WHO), about a quarter of the diseases of humankind today occur due to prolonged exposure to environmental pollution.
- Reduce the use of plastic bags and promote cloth bags.



No Hunger: Healthy and sufficient nutrition is Crucial for a child's development. So, we are helping the poor Children and family by giving proper nutritious food and provisions, where they can sustain good health.

We encourage people to be a self-employed and thus they are economically stable.

Ecological Conversion towards Healthy Environment (St. Stanislaus Campus)

Congregation of JMJ's concern for issues of justice, peace and the integrity of creation is derived from our commitment to working in solidarity with the poor and our care and respect for all of creation. The fundamental reason for our commitment to Justice, Peace, and Integrity of Creation, is the will of God as found in numerous parts of the Sacred Scripture. There God manifests concern for all human beings, especially the poor, the oppressed, the marginalized and those who suffer (Jeremiah 22:3-4). Jesus Christ gave His life to change the situation of all humanity so that the Kingdom of God could come – "Seek first the Kingdom of God and His justice (Matthew 6:33)."

Keeping this in mind, the community of St. Stanislaus Convent and JMJ Nilayam jointly upheld the invitation of Provincial Council in celebrating the environmental week. Communities came together to understand the role of its members in promoting justice, peace and the integrity of creation. The members decided to celebrate it at community level, educational level and health care sector.

Community Life and Creation: The members of the community participated in promoting green environment in the premises by planting trees, cleaning the campus, weeding the garden, etc., added to it the members were involved in charitable works, bringing social justice to the poor and needy by giving them our helping hand. The culmination of the JPIC week was with a meaningful creative prayer service. The members of the campus came together to the grotto of Blessed Mother Mary seeking her intercession in promoting the values of JPIC. Sr. Marina gave the arathi to the universe carrying the Poornakumbam in her hand. Followed by members, moved to the chapel carrying the fruits of the Earth and plants of the garden offering them at the altar realizing the responsibility of each person to protect and safeguard the nature. Thereafter, the Blessed Sacrament was exposed for adoration. During the prayer, the members prayed for humanity, Church, country, family and the Congregation. Srs. Anna Mary and Keerthi led the members to reflect on the importance of God's creation turning through the pages of the Bible. At the end of the prayer, sisters offered to the Lord - mud representing Mother Earth, seeds, water, plants, brought along various intentions of the universe, seeking God's grace to fulfil the motto of JPIC.



Celebration at College of Nursing

The NSS unit of St Philomena's College of Nursing, Bengaluru, organized "Ecological Conversion towards Healthy Environment." The program was organized by a band of enthusiastic teachers and student volunteers. Ms. Chris of III BSc (N) and Ms. Swathi III GNM hosted the program that kept the flow. A fleet of GNM students across batches led the prayer song. Ms. Fiona Blossom Fernandez II BSc (N) welcomed the gathering. Rev. Fr. Bacil Singh (MI) - Chaplain St Philomena's Hospital, Bengaluru



consented to be the chief guest. To imbibe the goodness of nature, the traditional lamp was replaced by a lamp made from a banana stem with scooped tomatoes serving as lamps. The lamp was lit by Fr. Bacil, Sr. Lourdu Mary – Principal of St Philomena's College of Nursing, Sr. Mary Kalavathi – Superior of JMJ Nilayam, Ms. Shanmuga Priya Professor and HOD Medical Surgical Department and Ms. Eureena, I BSc

(N). The lamp was a tribute to the "panchamahabuthas" of nature in water, Earth, wind, fire and space. The lamp lighting was followed by a panel discussion on the theme "Ecological Conversion for Healthy Living." Six diligent panelists, spoke enthusiastically on topics like JPIC (Justice Peace Integration of Creation), war, peace, save water, save electricity and save nature. Ms. Shatlet of IV BSc (N) moderated the panel discussion to its best. The panel discussion broke monotony and boredom with a Mello drama on war and peace, a mime on Save water and electricity and a fashion show on "Save nature" was integrated. Some icebreakers relevant to the theme were conducted, including a nature treasure hunt, lucky birthday, riddle time, rain clap, number line, etc. From the audience, a well-dressed member was awarded "Princess in Green." The winners of the icebreakers/ games were felicitated. Volunteers with special talents were recognized and awarded. The chief guest Fr. Bacil addressed the gathering and stressed that we must put what is taught into practice. Sr Lourdu the principal appreciated the organizers and stressed that the program's success lies in implementing what has been enacted, spoken and emphasized during the program. The program ended with the college anthem.



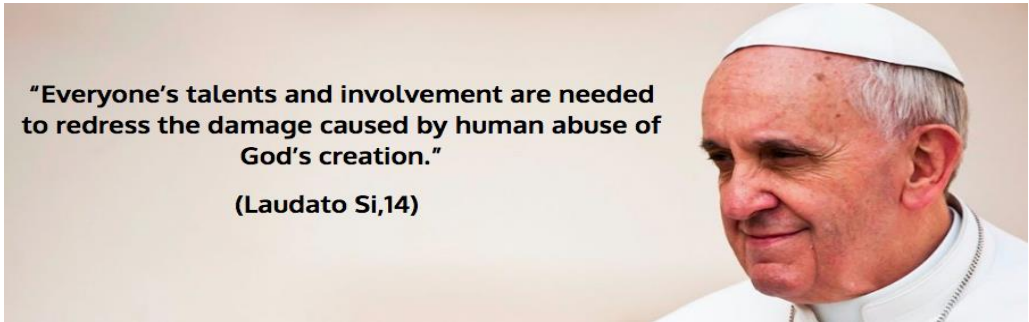
St. Philomena's Hospital and JPIC Week



Sr. Sandhya Pyreddy the administrator unfolded the theme of JPIC for the year 2022. She invited the doctors, staff and patients to participate in the colorful and meaningful presentation of saving the creation of God staged by the students of St. Philomena's College of Nursing. Everyone enthusiastically in attended the programme and grasped the science behind issues of water resources, water quality, and water use.

- Recognized the impacts of improper use of creation on human well-being and ecosystem integrity.
- Comprehended the economic, technical and institutional barriers for ensuring adequate protection of Earth, water, and air.
- Understood the role of community, institution, government, non-NGO and business stakeholders in protection of environment at the local, regional and national levels.
- Empowered the community and institutional framework of governance as it influences protection of creation in decision-making.
- Became conversant with both conventional and alternative technical, socioeconomic and institutional tools for ensuring adequacy of protecting the universe.

Conclusion: The specific contribution of a religious community is to transform human relationships, personal and structural, at all levels of the human society through the Gospel values. Since various forms of injustice and discrimination continues to exist in most parts of the world even today, we have also to be participants in the overall struggle for justice and equality. Modern means of mass communication have increased our ability to know almost instantly about the needs of others, challenging us to share with their situation and difficulties. So, we are reminded time and again that ‘action for justice and participation in the transformation of the world’ is a constitutive dimension of the preaching of the Gospel. Conscious of the unjust social and economic conditions, we realize our obligation to work towards a radical reformation of society. Like Christ, we try to be among our fellowmen sharing in their joys and sorrows, their aspirations and legitimate struggles for a human and decent life and conscientize them for their well-being and for the effective securing of their rights and total liberation. In trying to eradicate the social inequalities, we endeavor to help others help themselves.



- *Sr. Thresiamma Kudiyiruppil*



In Loving memory

Rev. Canon Atanasio Lobo

26.10.2022

Guntur:-

Sr. Paschalina Chevva

11.07.2022

Sr. Alphonsa Kambam

22.10.2022

Hyderabad:-

Sr. Emmanuella Gopu

11.08.2022

Sr. Elzinio Popuri

20.10.2022

Family Members:-

Sister of Sr. Anacleta Boreddy

27.05.2022

Brother of Sr. Bertillia Govindu

10.06.2022

Brother-in-law of Sr. Rajamma Pagadikalva

14.06.2022

Brother of Sr. Annet Palatty

16.06.2022

Nephew of Sr. Mariamma Magipogu

20.06.2022

Grandmother of Sr. Dr. Theresa Terence

29.06.2022

Brother-in-law of Sr. Rosa Kuriath

29.06.2022

Uncle of Sr. Josepheena Muthupeedika

08.07.2022

Grandmother of Srs. Helen Mary & Delphina Lourduswamy

12.07.2022

Mother of Sr. Shiji Philip

15.07.2022

Uncle of Sr. Josepheena Muthupeedika

20.07.2022

Sister of Sr. Suseela Tarcis

11.08.2022

Brother-in-law of Sr. Jose Mary

12.08.2022

Sister of Sr. Chinnamma Pudota

13.08.2022

Nephew of Sr. Amalorpava Maria

14.08.2022

Aunt of Sr. Catherine James

12.08.2022

Sister-in-law of Sr. Francis Annam

18.09.2022

Brother-in-law of Sr. Miriam M.

21.09.2022

Uncle of Sr. Mary Pushpa Lavanya

04.10.2022

Aunt of Sr. Luviza Miranda

21.10.2022

Uncle of Sr. Felix Dileema Sibbala

24.10.2022

Aunt of Sr. Lourdu Pentareddy

24.11.2022

Sister-in-law of Sr. Sundari Singareddy

29.11.2022

Brother of Sr. Celine Padamadan

30.11.2022



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 Board

Sr. Thresiamma Kudiyiruppil

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