



News Glow Bangalore Province

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“When Mary gave us her son, she gave us everything.” - St. Ambrose

The month of May is approaching, a time when the People of God express with intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. I want to encourage every one of you dear sisters to rediscover the beauty of praying the Rosary as a community in the month of May. Dear sisters, contemplating the face of Christ with the heart of Mary our mother will make us even more united as a spiritual family and will help us overcome any kind of trials. Let us keep in our prayers, especially those suffering most greatly. It was through the Blessed



Virgin Mary that Jesus came into the world, and it is also through her that He must reign in the world. Because Mary remained hidden during her life, she is called by the Holy Spirit and the Church “Alma Mater,” Mother hidden and unknown. So great was her humility that she desired nothing more upon the earth than to remain unknown to herself and to others and to be known only to God. In answer to her prayers to remain hidden, poor and lowly, God was pleased to conceal her from nearly every other human creature in her conception, her birth, her life, her mysteries, her resurrection and assumption. Her own parents did not really know her and the angels would often ask one another, “Who can she possibly be?” for God had hidden her from them, or if He did reveal anything to them, it was nothing compared with what He withheld. God the Father willed that she should perform no miracle during her

life, at least no public one, although He had given her the power to do so. God the Son willed that she should speak very little although He had imparted His wisdom to her. Even though Mary was His faithful spouse, God the Holy Spirit willed that His apostles and evangelists should say very little about her and then only as much as was necessary to make Jesus known. Mary is the supreme masterpiece of Almighty God and He has reserved the knowledge and possession of her for Himself. She is the glorious Mother of God the Son who chose to humble and conceal her during her lifetime to foster her humility. He called her “Woman” as if she were a stranger, although in His heart He esteemed and loved her above all men and angels. Mary is the sealed fountain and the faithful spouse of the Holy Spirit where only He may enter. She is the sanctuary and resting place of the Blessed Trinity where God dwells in greater and more divine splendor than anywhere else in the universe. No creature, however pure, may enter there without being specially privileged.

According to St. Bonaventure, all the angels in heaven unceasingly call out to her, “Holy, holy, holy Mary, Virgin Mother of God.” They greet her countless times each day with the angelic greeting, “Hail, Mary” while prostrating themselves before her, begging her as a favor to honor them with one of her requests. According to St. Augustine, even St. Michael, though prince of all the heavenly court is the most eager of all the angels to honor her and lead others to honor her. The whole world is filled with her glory and this is especially true of Christian people, who have chosen her as a guardian and protectress of kingdoms, provinces, dioceses and towns.

Finally, we must say in the words of the apostle Paul, “Eye has not seen, nor ear heard, nor has the heart of man understood” the beauty, the grandeur, the excellence of Mary, who is indeed a miracle of miracles of grace, nature and glory. “If you wish to understand the mother,” says a saint, “then understand the son. She is a worthy Mother of God.”

Fruitful Experience at JMJ Provincialate, Bangalore

“O give thanks to the Lord, call on His name, make know His deeds among the people.”



2nd to 4th December 2022 were red-letter days in the garden of JMJ, influx of sisters from different communities kept it busy, the young and vibrant sisters with mixed feeling of expectation and apprehension... The place of silence and solitude broke out with the arrival of 45 participants, energetic sisters from different communities.

Every rich and raise experience invites to give thanks for the wonderful experience, it was a great opportunity to be deeply rooted in the spirit of JMJ and grow a step higher in the spiritual journey. It was indeed a great joy to know the Roots of JMJ and come across various topics on The Roots of JMJ such as revitalizing religious commitment, the vision, JMJ Non-Negotiable core values, 7 characteristics of our founder - Father of his time, Father of vision, praying father, father of the soil, prophetic father, father of shadows and creatively courageous father.

Prayer is a way of life was the topic dealt by Rev. Fr. A. Wilson Sagayaraj SVD. His life experience and going through the documents of our Congregation, he shared vast knowledge in spirituality. It was indeed a chance to get in touch with us, reflect and personalize and apply it in everyday life. The meaningful reflection on the Word of God during the Eucharistic celebration; it was indeed a great joy to know each other and to experience personally after the pandemic.



Session were arranged beautifully to know and share our life and mission in the Roots of JMJ. All the activities that he conducted were interesting which applied to our daily life and mission. Getting to know these times boosted us to live in any situation, especially in times of difficulties, confusion, violence, war and detraction. It was an unforgettable seminar which helped us to experience our founder more deeply and make him our beloved.



We are very proud to say that these 3 days of holistic spiritual seminar were really renewing and revitalizing. We are also very grateful to our provincial team, superiors and our communities who provided this opportunity to attend the seminar in order to gain the rich experience which is so sweet and cherishing.

- *Sr. Lilly Eluvathingal*

Experience of Spiritual course

I thank the Almighty for His showers of blessings and opening my inner eye, to look at the world, the way it is and not the way I wanted to look at it.

I owe my sincere gratitude to provincial and team for sparing me to attend the spiritual course and helping me to grow in all aspects of my life.

Experience at Dhyavanava was more about liberation. God wants us to be free, God helps everyone to move forward, and He makes everyone to live their life to the fullest possible way. It was a steady path towards discovering God's love in my life and making it as a foundation. The spiritual program helped me to walk together and to meet the challenging times. It was an inward journey, everyday Eucharist, prayer and meditation strengthened me and homilies were very realistic. I enjoyed and cherished the contemplative Sunday's. The course provided discernment opportunities in psychology, education, law, economics, science and health care. Many events helped me to deepen my self-knowledge.



It also paved the way for new opportunities for creativity, renewal and innovation for self- discovery and also encountered the other cultures. All programs helped me to develop my vocation in a holistic integrated fashion.

Regular faith sharing gatherings, spirituality evenings and recollection talks improved my discernment to choose God and the way of life, where I am supposed to seek and hear God's voice always and everywhere.

Dhyavanava shapes the values of the people, creates a sense of responsibility to one another. Overall, it was an inward journey of discovering oneself. Life in Dhyavanava was based on spiritual experience of finding God in small little things, in prayer, in people, in events, nature and in our daily actions, in my heart.

- *Sr. Celina Jayakumar*

The joy of evangelical freedom

I am spurred to pen this Inspiration from the book of my life.

Many of us have various meaning and definition for the noun 'Freedom'; but then what I share here is about **Evangelical Freedom (EF)**. Life has given me a meaning for EF, and it goes like this: **The Evangelical Freedom is the Permission I grant myself to live religious life in its Authentic Spirit of Being with the Lord and Sent out"**.

It is very much required to make Religious/Consecrated life relevant in today's world. JMJ Constitutions interpret *'Inner Freedom of Heart'* as *'An attitude of being - indifferent'* (Const.ch.1art.1). Yes, indifferent to all that is worldly.

"I wanted to say a word to you, and the word is joy. Wherever there are religious, there is joy" – wrote Pope Francis in his Circular Letter to Consecrated People.

No doubt all of us experience Joy if not always. The question is, what kind of joy is it? Is it a Joy experienced of being with God alone and sharing God through our Mission? Or a Joy that is experienced

out of becoming what I want or fulfilling my individual needs or free to do what I love and like? When we experience and exercise EF, we become Joyful Religious, Joy that is unlimited, that cannot be taken away and Joy that is permanent.

What is all about living Religious Life in Its Authentic Spirit? Most of us are experts in understanding it and explaining it. Still let me put down my understanding in one sentence: **It is living the Religious Professional Promise in the light of the Gospel without making any compromise, in every circumstance.'**

What makes you and me qualified and capable of experiencing this EF? Academic excellence? Philosophical & Theological studies? Spirituality courses? Social Position? May be or may not be, but without any of these, most of our Pioneer and Senior Sisters who went for their Eternal reward experienced it. Just because they loved God above all. We have some of our sisters still experiencing it in their daily life.

Let us be very frank and real, to say that the religious lifestyle of those days may not be compatible to, today's Marketing and Competitive World where there is a degeneration of morality, crimes against humanity that are applauded and cheered. Religious life may not be relevant at all in today's context where several government and private institutions as well individuals are doing much better in every sector and walk of life. At the same time religious life is significantly relevant in today's world to bring back the lost sheep of Christ Jesus. Living in this Commercial and Digital world, how are we going to experience EF to make religious life relevant? Is it possible? Very much possible because we have two exceptional weapons against the opposing worldly spirit.

1. **PRAYER:** Being charged and energized from the Power of Prayer. *“The integration of prayer and work is possible only when we develop great familiarity with God.”*
(Const.ch.3.art.28)

COMMUNITY LIFE: Armed by being and living in a bridging and Uplifting Community of Consecrated Women Religious. *“Do everything you are charged with in the community with the greatest possible love”* (SL.55)

Charged by the above two we could exercise the following to Achieve and Experience this EF:

1. Doing what I do at its best without fear and without looking into my neighbor's business. It requires self-generated freedom, self-control, self-confidence, self-esteem and respect for the other.
2. Doing what I should do for Congregation without the fear of being rejected and ridiculed. It requires Spiritual courage, spirit of self-denial, Congregational spirit, spirit of generosity and responsibility.
3. Undo the knots of prejudices, greediness, individualistic behaviors, indifference, exclusiveness, evil thoughts, words and deeds with a greater love for God and human environment.

To exercise the above three, we need to be people of Prayer. We need to be Community oriented. We need to be Compassionate. Without being with God alone, we cannot give God through whatever we do. When God is not made known through our activities, it becomes just peripheral not inspiring.

If we don't experience EF, it just says that we are not with God and with the Community. We may excuse them both under the pretext of the Apostolate. If we are people of excuses, then we are not to be called Consecrated Women. We are just like the women in the world engaged in their work to live. We don't make a difference.

When we make a difference with the people of other status in our attitude, prayer life, communication, interpersonal relationship, service, learning, use of technology, habits, dealings, involvement, travel, attire, entertainments, celebration, holidays, tour, developments, behavior and use of time - we become

people of EVANGELICAL FREEDOM, living an authentic religious life, bringing a change within ourselves and in the lives of the people. As a result, we make religious life relevant in today's world.

Our communities need to be developed into Bridging Communities to bridge the generation gap. Gap of differences in character, understanding, temperament, behavior, upbringing, family background, culture, differences of opinion, etc. Our communities need to be converted into Uplifting Communities for those who are sick with physical, psychological, emotional and spiritual illnesses to feel the effect of soothing balm, warmth of comfort, companionship, acceptance, forgiveness, hope, inclusiveness, affectionate care and optimism.

Our formation houses and communities need to be the training centers to prepare and produce religious sisters with EF.

What are the possible challenges we face during this training?

"No man can serve two masters: for either he will hate the one and love the other; or else he will hold to the one and despise the other. You cannot serve God and mammon". - Mt.6:24

Certainly, it is 'Mammon'. Our Mammon may be our work, called apostolic activity, worldly ambitions, attachments to family, friends, addiction to technology like smartphone, gathering money and material goods for pleasure and satisfaction, gluttony, enjoying travels and trips, taking pleasure in gossiping, desire for worldly treasures and pleasures. Our Mammon may be the fruits of the evil spirit, etc....

The document "Sent by the Lord" gives us the solution as how to conquer this Mammon to achieve spiritual Joy: ***"If you seek after God in all sincerity and nobly walk in His ways, the Spiritual Joy you will experience in His service will cause you to forget how relentlessly rigorous self-denial and self-mortification can sometimes be" (SL.58). "It is important that once and for all we free ourselves from the grip which things have on us, so that we find rest only in God and in the things which concerns Him" (SL.Pg.50: para.1)***

We have something in common called "IMPERFECTION'. None of us are perfect. We are often tempted by this enticing world. We do make mistakes; we fall and rise, stumble again and again because we are not all good. We are accused, humiliated, looked at with contempt and punished, etc. because those who trouble us are also imperfect like us. All of us have issues that are unending, troubles that are hard to cope with our limitations and frailty. Our difficulties are everybody's difficulties. None of us are exempted from the ebb and flow of life. We have imperfections until we learn how to carry the Cross of difficulties, balanced and focused on the goal. What matters is our Faith in Christ and how much we are rooted in the love of Christ to face the monster of challenges namely MAMMON and conquer it like the woman of valor. Jesus being God was also seduced by Satan to enjoy these Mammon in His public ministry. He made the right Choice from the power of Prayer and zest to do the will of His Father. For a Consecrated Woman, Christ Jesus should be the most sought resource person to know how to encounter the day-to-day realities of life.

None of us are like yesterday, none of us will be like today and none of us make the same kind of Mistakes always. None of us are all bad, we can change. We have power, the divine within. We need to give time for ourselves to experience this Divine within through our Personal prayer. We need to give time to ourselves to be in the community to bridge the gap and be uplifting. We need to make the right choices, to become better and better, holier and divine. We ought to move against the current of seduction by the evil spirit and stand our ground of convictions and promise.

We need to change our type of communication while promoting Vocation to Religious Life promising to the Applicant saying, " You will have the experience of Being with God and Sent out for His Mission". Let us encourage one another to live an authentic consecrated life with EF by living it.

We require Evangelical Freedom -

- To liberate ourselves from the clutches of Mammon.
- To become joyful religious
- To become genuine daughters of Fr. Mathias Wolff.
- To become ambassadors of Christ.

- *Sr. Joyamma Chanikuzhy*

Medical Camps – JMJ Hospital, Porvorim

I thank God for His marvellous blessings on each one of us and everything that He is doing in and through us for the people of Goa. Two free medical camps by J.M.J. Hospital, Porvorim - Goa were held on 19-03-2023 (Moirā Parish Hall) and on 26-03-2023 (Porvorim Parish Hall) keeping with the spirit of lent. Both camps were attended by many patients from surrounding parishes and they availed the medical services provided by our doctors, sisters and nurses. Patients who needed urgent Laboratory services as well as those needing Radiology services were also helped by the respective departments of the hospital. The enthusiasm and generous spirit of our sisters, doctors, nurses and staff were applauded by both the parish priests.



J.M.J. Hospital, Porvorim intends to carry on these free medical camps in other parishes too, to make sure medical services reach all our surrounding villages. We have also conducted multiple free medical camps for migrants and slum dwellers and even provided them free medications and groceries whenever possible. In addition to this we have started regular visits to two old age homes in Guirim and Parra every month and help the Nuns looking after the old elderly inmates by providing them with medical and nursing services. The J.M.J. Resident Doctors and nurses as well as sisters provide home visits for bedridden and elderly patients in the surrounding areas.

With continued enthusiasm and support from our staff at J.M.J. Hospital, we hope to make the J.M.J. outreach programme a continuing service for the sick and the poor.

- *Sr. Amala Xavier*

Experience at Dhyānavana

I owe my deepest gratitude to my beloved Jesus for granting me a great opportunity to have a wonderful experience in Dhyānavana. Enormous thanks to dear Sr. Antony Mary Dasari and her council who made a space for discovery, for encountering people and other different cultures and giving time to find God.



My presence will go with you (Ex33:40). These reassuring words in the Word of God reinforced me to begin the journey anew.

Dhyānavana is a home where I experienced different kinds of acquaintance with different congregations' sisters and fathers. It was enriching knowledge that I had in Dhyānavana. There was an atmosphere of composure of both spiritual and active life. It helped me to develop my vocation in a holistic and integrated fashion.

Community is walking together as friends and sharing life with one another. It gives the experience of each person's wisdom and encouragement for the journey. Though we are of different congregation sisters and fathers, the community experiences brought God's goodness and it equipped each one of us to face life's tough times with hope. Community has been a balm for the soul and an aid to mental health. It offered a space to learn a way of accompanying one another through life's various seasons, stages and circumstances. Community recreation and group sharing brought greater openness and inclusiveness, a readiness to listen with patience, dialogue and mutual understanding.

My life in Dhyavanava taught me to change my thinking pattern. I understood that nothing is impossible when I take a step towards my growth. I appreciate the time given for prayer. All the activities were based on spiritual life that rekindled my spirit to grow in the love of God. Daily reflections, recollection days, contemplative Sundays and personal prayer germinated goodness in me as well as to see the goodness in others. The life in Dhyavanava helped me to be faithful and punctual for my prayer. I also got the opportunity to inculcate and deepen the values of love, gentleness, attitude of helping and living a simple lifestyle together in my community.



Classes were enriching and an eye opener for me. The classes about psycho spiritual integration especially helped me to balance my emotion and rationalize my thinking in the days to come. Group activities and homiletics challenged me to build confidence. It was an enormous opportunity to come forward and take personal responsibility in order to update myself for the mission of God. It was a great occasion for me to encounter the different cultures of India, to adopt and embrace the good things in every culture. There were times I also experienced the disappointments, discouragements, non-cooperation and indifference. But, I tried to live my life to the full by accepting differences, embracing different opinions, involving in every activity and trying to accomplish with dedication and love. It was a great learning for me to know that India is multi-linguistic nation where Dhyavanava provided an opportunity to experience these mixed cultures and traditions.



Spiritual direction was a great help for me to investigate my own self and to accept me as I am. The guidance and motivation of my spiritual director succoured me to come out of my own world. He encouraged me to be happy in life and to have a healthy relationship with everybody. I am very happy about my dissertation. This helped me to grow in writing skills and scientific research.

It was a hope for the hopeless where the priest alone started his mission in a rural village called Jaglur, Dhavanagere in Karnataka. I was taken up by his simplicity with people, always available to the people and able to know the needs of the people and to be an outgoing person. This experience filled me to spread the Gospel values of peace and joy in my pastoral work and imitate Jesus Christ radically. Overall, when I evaluate myself, I am glad to accept myself as I am and to grow in the virtues of our founder Rev. Fr. Mathias Wolff.



- *Sr. Priya Nallabai*

In Loving memory



Hyderabad: -

Sr. Marianne Edayadil

08.04.2023

Family Members: -

Aunt of Sr. Dr. Theresa Terence	02.12.2022	
Father of Sr. Tresa Terence Anthikattu	07.12.2022	
Uncle of Sr. Arputha Mary Kambala	07.12.2022	
Aunt of Sr. Lourdu Mary Palagiri	11.12.2022	
Aunt of Sr. Luviza Miranda	15.12.2022	
Brother-in-law of Sr. Jacintha Cheemalapenta	24.12.2022	
Father of Sr. Kiranmai (2 nd Year Novice)	01.01.2023	
Father of Sr. Mary Swarnalatha Katakam/	}	11.01.2023
Brother of Sr. Fathima Katakam/		
Uncle of Sr. Lilly Pushpa Katakam		
Niece of Sr. Gemma Kavalakatt	11.01.2023	
Cousin sister of Sr. Leela Chellakudam	11.01.2023	
Mother of Sr. Bhagyamma Poliseti	12.01.2023	
Cousin of Srs. Helen Mary & Delphina Mary Lourduswamy	13.01.2023	
Brother-in-law of Sr. Lourdu Jeevappa	16.01.2023	
Cousin brother of Sr. Miriam M.	22.01.2023	
Sister of Sr. Theresa Madhavaram	01.02.2023	
Cousin brother of Sr. Bala Prema Narala/	}	12.02.2023
Uncle of Sr. Shirley Silvia Mary Anthony Swamy		
Cousin brother of Sr. Papulamma Ponnapati	16.02.2023	
Cousin brother of Sr. Hrudaya Mary A.	22.02.2023	
Brother-in-law of Sr. Nigi Kachappilly	25.02.2023	
Uncle of Sr. Gracy Nadukattion	27.02.2023	
Cousin brother of Sr. Annet Palatty	01.03.2023	
Cousin brother of Sr. Showrilu Maramreddy	02.03.2023	
Cousin brother of Sr. Luviza Miranda	05.03.2023	
Mother of Sr. Cicily Maliekal	12.03.2023	
Nephew of Sr. Thomasamma Addagatla	20.03.2023	
Aunt of Sr. Showrilu Maramreddy	20.03.2023	
Cousin brother of Sr. Chinnamma Pudota	21.03.2023	
Grandmother of Sr. Lilly Pushpa Theresa Balraj	26.03.2023	
Mother of Sr. Anitha Dhivyanadhan	30.03.2023	
Uncle of Sr. Mary Vincent Naik	01.04.2023	
Brother of Sr. Anacleta Boreddy	05.04.2023	
Grandfather of Sr. Mary Sravya Gogulamudi	16.04.2023	
Cousin sister of Sr. Miriam M.	22.04.2023	

We extend our heartfelt condolences 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

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