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Devotion to the Sacred Heart of Jesus

“The Lord set his love upon you and chose you” (Dt 7:7).

God is bound to us, he chose us, and this bond is for ever, not so much because we are faithful, but because the Lord is faithful and endures our faithlessness, our indolence, our lapses.

God’s steadfast love for his people is manifested and wholly fulfilled in Jesus Christ, who, to honour God’s bond with his people, he made himself our slave, stripped himself of his glory and assumed the form of a servant. Out of love he did not surrender to our ingratitude, not even in the face of rejection. St Paul reminds us: “If we are faithless, he, Jesus, remains faithful for he cannot deny himself” (2 Tm 2:13). Jesus remains faithful, he never betrays us: even when we were wrong, He always waits for us to forgive us: He is the face of the merciful Father.



This love, this steadfastness of the Lord manifests the humility of His heart: Jesus did not come to conquer men like the kings and the powerful of this world, but He came to offer love with gentleness and humility. This is how He defined himself: “learn from Me; for I am gentle and lowly in heart” (Mt 11:29). And the significance of the Feast of the Sacred Heart of Jesus, which we are going to celebrate, is to discover ever more and to let ourselves be enfolded by the humble faithfulness and the gentleness of Christ’s love, revelation of the Father’s mercy. We can experience and savour the tenderness of this love at every stage of life: in times of joy and of sadness, in times of good health and of frailty and those of sickness.

God’s faithfulness teaches us to accept life as a circumstance of His love and He allows us to witness this love to our brothers and sisters in humble and gentle service. This is what we are called to do. Let each of us bring a bit of the love of the Heart of Christ to the sick, to the needy, the poor and marginalized and let us do so with proficiency and professionalism. This means remaining faithful to the most sacred heart of Jesus, to His values.

Dear sisters, in Christ we contemplate God’s faithfulness. Every act, every word of Jesus reveals the merciful and steadfast love of the Father. And so, before him we ask ourselves: how is my love for my neighbour? Do I know how to be faithful? Or am I inconsistent, following my moods and impulses? Each of us can answer in our own mind. But above all we can say to the Lord: Lord Jesus, render my heart ever more like yours, full of love and faithfulness.

A bird's eye view of our spirituality course at Raipur **(Ignatian spirituality)**

We 20 sisters from different provinces gathered in Raipur at JMJ Provincialate on 27 November 2023 for 15 days Spirituality course. The traditional welcoming was remarkably creative and colorful, washing the hands of each participant and honoring with the traditional shawl of Chhattisgarh and by offering a rose flower with a melodious singing with rhythmic musical instruments. It is remarkable in our life.

As we were waiting for next program Sr. Chandra Thainese the general councilor started the session with the brainstorming expression “When we take care of the sowing, God takes care of the growing “. The Seed Grows Up (volume I) was her topic. She has taken us to Netherland without getting into a flight for the sightseeing and spiritual enlightenment. We cherished the grandeur of our mother houses and pioneering sisters, the growth, and the development of the Society. We found the treasure which was hidden in her session. We realized that we need to imbibe the values and hand over to the coming generations this spiritual legacy. Every day we had group study and spent time in self-reflection and shared to the larger group at the end of the day appreciating the unique and common sharing of each of us. We are grateful to Sr. Chandra for her enormous contributions, time and efforts to make us rediscover the stalwarts of JMJ and glorious leadership of our Society.

The immersion of St. Ignatian spirituality into JMJ spirituality that was unfolded by Sr. Punitha and Sr. Shymala was incredible. It is said every sinner has a future and every saint has a past, whether it was Valmiki in our Indian context or Saint Paul and countless ordinary others among us. We found that this fact is very true with the companions of St. Ignatius and St. Ignatius himself. It was very interesting. The companions of St. Ignatius were the remarkable Peter Fabre, Francis Xavier, and Diego Laynez and so on. We detected many qualities in St. Ignatius and his companions. They are humble. Though they were humiliated repeatedly they withstood the challenge. We appreciated their inner freedom to beg, their lives of dependency on God alone, total detachment from the world, asceticism, focused life on Christ, their Self-realization and actualization, their feeling of need for the spiritual guidance and how they differentiated between their vain glory and spiritual glory. These we realized in the input and watching movies and videos on Limping Pilgrim, Ignatius De Loyola, and The Mission.

We had an implausible soul in the person of Rev. Fr. Devadas Muthaiah SJ, the resource person who dealt on “The autobiography of Ignatius of Loyola”. The insights shared were - St. Ignatius was a man of determination. He was the one who always determined to undergo any pain and suffering to any extent to achieve his dreams. Having experienced the vein riches of the world, he was willing to detach himself from all the resources even the love of his heart, once he found the real treasure.

His transformation brought a paradigm shift in his focus from worldly affairs to spiritual affairs and he always sought divine intervention in every aspect of his life. He practiced austerity and penance as reparations for his sins and always he looked for confirmation of his plans with the help of spiritual fathers. His repeated readings of the life of Christ and the Saints made him realize the purpose of his life as the soldier of Christ.

Rev. Fr. Devadas began the day with a directed meditation on Chakras and Naadies of the body, followed by a Holy Eucharist. The Dynamics of the spiritual exercises were

*Reforming the deformed, Confirming the reformed,
Confirming the confirmed, Transforming the confirmed.*

Sr. Shyamala and Sr. Pramila, the coordinators of the program have done a good job always keeping us informed the days program. They were a great help to go prepared for this important course. As we are in the threshold of Christmas before the ordinary Christ Jubilee 2025, we had Santa Claus celebration in the Bharata Mata community and Provincialate which brought a lot fun and laughter and joy. On Sunday we had a day out to Bhilai community. We enjoyed the travel and the amazing light and music fountain etc. They refreshed us and strengthened our unity. On the last day we had online interaction with Superior General Sr. Innamma Yeruva.

Finally, we wholeheartedly thank our general and provincial team for giving us this one of the nicest opportunities. We gratefully acknowledge the services of the communities who supported us for the success of the course. This important, interesting and intensive Spirituality course ended on 9th December 2023 dispersing the participants to their respective provinces with the spirit of Ignatian Spirituality to take JMJ Society to another milestone.

- *Sr. Santhosh Mary Michael*

Consecrated Life, a Gift and a Challenge

“I am here not by chance, but by choice” this quote was true to all of us, as we began the seminar by Sr. Inigo SSA and dwelled on everything that we heard. She strongly chastised us by quoting the Gospel passage (Lk 16: 19-31) Father Abraham’s answer to the rich man “He said to him, ‘If they do not listen to Moses and the Prophets, they will not be convinced even if someone rises from the dead.’” It gave a clear perception into our attitude towards the number of seminars, retreats and other programmes which we had attended and were still unwilling to make changes. We were hearing nothing new, nothing novel, nothing that we have never heard, but everything we knew, we have heard, we are reminded many times but here the challenge is to not to hear but to listen and to practice, to listen and to examen, to realize and mend our ways.

There is a call to put LOVE in everything, we are entitled to consider as religious -Work Vs Service, Profession Vs Ministry, and to realize students, patients, colleagues, employees and others as our benefactors, we are the receivers we need to thank them for the opportunity they are giving us to serve them. This change in our attitude will overwhelm our behaviour, which will in turn help us to “Make a difference” (Mad). Each of us has received this great gift of our vocation and receiving the gift demands responsibility, acknowledge this free gift, relish this gift. Silence is the language of God. Life of Christ is a simple message of a simple man. Our life should be an expression of this and only by this- ‘they shall know that you are my disciples’. We are blessed to be born in India whose DNA is Spirituality. Religious dress demands our prime responsibility that we belong to Him. Justification of actions are more dangerous and it prevents us from transformation. Every prayer should disturb my conscience and lead into making differences.

We are in an era where advertising is very important. Here we are selling Gospel products and our wrappers are to be very attractive, like a genuine smile, a compassionate look, a caring word, a therapeutic touch, etc. Cleaning and polishing in spiritual life are necessary. Treat everyone we meet with respect and dignity. Jesus had clear picture of his mission; the purpose of our stay should also be clear. We need to realize the nature of God. Our God is a God of compassion. Our ministry is primarily the ministry of presence, one sees the invisible in the visible.

We were helped to realize the image of God in us and to re-image and decode it in our mind according to our phase of life. Hardness and numbness are dangerous. During all her sessions, Sr. Inigo emphasized the virtue of silence. Maintain your nature in all circumstances and it is the nature that God has placed deep down in us, the divine nature. Happiness is a homemade product therefore my goodness doesn’t depend on the goodness of others.

- *Sr. Daisy Kunnathuparambil*

Broken Pot and the Healing Hand

“You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you know”. (A. A. Milne).

“Physical scars heal gradually, but mental scars reopen after every memory”



Intense emotional pain can completely disrupt a person’s ability to lead a normal healthy, happy, and productive life. When someone feels emotionally broken, their self-esteem takes a hit, and they often endure psychological trauma and unhappy experiences. This can manifest as deep depression, severe anxiety, and a strong feeling of being unwanted. Such emotional distress can be so overwhelming that it fundamentally alters the course of their life after a negative event. People in this state may experience psychological trauma, low self-esteem, persistent unhappiness, mood swings, profound depression, burnout, uncontrollable anger outbursts, extreme fear, a sense of helplessness, a feeling of being shattered, and becoming like a broken pot.

The broken pot serves as a powerful symbol for a patient, afflicted with a serious illness, seeking relief at a hospital. This brokenness reflects the severity of her condition, affecting her entire being. She is gripped by severe depression, questioning why she must endure such suffering. Feelings of Helplessness, worthlessness, and hopelessness weigh heavily on her mind. She is debilitated by her illness, feeling alienated from her loved ones, experiencing excruciating mental anguish, enduring great agony, and extreme exhaustion, and facing the looming threat of death. She says, **“Everything that drowned me, taught me how to swim”**.

Amidst all her pain, agony, sorrow, and suffering, she finds solace in the words of Isaiah 41:10 **“So do not fear, for I am with you; do not be dismayed, for I am your God, I will strengthen you and help you; I will uphold you with My righteous right hand”**. These comforting and consoling words from the Bible give her hope and make her realize that she is worthy of a life of joy and happiness. With great hope, high expectations, strong determination, and firm decisions, she decided to continue her journey. Picking the pieces of brokenness, filling the space of her emptiness, and clinging to the loving embrace of Jesus, she decided to continue her journey with Jesus.

As she arrives at a healing center, a ray of hope illuminates her path. The healing hand of the medical team lifted her immediately, with great love, extreme care, great concern, and deep sympathy, their unwavering commitment, efficiency, and prompt attention provided her with the best possible care, marked by tender and soothing touch. Through their healing hands, she feels uplifted and reminded of her humanity, igniting a newfound desire to overcome her challenges and thrive. They ensure her holistic well-being, making sure of her physical, mental, spiritual, and social needs, giving her renewed hope and strength for the journey ahead. **“Find a place inside, where there is great joy and the joy will burn out the pain”**.

If one has the gift of healing, your gift is a precious treasure to this world. Human contact has a calming, relaxing, soothing, and therapeutic effect; it demands care and concern all of which have a positive emotional and spiritual impact. The human hand is believed to be a conduit for the flow of energy and placing the hands can facilitate healing in others by their comforting, consoling, and soothing touch. **“To touch can be to give life,” says Michelangelo.**

A Nurse is a lifelong companion of a human person. She assists her baby much before he is born, while he is still in his mother’s womb. It is the nurse, who brings him out into the world; it is her face he beholds first, even before his mother’s. The role of a nurse is unique, admirable, and enviable.

The hand of a nurse is already consecrated as she enters into the profession of healing the sick. A special kind of power is given to accomplish great works through her gentle, soothing, and comforting touch. God has given to every nurse an opportunity to be an instrument of His healing love. The medical profession has become a spiritual process of God's healing love. In the healing ministry, the extended arm is a sign of great love in lifting the wounded, consoling the suffering, and reaching out to the needy.

Thank God, she not only receives the miraculous cure, but she is also helped to remain fully alive, healthy, happy, and peaceful by providing psychological support, nutritious food, a healthy environment, clean habits, and above all by providing physical energy, spiritual strength, and mental resilience. She fully believes in the words of Jesus Christ and finds solace and comfort in His teaching. **“I have come that they may have life, life in all its fullness”.** (John 10:10).

Nurses are the angels of mercy, love, sympathy, and compassion. They are the echo of Jesus Christ's words, **“Come to me all you that labor and are burdened”** (Mathew 11:28). How precious it is to be able to serve, to be at the disposal of others, and to be of use to someone who is in utter need of our help. It is important to recall that this “someone” is none other than Jesus Christ Himself. Jesus has made it very clear, when He said, **“As long as you did it to one of these least brothers and sisters, you did it unto me”.** (Mathew 25:40)



Dear Friends, Life is a journey of both beauty and challenges. “Our sorrows and wounds are healed, only when someone touches them with love and compassion.” Says Buddha. Every struggle in our life helps us to become strong, healthy, brave, and valiant. Be thankful for all the hard times, and struggles in life, they can make us stronger. Life is full of its ups & downs and facing problems and challenges can help us to grow and can become stronger and more brave individuals. **“The greater the problems, the more glory in overcoming it”.** (Moliere).

She fully believes that the Healing touch of our loving and caring Lord has healed her completely. No other form of communication is so powerful than the compassionate, caring, loving, and soothing touch of a “Healing and Sacred Hand”. **“Paradise is attained by our comforting, consoling, soft, and soothing touch,”** says Helen Keller. Remember that, **“You are stronger than you know, more talented than you think, and capable of so much more than you imagine”** says Roy T. Bennett.

You are stronger than the challenges you face, keep pushing forward and believe in your limitless potential. May His powerful and sacred Healing Hand protect you, guide you, and lead you into the right path, into the path of Jesus.

*“Loving Jesus, your love is as wide as the ocean, And as tall as the heavens,
May your spirit rise like a mighty wave, and come and restore those who are ill.
You are the water of life; you are fresh Spring.
You are healing rain to all,
To all those who are in need”.*
(Claudia)

- Sr. Sicily Chittilappilly JMJ

Experience of the Silver Brides

*I will give thanks to you Lord with all my heart, I will tell of your wonderful deeds.
(Ps.9:1)*

We, the twenty-one silver brides of the year 2024, are truly grateful for the abundant opportunities provided in our religious life by the congregation, in particular for these two months of personalization and solitude. These experiences have enriched our spiritual journey, fostering growth, understanding, and a deeper connection with our faith. The guidance, teachings, and moments of reflection have been invaluable, shaping our perspective and contributing to our personal and spiritual development. We the silver stars reached the venue JMJ Divyodaya Spirituality centre, Sirumalai on 27 December 2023 and were put on the note of intensive spiritual renewal program with the ice breaking session conducted by Rev. Sr. Marykutty P, Provincial Superior, CJMJ Raipur.



“Psycho Spiritual Integration” by Rev. Fr. George Kallampally, CMF

The journey of self-discovery began by connecting our life to the flow of a river. The stream metaphor encompasses the acceptance of life's ups and downs, navigating obstacles with resilience, understanding one's origins and purpose, finding stillness for introspection, acknowledging interconnectedness with nature, adapting to seasonal changes, building meaningful connections, and embracing personal evolution and transformation. This metaphor serves as a holistic framework for navigating the psycho-spiritual journey with mindfulness and intention.

“Inner child healing session and the emotional healing” by Rev. Frs. Victor and Arul Edward OFM Cap.

The importance of maintaining Emotional hygiene, which refers to the practice of maintaining and caring for one's emotional well-being, similar to how we care for our physical health. This concept encourages self-awareness, mindfulness, and proactive measures to prevent emotional stressors from accumulating and negatively impacting our psychological state. Techniques and therapies helped us reclaim the incidents, generating a desire to heal them. The sessions helped to be curious but not critical, be careful but not crushing, ask than assuming and connect before correcting.

“Biblical Spirituality” Specific reference to women in the Bible by Fr. Wilson Sagayaraj SVD.

Women in the Bible often played significant roles as mothers, leaders, and contributors to their communities. Examples include figures like Esther, Deborah, and Mary, each showcasing courage, wisdom, and faith. In our learning, the Bible provides lessons on the importance of women's roles in diverse capacities. It encourages recognition of our strength, resilience, and influence in shaping narratives of faith and societal dynamics. These stories offer insights into virtues such as compassion, perseverance, and devotion, providing valuable teachings for personal and communal growth.

In the Ignatian retreat's embrace, 30 days unfold in sacred space, A journey deep, a soul's descent lead by Rev. Fr. Victor Immanuel S.J.

The retreat, rooted in Ignatian spirituality, offered a profound exploration of self, God, and the interconnectedness of both. The Ignatian Spiritual exercises provided us a framework for discernment, encouraging a discerning attitude towards life choices. Our familiarity with the story of Jesus facilitated a gradual unfolding of self-awareness, helping us recognize patterns of thought and behaviour. Throughout the retreat, the Ignatian principle of "finding God in all things" became a lived reality.

As the 30 days unfolded, we found ourselves undergoing a reflective spiritual transformation. The retreat provided a roadmap for discerning God's will and deepening our relationship with the divine. The integration of Ignatian spirituality into daily life became a lasting imprint, shaping our perspective and influencing our choices.

“Emotional intelligence (EI)” by Rev. Fr. Alwyn Noronha, OFM Cap - Emotional Intelligence refers to the ability to recognize, understand, manage, and express one's own emotions effectively, as well as the ability to perceive, interpret, and respond to the emotions of others in a constructive manner. In community settings, people often work together towards common goals. It helps individuals build trust by being authentic, reliable, and understanding, creating a sense of security and cohesion among community members and allows individuals to navigate and appreciate this diversity, fostering an inclusive and respectful community atmosphere.

The Spirituality of the Congregation by Rev. Sr. Prameela Puchakayala JMJ

The spirituality of our congregation, the ever-renewed search for God's will in obedience is a profound and spiritual journey that each one of us board upon to align our lives with the divine guidance. Rooted in faith and humility, this quest involves a continuous exploration of our purpose, values, and actions in accordance with the teachings and principles of our dear founder Fr. Mathias Wolff. By inculcating the interior spirit i.e. prayer, reflection, and a steadfast commitment to living a life of virtue, we seek to discern and adhere to God's will, recognizing that obedience is not merely a set of rules but a transformative journey of spiritual growth and alignment with divine purpose.



We extend heartfelt thanks to Rev. Sr. Innamma Yeruva and Council, all the Provincials and the Council and every sister of the congregation for the support, mentorship, prayers and opportunities.

The Silver Jubilee marked not just a celebration but poignant reminder of the enduring grace that has sustained all of us but also reaffirmation of our commitment to continue the journey. May the journey ahead continue to be filled with grace and enlightenment.

- *Silver Brides of the Year 2024*

My experience at Visvadeep

In the embrace of Visvadeep, a sanctuary of enlightenment and growth, I embarked on a transformative journey that enriched my life in profound ways as did my diploma in faith formation and youth ministers. Over the course of ten months, I traversed through a myriad of experiences, each unveiling new perspectives and deepening my connection with the divine.

Initially, I found myself grappling to assimilate into this unfamiliar terrain, but with the nurturing guidance of fellow companions, I gradually found my footing. The weekly examinations and evaluations became not just assessments but sacred rituals that drew me closer to the essence of Christ, illuminating my path with spiritual clarity.



Visvadeep became more than a mere institution; it emerged as a sanctuary where the omnipresence of God revealed itself in every facet of existence. Through introspection, I gleaned insights into my motivations and accomplishments, empowering me with a newfound strength to navigate life's complexities.

Amidst the kaleidoscope of diverse cultures and personalities, I found solace in the warmth of solidarity and support. Every interaction became a testament to the boundless love and compassion that permeated the community. I embraced the opportunity to participate wholeheartedly in communal activities, imbibing invaluable lessons that would shape my future endeavours.

The spiritual mentorship provided by Fr. Alex became a beacon of light, anchoring me in the unwavering embrace of Christ. Through personal prayer, I cultivated a profound communion with the divine, attuning my ears to the whispers of the Almighty in every moment of my journey.

Visvadeep exuded a familial ambiance that nurtured my soul and fostered a sense of belonging. I am deeply grateful to every individual who extended their unwavering support throughout my sojourn, empowering me to navigate challenges with grace and resilience.

To the sisters whose benevolent guidance illuminated my path, I extend my heartfelt gratitude. Their unwavering encouragement and positive energy infused me with the zeal to serve God's people with unwavering devotion.



As I bid farewell to Visvadeep, I carry with me a treasure trove of memories and lessons that will serve as guiding beacons in my future endeavours. With a heart overflowing with gratitude, I embark on the next chapter of my journey in the Congregation of JMJ, fortified by the prayers and blessings of my cherished Visvadeep family.

- *Sr. Shwetha Bandi*



May your leadership be guided by wisdom, compassion, and a steadfast commitment to the values and mission of our congregation. Wishing you strength and inspiration as you embark on this important journey of service and stewardship. God's blessings!

In Loving memory



Guntur: -

Sr. Maria Rani Devarakonda 21.01.2024

Hyderabad: -

Sr. Eleanora Chevva 06.01.2024

Sr. Hermancia Edasseril 28.02.2024

Sr. Irene Correya 12.03.2024

Family Members: -

Grandmother of Sr. Soniya Penugonda 30.11.2023

Sister of Sr. Beena Kavalakatt 09.12.2023

Mother of Sr. Lily Dominic 15.12.2023

Uncle of Sr. Nigi Kachappilly 02.01.2024

Brother of Sr. Mary Francis Trichurkaran 04.01.2024

Father of Sr. Maria Shymala Erry 24.01.2024

Brother-in-law of Sr. Rosy Thomas Chonedan 29.01.2024

Uncle of Sr. Parimala Michaelappa 01.02.2024

Nephew of Sr. Dorothy Iraly 02.02.2024

Nephew of Sr. Gemma Kavalakatt 03.02.2024

Aunt of Dr. Sr. Theresa Terence 09.02.2024

Father of Sr. Shanti Elias 20.02.2024

Sister (JMJ, Hyderabad) of Sr. Gracy Edasseril 28.02.2024

Mother of Sr. Mary Swarnalatha Katakam 07.03.2024

Aunt of Sr. Rose Rani Pudota 09.03.2024

Mother of Sr. Jolly Arimboor 15.03.2024

Uncle of Sr. Ruby Kannanayakkal 17.03.2024

Aunt of Sr. Stella Abraham 24.03.2024

Cousin brother of Sr. Luviza Miranda 30.03.2024

Uncle of Sr. Judith George 04.04.2024

Father of Sr. Annie Raphael C. 08.04.2024

Mother of Srs. Prakasamma & Fathima Sanivarapu 17.04.2024

Uncle of Sr. Showrilu Maramreddy 10.05.2024

Nephew of Sr. Gemma Kavalakatt 28.05.2024

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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