



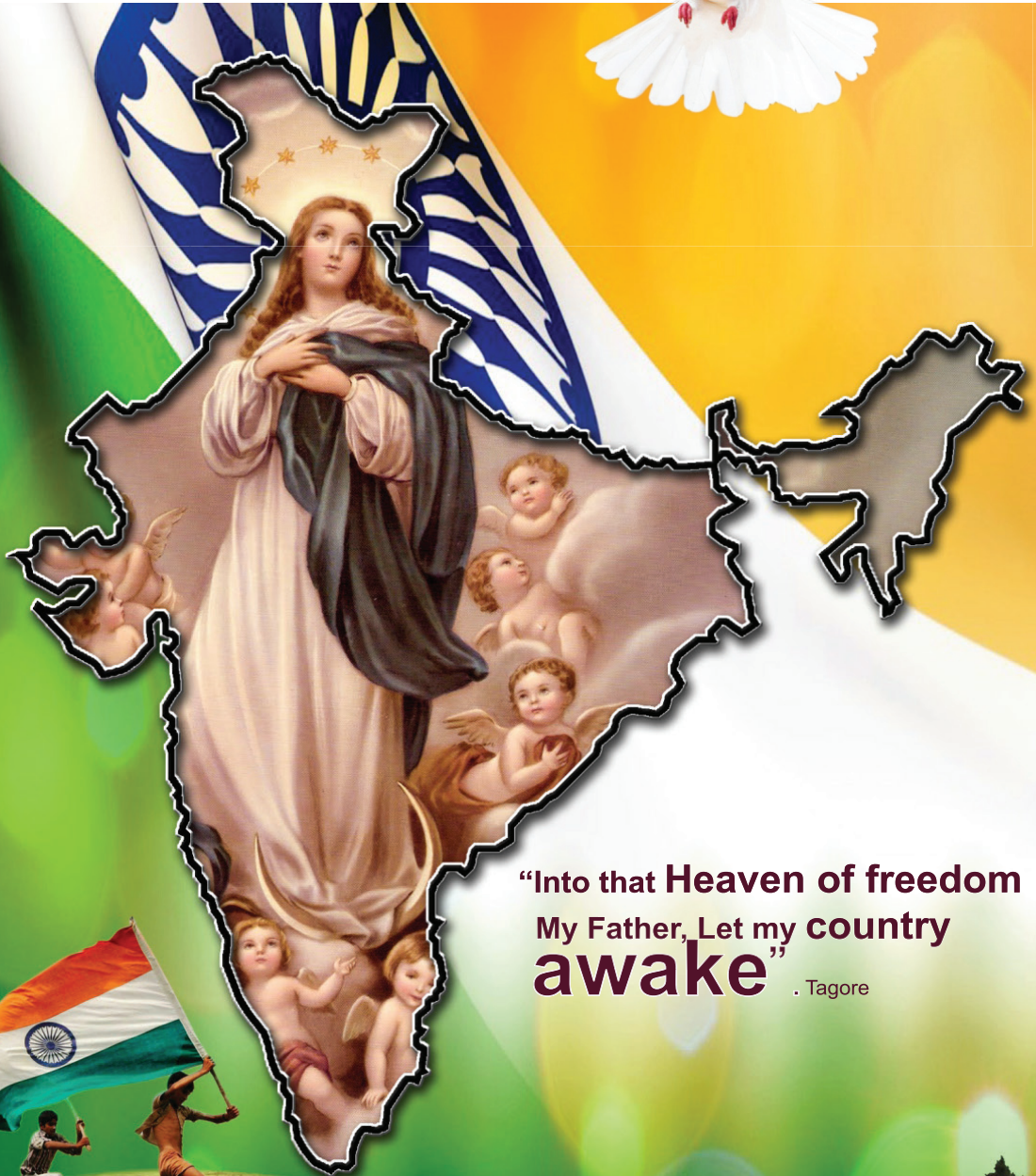
VANI

NEWS • SPIRIT OF DIVINE LOVE PROVINCE • INDIA SOUTH

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**"Into that Heaven of freedom
My Father, Let my country
awake"** . Tagore

FROM THE PROVINCIAL...

**Happy Independence Day! Happy Feast of the
Assumption of the Blessed Virgin Mary!**

**True independence and freedom can only exist in
doing what's right. - Brigham Young**



On 15 August, we celebrate the 70th anniversary of the Independence of our country and the Feast of the Assumption of Mary our Mother - two great events of time – bringing together the two dimensions of human freedom - inner and outer. In fact, only when these two dimensions are found within each one of us, are we truly free. For many of us, we have the outer freedom, but the inner freedom has to be hard earned! So then, it calls us to reflect on our freedoms and our un-freedoms, to have a glimpse on how free we really are!

As we celebrate our independence, we are well aware of so many evil forces stifling our land from being truly free - corruption, injustice, terrorism, violence, ignorance, diseases, gender inequality, and more so, our own selfish interests and collective greed. We are still in bondage ...bondage to our own prejudices and pettiness. Where we once hated a foreign master, we now hate each other. '*Narrow domestic walls*' of our own making divide and subdivide us.... Let's be awakened within and stir our inner being to understand the kind of bondage we are living in, which stops our search for the divine, the ultimate!

Feast of the Assumption of Mary signifies liberation of Mary from the realm of bondage, sin and death - as a sign and sure hope in our struggles towards freedom and liberation. Her complete independence from enslaving forces reminds us that true independence is attainable only by the power of the Spirit! O Lord -

Lead us from the unreal to the real,
From darkness to light,
From death to immortality!

**Sr. Lissy SSpS
Provincial Leader**



Editorial



The 70th Anniversary of India's Independence is a time to celebrate the 'Incredible India' on the path to Economic self-reliance and prosperity, Electoral Democracy, and Communal Harmony. We do commemorate the 70th year of bloody mess partition that perturbed some 14.5 million people, Hindu, Muslims, and Sikh who left New Pakistan for India or India for New Pakistan, who breathed in terror, travelled trembling and arrived traumatized. The world around named them "**Refugees**". 70 years later we have not accepted that we have created Refugees. In our partition, even today, we shoot and kill our brothers and sisters, violently drag our parents, mindlessly orphan our children, rudely behave with our subjects, and take very few steps to educate the heart.

Humanly speaking, the birth of the Promised Messiah brought chaos to Mary's personal life. She suffered insecurity and accepted the cup of a **Refugee**. The difference that raised her to highest heaven is the indomitable spirit of inner freedom and the child like conviction

in God's Love for the humanity. As we celebrate the Twin Victories let us intercede Mary our Mother and Queen to help us experience inner freedom and choose to resist second partitioning of India of its versatile ethos through intolerance and fear.

Dear sisters, I am very happy to present to you Vani after a long year. It is rich in content with lot of insights and experiential stories. Hope you enjoy its every page. Thank you for contributing your precious write-ups, poems and articles. May God let us experience the true Freedom.

"Where the mind is without **FEAR** and head is held High Let my Country awake." Tagore

Sr. Cynthia D'souza SSpS
Deepalaya

International Formators Seminar 2017

04-25 June 2017, Bello, Timor, Indonesia

Theme: Formation Ministry : Companionship toward Communion

Focus: Revitalize our call and commitment as SSpS today

Icon : Jesus the good shepherd



We began the International Formators Seminar on 4th June on the titular feast of Pentecost. 42 participants from 5 Continents with our Congregational Leadership Team Sr. Maria Theresia, Sr. Miriam and Sr. Maria Christina gathered in one place, namely in Bello-Timor. SSpS-Regionals of the Indonesian provinces Timor, Kalimantan, East Flores, West Flores, and Java welcomed the participants with scarves. There was a procession escorted by the dancing “Liguria” and “Tarian Gong” to the main door of the Chapel, where an elderly man welcomed them with a traditional speech called “Takanab”, followed by welcoming words by Sr. AloisiaTeti, the provincial of the hosting province Timor. Following the welcoming ceremony, the Eucharistic celebration took place, presided by Fr. DidimusNai, SVD, the Provincial of SVD Timor, and concelebrated



by three other SVD priests. After communion Sr. Maria Theresia greeted all present and welcomed officially the participants of the 5th International Formators Seminar and called to renew and revitalize our commitment and mission as formation.

The first session started at 3 pm in the meeting hall, beautifully prepared for the event. The participants were seated in 7 groups of 6 sisters each. Sr. Miriam presented the program for the seminar and explained the overall organization. Sr. Rosario then carried out an interesting activity to help the participants get to know each other and become familiar with one another.

The Next day we discussed about the best practices in formation. Along with the insights and experience, many issues regarding the different levels of formation were talked

about. Some of them expressed feelings of gratitude for being called as SSpS formator. Others expressed that they were enriched by the experiences and felt that the Spirit of the Lord was moving and guiding each one.

In the afternoon the CLT members shared information about the Congregational reality today. Sr. Maria Christina Avalos' presented the latest statistics and the need for collaboration between SVD, SSpS and SSpSAP and other congregations and organizations. Sr. Maria Theresia spoke about common formation programs such as novitiates and tertianships. She also highlighted some of the implementations of the 14th General Chapter. Sr. Miriam shared about formation for mission and some developments and challenges in the congregation.

Fr. Lukas Jua SVD, provincial superior of the province of Flores-Ende, shared with us his rich knowledge of and love for the Scriptures, as we explored together the theme of "formation as companionship" in the Bible. We looked at the Old Testament as the story of how God accompanies his chosen people. Our particular focus was on Moses, to whom God revealed himself as the faithful companion. Being his companion, he was also his formator.

On 9th of June Fr. Yulius Yasinto SVD, director of the Catholic University in Kupang organized an encounter with some of the youth. The aim of the day was to understand today's youth. Fr. Yasinto came accompanied by Mr. Leo Nahak, an anthropologist, and the

two students Sonia and Elia. Each of them shared from their own perspective, at times in a humorous, at times in a challenging way. Fr. Yasinto spoke about the impact – both positive and negative – that the globalization, social media, and family life has on young people today and encouraged us to review our initiatives for youth, do more in social media, make our houses a home, and prepare sisters, who are firm in their identity as SSpS and mature as a person, so that they can be a model for the younger generation.

In the afternoon we had the opportunity to meet more than 200 young Indonesians at the Catholic University of Kupang. The students had prepared a colourful cultural program and four of our sisters from different continents had prepared PowerPoint presentations and videos on youth.

We also dealt with the theme "Technology and Social Media in the SSpS - A continuing journey of discovery and adventure". Sr. Marides Santos, General Communication Coordinator, gave us a broad introduction to the world of Information Technology.

Glimse of Timor was gifted to us on TRINITY Sunday.. We were introduced to Timor culture and tradition. We deeply appreciate the hospitality and generosity of SSpS Timor province, their mission partners and friends, who put all their love and effort into preparing such a special program for us. It was indeed enriching.

Beside rich inputs we were given space to

share our resources. I dealt with the theme “Religious life, vows, mission and future challenges” and Sr. Scholastica from China shared about the mission of the SSps in the Far East.

Sr. Maria Theresia guided the group on the topic of Discernment. From her broad experience as Congregational Leader and former formator, she shared about the significance of discernment.

The group reflected on the theme of interculturality for two and half days. The inputs were given by sisters Adriana Milmanda (Argentina South), who is also serving as a Spanish translator in this seminar, and Sesilia Andri (Indonesia Java), novice directress of Java Province.

The talks and sharing made us aware that any neighborhood, city, parish, or religious community composed of people of different cultures is de facto a multi-cultural community.

Sunday was our Free Day. Many of us took the opportunity to go shopping for some gifts and souvenirs and to go to the beach. The sisters of Bello community organized the transportation and also volunteered to be our guides. In the evening we all gathered in the

dining room for a common recreation. Each basic group, as well as the staff, contributed something to the program. There were games and, of course, dances for all.

Two days were set apart for reflecting on human Sexuality and Psycho Sexual Development. One of the Participant, Sr. Milagros Sandoval from the Phillippines South was the resource person. She said that Sexual energy connects us. When we integrate it, it becomes a source of life for us and others.

Under the topic discernment and accompaniment, the group along with Sr. Maria Theresia, looked at the importance of discernment in the different stages of formation such as admission to final vows including Mission Mandates, Juniorate program/Professional training, Common formation programs and Ongoing formation. We had some time to reflect upon the three weeks seminar, gather the learnings, draw conclusions and plan for some action steps to be implemented in our respective provinces and regions. The Seminar ended with the closing mass, followed by lunch.

Sr. Simona SSps
Holy Spirit Home, Bangalore



Assumption of Blessed Mother- Time to Extol our Patroness

Many of the symbols used in the Exodus incident represent Jesus the Savior and Mary the Co- Savior. It was the presence of the Ark that gave the Israelites the necessary courage and strength to overcome the troubles on their journey to the Promised Land. In the ark of God there were two tablets on which the 10 commandments were inscribed, the golden pot filled with manna and staff of Aaron that had sprouted. The Tablets represent Christ the word, the manna, Christ the bread of life and the staff of Aaron Christ the eternal priest. Mary who carried the Word, the Manna and the eternal Priest in her womb is called the Ark of Promise.

Through her consent the womb of Mary becomes the Ark of the presence of God. There was a ritual by which the Ark was covered with the Blue Cloth throughout the journey in the wilderness. In all her appearances she comes wearing a blue cloak. When St. Arnold Janssen chose this blue color dress for us SSsP he gave us a patroness to pray too, on the feast day of Mary the Immaculate spouse of the Holy Spirit! So we extol hereby saying:

Lovely lady dressed in Blue

We can enter the kingdom of Heaven only by reversing in age and becoming like a child.

Lovely Lady dressed in blue
Teach me how to pray
God was Just your little boy
Tell me what to say
Did you lift Him up

Gently on your knee?
Did you sing to Him the
Mother does to me?
Did you hold his hand at night?
Did you ever try
Telling Him stories of the world?
O and did he cry?
Do you really think he cares if I tell him
things
Little things that happen?
And do Angels wings make noise?
Can He hear me when I am low?
Does he understand me now?
Tell me, for you know!
Lovely Lady dressed in Blue
Tell me how to pray!
God was just your little Boy
And you know the way!

Courtesy: Other Sources
Sr. Jessy Antony Mumbai



Love in Action

We know for sure God made the world with a “sense of humor,” in the sense that we were to see Him through His creation: to see His Beauty in the face of a human, His Wisdom in the well-read and the unschooled, and His Love in the human heart. And that love needs to glow gelled with compassion, kindness, faith and devotion in reaching out. It is this love that always gives and fosters growth. We symbolize that love as heart- the mysterious love God has for us.

Jesus asks us today show me your hands. Do they have scars from giving? Show me your feet. Are they wounded in service? For us giving should not only mean satisfying basic needs but being with people who are hungry for love, exposed of human dignity and respect, and living in rough situation because of rejection, non-acceptance, etc. Does our hands embrace the people of this sort any time? Is our hands cold and tight or warm and tender? Now it is the right time to say we are the hands of Christ, with love, for love in action.

Love is alive, and where there is life, there is action. That’s why St. James says, “Faith without works is dead”. Love in action is a great chance to make a difference in our community, congregation, work place and the society. Love cannot remain by itself. Love

has to be put into action and that action is love. Pope Francis says;“ love is more about giving than receiving and is best exposed through action not words”.

We have a great example Mother Theresa, who said a life not lived for others is not a life, for love in action is service. “We need to plunge into action to let everyone benefit from the fruits of the earth, satisfy the demands of justice, fairness, and respect for every human being”. Also know for sure where there is no work there is no dignity. We are called to live and show the expression of God’s kindness; kindness in our face, kindness in our eyes, kindness in our heart and hands. We need to pray that may we be filled with life and life giving love for love in action. And that where we find extreme dislike and dimness may we bring love & hope in order to give human face to society

Sr. Lalitha SSpS
Philippines



What is GST?



From the past few months we have been listening to this term called GST repeatedly. Ever since Goods and services Tax act came in to force, numerous queries have been daily bothering our minds, much more is the hype created with various rumors and doubts in different media. No matter who you are, whether a religious, salaried person, managing an institution or a common person involved in buying and selling goods and services, GST is affecting our life in one way or the other at least in the purchase of goods for daily consumption.

What exactly is GST? GST refers to Goods & Services Tax which has been brought in with an intention to replace the tax structure which includes Excise Duty, Service Tax, Counter vailing Duty (CVD), Special Additional Duty of Customs, Central Charges & cesses and

local sales tax i.e. Value Added Tax (VAT), Central Sales Tax (CST), Octroi, Entry Tax, Purchase Tax, Luxury Tax, Taxes on Lottery, betting and gambling.

Section 2(52) of the GST Act defines the term goods as, “Goods means every kind of movable property other than money and securities but includes actionable claim, growing crops, grass and things attached to or forming part of the land which are agreed to be severed before supply or under a contract of supply.” Section 2(102) of the GST Act defines the term Service as, “Service means anything other than goods, money and securities but includes activities relating to the use of money or its conversion by cash or by any other mode, from one form, currency or denomination, to another form, currency or denomination for which a separate consideration is charged.”

The question arises in our minds is if GST “One Nation One Tax”. Will there be a single tax structure or a single rate? Nothing in the GST Act is one, other than the slogan, be it the Act, which is as of now CGST (Central GST), SGST (State GST), IGST (Integrated GST), UTGST (Union Territory GST) or the rates in the slab like 0%, 3%, 5%, 12%, 18%, 28%. In case of an Intra-State Sale / Sale Within the

same State - The dealer has to charge CGST + SGST. If there is an Inter State Sale/ Sale to another State - The dealer has to charge IGST or UTGST (If made to a union territory).

Any business or service provider whose turnover in a financial year exceeds Rs 20 lakhs (Rs 10 lakhs for North Eastern and hill states) is liable to get registered under GST, other than the exemption provided to the goods and services like farm produce, health, education etc. Registration number in GST will be PAN based and hence, having PAN would be a prerequisite for obtaining registration. The assessee must obtain separate registration for each State, as registration under GST will be State-wise.

Any goods and services that we purchase from the registered dealers or manufacturers are inclusive of GST. The new sets of invoices contain the rate of GST mentioned and amount collected as tax from the consumers. Every registered person availing services from an unregistered dealer or purchasing goods from unregistered dealer has to pay the GST under the respective HSN (harmonized system Nomenclature) Code of the Service / Goods by raising an Invoice. It means all the registered persons, liable for GST for unregistered services goods are to raise Invoice on self and file returns, then seek a credit against own tax liability. Therefore once registered under GST, there is a compulsion to purchase goods and services from the registered dealers. In



our daily transactions we need to keep this in mind.

Credit of GST paid either on purchase of goods or for services availed can be adjusted against GST collected on sale of Goods or supply of services. This was not allowable in the earlier laws. You can also enter into business transactions with an unregistered person but in that case, you will be required to pay GST on reverse charge mechanism basis to the Government. Cash Transaction with unregistered dealer is limited to Rs.5,000/day, except fresh vegetables, fresh meat, diesel, petrol etc. Any room rent above Rs. 1000/- per day is taxable, therefore in case of board and lodge, it is advisable to show the expenses of food separately, and thus we can ascertain the accommodation expenses separately. If rent is charged for auditorium/ground etc, prepare a fresh invoice with GSTIN number and rates as per the compliances.

According to GST, every registered person will have to file 3 returns every month and 1 annual return at the end of the financial year:

GSTR1 -All outward supplies/ sales of Goods and services by 10th of the next month,

GSTR2-All Inward Supplies/ Purchases of Goods and services 15th of the next month,

GSTR3 -Consolidated Monthly Return along with payment 20th of the next month,

And GSTR9- Annual Return i.e. a consolidated return for the entire year on 31st December of Next Financial Year. GST can only be paid by electronic means under the GST Act. You can no longer visit the branch and make payment across the counter.

In case where the tax payable is not paid Interest shall be paid @ 18% per annum.

In case where sales are reduced or excess purchases are shown Interest shall be paid @ 24% per annum. Penalty for non-filing of returns are Rs.100/- day per return up to a maximum of Rs.5000/- per return. So, the amount of penalty payable for not filing one month's return can run up to Rs.15,000/-, being delay in filing for 3 returns for a month.

As the days pass by we may realize the intricacies of this new tax regime and its impact on our lives. But for sure, the consumption would become dearer to our pockets.

**Sr. Jenifer SSpS
Bangalore**

Mistakes - Takes Missed ??

“Mistakes are always forgivable, if one has the courage to admit them” - **Bruce Lee**.

The ability to learn from mistakes helps one to achieve great things in life. When you fail in life, you should not blame fate or destiny. On the contrary, you should evaluate the different reasons that caused the failure. You should also have the courage to make the necessary changes in life. It will help you to bring out more favorable results in the next attempt. Each one of us is bound to make mistake.

Worrying about what has already happened is useless. Instead, learn from the errors.

Forget the failures, and go ahead. Make strong decisions that you will do better next time and utilize all your energy for the same. Mistakes are the portals of discovery. We are products of our past, but we don't have to be the prisoners of it. Sometimes failures are the opposite of success, but other times failures are the pathway to success.

I am who I am today because of the mistakes I made yesterday.

**Sr. Prashilla Mohta SSpS
3rd year B.Com student (Vijayawada)**

Faith Experience

My zeal for God and his work burns within me. The day arrived to go to my assigned village, I went with zeal to a village called Bandar Kamta. On the way I enjoyed the beautiful creation of God. The field was coloured green and it was evening. I felt as if I am in the Garden of Eden. The pastor and I reached the village at 6.45 pm. I experienced the gestures of love and warm welcome by the village people. On our visit, we met a pregnant woman who had a child not even a year old. I was shocked to see the condition of the child and the situation of the mother. I explained her the consequences of unplanned pregnancy and growth and development of the first child. After visiting a few houses we left the village at 9.30 pm. I was a bit scared to travel at night. As I was crossing the forest my fear increased. Then I remembered the words, “You will not lose anything not even the life but your self in doing Gods work. **BE STILL AND KNOW, I AM GOD, DO NOT BE AFRAID I AM WITH YOU**”. Yes God has never abandoned me. He has journeyed with me in my visit to the village.

Shared stories build relational bridge that Jesus can walk across from my heart to others. We have built a bridge of trust and love in which a mutual sharing of life takes place in the village. The people desire to receive the grace and blessing through us. The children greet us by saying **Jay Christ** and some of them accompany us in our mission. They become a doorway to God. They have become a letter of Christ to their family members. St. Paul says, “I do not think about what would be good for me but about what would be good for many people so that they might be saved”. I believe while living out the Gospel I help the Kingdom of God grow.

Sr. Sangitha Soreng SSPS
Ekamba

**Worry ends when
FAITH IN GOD
Begins...**



YOU ARE THE LOVE



Blessed are you, born on the day of **LOVE**
You were nurtured with the **LOVE** while
you were in your mother's womb
Both from your Mother and Father
Born to experience this **LOVE**
Born to express this **LOVE** with all
Your food was **LOVE** for nine months
You breathed **LOVE** for nine months
You moved to and fro with the rhythm of
LOVE

You danced with your mother's **LOVE** song
On the day of your birth
Your eyes witnessed your first **LOVE**
Gently touching you with **LOVE**
Tears of happiness in her eyes
Sighed with the breath of **LOVE** for you
Lovingly, gently and silently walks with you
all through
LOVE is the school in which you grew up
LOVE is the language you learnt

LOVE is the virtue you experienced
LOVE is the friendship you encountered
Dear, you are God's **LOVE** poem that we
read,

You radiate the vibration of **LOVE**
You radiate the ripples of **LOVE**
Through your gentle smile

And we **LOVE** you dear
For the **LOVELY** person you are
And we thank God for

Creating you in **LOVE** and for **LOVE**
May you continue to live Jesus and **LOVE**
Jesus

Sr. Jyothi Kanithi SSpS
Phramer

Many Smiles After Hard Slog

Children are future of our nation, hence it is every ones task to provide assistance to form the children into agents of change and transformation in order to create a better society. In this regard Streevani has a special consideration and concern for the children of the domestic workers, realizing that domestic workers are a section of the society who get into a lower walk of life due to inadequate resources and opportunities. In view of this, Streevani initiated a simple step of encouragement for those adolescents to study and excel at par with the rest of the children.

“A drop of water makes an ocean”, hence, Streevani brought together around 75 adolescent children of domestic workers for various trainings such as career guidance, personality development, health and hygiene, dignity of girl child, leadership and awareness on protection from any kind of abuse and eve teasing in order to assist them towards an integral and holistic growth.

Streevani recognizes the children of our domestic workers with outstanding academic performance and honour them with Dr. Frances Maria Yases Memorial Scholarship since the year 2014. The small amount that is received by the students with gratitude and joy is an encouragement for them and for their parents to consider the significance of education in today’s society. Looking into

the past years, Streevani has witnessed an increased awareness among women domestic workers on educating their children. The children with less aptitude for education are provided with vocational skills such as tailoring, ANM nursing, mechanical and technical courses to help themselves to stand on their own feet.

Streevani celebrated the “International Domestic Workers Day” on 16th June with around 250 women and Children. During the celebration, the students who secured above 68% in class Xth and XIIth were honored with Dr. Frances Maria Yases Memorial Scholarship. The chief guests of the day were Mr. Birar and Mr. Mujumle, the Labour officers and Mr. Sharad Pandit, a well-known social worker, who congratulated the students and appreciated the efforts of their mothers. Seven of the tenth class students and ten of the twelfth class students secured marks above 68 percent. It was a proud moment for the children who received cash as prize and for their mothers as well. Thereafter Streevani also conducted a full day session on career guidance, in order to help them to choose a better future. Children along with their mothers celebrated the day by distributing sweets to express their happiness and gratitude.

**Sr. Rose Thomas SSpS
Streevani, Pune**

From The DIARY.....

It was towards the end of the World War II. Americans, English, French soldiers came via the Netherlands into Germany till the river Rhein. German army was expected on the other side of the Rhein, therefore we were ordered to leave our houses and the village and move to the neighboring village, further away from the Rhein, behind the horse-race course. Shoot at sight order was given by the Allies. Nobody was allowed to enter our village. Around the race-course huge oak trees were standing and our garden ended just there. So without needing to cross a road, we could cross the race course, enter into our garden and from there into our house. My father could not go to work anymore so he started to work in the garden. From there he could enter the back of the house and inspect everything. Nothing was locked, anyone could enter any house and inspect it, and the soldiers made use of this situation, stole and damaged many things.

In the attic we had 3 boxes standing, 2 wooden ones and one small iron box with a lock in front. The wooden ones were big and clumsy and the lids were closed with long nails. In these 2 boxes were all that what we needed every year for our crib, the stable, moos, cork from trees, shepherd's fire, a bridge over a river, Christmas trees, decorations etc. In the small iron box were all the Christmas figures, each wrapped in silk paper and carefully laid

into the box so that they could not break. This was always my father's job, to wrap them after Christmas and unwrap them before the feast, until we all grew up.

A few days after we left our house my father went through the backdoor and entered all the rooms and also came to the attic. He was surprised by what he saw there. All the boxes had been opened. The IRON box was carefully opened. The one who tried it, must have thought, he had found a treasure. Realizing what it was, he looked for Jesus, Mary and Joseph, unwrapped them, and also picked up a photo with my 2 older Sisters and brother and closed the box. He placed Jesus, Mary and Joseph and the photo on top of the box for everyone to see, who would go through the house. I do not know who that man was but this much is sure... in the midst of the horrors of WW II God was there with us and also with them.

Sr. Hermanelde SSps
Holy Spirit Hospital, Mumbai



A Helping Hand Is Always Better Than Praying Lips (Mother Theresa)

In the present world we often hear requests like “Please pray for them”, or “Pray for peace in the world” Many fail to think the meaning of prayer without the reflective action.

We all face problems and difficult situations in our daily life. At times, circumstances can be so bad that we expect people to help rather than pray for us. Although praying is very important, our mind develops a “need” that expects immediate solution. Let’s take an example of someone who needs blood. This situation requires immediate help. Certainly, one cannot rely on prayers alone; people will have to come forward to help. Similarly, there are several other situations in which we can offer a helping hand. Help can vary from ‘simple’ to ‘substantial’. There are various charitable institutes for orphans, widows etc. to which we can contribute our time, talent, and resources. It is rightly said that “The hands that serve are holier than the lips that pray.”

Holy Spirit Missionary Association (HSMA) is an example of such service. We have a team of 14 committed members who are guided by three dedicated religious sisters. In addition to prayers, we reach out to the needy – the poor and the sick. HSMA undertakes various projects such as visiting the Home for the Aged, conducting programs for physically challenged, lending volunteer support to the medical camps organized by the Holy Spirit hospital and several social events like the recently held Women’s day celebration

organized at the hospital where women empowerment was the theme.

Our Pope Francis rightly said, “Going to church does not make you a good person”. If we serve God’s people we will experience spiritual joy easily and quickly. Mother Theresa had what she called a business card which she used to hand over to people who would visit her that stated:

‘The fruit of faith is prayer.
The fruit of prayer is love.
The fruit of love is service.’

**Benedicta Sequeira,
HSMA.**



GOLDEN JUBILEE PICNIC



Golden jubilee picnic was the culmination to mark the wonderful event of the Golden Jubilee celebration of our Holy Spirit Hospital. The Pali Beach Resort, Uttan was selected for the picnic spot. We arranged the picnic in 8 groups for 650 staff, who joined on or before the actual day of the Golden jubilee.

Every other day, two buses picked up the staff. As the journey for the picnic began from Holy Spirit Hospital campus, the staffs were prepared for a fun filled day ahead. Their faces glittered with joy. For some of them, it was a very special trip for those who had their first journey to a resort with swimming pools, rain water and other different fun activities. Some were nervous about their first time entry into the swimming pool. Others were trying to teach them how to swim and were beaming with joy & happiness. Their cheerful countenances spoke volumes. Our staff received a hearty welcome at the main gate by the guides and then staffs were provided with wrist bands for identification purpose. Then all were off to the breakfast table which was full of delicious and mouthwatering dishes to

start the adventurous day with happiness and then forwarded to the water pool which was nevertheless a happening experience. Staff enjoyed themselves thoroughly by dancing to the beats of the lively music, played both indoor and outdoor games. Many staffs enjoyed the rain dance and under the mushroom water fall. For many it was an experience to cherish for a long time. After thoroughly exhausting themselves with enjoyment, the staffs looked forward to the sumptuous meal provided by the resort. It was not all, staff again went back to the pool of enjoyment, many of them stayed back playing cricket, charades and continued the fun till tea time. Finally the energy packed crowd returned to the Hospital singing and dancing in the bus all the way along.

Mr. Manik from ICU and many others said, 'enjoyed thoroughly first time in our life'. It turned out to be an experience to cherish.

Thank you HOLYSPIRIT HOSPITAL

**Sr. Reena Philip SSpS
Holy Spirit Hospital**



Reaching out to another world!

Is there another world where people live? Yes, there is another world. A world where there are men and women living having no job, no friends, no family, no free movements. They cannot meet the people whom they want and have no interpersonal relationships and leisure. Do you wonder where it is? Its name is 'Prison'. It's a world 'inside' and we are in a world 'outside'. We are all quite sure that the thick walls of the prison divide the world as 'outside' and 'inside'. Unlike outside the inside world is of limited contacts, rules & regulations, restriction, hardship, loneliness and despair. In short a place of no hope, no help, no love and no worth. The future is shattered and life is destroyed. They count themselves as worthless creatures, people of no significance to the world outside. In a way to say, life in the prison is unspeakably different from the life of an ordinary person outside. We would easily judge saying that the prisoners are criminals. They need to be punished for their criminal acts. They have done harm to the society. They should be in the prison for the mistakes they have done. But do we ask, why did they do so? In what circumstances have they committed the crime? What circumstances lead them? Are they all criminals?

In order to meet the neglected and deserted people inside this world we have Prison Ministry India (PMI). It is a national voluntary organization working for the release, reformation and rehabilitation of prisoners

started in the year 1986 and was registered as national body in the year 1995 under Societies Act. Almost all the states in India bear active presence of the ministry. Prison ministry is an activity dedicated to make sure that inmates have people to give them hope and life while in prison. The volunteers show that they matter very much for us and have someone to count on in disappointed moments. The Prison ministry surrounds around the 3 'R's.

Release, Renewal and Rehabilitation are the three main ingredients that equip a prisoner to lead a normal life. **Release:** is setting free physically and emotionally. It's an ongoing process of creating hope, forgiveness, will power and self-transformation. **Renewal:** is to restore him/her to their original vigour in body, mind and soul. **Rehabilitation:** It's re-training the prisoners for normal life.

Prison ministry includes variety of ways to make the prisoners happy. Recognizing their talents, bringing them in the common meetings, helping their family members and children for better education, visiting them often, making them participate in prayer services, conducting programs, giving them trainings, counseling, conducting medical camps, providing free legal aid, are some of the ways through which volunteers reach out to the prisoners.

As a prison ministry volunteer I am happy that I have got this opportunity to meet the women in the Central Prison in Gulbarga. They need nothing except your presence even

if it is once a week. They lament, mourn or share their pain every time you meet, but they have smiles on their face to greet you. We sit together, sing and pray and other times we talk personally. I recently had the opportunity of releasing a 65 year old HIV infected woman on bail. She was caught for selling liquor in the village illegally. No one took up her case nor did the family members come forward to get her bail. She was in the prison for 9 months having done nothing since the arrest. Finally, with the help of another lawyer I went to the court with the bail application. We arranged for a surety and she was released on 14th July. I brought her out of the jail and assisted her to reach her village on the same day.

Hence there are women with small cases who are waiting for their turn to be out on bail. We find women with cases of child marriage, robbery, death of the daughter in law, attempt to suicide etc. Some of them are rejected by the family members due to which their cases do not progress in the court. The convicted women have no other way than to trust in the judiciary and in God's providence for a faster release from the prison.

So, there surely exists another world. A world between the walls and behind the Bars!

**Sr. Reena Dsouza SSps
Deepalaya**



A WORLD BETWEEN THE WALLS AND BEHIND THE BARS!

I count every second, every minute and hour
To be out from here and from that main bar

I wait for days, months and years
Just to roll very hurriedly and faster

As I look up, it is the same sky I see
Moon with her crookedness & sun with its
piercing eyes

I only look forward for my star to appear
At least to assure me that my day will arrive

I hide behind the bars between the walls
Only thinking of them my near & dear ones

I wait for them to meet face to face
To hold them close to my heart's content

In despair and distress I sit whole day
Tongue doesn't recognize the taste & mind is
asleep

I am alive because I'm not dead till the day
Seeking for a wonder to awaken my senses

Is this revenge, punishment or reformation
Why am I here when everyone else out there
My world has become different since then
From the time I stepped in from the day one

Should I have hope or the faith?
To keep alive my senses and my breath
Life will continue along with my
companions

Because we hide behind the bars between the
walls!

HSMA – our Joy and Pride

It's both a joy and pride to be part of Holy Spirit Missionary Association. The memories go back to my younger days when in fact I started out volunteering at school as a part of our scout/guide program. Helping and organizing things in a smaller scale was part of this programme. It was both entertaining and challenging and gave me immense thrill and enthusiasm to go out of my little world and grow with a bigger picture in mind.

Opportunity knocked at my door once again. In a casual interaction with Sr. Jaya and Sr. Pushpa about Holy Spirit Missionary Association some time ago, triggered in me the passion for voluntary service. I was awakened from within. I gladly accepted the invitation to be part of this association and ever since it was looking and thinking forward. Though our association (HSMA) is in its infancy, we could organize many outreach programs in and around and even far off from Mumbai. Our focus is to grow in Christ and go out to the world. We have a mission to accomplish. Our challenge is to stay positive and retain our warmth and focus on our mission.

Mrs. Girija Joseph
Secretary, HSMA Mumbai

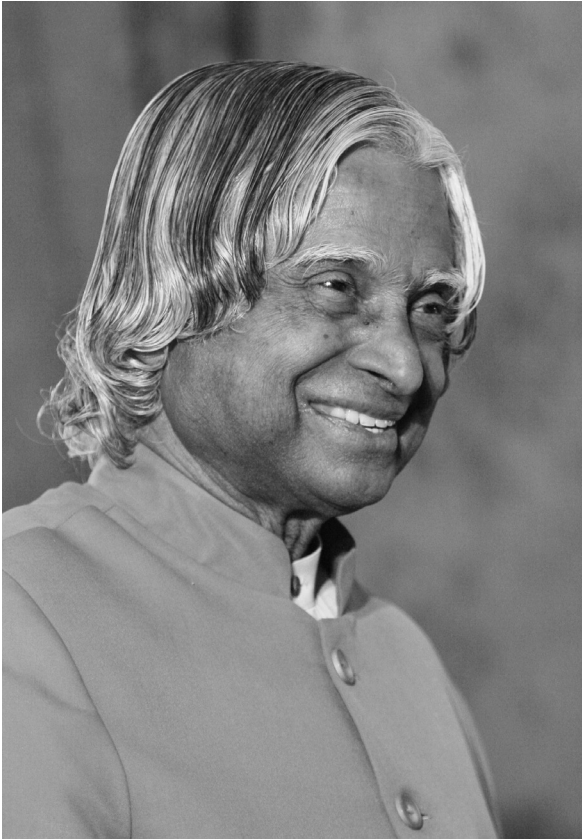
Hamara Angels - A Sure Hope for our Migrants...

Sr. Suchitha SSpS with Fr. Jose Arayathil (SSS) Director of SSS conducted a training on First aid for children and babies for the Migrant trainees on 29 June 2017 at Malad in Mumbai. Sr. Suchitha explained about the simple skills to help keep babies and children safe. Different topics pertaining Baby and children health were well explained with the help of video clippings. Some of the topics are severe allergic reaction, asthma attack, bleeding heavily, broken bone, Burns, choking baby, choking child, fever, head injury, nose bleed, poisoning and harmful substances. Many doubts were cleared as they gained detailed knowledge on First Aid. 5 trainees benefited from the training program and returned to serve the humanity better.

Sr. Suchitha SSpS
Holy Spirit Hospital, Mumbai



Letter from Late Ex-President APJ Abdul Kalam to every Indian



Why is the media here so negative?

Why are we in India so embarrassed
to recognize our own strengths, our
achievements? We are such a great nation.

We have so many amazing success stories
but we refuse to acknowledge them. Why?

We are the first in milk production.

We are number one in Remote sensing
satellites.

We are the second largest producer of wheat.

We are the second largest producer of rice.

Look at Dr. Sudarshan , he has transferred
the tribal village into a self-sustaining, self-
driving unit. There are millions of such
achievements but our media is only obsessed
in the bad news and failures and disasters.

I was in Tel Aviv once and I was reading the
Israeli newspaper. It was the day after a lot
of attacks and bombardments and deaths had
taken place. The Hamas had struck... But the
front page of the newspaper had the picture
of a Jewish gentleman who in five years had
transformed his desert into an orchid and a
granary.. It was this inspiring picture that
everyone woke up to. The gory details of
killings, bombardments, deaths, were inside
in the newspaper, buried among other news.

In India we only read about death, sickness,
terrorism, crime.. Why are we so NEGATIVE?
Another question: Why are we, as a nation
so obsessed with foreign things? We want
foreign T.Vs, we want foreign shirts. We want
foreign technology.

Why this obsession with everything imported.
Do we not realize that self-respect comes with
self-reliance? I was in Hyderabad giving this
lecture, when a 14 year old girl asked me for
my autograph. I asked her what her goal in life
is. She replied: I want to live in a developed
India. For her, you and I will have to build this

developed India. You must proclaim. India is not an under-developed nation; it is a highly developed nation.

Do you have 10 minutes? Allow me to come back with a vengeance.

Got 10 minutes for your country? If yes, then read; otherwise, choice is yours.

YOU say that our government is inefficient.

YOU say that our laws are too old.

YOU say that the municipality does not pick up the garbage.

YOU say that the phones don't work, the railways are a joke. The airline is the worst in the world, mails never reach their destination.

YOU say that our country has been fed to the dogs and is the absolute pits.

YOU say, say and say. What do YOU do about it?

Take a person on his way to Singapore. Give him a name - 'YOURS'. Give him a face - 'YOURS'. YOU walk out of the airport and you are at your International best. In Singapore you don't throw cigarette butts on the roads or eat in the stores. YOU are as proud of their Underground links as they are. You pay \$5 (approx. Rs. 60) to drive through Orchard Road (equivalent of Mahim Causeway or Pedder Road) between 5 PM and 8 PM. YOU come back to the parking lot to punch your parking ticket if you have over stayed in a restaurant or a shopping mall irrespective of

your status identity... In Singapore you don't say anything, DO YOU? YOU wouldn't dare to eat in public during Ramadan, in Dubai . YOU would not dare to go out without your head covered in Jeddah.

YOU would not dare to buy an employee of the telephone exchange in London at 10 pounds (Rs.650) a month to, 'see to it that my STD and ISD calls are billed to someone else.' YOU would not dare to speed beyond 55 mph (88 km/h) in Washington and then tell the traffic cop, 'Jaantahai main kaunhoon (Do you know who I am?). I am so and so's son. Take your two bucks and get lost.' YOU wouldn't chuck an empty coconut shell anywhere other than the garbage pail on the beaches in Australia and New Zealand . Why don't YOU spit Paan on the streets of Tokyo? Why don't YOU use examination jockeys or buy fake certificates in Boston??? We are still talking of the same YOU. YOU who can respect and conform to a foreign system in other countries but cannot in your own. You who will throw papers and cigarettes on the road the moment you touch Indian ground. If you can be an involved and appreciative citizen in an alien country, why cannot you be the same here in India?

In America every dog owner has to clean up after his pet has done the job. Same in Japan. 'Will the Indian citizen do that here?' He's right. We go to the polls to choose a government and after that forfeit all responsibility.

We sit back wanting to be pampered and expect the government to do everything for us whilst our contribution is totally negative. We expect the government to clean up but we are not going to stop chucking garbage all over the place nor are we going to stop to pick up a stray piece of paper and throw it in the bin. We expect the railways to provide clean bathrooms but we are not going to learn the proper use of bathrooms.

We want Indian Airlines and Air India to provide the best of food and toiletries but we are not going to stop pilfering at the least opportunity. This applies even to the staff who is known not to pass on the service to the public.

When it comes to burning social issues like those related to women, dowry, girl child! and others, we make loud drawing room protestations and continue to do the reverse at home. Our excuse? 'It's the whole system which has to change, how will it matter if I alone forego my son's rights to a dowry.' So who's going to change the system?

What does a system consist of? Very conveniently for us it consists of our neighbours, other households, other cities, other communities and the government. But definitely not me and YOU. When it comes to us actually making a positive contribution to the system we lock ourselves along with our families into a safe cocoon and look into the distance at countries far away and wait for a

Mr. Clean to come along & work miracles for us with a majestic sweep of his hand or we leave the country and run away.

Like lazy cowards hounded by our fears we run to America to bask in their glory and praise their system. When New York becomes insecure we run to England. When England experiences unemployment, we take the next flight out to the Gulf. When the Gulf is war struck, we demand to be rescued and brought home by the Indian government. Everybody is out to abuse and rape the country. Nobody thinks of feeding the system. Our conscience is mortgaged to money.

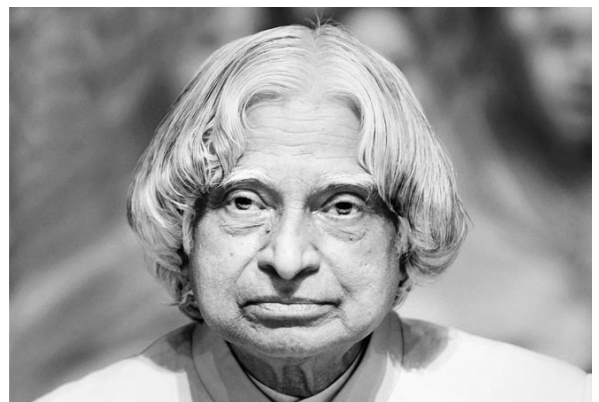
Dear Indians, I am echoing J. F. Kennedy's words to his fellow Americans to relate to Indians.....

‘ASK WHAT WE CAN DO FOR INDIA AND DO WHAT HAS TO BE DONE TO MAKE INDIA WHAT AMERICA AND OTHER WESTERN COUNTRIES ARE TODAY’

Lets do what India needs from us.

APJ Abdul Kalam

12/03/2014



My experience at Ekamba

As I reached Ekamba my heart was filled with joy and gratitude to God. I was waiting and praying to reach this place. I was overwhelmed with joy as I met my sisters. Though I felt a little strange with people and the place in the beginning I became familiar with them rather quickly.

Faith Formation

My few days of experience was very touching. People here are very friendly, hospitable, loving, caring, kind and generous though poor. Staying here I visited many families and attended prayer meetings. When I went for prayer I saw them praying in different way but it was an enriching experience for me because people really enjoy praying and thanking God through bhajan and Keerthan. Catholicism has not taken its birth here though Christianity was initiated by the Methodist long ago but was given up due to reasons not known to us.

Social Situation

Within a short time of my stay here I got many opportunities to interact with women's groups in social work, where I experienced their goodness. In the villages I noticed that the people here give priority to their work, customs and traditions. They do have a lot of superstitious beliefs. What pained me more is that many children don't go to school regularly and girls are given in marriage in early age instead of giving them opportunities for higher education.

With the Kids...

The rose is good and tells its secret in perfume. The sun is good and tells its secret in sunshine to all. Similarly God is infinitely good and He reveals himself in the faces of little children. It was an amazing experience of taking care of the nursery children of St. Paul's catholic School run by Gulbarga Diocese. When the children came to school I was very happy to welcome them. Since their parents left them for the first time they found it difficult to be in the school. But slowly began to enjoy with new friends and various activities. I feel happy to be with them. Whatever I taught them they were ready to learn. It is interesting to watch them when they recite the rhymes and perform action Songs. It is a great opportunity for me to teach the children and by teaching them I too learn to understand and be patient with them.

I realized through tuitions to children after school, that children in school are devoid of proper education. They lack the knowledge of 3 R's and they have not got into the habit of self-study. But I realize that children and parents have a lot of interest in education. I am very grateful to all my sisters for providing me with various opportunities of exposure and experiences of great learning for life. I look forward to enrich and to be enriched during the coming 3 months of my stay here.

**Novice Sushmitha
Ekamba, Bidar**

FRIENDSHIP

Friendship is a subject not an object
Talked a lot about it, considered to be a
greatest treasure
Encouraged that everyone should possess
It is relevant for both the rich and the poor
Man and woman, Young and old
Pain is lessened when shared with the friend

Friendship is a word used by everyone
existing on earth,
Long to have someone we feel belonged
It is not a commercial thing to be bought in
the market
Or not a match to suit for some one
But it is a great mystery

For no one knows how it begins
No one knows where it begins
No one knows why it begins
And no one knows in whom it begins
Happy when begins and sad when broken

My attitudes turn into ours
My success turns into ours
My joys and sorrows turn into ours
Here comes give and take attitude
Sharing of love and life with one another
Experiencing the warmth and love
Feeling the presence of the person
In whose company I am

This togetherness doubles the joy
Exchange of words and laughter,
Remembered forever

Our bodies may grow old as the age goes on
But the memories remain still young forever
Vibrating the ripples of joy all over the body
And one can cherish this joy
If only one's **Friendship** is true and sincere

Sr. Jyothi Kanithi SSsP
Phramer



Glimpse of Striving forward to better, fuller Life – St. Marys Hospital Periyapatana

God the origin and sustainer of life, invites us that we experience the rich and full life, superadded, exceedingly abundant and that is the kind of life we experience here in Periyapatana, amidst multi-cultural, multilingual society.

Where might is rightly exists, justice apparently give way to falsehood, we feel helpless at times as our existence here is intended to withstand negative forces. How far we are is yet to be evaluated and analyzed.

We focus on taking care of marginalized and downtrodden of the society, keeping in mind migrants and target groups as our congregational guidelines emphasizes on.

Medical care being our prime important activity here, we channel all our energy and resources to give maximum to this purpose. We are equipped with facilities to diagnose and treat patients since science and technology have taken the advancement in health care.

We cater to all categories of people with varied illnesses, to the utmost care such as Medical, Surgical, ENT, Ortho, Dermatology etc. keeping all quality standards of medical care we accommodate people from all walks of life.

Promotion of life being our concern we counsel people who come with request for termination and guide them to preserve life.

Though in sufficient availability of medical personnel disturb the smooth function of the hospital here, we are privileged to get timely help from doctors from Sulya. At times we are gifted with generosity of senior doctors and HOD from JSS hospital Mysore to accommodate our referred cases.

As we are aware of the socio-economic condition of the people around here we provide medical care with minimum cost.

It is encouraging to note that we have accomplished a lot in the line of service to many needy population of the society by giving needed service. The collective efforts of sisters in this community is admirable in giving service to deserving people here.

Socio-pastoral activities found the way in an accommodative way where family visit found importance in our overall schedule of work .we keep one day in a week to visit families precisely to get in to the life struggle of people here.

Sr. Soumya SSpS
Periyapatana

Salamat Po = Thank You!!!



My warm heart pumps out freezing blood of “Thanks” to God and to you sisters for I am safe in the Islands- Philippines. When I have to take off the flight, the entire community of Mumbai was there with their blessings. Besides that Sr. Lissy’s frequent calls at the airport left me feel being cared and someone’s love that I belong to. What do I need more, when you all were with your prayers and support. Overwhelmed!

Belonging to the International Congregation, had I the first ever International flight experience, very Comfy and Cousy. Manila airport gave me huge hug with familiarity, for Lavina along with Sr. Evelyn Jose SSpS was there to take me home.

Almost 7 nationalities with 70 sisters under the single roof (Provincial house) in 2 communities danced to the music welcoming me. Wow! Lovely feel. I stayed for 20 days in the provincial house where many sisters talked and shared their pleasant experiences

with the Indian sisters in the Philippines and in the mission countries. It was a sensational home coming.

When my transfer to the neighbouring community “Mendiola”, College of the Holy Spirit community was announced my basic group arranged for a Day outing to the “Global City”. The Sponsor had asked us to get to the ‘Mango Tree’, sisters were a bit anxious and upset for it is not easy to climb the tree because of the age and the dress. Later only then, we realized mango tree is the ‘Restaurant’. We had a hearty laughter and delicious dishes being served. I did satisfy my watery mouth just fishing from the dishes. You know sisters, almost all the time, I no need to go to sea for fishing it is available at table! I have not just learned to fish but also to relish. Cho yummy! Any order please...????

On our return from the mall “SSpS on Vocation Promotion” courtesy Lalitha SSpS ha haha...

The reason I could not comprehend Sr. Mary Florence’s speech and singing is quite vivid. For, all the time piano accompanied by Music issue, only the sound, still cannot get the words. I am learning to raise my head up and down according to the notation. I owe to Sr. Shalini for having introduced our batch to music Issue. Awake o my soul!

The strength of this province is many senior sisters sitting hours before and with the LORD, yes, that has become my daily food as well as I have already downed this thirst from some of our sisters from India, especially from Mumbai.

The present community Mendiola has 10 sisters, 5 of us are students including Srs. Claudia and Lavina. As many of us know Sr. Eden, who is also our community member, had taken us for 'walk cum pilgrimage' followed by ice cream. Community life as a student has begun again.

Yes sisters, though I had an idea as to which university to choose when I was in India itself, I needed to give entrance exam and Interview. I did prepare well reading all my subjects. Nothing from the matter known to me unfortunately, it was like appearing for



the IAS, (I can enact well when I return... hooray) because it is an American colonized land. God's mercy has no boundary hence I am enrolled for Doctor of philosophy in Nursing Education Major in; Leadership and Management. Thanks be to GOD. I know many of you prayed. Thank you!

Once again my warm thanks to Sr. Lissy and team and to you my Sisters. Continue to support me with your prayers.

**Sr. Lalitha SSpS
Philippines**



Celebration of International Domestic Workers Day by Domestic workers from Gulbarga, Bidar and Yadgir

The International Domestic Workers Day was celebrated on the 16th of June 2017. Unlike the other years, the domestic workers from Gulbarga, Bidar and Yadgir marched to Bangalore to demand their rights which will only be accessed though the bargain with the government. Hence, around 250 domestic workers from different districts of Karnataka came together at Bangalore to meet the minister and to enquire about their demands which were already placed before them many times before. There were 40 women from the Gulbarga, Bidar and Yadgir belonging to the Karnataka Domestic Workers Union among others. The gathering was addressed by the representatives from the government Sri. Jai Shankar, Member Secretary District Legal service authority Bangalore, urban and Sri. Krishnappa Labour officer from the Labour department, Bangalore. The Labour officer spoke about the SMART card which was earlier decided by the government for the domestic workers. In his speech he assured the domestic workers saying the government will issue the SMART card within 6 months and it will be given to all the domestic workers who are registered as members in any of the Unions or movements. The SMART card is

nothing but an Identity card for the domestic worker, which will include as of now the government benefits such as Provident fund (PF) and Accidental benefit to the domestic workers. Time to time these benefits will be reviewed and new once will be added to this identity card.

Thus, our meeting ended with a new hope of getting the Identity card of the government by the end of the year and also looking forward to a comprehensive law to the domestic workers in the coming years.

**Sr. Reena Dsouza SSps
Deepalaya**

KINDLY NOTE

Next issue of VANI will be published on December 25th. Kindly send your articles, writeups, poems and News reports with photos to vaninewslettersouth@gmail.com by or before **5th December 2017**.

Thank You...



Celebration
@
CHS



VANI

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AUGUST - 2017

CONGRATULATIONS !!!

*On the Occasion of
your First and Final Vows.....*





I am free at last!

O my goodness! the world is different
The birds are singing, trees are smiling
I can feel the gentle breeze & smell the soil
I realize I'm no more within the walls & behind the bars

How have I waited for these moments?
From every single day to year after year
Every time saying to myself it will be a short while
But days I counted months after months

The day has finally arrived and I'm a free at last
I can't wait anymore than to return to my home
How will I reach is not a question I know
I want to reach at the earliest to be with my own

I wished someone was here to embrace me as I get out
Where are they all gone leaving me alone?
Oh I remember the day when judge passed the order
Everyone abandoned since then as I entered these bars

I can't imagine it's nine years I was inside
Ever since no one has turned up to see my well being
I was dead for them but then now I'm alive
With renewed heart and reformed soul

Now I want to live, live few more days
To live in dignity, love and respect
Another handful of days to live with passion
Because I am freed and no more to return!

(The feelings of a convicted prisoner while being released from the Central prison after the completion of her of 9 years of imprisonment)

Sr. Reena Dsouza SSps, Deepalaya

