



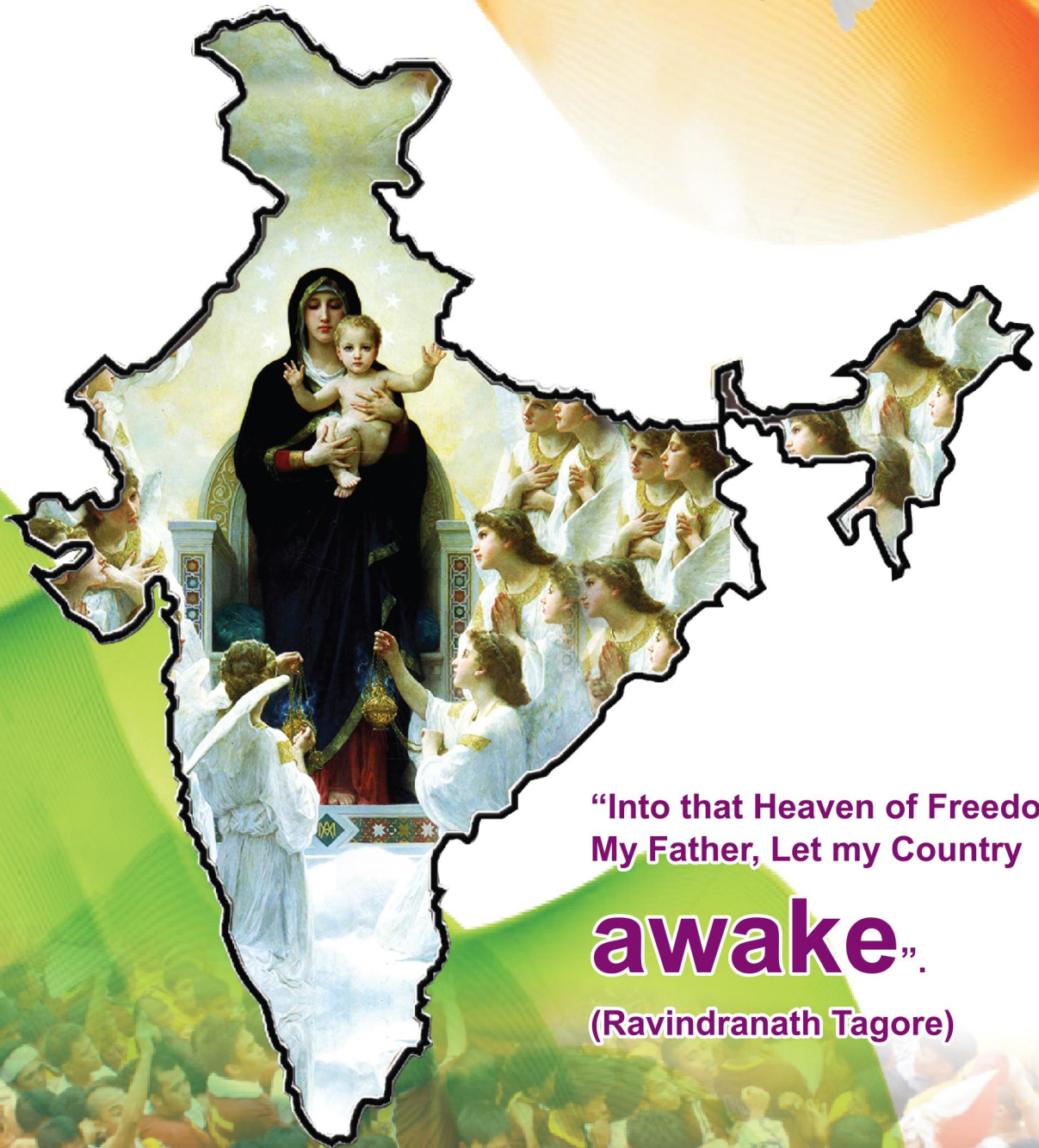
VANI

NEWS * SPIRIT OF DIVINE LOVE PROVINCE * INIDA SOUTH

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“Into that Heaven of Freedom
My Father, Let my Country

awake”.

(Ravindranath Tagore)





From The Provincial....

"I do not want my house to be walled on all sides and my windows to be stuffed. I want the cultures of all the lands to be blown about my house as freely as possible. But I refuse to be blown off my feet by any" - Mahatma Gandhi.



On 15 August, we celebrate the Independence of our country. We are all well aware that from the time of Independence, our country has been experiencing one disaster after another and the many evil forces stifling our land from being truly free. The Indian society is witnessing erosion of moral and spiritual values, corrupt politics, injustice, violence, gender inequality, religious fundamentalism and more....

Gandhi with our great leaders, who won freedom for our country, laid the foundation for an India in which all communities shall live in harmony and made us see the glorious future of India. It is on this path that we shall strive to continue. It is crucial then, that we act together collectively to stem India's slide from Gandhi's dream through Nehru's vision into Modi's nightmare.

We are still in bondage...bondage to our own selfish interests, our collective greed and our own prejudices. 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!

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!

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

Sr. Lissy Thelekadan SSps
Provincial Leader

Editorial.....

15th of August 2019, marks the 73rd Independence Day of our Country India. It is with Joy we celebrate the hard earned freedom by our brave ancestors who wished FREE INDIA with self-sufficiency and self-thinking with plurality at its best. Hence, it's an apt day for us to rejuvenate ourselves with the spirit of our Matyrs who selflessly served our country.

This day the church celebrates the **Assumption of Mother Mary** who indeed experienced true Liberation from within. Blessed Mary broke off the bonds that barred her from bearing JESUS. Her stand during the toughest times of Jesus is truly liberative.



The 73rd Independence also compels us to look around and search the freedom that we have obtained from the British. The instances like downfall of Coalition Government in Karnataka, suicidal death of an entrepreneur Mr. Siddharth (CCD Owner), Car accident of Unnao rape survivor, Surfacing cases like Bishop Franco loudly speak that our Political, Economical, Legal, Social and Religious **freedom** in Mess. The unending landslides and collapsing buildings, overflowing dams and rivers tell us that we cared for nature less.

Yes...We are bound by invisible chains like money, Power and Pride that make us struggle and go in search of the **freedom**. Life in all forms is losing **freedom**. It's sad fact that a country that fought for **freedom** with nonviolence is silencing the whistle blowers, journalists, and all those who question the available policies. The country once used written letters to encourage nonviolence is curtailing the **freedom** of the press and dictating them what must be their words.

Freedom is an ability to grow tall with one's full potential and responsibility. We need to earn our **freedom**; **freedom** to be free and responsible. May our Mother Mary intercede for us and bless our efforts to be truly free from within.

Sr. Cynthia D Souza SSps
Atmadhara, Pune

ATTENTION PLEASE!

The Next Issue of Vani will be published in December 2019.
Kindly send your write ups to vaninewslettersouth@gmail.com.

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An tribute of love & gratitude to Sr. Hermanelde

“What we have done for ourselves alone, dies with us; what we have done for others and the world, remains and is immortal.” - Albert Pike.

On behalf of the Sisters of India South Province, I take this opportunity to thank each of you and convey our sincere gratitude to all the sisters in Steyl Community, who have accompanied and taken care of Sr. Hermanelde, in her last days. As we say the final goodbye to our dear Sister, I also wish to express some of my sentiments of love and gratitude. Her departure has indeed left in us a sense of loss and sadness. Though physically absent, we feel and sense her presence in ways beyond the physical, especially at Holy Spirit Hospital, where she served for many years with selfless service and deep dedication, and where she had been connected with many.



After the First Vows in June 1962, Sr. Hermanelde left her homeland in Germany and reached the place of her appointed mission in India in October 1963. Out of the 56 years of her life in India, she served almost 47 years at Holy Spirit Hospital, Mumbai, at different times and 6 years as Community Leader in Khandwa, which involved in taking care of orphan children, as part of the Community Ministry. Over the years, she became truly an Indian at heart and reached out to the poor especially to our orphan children, the little ones in the pediatric ward at Holy Spirit Hospital, and many needy families in the vicinity. She was affectionately called by many “Amma”, meaning 'mother', because of her tender care and affection especially to the orphans and young children.

It is tough to sum up the 57 years of her religious missionary life, as the treasure of life that she held within herself goes beyond description. “Find Life by giving Life” fits so well to the life and mission of Sister. A zealous and committed religious missionary, who, on finding the pearl of great price, left everything for the sake of the Kingdom. We, the SSpS family and the people of India, gratefully acknowledge and deeply value the energetic presence and the indomitable spirit that moved Sister to give herself unreservedly for the mission in our country from the year 1963.

Sr. Hermanelde had a wide circle of contacts and friends from all faith and all walks of life. Her capacity to mingle with everyone, both rich and poor, and with people of various age groups, cultures and religions, is tremendous. She has touched the lives of many and has made a difference in the lives of people whoever has known her. She lived by faith and spent a lot of time with the Lord in prayer. She could be seen in the chapel often praying the Rosary, alone or with other sisters, who were sick and elderly. In the recent years, with deteriorating health condition, she was still widely connected to the world and the entire congregation through her reading habits.

It is said “Greatness is not found in power, position, or prestige. It is discovered in goodness, humility, service and character.” Sr. Hermanelde was conferred “The Cross of Merit” prestigious “Bundesverdienstkreuz”, the most important award of the German Federal Republic, on 23rd May 2016, for her tireless service in the care of the

poor in India for over 50 years. During the ceremony, Mr. Michael Siebert, the German Consul General said, “She spreads a positive image of Germany among so many people, but never seeking the limelight. She has helped so many children, young people, mothers, fathers in the pediatric ward, both physically and spiritually”. We were indeed overjoyed that her long years of dedicated service in India, has been formally recognized.

In the evening of her life, even after retiring from the responsibilities at the hospital, her search for ways of giving herself for the mission is really inspiring. Her daily visit to the patients in the hospital, with a touch of blessing, was truly an experience of the Divine healer in their suffering.

She spent hours, corresponding with benefactors, for the cause of mission. We are indeed grateful to the family of Sr. Hermanelde, who has been very supportive in her mission efforts. She has often shared with us, how the expenses of many family functions were reduced to the minimum, in order to save money and make it available for the mission in her beloved country, India.

When Sr. Hermanelde left for home holidays to Germany in April, although with deteriorating health, she hoped to return to India by 20th July, before her residential permit expires, as she wanted to be part of the Indian soil even after her death. With further worsening of her health condition, she slowly accepted the fact that she will not be able to return to India and it's better to be in Steyl. On 22 May she sent me the following e-mail “With a heavy heart, I am writing these few lines today on my Feast day. After all what has happened to me after my return, it is clear, I cannot come back, as much as my heart wants it”. The decision to stay back in Steyl had been very painful for Sister as well as for us to accept this reality, especially as we did not have a formal farewell before she left India, to acknowledge and thank her. Yet, considering the many concerns she was facing then, we accepted it in faith that God has his own plans for each of us, and God's plans are always better than our plans. Her memory is still alive and her absence is very tangibly felt among us.

Dear Sr. Hermanelde, you are a precious treasure not only for India South Province, but to all of us SSps and to many more. Your leaving us was so unexpected. But, you have gone only beyond the sound of our voices and the touch of our hands. God gave you a fingerprint that no one else has, and so you have left an imprint that no one else could, which we will continue to cherish as your legacy. As we accompany you in spirit, in your final journey, we remember you with gratitude, for your love, your lessons, your prayers and inspiration. On behalf of all the sisters in INS province, and all who are closely connected with you in one way or another in bonds of friendship, and as collaborators in God's mission, I thank you sincerely for the blessing you have been to each of us. While death brings us sadness, our faith brings us the joy that you have entered into a 'New Home'. We are certain that you will support us through your intercession for all of us, for your family members, your loved ones and for our mission. May the God of life, who chose you to be His own, reward you with eternal joy and everlasting peace!

Sr. Lissy Thelekadan SSps

Provincial Leader, India South

An Accolade to Sr. Hermanelde

Those crinkly eyes glowing with love and laughter, tears flowing freely down her cheeks, her red face aglow with joy and her mouth open as she relates the tales of yester years!

That's the picture of Sr. Hermanelde uppermost in my memory and I wish it to be so always!

“Dear Sr. Hermanelde, how many times I asked you to write your memoirs – the funny, interesting, pain-filled days and months, of our pioneering sisters, depicting simplicity and an adventurous spirit – be it in Holy Spirit Hospital, Mumbai, or in some other missions.”

Sad to say her memoirs' never going to be! She would say, “Oh, my English is not good enough.” That coming from a German Sister is acceptable! Still, she had a natural flair for describing incidents. To those who understood her, it was interesting, inspiring, filled with a sense of quest and humor; her narration was vivid as if it took place the other day. I loved to hear her singular style while narrating anecdotes.

Time indeed stopped as we listened to you, dear Sr. Hermanelde, and we shall miss that!

Sr. Hermanelde was always doing something. Reading was her passion; nevertheless she knew how to enjoy life. She was happy in the company of friends and families, the rich and the influential; she knew the sick and their pains, the poor and their struggles. These troubles and those of our world she brought along to the Anugraha chapel. One could see her praying for hours. Nobody could disturb her then. In front of the Lord, she was like a child interceding for everyone in need and especially for the Church hierarchy.

The following lines of a song come to mind, as I fondly remember Sr. Hermanelde.

May she may bless and pray for us all.

There shines a light in the eyes of all
 Defies the dead of the night!
 A beam that glows within every soul
 Like wings of hope taking flight!
 The little things that we say,
 A special sparkle in someone's eye

These are simple gifts of every day;
 Somewhere there's a paradise,
 Where each one finds release,
 It's here on earth and between your eyes,
 A place where we all find our peace!

Sr. Molly Rego SSps
 Pamboor

AN ODE TO REV SISTER HERMANELDE: AUGUSTE PULM SSpS

17th July 2019 a Black Day of mourning for me and my family. The news of the passing away of our dearest Sister Hermanelde came as A Shock Wave to me. Sister Hermanelde was a very special sister of Holy Spirit Hospital to me from April 1980 when I joined the Hospital as Hon Pediatrician. SHE was the Sister in Charge of the Pediatric Ward.

SHE also looked after the Adoption Wing where Babies from BAL Anand were brought and nurtured till they went in for Adoption and even followed up till they got married or settled in the new family.

SHE was my Mother... Grandma to my kids

My Guardian Angel,.. My Mentor,...My Comforter in difficult times.SHE has stood with me like a Rock when my Husband was sick and my family in good and bad times.

With a Smile lit on her face SHE would welcome me in her room at Anugraha and tell me" Dr Vora Jesus is coming soon....He sure will come....And we have to receive Him". I used to go to her often join my hands and take her blessings....Even my Children she blessed.

23 days before she passed away she sent me a E- Mail saying "Daily several times I think of you Dr Vora and I want to write to you but I just cannot do it. Be sure every day I remember you.

Things went awfully wrong with me a few days after my arrival and I think I had gone half way up to Heaven and was called back. One thing I can say I will never be afraid to die. It was such a Great Experience."

This news was depressing to me as I could not reach out to her or contact her. I kept praying to the Lord God for her Speedy recovery but He willed the other way. I shall end here by saying Sister Hermanelde has gone to her Father's House where there is only Joy, Joy and Joy through Jesus.

Dr. Claudette Vora
Holy Spirit Hospital

Career Guidance

On June 7th 2019 Streevani Organized Career Guidance program for the children of the women domestic workers at the Office of Streevani at Viman Nagar. 31 children actively participated in the session and benefited from the inputs given by Mr. Swananth Satte on various Carrier Options.



Sr. Rose SSpS
Pune

Adieus! Sr. Hermanelde!!

I entered, the Holy Spirit Hall on 19th Sept 1990, that's where Jesus The Real Vine Prayer group was going to have its Charismatic Prayer meeting for the first time. I encountered a pink, smiling faced religious, I inquired who she was and was told that she was Sr. Hermanelde from Germany serving at this hospital. I was introduced to her, and then on our journey of friendship began.

Sr. Hermanelde was a very pious, active and dedicated member of our Prayer Group. She was a core team member and was actively involved in the healing and deliverance ministry. She was ever ready to accompany us to pray over the sick. I vividly remember the moment when I asked her to stand in front of a person who was howling and screaming and could not be controlled. I can still picture that scene, she, in her usual style stood before him with her hands on the hips and looked straight into his eyes, and the man calmed down instantly, and Sr. Hermanelde asked me "how did this happen", I just chuckled and told her "the demons are afraid of you." And why not? Sister would spend hours praying and interceding for others through multiple rosaries.

Whenever we sat in prayer her one question that always stood out was: what is God's will for me?". She never focused on herself but what God intended her to do.

What amazed me was that every time she walked into the children's nursery ward, the children were smiling and stretching their hands towards her, wanting her to touch them or carry them and suddenly there would be so much noise and joy in that room that I would feel that joy in my life. They would fondly call her amma. She was not only amma to them but also a spiritual amma / spiritual mother to me and many in the Prayer group.

Sister was so physically active, that inspite of being an athlete myself I could never keep pace with her walking speed. There were times when I had to tell "Sister, walk slowly I cant walk so fast'. She would walk so fast that at times she would fall and hurt herself but that did not deter her from serving God and people.

Sister was meticulous and diligent in whatever she took up. She was a avid reader and spent most of her time reading and arranging and rearranging the library. Sister was very particular about cleanliness and wanted everything clean, neat and tidy, and stood there till it was done.

Sister was eager and loved to share jokes, funny articles that she read or any silly things that happened in her life. There were times when we never understood what she said and seeing our blank faces she would repeat and explain again or just say "never mind".

Sr. Hermanelde will always be remembered for her warmth and generosity, her commitment to her work, her enthusiasm and her big heart. She has set an example of courage and compassion that inspired everyone who came in contact with her.

The fact that she shared her birthday with my mother, brought me even closer to her.

I met her before she left for Germany and she handed over to me her card collection of multiple saints. I prayed and spent a longer time with her because I knew that was the last time I would be seeing her. Truly it is womb to the tomb - Germany.

I thank the Good Lord for the gift of Sr. Hermanelde who became a blessing to her family, the Catholic Church, to her community where she lived and worked, to the Sacred Heart Parish, Andheri, to Jesus the Real Vine Prayer Group, to my family and to me.

Adieus! Sr. Hermanelde, with a grateful heart, looking at the many lives you have touched and remembering all the causes you've championed and contributed to; I know that you have achieved what you set out to do when you left your homeland long ago.

Sr. Hermanelde thank you for being a part of my life and the Prayer group. I am sure that you are now resting in the arms of Abba Father.

Derick Fernandes

Leader – Jesus the Real Vine Catholic Charismatic Prayer Group
Sacred Heart Church, Andheri East

A TRUE SISTER!!!

"I am more than Half Dead... You might have heard what happened to me. This time no article, please pray for me..." The unusual response to my usual request drew me to the chapel where I wept feeling helpless for a while. I took time to recollect her personal contribution to my life as SSpS. As an aspirant when I first met her I was happy to see her. With much enthusiasm I asked a few questions about her coming to India. She narrated about Style, her home town, world war II etc. As I was becoming familiar through the years I grew much closer to her. Her special choice to be in INDIA FOREVER made me respect and love her ever more. Her God experiences that she spontaneously used pen down for Vani did inspire me.

When I was admitted in the hospital last year she often visited me and sat about an hour beside me everyday. I wondered as she came for rounds praying every morning. She knew her call was ...To visit the SICK, To PRAY and to ACCOMPANY the needy. When I went back to Anugraha I used see her sitting beside Sr. Valerie praying rosary and other prayers in a fixed time. I too joined with her for two days and that moments moved me..I felt she was teaching me a great lesson as SSpS. Yes, Though Sr. Valerie would not even look at her or respond, she kept on praying.

She loved India and every sister personally. Her personal letters were encouraging for me as I was growing as SSpS and working as Vani editor. One of her mails she wrote, "Dear Cynthia, not a day that I am not thinking of you. I am getting my inspirations always when I am in bed and in the morning I cannot remember them, but now I will not go on to other work but write at least a few lines". She sent her personal writings regularly just to encourage me.

Her last letter from Style as a response to my request for Vani was quite alarming. She wrote "I hope you get enough responses soon. So sorry that soon I will not belong to our province any more, but you will always remain my loving sisters. My heart will always beat for India. In spirit I will embrace you and give you a kiss". I responded quickly thanking her for the accompaniment I experienced so far through letters and through her very presence. Though I knew her health was deteriorating I never thought she would leave us so soon. The news that she would not be coming back to the province made me sad. I kept praying for her recovery though the Lord willed the other way.

Dear Sister, I strongly feel you are still here. Your memory will continue to inspire me to be a SISTER for the other. Long Live Sister!!! May Your Soul Rest in arms of the LORD!!

Sr. Cynthia D Souza SSpS
Atmadhara, PUNE.

Innocents inside the Bars:

Introduction:

As I walk through the gate, I am welcomed with beautiful smiles, making me forget the barriers around their small world. I step in anxiously and the little children surround me with cheers, laughter and playfulness! They hold my hand with their tiny hands. They play with me, take away the sweets and move away slowly.



I am not speaking of a visit to the children at a kindergarten; rather those who are in the prison with their mothers.

It's a different world for the children here in the Central Prison, Kalburagi. Though the number of children in the prison varies from time to time, there will always be a women with their children incarcerated with them. These children play a substantial role in the life of women. Children play, laugh, cry and add noise to the silence that prevails in the prison every day. The children become part of the lives of women who are sad, heartbroken, disappointed, and depressed; and they bring life by adding joy at times.

These children have journeyed with the mothers from the time of the mother's arrest to the police station, the court and then to Prison. The anxiety, sorrow, fear and worry of the mothers have enveloped them so badly that sometimes they become inseparable from their mothers. Hence, the early years of a child has become tough while she / he grows up in a different social environment. Their cognitive, behavioral, emotional, developments are conditioned in an unsuitable location.

Children of women prisoners:

A study done by Women and Child Department of Karnataka (2018) says, "as on last count, a total of 1,597 women inmates are living in prison with their 1,866 children". Children up to the age of six years are allowed to live with their mothers in prison if no other arrangements for their care can be made. This age limit varies from State to State. Further, with regard to the care and protection of these children in the prison, the Supreme Court issued guidelines in 2006 under which children in jail are entitled to food, shelter, medical care, clothing, education and recreational facilities as a matter of right. Before sending a pregnant woman to prison, the concerned authorities must ensure that the prison has the basic minimum facilities for child delivery, pre-natal and post-natal care. (Ref: Women in the Prison, June 2018, Women and Child Department).

Therefore the children in the prison are entitled for better facilities that would help in their early childhood development. However, the presence of the mothers and other women do have an impact on their early stage of growth. Often, the mothers or the other inmates are found to be in a state of depression, disappointment, frustration, angry and helpless. They express these emotions time and again either in the group or to themselves. At times, there are a lot of arguments among the women and they shout at

one another out of frustration. When there is a new admission to the prison, the scene is still worse. There is weeping, crying or yelling by the prisoners. There is lot of chaos created in the environment of the prison every now and then which affects the children. Hence, the prison as a whole is a difficult place for a child to live in. The child silently watches the painful condition of the mother and the other women. The child grasps the situation in its own way, and learns to react accordingly. The child may grow up being silent, withdrawn symptoms or being aggressive and agitated. Most of the time, the behavior of the child is controlled by the environment within the cells, and there are no mechanisms or measures in all prisons to handle the children's behavior.

Trauma faced by the Children in Prison:

Roshan, a one and half year old boy, is found always in his mother's arms. Roshan has an anxious look; there is no smile on his face, rather a fearful look. 'How is your child doing?' I asked the mother. 'Now he is better' says the mother. 'He sleeps well at night', she continues, 'It was so in the beginning; I found it difficult to put him into sleep. As soon as I put him down to sleep he would start crying. In the nights he would wake up so often crying, and I have to sit up with him for a long time to put him back to sleep'. This mother and child have been in the prison for the past 5 months.

Allowing children to grow up in small cubicles in prisons has its own implications. These children are isolated from the world outside.

It is an undeniable fact that the early childhood is a unique time for every infant where both physical and mental growth takes shape rapidly. Each level of interaction be it at home, community, school or other social environment - everything makes an impact. The role of the parent or caregiver has significant bearing on the child and it is co-related with emotions, behavior and cognitive development. The child will learn different behavioral patterns as it grows and will react differently to the situations based on her/his experience.

Early childhood trauma generally refers to the traumatic experiences that occur to children aged 0-6. The young children's reactions are different from older children. Young children experience traumatic stress in response to the painful or fearful events or the sudden loss of a dear one. Small children depend exclusively on parents or caregivers for survival and protection, both physical and emotional. When parents or caregiver faces trauma, the relationship between that person and the child will be strongly affected. Experience of trauma can also affect a child's thinking, feelings and beliefs, thus changing the child's perception towards the society. Hence, we find children suffering from a range of problems during their parent's imprisonment, such as: depression, hyperactivity, aggressive behavior, withdrawal, regression, clinging behavior, sleep problems, eating problems, running away, poor academic performance etc. These behaviors may continue in the later stages of development and sometimes it can affect lifelong.

Rehabilitation of children:

Children lodged in jails with their mothers are neither convicts nor under trials. They are entitled to have their rights such as nutritious food, proper shelter, medical care,

clothing, education, and recreational facilities. The guidelines set out by Supreme Court of India in 2006, makes the obligations of authorities clear. “Children below three years shall be allowed crèche and those between three and six years shall be looked after in the nursery. The prison authorities shall preferably run the said crèche and nursery outside the prison premises”. The guidelines go further, acknowledging that holding children with convicts sentenced for all types of crime, including violent crime, is “certainly harmful”; that authorities should ensure facilities for the “proper biological, psychological, and social growth” of children; and that the cases of female prisoners with children should be expedited.

The United Nations Convention on the rights of the child (CRC) 1989 is the specific international instrument intended to secure specific children's rights. Article 3 (1) of the CRC reads as follows: “In all actions concerning children, whether undertaken by public or private social welfare institutions, courts of law, administrative authorities or legislative bodies, the best interests of the child shall be a primary consideration”.

Therefore, there must be mechanism to periodically review the implementation by the prison authorities. The Department of Social Welfare allows scholarship schemes for children of imprisoned parents, and this may prevent them from dropping out of schools. The concerned authorities should consider ways to support caregivers, as their welfare will impact the children. In addition, in prisons, counseling should be provided to both mother and child from time-to-time so that they can deal with the challenges of maternal deprivation and prolonged separation, effectively.

Spending their formative years in prison can have severe negative impact on the entire lives of children. Prison administration should ensure that their facilities are tailored towards children living under their care, and these children should not be made to feel like offenders. Linkages can be established with NGOs, local schools and pediatricians to ensure children living in prison have access to at least basic services. Children in prisons also need to have access to basic facilities of education, day care, recreation and a healthy lifestyle. The mothers need intense counseling by the prison doctor or social workers or the prison authorities before they can be convinced of the benefits of their children being enrolled at such facilities.

Children are innocent and deserve proper care and protection at their tender age. Child-friendly ambiance should be created in the women's prisons. The right of a child, for a healthy environment needs to be maintained by every prison that has children.

Sr. Reena D Souza SSpS

(The article was published in Prison Voice, March 2019)



Pentecost - an event... an experience

Pentecost is a day when Christians celebrate the gifts of the Holy Spirit. It is celebrated on the fiftieth day after Easter. The English word Pentecost comes from the Greek word 'pentekostos', which means "fifty." The Hebrews celebrated the spring harvest festival on the fiftieth day after the Passover festival which is known as Shavuot. While the apostles and the early followers were celebrating this festival, the Holy Spirit descended upon them. This day became especially significant for Christians because seven weeks after the resurrection of Jesus, during the Jewish celebration of Shavuot/Pentecost, the Holy Spirit was poured out upon his first followers, thus empowering them for their mission and gathering them together as a church.



Upper Room:

The moment I think of Pentecost there are certain phrases, pictures and imageries that flash in my mind. Among them the upper room caught my attention at first. It is a secluded place where they were by themselves freed from the distractions and fear after the death of Jesus. It is a place where the apostles along with other disciples, Mother Mary, some women and the brothers of Jesus were united together in one heart and mind in prayer. It's a place of hopeful and patient waiting for the coming of the Holy Spirit promised by Jesus.

After the crucifixion and death of Jesus, the disciples were so fearful and anxious, confused and worried about their future without their beloved master. With the shattered hopes and dreams not knowing what is awaiting them ahead, they remained there with great hope. Their hearts and minds continued to revolve around all that what Jesus said and did. The thoughts of Jesus lingered in their minds. Their hearts continued to feel the warmth of Jesus' love. They kept savoring their experiences of Jesus by recalling and discussing among themselves. It's quite a natural thing for anyone who bereaves the loss of their beloved one. This 'Cud Chewing' moment at this time of their life was so essential for them to assimilate all what Jesus taught them. Although their cherished years of experiences with Jesus have come to a halt all on a sudden in a tragic manner, they remained focused on Jesus for which would enable them to carry on the legacy left by Jesus.

This period of their life in the upper room without any previous and known schedule of their past life can be compared to that of the quiet, dark, lonely and insignificant experiences of the seeds which go through the germination process for days together or the long incubation period of the chicks within the eggs. Nothing extraordinary is seen externally and yet certain changes taking place internally. Similarly the disciples were being prepared from within to follow Jesus with strong conviction and deeper understanding about the person and mission of Jesus.

Gush of Wind:

This caught my attention next. The nature of the strong wind is to lift off all the dust and filthy materials that pollute the earth. Similarly the gush of wind from above lifts off the cover of despair, fear, anxiety, worries and grief that had enveloped and engulfed them. Once the wind lifts off the filth around, the place looks tidied often. In like manner the disciples begin to experience hope and courage, new vision and perspectives which set them the way forward for their life and mission.

Tongues of Fire:

This captured my attention the next. The Spirit is fire. Fire is a great and powerful source of energy which provides light and heat. The light and heat used in the healing therapy, activates and rejuvenates the dull, weak and inactive cells and tissues. Similarly when the Holy Spirit rested on them in the form of tongues of fire, the disciples were empowered and transformed. And the people witnessed the drastic changes taken place in them. For the weak disciples became strong, fearful made bold and courageous, dull and illiterate ones began to preach with conviction and clarity. They were set on fire and the fire set them into action. The same experience is felt by some people who attend the charismatic retreats. When they give witness they share that they experienced heat flowing into them or an experience of electrocution which has transformed their lives from then on.

Jesus promised to give us the Holy Spirit if we ask Him with deep longing in our hearts. May we who are known as the Servants of the Holy Spirit, ardently pray for the gifts of the Spirit upon us. For it is the Spirit who transforms our lives, animates our mission, directs our decision making process, transforms us into powerful and effective instruments, enables us to make wise choices and makes us fruitful and successful in our undertakings.

The spiritual addiction like prayer, reading and reflecting on the Word of God, meditation, deep union and intimate relationship with Jesus enable us to stay close to Jesus and align our lives and mission according to the life and mission of Jesus himself. This would enable us to experience Pentecost in our daily life. In contrast, the worldly addictions such as the various temptations of this modern world that allure people to social media, electronic gadgets, passions and pleasures of the flesh lead us astray and create a vacuum letting our lives purposeless.

Our Daily Pentecost:

We experience Pentecost in our day – to – day life situations –

- When we stand for truth and justice with firm convictions instead of being indifferent and coward
- When we resist to follow the crowd and take risks without counting the cost instead of safeguarding ourselves
- When we question the old and meaningless practices and welcome the innovative ideas
- When we are ready to move out of our comfort zone and mediocre living and begin to

learn and take up newer ministries and responsibilities

- When we rise above our worldly attachments and move forward with nobler motives and profound thoughts
- When we keep our personal agendas and ego aside in all our interpersonal relationship and make difference by our unique contributions
- When we consciously promote peace, joy and unity in our surroundings

We may have some of these experiences in our lives. They enable us to attain spiritual maturity. May this Pentecost bring us such deeper experiences and transform our lives.

**Spirit be with us as we journey
Spirit set our hearts and lives on fire
Spirit be the wind beneath our wings
To soar to the spiritual heights**

Sr. Neethi SSpS

Kuchipudi

I FULFILLED MY CIVIC RESPONSIBILITY, DID YOU DO YOUR'S?

Every Vote Counts...

We are well acquainted with maxims, "The thousand miles journey begins with a single step and every drop of water makes a mighty ocean". Every vote counts. To strengthen the power of democracy of our nation, every citizen who has the right to franchise need to become responsible to exercise one's own voting power. "To make democracy work, we must be a nation of participants, not simply observers. One who does not vote has no right to complain", says Louis L'Amour, an American writer.

One of the most crucial and practical ways that individuals can influence governmental, non-governmental, congregational and societal decision-making is through choosing responsible leaders. Voting is a formal expression of preference for a candidate for office or for a proposed resolution of an issue. Everyone has the right to take part in the government of his/her country, directly or through chosen representatives. While the right to vote is widely recognized as a fundamental human right, this right is not fully enforced for millions of individuals around the world.

As an Indian citizen I feel privileged and overwhelmed to vote in the present 17th Parliamentary elections which were held on 18th of April, at my constituency in Bangalore. It is heartening and encouraging to see people from varied walks of life including religious and priests took time to exercise their power of building nation through voting. Unlike other years, this time Sisters from India South Province travelled far and wide and went to their places of voting from the places of ministry. Some others even well planned their home holidays that it may not clash with voting dates which shows their interest in the welfare of the society and nation. Though it is

unfortunate but I too came across a few religious who didn't bother to vote or wasted their voting power because they did not find it necessary to vote. It shows how ill-informed they are of the circumstances under which they are living. When we do not perform our rights which are necessary and demanded of us, we have no more right to question and challenge anybody. Many times our society suffers not because of bad people alone but also good people who remain silent and inactive.

Let's pray for our country and for all its citizens that we may become responsible when the time is ripe and when we are asked to respond to the need of the hour, lest we may not become victims of our own follies. We hope for good governance and brighter future with committed and transparent leaders who would serve the nation and for the welfare of all the people irrespective of religion, region, language, caste, creed and cultures.

Vasantha Prathipati SSpS
Vijayawada

Ambassador of Good News

I did not recognize the face in the casket; the face was very peaceful but different. It took me a while to recognize that difference. There was no smile.

That was Sr.Hermanelde to the world, ever smiling, helpful, joyful. No one could have been a better ambassador of the Good News. In my last conversation with her and I told her I would visit her in style, Europe. I asked her what I could bring her from India.

“Bring me my Indian people” she had said. For a person who spent 55 years in India, this country was her home and she could have liked to be part of Indian soil.

If that was not to be, then we have a responsibility – let us carry on her Spirit of Love, Empathy and Friendship.

Dr. Susan Sodder
Holy Spirit Hospital

SUMMER PROGRAM - PUC STUDENTS

“Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!(Ps 95:2)

With these sentiments in our hearts, we, the 1st year PUC Students, would like to share below our one-month summer program in Kripalaya, Pernal Community during the summer vacation this year.

Introduction

To start with, after the Aspirancy we were occupied with academic studies. In the course of the year, we experienced a negative outlook, so much so, that it imprisoned our minds. Such negativity entered our studies, activities and also community. Life became burdensome; many bright things were missing. We forgot our true worth and were drifting away from God's plan. So it was with a sense of deep gratitude to “God” for the decision of the IPC (Inter-Provincial Council) program that we arrived in Pernal for the purpose of refreshing and re-orienting our minds. The program at Kripalaya Convent refreshed us. We were blessed to have Sr. Pauline and Sr. Simona as our directresses. Though the group had mixed expectations, everyone of us on hearing about the month-long course were thrilled with joy. Some thought that it would be a grammar class to improve our English; others – perhaps Bible classes to know more about Parables and the Gospel.

Content of the Program

After the initial joy of meeting our companions, some of whom we did not meet for one year, our course began on 11th April and ended on 9th May.

During the one month we had various classes on:

- ✧ Bible – Call of the Patriarches
- ✧ Catechism: Liturgical Cycle with special focus on Lent and Holy Week
- ✧ Vocational stories of our Founding Generation
- ✧ Computer Classes
- ✧ Skill development
- ✧ Inter-culture classes
- ✧ New vocabulary

We also spent time on:

- ✧ Sharing our past one year
- ✧ Sharing our Vocation story
- ✧ Guided retreat
- ✧ Pilgrimage

The important events which took place during this time were the Holy Week, Birthday of Sr. Irene and Renewal of Junior Sisters.

Positive

Through the classes and under the guidance of our Sr. Pauline and Sr. Simona, we could look at the past one year of our life, reflect on it and see what we gained in the journey. We learnt that Life isn't called life, if there are no ups and downs in it;

that there would be situations where we lost hope, felt broken or none to share with our feelings and stories. Yet, it didn't mean that life ended; that the end was actually the beginning of life. We learnt that Positive thinking is what life is all about; how we faced and handled each difficult situation. Thus, we have grown deeper, learned to understand things better and to accept them. We need to make a choice - to think positively about ourselves, to watch our thoughts and thinking patterns. It is important to maintain a well-balanced lifestyle which will help us to think positive thoughts!

Challenges

There is no success without challenges. Those who accept their challenges win. Facing a challenge minimizes it and is a step towards success.

Steps how we could face challenge:

- take initiative
- be ready to struggle
- take up responsibility
- have willingness

Challenges we encountered during our gathering, gave us new opportunity to rise up. Like the days in Pernal when we had shortage of water, we came to value water so much. There was also a sudden fire in our compound. We learnt the need to be practical and have some "awareness" what we do in our day-to-day life. It was also a challenging task to face the others in our public speaking competition. We adjusted ourselves to some extent. We hope that in future we prepare ourselves to find solutions when we meet a struggle in order to realize our dreams or aspirations.

Learning

"Learning gives creativity, Creativity leads to thinking, thinking leads to knowledge, knowledge makes you great." Dr. A.P.J. Abdul Kalam:

- It was one of our best summer programs after our first PUC, in which we participated with full enthusiasm and zeal. We were very happy that our long time dream came true that we had different types of activities. We learnt many things for our life. We discovered the uniqueness of each one in our group; many talents were tapped and brought to the limelight.
- We heard for the first time so much more and interesting facts about the scripture and spiritual classes given by Sr. Pauline and Sr. Simona, as well as about the founding generation, intercultural living and other topics. We learnt about our Patriarchs - their names, their faith and life stories.
- We also learnt how to meditate, spend time in reflection, how to share our thoughts and feelings; how to adjust our selves with food and adjust with others, learnt to use water sparingly and the need to growing in thinking.
- We learnt a meaningful way of celebrating and spending the Holy Week. The celebrations of Palm Sunday, Tridum, Easter etc., became real and meaningful and we learnt to share our risen Lord's joy with others.

- The classes on Life Skills by Mr Ajit taught us to express clearly, listen attentively think creatively, which are essential in communication. We were also informed about the reality of married life – its beauty and struggles

Gratitude

Gratitude is the healthiest of all human emotions. Gratitude makes sense of our past, brings peace today and it creates a vision for tomorrow. It turns negative energy into positive energy but in our ordinary life we hardly realize that. We receive a great deal more than we give to others. It is only with gratitude that life becomes rich.

First and foremost we are grateful to the Almighty God for the most wonderful and greatest gift of life we have received from him. We express our heartfelt gratitude to the Provincials and Councillors from the four provinces for giving us ample opportunities to come together as one family in Pernal. We are indebted to Sr. Lissy and her team, for this gracious opportunity of one month to enrich ourselves.

We are grateful to Sr. Pauline and Sr. Simona for guiding us closer to God and our sisters. Of course Sr. Irene as the Community Leader with the help of Sr. Thelma, and others ensured that the place was conducive. We are grateful to Sr. Ancilla and Community at Pamboor for the wonderful Easter Lunch and the garden products they shared. Sr. Molly Rego was our computer teacher as well as our guide for Public Speaking. A special word of appreciation to you Sister Molly, for editing our article for Vani!

Conclusion

The brightest future is built on a forgotten past. We can't go on well in life until we let go of our past failures and heartaches. Indeed we were happy to learn from our errors, to let go past failures, to rejoice in company and grow deeper in our vocation. We were happy to re-capture our personal vocation. The Students 2019-2020 gathering was an event that will be long cherished and fondly remembered.

PUC - STUDENTS

Kalayarkoil, Pamboor, Pernal, Vijayawada,

Shrama Sanmana

Shrama Sanmana for unorganized sector workers was Organized by the labour Department on 1st March 2019 at Gulbarga and Bidar and on 3rd March 2019 at Bidar. 6 women from Gulbarga Domestic workers Union, 10 women from Yadgir Domestic workers union and 4 women from Bidar Domestic workers union were honoured with a check of Rs. 1000 each. The special contribution and hard work of Mrs Mutthamma, the president of the Yadgir Domestic workers Union and Prabhavathi the president of Domestic workers Union, Bidar was appreciated. They were lauded for their generous contribution towards the wellbeing of the Union and strong will for the Social Transformation and honoured with a check of Rs 10,000 each.

Sr. Antony Mary SSPS.

Deepalaya

The SPIRIT in Me is ALIVE



Spirit is alive. Don't know how Spirit is alive.

I wake up to see life amusing dawn,
Breath of my breath, behold a new life.
'The SPIRIT is Alive' declares my vibe!

Dewdrops unfolding life's dynamism,
Set on fire embracing livings wholesome.
'The SPIRIT is Alive' declares my vibe!

Granting space for prayer seizing,
Yet, self-wrapped in Beloveds' Arms amazing.
'The SPIRIT is Alive' declares my vibe!

Could highs and lows appreciate life beauty,
Only to grasp the strength is of Spirits duty.
'The SPIRIT is Alive' declares my vibe!

Morn cruise, Noon pass by, Eve stem along
Fair to feel beloved, gifted and empowered
'The SPIRIT is Alive' declares my vibe!

If only am awaken knowing the Spirit is alive, my day is done
If only know the Spirit lives in me, I remain the focus of communion
If only my every breath is Come Holy Spirit, I am a true servant of the Holy Spirit.

Do you also trust the Spirit is alive!

Sr. Lalitha Rosali, SSpS
Philippines

Experience speaks.....

As Nelson Mandela says "Education is the most powerful weapon which you can use to change the world." ...

Every nook and corner the prestigious education institutions stand tall and influences the students with different charisma. Every single child takes pride in expressing the name of their school and adores their tutors. Truly education decides our future, clears our path and reaches our destiny. Whether born poor or rich, everyone focuses on getting access to good schools and trained by competent tutors.

Our approach with youth, parents especially with the government students from the surrounding villages of Periyapatna through AKSHARATHMA V- BEEP (village based education enrichment program) creates a platform to enhance the education in the government schools. As I move around to the schools and families, conducting various input sessions and activities with



the support of community sisters and resource persons, time and again the words of Pope Francis echoes in me..

“ If there are poor people where we live, who seek protection and assistance, let us draw close to them. It will be a favorable moment to encounter the God we seek.”



Every person that I encounter conveys volumes of messages and vibrations to spend my energy, to allot my time and to extend my service for them. It is quite challenging to get access to the government schools and bring newness through our existence.

Support of the localities is well valued. Apart from the spoken English course we organize team building sessions, leadership, motivational classes, parents informative gatherings, talents show programs, regular sports, karate, dance, yoga classes and awareness discussions and so on.

I conclude by recalling the words of the famous poet Rabindranath Tagore , “God is where the tiller is tilling the hard ground and where the path breaker is breaking stones. God is with them in sun and in shower, and His garment is covered with dust. Put off your holy mantle and even like him come down on the dusty soil!

Let us not become the blind worshippers of the statues rather adorers of the living souls. Our living God dwells in them.

As we reach out to the less privileged children and youth in difficult situations, may all of us recognize the divine element in every human being we encounter.

Sr. Nirmala Mendonca SSsP
Maria Sadan, Periyapatna

***** Profession at CHS

3rd May 2019 was the Big day in the life of Srs, Brigit John, Jemcy, Nuru Marak, Maya Lang lang and Sangeeta Toppo as they were all set to make their Final and First Vows in the presence of the church and their family members. The Solemn profession began at 9.45 am with the rose pinning Ceremony in the Lobby. A traditional blessing by the parents followed by Sisters gave grand and prayerful opening for the great day. Thereafter a short prayer service was conducted near the Grotto of Mother Mary at CHS and preceded in a procession towards the newly inaugurated chapel at Holy Spirit Home for Eucharistic Celebration. We were blessed to have Rev Bishop Chacko the Bishop of Indore as the main celebrant. There were many other priests and religious brothers and Sisters who actively participated in the whole event and prayed for the celebrating Sisters. Soon after the mass a felicitation program was organized followed by a sumptuous fellowship meal at mango grove.



Sr. Jyothi Kanithi SSsP
Convent of the Holy Spirit.
Bangalore.

TWILIGHT YEARS.....

“I counted my years and realized that I have less time to live by, than I have lived so far. I feel like a child who won a pack of candies: At first he ate them with pleasure; but when he realized that there was little left, He began to taste them intensely.” Mario de Andrade

My life has been a journey with a purpose, a goal, a destination rooted in my faith, received at Baptism. It is a precious gift, filled with many types of events. My call to be a religious, a Servant of the Holy Spirit was a leap into the dark like that of our father Abraham, a leap into the unknown with the assurance that it is God who is inspiring me, calling me, urging me to take up the mission entrusted to me and face the challenges, realizing that I am a sinner and hence vulnerable yet enveloped by God's unconditional love and mercy. This gift of faith brings meaning and fulfillment up to this day even in my twilight years. I realize deeply that this earth is not a permanent home for me.



On my way I do meet many living and non-living beings such as persons, animals, birds etc. and come across many an event that are essential for growth though trivial and temporary. Like the one on a journey, there is a sense of detachment and freedom that I experience which has grown by the years, and this growth has been supported and strengthened by my religious vows of Poverty, Chastity and Obedience as well as the prayerful, caring and loving support of the community. The short prayers like “Every beat of my heart and every breath of my life, take as an act of love and veneration of Thee O holy Triune God”; “My heart is ready Oh God my heart is ready” “May every breath of mine be 'come Holy Spirit' ” etc. keep me alive and enthusiastic energizing me to do everything as best as I can for others and to make small sacrifices with love and joy in loving service. I realize more and more it is immaterial what we do but how and in what spirit I do it. As St. Paul so beautifully expressed, how important every part of my body is, every part doing its mite joyfully, generously and gratuitously. I wish to spend my life in my community, in the Church and in the world at large in the same fashion. During these twilight years often my contribution is merely my presence and my prayers and my interest in others' welfare. I like to remain connected with others who are far and near, to rejoice with those who rejoice and to mourn with those who mourn. Thus I find my life meaningful and fulfilling having always God's will at heart.

I do believe that everything that God allows to come my way is always with a purpose. He uses even the greatest error and deepest pain to mould me into a better person. Daily, my life is nourished and strengthened by the Word of God, the sacraments especially the Eucharist, prayer life, recollections, reflections, spiritual reading, community life, recreation, relaxation etc. for which I get ample time and space during these twilight years. There are also less tensions and it is a time of Advent, waiting for the coming of the Lord! “Maranatha”. May my faith, hope and love move me on my journey towards understanding the Father who calls me, the Son who lives in me and with me and the Spirit who guides me all along.

Let all that I am, wait quietly before God, for my hope is in Him Ps. 62:5 . Dear Lord, you know the things that I am hoping for. May Your perfect will prevail in my life. I trust in You. “I just keep trusting my Lord as I walk along; I just keep trusting my Lord and He gives me a song; though the storm clouds darken the sky over the heavenly trail; I just keep trusting my Lord, He will never fail”.

Sr. Marion Chemmanoor SSpS

Anugraha

Pension Scheme live programme

On 5th March 2019 Prime minister's Pension Scheme live programme was organized by the Labour office for unorganized workers in Bidar, Yadgir and Gulbarga. 56 women from the domestic workers Union Bidar, 27 women from Domestic Workers Union Yadgir and 46 women from Gulbarga Domestic Workers Union enrolled their names for the Pension.

Sr. Antony Mary SSpS.

Deepalaya

Celebration of International Women's Day 2019, at Central Prison, Kaluburagi

International Women's day was celebrated on 16th March at central prison, Kaluburagi. The women were dressed colorfully to mark the occasion and came out with the smiles to celebrate the day. The prison ministry team was accompanied by the women volunteers to share the joy with the women in the prison.

The program began with a prayer song and a short reflection on the parable of 'five wise virgins' from the Bible. Women guests were called to address the women on this special day, followed by the cultural program where women were given opportunity to sing, dance and speak.

The prizes were distributed for the games which were already held in preparation of this occasion. Everyone was made to feel happy with the distribution of a gift. Children were gifted with new clothes and toys to play. Snacks and refreshments were distributed to all women and the staff in the prison. It was a meaningful and joyous day for the women prisoners.

Sr. Reena Dsouza SSpS

Deepalaya



Celebration of International Women's Day with the Divine Grace Women Cell in the Parish

International Women's day 2019 was celebrated by the Parish Women's cell on 9th of March in the Cathedral Parish, Gulbarga. Holding Mother Mary as model and guide, women walked in the procession holding flowers in their hands and offering it to God as a sign of gratitude. A meaningful liturgy was led by the women during the Holy mass. Every woman was remembered and held high in prayers. Refreshment was served for all people who participated in the Holy Eucharist.

The celebration of women's day did not end in the Church; it was culminated with the visit to the Government Women's Home. Around 15 members of the women's cell visited the home and with the message of joy of womanhood the program was started. There were party games, songs and dance together. Prizes were distributed to the winners. Senior most women who were around 70 years old were selected to be the women of the day. Everyone was made to feel important, respectful and proud for being a woman. With the message of love and kindness, program was ended through prayer songs. Refreshment was served for everyone.

Sr. Reena D Souza SSpS
Deepalaya

Community Experience...

"Go your way, Behold I send you out as lambs among wolves. Carry neither money nor bag....." Lk10: 3-4

On 15th march we reached Deepalaya Community, Gulbarga. We were warmly welcomed by the sisters there. The three weeks experience has given us so many opportunities like being with prisoners, orphans, street children. We were lucky to visit families, childrens homes, slums and share with them our knowledge. Indeed we have received more than we actually shared. With a few visits we could experience the struggle of the women and children go through in the remote villages and families.

The visit to Govt Boys hostel and Govt girls hostel made us understand the need for quality education. We got a chance to teach them and talk to them about life. In the St John's Gospel Jesus Says "I will not leave you Orphaned, I will come to you" When we reached the Don Bosco Pyar we felt it was God who sent us to accompany them and convince them of the immense Love of God that leads them on. It was a happy moment to see them getting involved in the CRAFT classes we conducted.



"Can a woman forget her Nursing Child? Even these may forget yet I will not forget you", Is 49:15

These words began lingering in our minds as we gazed at the babies at SHISHU BHAVAN run by the government where many children are brought who are picked up from the mouths of the animals and birds, thrown at the gutters and fields, left beside railway tracks, temples or roadways. We were happy to see our sisters and Don Bosco Fathers responding to the needs of these needy people in so many different ways.

Community Experience was the great gift that we carry back as we cherish our three busy weeks. We took up the responsibilities of Cooking, Marketing, Cleaning, Leading prayers. We were taught how to keep accounts and submit them regularly. Besides this we were also taught to cook various dishes like Mangalore Buns, Pea Nut Butter, Paratas and other. As a whole it is the spirit of Community that touched us the most. We thank the sisters from Deepalaya Community, Fr Shaji SDB, social workers, men, women and children of GULBARGA for being instrumental in our growth.

Usha and Angelina
Students, Pernal

HOLY SPIRIT HOSPITAL COMMUNITY HEALTH CENTRE- OUT REACH

Activities for the poor, Migrants and the slum dwellers of Andheri.

The Community Health Centre at Holy Spirit Hospital contributes towards improving the health status of those who cannot afford adequate healthcare. Our aim is to increase access to basic health care for everyone regardless of one's social, financial and religious background. Selflessly, through the CHC we are realizing our motto "Service in Love". Holy Spirit Hospital reaches through the Community Health Centre out to the poor and marginalized through regular clinics, medical camps, and mobile clinics at various intervals; also focusing and conducting various social awareness programmes.



World Sick Day: on 11th February 2019.

CHC with Holy Spirit Hospital conducted three medical camps on 10th, 17th and 24th at three parishes namely Sacred Heart – Andheri, Orthodox Church – Kondivita, and Infant Jesus Church- Jogesweri. ECG, HIV test, HGT, De -worming and VIT A, and medical check up on ENT, Medical. Surgical, Cardiac, Ortho, Gynec, Opthalcheck up done free of cost. 311 people benefitted by these camps.

Training : First Aid, Organ donation, Cardiac:

45 Young women from creative Handicraft organization attended the programme.

- 25 young boys and girls had the session on the same.
- Session on Cardiac related issues.

Scabies Clinic :

Special attention was sought to the people suffering with scabies at Shilonda-Talaseri. Hence once in four months the team will visit this village and spot the area for scabies eradication. The health workers at Shilonda are being trained by our expertise and they carry out as per the need. The first camp was conducted on 17th March. 200 people had the treatment for scabies. The children along with the parents were given Permethrin ointment, BB lotion and Ivermectin. 45 cases of grade 3 scabies detected and Permethrin lotion was applied and educated the volunteers the method of application and to do the same after a week. The team will study the cases after three months while the Holy Cross Health centre will keep close observation of the patients.

Session on Waste Management and Skill training :

On 26th March 2019, 250 women attended the seminar on waste management and home compost. Mr. Subash Dalvi Nodal officer of Swatch Bharat from BMC along with Ashwini, Mrs. Reena – Wife of Ex Commissioner, Dr. Susan talked to them about the home compost and the need for the cleanliness in the area. With various power point presentation the dignitaries explained the need for cleanliness and the responsibilities as women can do.

Along with the session they agreed to train our women in different skills such as Tailoring, Beauty parlour, Driving, Computer, English coaching etc. The women would make groups of 30 and will be materialized in the month of June 2019.

MAM- Moderatly Acute Mal Nourished Children Clinic:

Recognising our aim to diagnose and to improve the children health we have 19 children under our scheme. 4 stunt children, One SAM , 10 MAM and 4 Very Thin Children.

Collaboration with MDACS (Mumbai District AIDS Control Society)

The statistics show that Andheri East is ranking high in HIV-AIDS infection. With the request of MDACS, we began FICTC (Facility Integrated counseling and testing centre and ICTC. The free tests are conducted at our peripheral centers and those tested positive are referred to our hospital ICTC and further follow up is taken care by the CHC. 248 tests are being done. One is positive and is undergoing the treatment.

Conclusion: May our little drops in the mighty ocean bring joy, happiness and contentment in the lives of these poor and the under privileged people of the area. All the above activities are possible when both hearts and minds put together and with the generous donors of the area.

Sr. Jessie Mary SSpS
Communtiy Health Centre.
Mumbai.

EXPOSURE VISIT TO MYSORE

On 7th and 8th of February 2019, the Staff of Deepalaya went out for an Exposure Visit to Organization for People's Development at Mysore. Mrs. Sunitha the Coordinator of WEP project at ODP introduced to us about the different activities of the Centre. She explained about the SHG Concepts, its origin and its development. We were also told about the achievements of the Women through OKKUTA and how it has been growing through the years. We were pleased to know about the hard work, deep commitment contributed by the Church for the social justice and empowerment of women and upliftment of the poor and marginalized. The next day we visited some places nearby and returned home.

Sr. Antony Mary SSpS.
Deepalaya

Mahila Bachat Bazaar on International Women's Day, 2019 Organized by Streevani

In line with this year's theme for the International Women's Day, 2019 "Think Equal, Build Smart, and Innovate for Change", our domestic workers, unlike other years planned the women's day celebration in a very different manner and it was celebrated on 6th of March 2019. Streevani paved the way for women to be innovative and more participative in the celebration. Hence the women planned to put up stalls of different items prepared by them and accordingly there were 13 stalls consisted of various snacks such as vadapav, idli – chutney, lemon juice, fruit salad, gulabjamun, papad and vegetable rice, along with ice-cream. The women were encouraged to sell every item for Rs. 10/- per plate or per piece. Streevani supported the women by giving every woman two coupons worth Rs.20/-. The coupons were used by all the participants to purchase the snacks of their choice from the stalls. Other than food items, there were stalls of spices, cosmetics, stationery, cloth bags, jewellery as well as packed food products which were prepared and packed by women from villages. Some of the stalls were managed by various Self Help Groups.



The women gathered at the venue by 11 am to set up their stalls and to start the celebrations. By 2 pm the ground was all set, with women dressed up in colorful attires

and decked up with flowers on their neatly plated hair and we had the inaugural ceremony. Thereafter the women and children went around the stalls and with the two coupons and bought whatever they liked and interacted with each other.

There was immense joy on the faces of women. Forgetting the daily chores and the tensions of the house and the workplaces, they enjoyed the day. There were folk dances by the children of domestic workers and at the end of the program all women danced to the rhythmic film songs. The day was a unique day for Streevani and for all our women domestic workers. Many of them earned rather well through their stalls. Thus it was a day of economic empowerment as well as women empowerment.



Sr. Rose Thomas SSpS
Streevani

HSMA- MUMBAI

The Holy Spirit Missionary Association was revived in Mumbai in the year 2015. Ever since the members are vibrant, and support wholeheartedly mission activities of SSpS and help the needy.



On Pentecost Sunday the members of Holy Spirit Missionary Association renewed their promise. We thank the Lord for their missionary presence and pray that they may truly become instruments of God's love in this broken world.

Sr. Nathalia SSpS
Mumbai

PROMOTING HARMONY...HOLY SPIRIT SCHOOL, KUCHIPUDI

Only people with authentic spirituality, gained from personal God experience, can change the world...

The Holy Spirit School at Kuchipudi was blessed to have the presence of

Hindu- Mr. Poorna Chandra Rao, Muslim- Mr. Izath Ali, Christian- Fr. Peter S.V.D,

Buddhist- Monk Banthiji and Sikh Guru- Mohindar, on the occasion of Christmas. It was a heart-warming experience for all of us as it promoted Cultural and Religious harmony. Speaking to the august gathering they expressed his views on Christianity and appreciated the contribution of the Christians towards the holistic growth of the Humanity.



The RARE MEET has left us challenged to open up our hearts to embrace all irrespective of caste/creed/ religion/ race/language/ state/ country as they shared their God experience that changed their life and outlook towards other religion. We were encouraged to promote the spirituality of oneness and live a life of peace and harmony. Indeed their contribution towards education, social work and health care was praiseworthy. It was heart touching to hear that they considered Jesus as prophet who inspired them to live in simplicity and serve the humanity selflessly.

Sr. Adrin SSps
Kuchipudi

Remembering Sr. Valerie Marie Antoinette Gomes SSps

Born : 12.12.1934
First Vows : 31.05.1973
Final Vows : 31.05.1980
Expired : 22.02.2019



“Here is my servant, whom I have chosen, the one I love, with whom I am pleased.” Mt.12:18. Now she has answered whole heartedly: “Here I am.”

We mourn the departure of our dear Sr.Valerie Gomes from our midst, to her heavenly abode for which she had been yearning since long. We miss her physical presence from our midst with a sense of loss, but we rejoice with her for the life well lived wherever she had been - a true, loving, loyal, and good friend - who had been found worthy to receive fullness of life in the bosom of our Heavenly Father for all eternity. Although she had been ill and bed-ridden for several years, her parting has indeed created a vacuum in our midst, yet we are grateful for her spiritual presence and intercession for all of us. She heard the invitation “Come blessed of my Father, receive the kingdom prepared for you from all eternity” to which she has responded with a total “yes.”

Sr. Valerie was born to Mr. Cyril Oswald Gomes and Mrs. Jane Catherine on 12th December 1934, as the youngest of four children, in Andheri West, Mumbai, belonging to a devout and loving catholic family of Amboli Parish. Before joining the Congregation, she had her Higher Secondary Education in St. Theresa's School at Santa Cruz and her graduation in Economics at Ismail Yusuf College, Mumbai. She then worked for about 6 years as a private secretary to the Director of Finance in an American Engineering Company, Bombay. She had been in touch with our sisters at Holy Spirit Hospital, Bombay before she made the decision to join religious life.

Sr. Valerie joined the Congregation of Missionary Sisters, Servants of the Holy Spirit on 30th June 1970, at the age of 36. It was not easy for her to adjust with the younger ones. Yet, she persevered through it all, as she was a person of determination,

conviction and firmly believing in the Lord's call. After the initial formation and novitiate, she made her First Profession on 31st May 1973 in the then Regional house, Bangalore. Sr. Michael Zatopa SSpS had played a great role in her spiritual life. After the Juniorate program for a year, she completed her Business Administration at St. Joseph's College, Bangalore. She made her Final Commitment on 31st May 1980 at Holy Spirit Hospital, Bombay. Later, she did two years of Theology at Mater Dei, Goa.

She had been serving in the congregation in various capacities – in the Personnel Office at Holy Spirit Hospital, Bombay (1975-1976), as Provincial Treasurer (1980-1992) Bangalore, In-charge of students for a year in Bangalore, as Treasurer in St. Raphael's Higher Secondary School (1979-1980) in Indore and for 2 years (1993-1995) at Nirmala School, Rajkot.

Sr. Valerie was well disciplined, hardworking, friendly, kind and considerate, radiating peace wherever she had been and had a heart for the poor. She was well known for her neatness, accuracy, systematic planning, perfect in maintaining records and fulfilling her responsibilities. She was smart, precise, very meticulous and professional. Her loyalty to the Congregation and for the Missions was remarkable. She was so true and faithful to her religious call that she recollected often, the many blessings she had received from God throughout her life, be it the many joys she celebrated or the hardships she endured. In all the events of her life, she found a way to proclaim God's love as a true servant of the Holy Spirit.

Sr. Valerie lived by faith and spent a lot of time in prayer. She could be seen in the chapel often praying the Rosary, alone or with other sisters. She was always very polite, soft spoken and well mannered. She refrained from speaking ill of others and her silence in this way was a golden gift. She was fond of music and could play the piano well. She dared even to drive the four wheeler vehicle, which was of great help when the driver was not available. She did not hesitate and used to climb all alone quietly the ladder to reach the highest water tank of the Regional House in Bangalore to supervise its cleaning. She stayed with her sister Margaret, who was suffering from cancer and looked after her needs, initially at home and later at Holy Spirit Hospital, Bombay, till Margaret expired. From 1995 onwards, she belonged to the hospital community and began to lead a retired life. She was suffering from Rheumatic arthritis and had to use a walker for support curtailing her freedom in moving around, but no one heard any complaint from her. Gradually her health deteriorated, became weak and forgetful. Her body did not cooperate with her as much as she wanted. But she bore everything silently like our Lord.

We recall with gratitude her last days especially on 17th February (Sunday), when Sr. Valerie seated in a wheel chair well dressed, was brought by Sr. Suchita Soreng and the helpers, to chapel, dining room and all around Anugraha. She looked at all of us with a sweet smile as though she was proud of us and wanted to thank everyone and say her final good-bye. All the sisters felt very happy to see her looking so good. No one then realized, that was her final bidding adieu to all of us. On the 21st she was reluctant to eat anything. During her long illness, she had received Sacrament of Anointing of the sick several times and was strengthened by Holy Communion daily. Gradually her

condition worsened and in the morning of 22nd February, around 7.15 am, she breathed her last peacefully without much struggle. May she continue to rest in the love and peace of our Heavenly Father!

Dear Sr. Valerie, we thank God for you as we remember with gratitude, the 46 years of your loving service as SSpsS religious missionary - for your loyalty, tenderness, gentleness, courage, radiating smile, endurance in pain, and above all for the gift of love and friendship!

You said your final 'yes' to everything when you surrendered yourself to the Lord like Simeon: "Now Lord You have kept your promise and let your servant go in peace. With my own eyes I have seen your salvation." It is truly said by Albert Pike: "What we have done for ourselves alone, dies with us; but what we have done for others and the world, remains and is immortal." This is very true of you dear Sr. Valerie. We are sure that you will support us through your intercession for all of us and for our missions.

May the God of life and love, who chose you to be His own, reward you with eternal bliss and everlasting peace!

Sr. Lissy Thelekkaden
Provincial Leader
INDIA SOUTH

Summer Camp with Domestic Workers Children

The children from our Adolescents' groups came together for the Summer Camp at Gulbarga, Yadgir and Bidar. The children of 12 – 18 years participated in the one day Camp organized under Karnataka Domestic Workers Union. Besides the fun filled games the resource persons addressed the children on different topics relating to Child rights, values, career etc.

The camp was held in Gulbarga on 18th May and 45 children participated. In Yadgir the camp was organized on 25th May 2019 and 45 children took part in it. In Bidar we had the camp on 28th May where 56 children participated.

Celebration of International Domestic Workers Day 2019 at Gulbarga, Yadgir, Bidar!

The Karnataka Domestic Workers Union, Gulbarga celebrated the International Domestic Workers Day 2019 in all the 3 districts with nearly 500 women, with the theme Recognize Domestic Work as Work. The joy of the celebration was doubled with the distribution of Identity Cards (Smart Card) to the Domestic workers as a recognition of Domestic work by the State Government of Karnataka. Adding to that, on this



occasion the 18 Children of Domestic Workers were honored for their meritorious results in SSLC and PUC.

The day was celebrated in Gulbarga on 28th June 2019 where 350 women came together. On 24th June 2019, The union members from Yadgir came together with 48 women. On 3rd July 2019, the day was celebrated in Bidar with 47 domestic Workers.



The day's guests included: Labour Department, Women and Child department, networking partners from Trade Union, Construction workers organization, Women's organization and Childline, in all the 3 districts.

Sr. Reena Dsouza SSpS
Deepalaya

Adieus! Sr. Hermanelde!!

Sr Hermanelde, A Legacy, My interactions with her was for more than one year. I was her one of the treating doctors.

She was more compassionate and ever smiling inspite of all her suffering. Very energetic and humorous. She left an unforgettable memory in my life.. She will be always remembered.

Dr V. A. Sagit Babu
Holy Spirit Hospital

Most revered and dearest Sister Hermanelde, It was good Lord's blessing only to provide me and opportunity to work, to interact with an angel like you.

You showered your abundant love on everyone who came into your contact and surely I was such recipient. From your heavenly abode grant me the capability to follow and walk on the path you have shown even though I know it is a tough call for me.

We loved loved you, adored you, felt envious of you and we want to say we shall never forget you. You have captured our hearts and you shall remain there forever.

Dr. D K Khanna and Vipla
Holy Spirit Hospital

Sr. Hermanalde was a lovely person, always smiling, very comfortable, wherever she was. I was touched to see her love for this institution, its employees and her Co-workers who worked with her in her earlier years. I have not been lucky like others who have spent a lot of time with her, but whatever little I have known her I found her extremely sweet and very soft spoken person. A good soup has passed on; a lovely woman has gone up to heaven. With a heavy heart we part our sister. I feel honored to have met her. She was a gift to this hospital and the world

Mrs. Caroline Joseph
Holy Spirit Hospital

Precious is the life given for Mission

Living with Sr. Hermanelde for the past few years I have seen and experienced the above mentioned title becoming true in the life and mission of Sr. Hermanelde. I know Sr. Hermanelda as a compassionate and empathetic person who was very much involved in the pains and struggles of others. She knew in detail the families of many of our employees and cared for all of them. The sisters and staff who worked with her feel delighted and fortunate to have worked under her. In difficult times she stood as a caring mother and loving sister to many of our staff and doctors which motivated them to look at the better & brighter side of life.



Her commitment to community activities was always total and never partial. As my group member she always actively participated in all the group activities like faith sharing, group discussions, dishwashing etc. She taught us to be disciplined while washing dishes by placing the items in its place and using the proper linen for drying. Her sharing of the word of God spoke to me of her great love for Jesus and his People. Though being senior to me in age, I enjoyed my little time of togetherness with her in the evenings and at tea break on Sundays. She loved speaking about her country Germany and about her family. She equally loved her mission land India and considered as her second home.

A month before she left Mumbai I peeped into her room to see what she is doing and I found her being busy with cards and papers writing to the Benefactors in Germany. Her hand writing was so steady and beautiful and she had a lovely smile on her face as I appreciated the clarity of her handwriting.

At times she was mischievous in nature. She could bond well with any age group, nationalities, people of different faith, status etc. I remember her sitting on the back chair for prayer with her stick near her side. After the prayer as I moved out of the chapel she took the stick and touched me. I gave her a smile and hugged her.

That she missed her family and her dear ones was very evident in her tears while watching the old CD's of her family functions where her parents and siblings were present. Yet her initial love and Zeal for the mission in India continued in her till she breathed her last.

Dear sister Hermanelde in my memories of you, you stand out as a person of integrity and positive influence in my life and mission. You have touched my life and I have grown. You are a legend who is instrumental in shaping the life of so many people both poor and rich in India and you leave behind a rich legacy of Joyful living of religious life, Joyful sharing of oneself totally for Jesus and His people and perseverance for others to follow.

I miss your vibrant and inspiring presence in and around Anugraha and the hospital. May you guide us to follow your footsteps and become better human beings in our pursuit for spreading service in love to ailing patients.

Sr. Shruthi Chako SSpS,
Anugraha

Domestic Workers Day at Pune

On 15th June, 2019 Streevani celebrated International Domestic Workers Day at Buddavihar hall Karadi. Mrs. Mandakini Kharar and Mrs. Padmaja were the guest for this big day. About 300 women and children participated in the event. On the same day, the children of the Domestic Workers who passed out 10th and 12th std with 65% and above marks were honored along with their mothers with prize awards.



Sr. Rose SSps
Pune

Sr. Hermanelde- A Blessing!!

My bonding with Sr. Hermanelde began as early as, when I entered the SSps Family as a candidate in Mumbai. At that time, besides her service in the hospital, she cared for the hospital chapel and that was my first duty. I enjoyed working with her; a very non-threatening presence and guide overlooking my foolish and ignorant mistakes; but teaching me to do my work and prepare for Mass with due reverence. This relationship that began at this initial stage of formation continued till the end. She rejoiced in my growth; always had a word of appreciation for what I am and did; she encouraged and supported me throughout. Whenever possible we corresponded through letter writing.

She loved books and was a voracious reader. Time and again, she would recommend the books I could/should read; some good ones and others funny on animals; A few books although not very much to my taste, I read out of respect for her. The provincial house library in Bangalore which was first organized by Sr. Perfecta in 1970s was re-organized by Sr. Hermanelde in 1990s at my request while I was the provincial leader. At the end of it all, she requested me to accompany her to Buddhist Monastery in Mundgod to visit one of the Lamas, her Buddhist friend. I cherish this unique experience.

For Sr. Hermanelde, to be a blessing was very significant; she believed in blessing. She always blessed people, especially the children. Many a times, she freely shared with me what was deep in her heart and I considered it -a grace. Our every encounter concluded with me receiving her blessing. I felt very much that I really did not have an opportunity to meet her before she left for Germany. But my firm belief is that she who, while on earth, held me close to her heart will continue to bless me and hold me close to her for eternity. You continue to be a blessing for me Sr. Hermanelde!

Sr. Pauline SSps
Pernal

Profession at CHS, Bangalore

***Congratulations dear Sisters on the
occasion of your Final and First Vows!!***

Sr. Brigit SSpS

Sr. Jemcy SSpS

Sr. Nuru Marak SSpS

Sr. Maya Lang Lang SSpS

Sr. Sangeeta Toppo SSpS





An Epitome of LOVE: Sr. Hermanelde!

Her's were the hands that blessed thousands of people

Her's were the lips that prayed incessantly

Her's was the smile that never faded

Her's was the heart that was truly Indian

She loved India, Indians, Indian cuisines, the delicacies she cherished for years

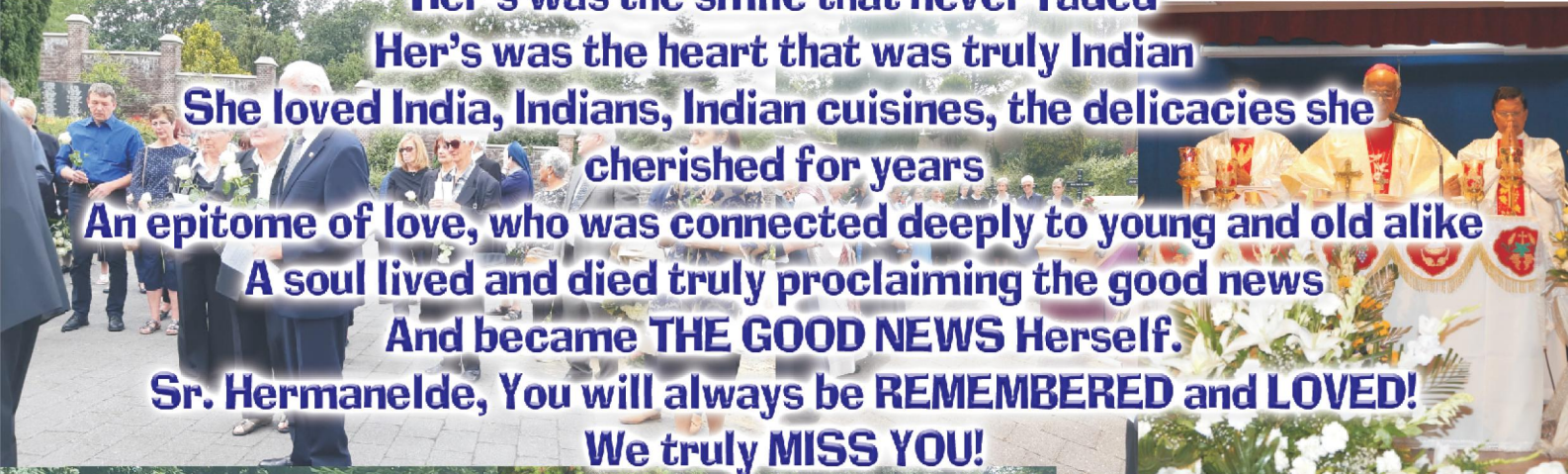
An epitome of love, who was connected deeply to young and old alike

A soul lived and died truly proclaiming the good news

And became THE GOOD NEWS Herself.

Sr. Hermanelde, You will always be REMEMBERED and LOVED!

We truly MISS YOU!



Sr. Natalia D Souza SSps
Holy Spirit Hospital, Mumbai

