



VANI

NEWS • SPIRIT OF DIVINE LOVE PROVINCE • INDIA SOUTH

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(FOR PRIVATE CIRCULATION ONLY)

MAY 2016



Come Creator Spirit,
Re- Fill our Energy and strengthen us again!!

CONGRATULATIONS!

**Heartly
Congratulations
dear Sr. Lissy
and
Councillors,
as you accept the
responsibility to
lead the province...**



Thanks!



**Thank you
dear Sr. Gracy
and
Councillors,
for leading us with a
spark of compassion
and deep commitment...**



Editorial...

We are at IT again! It is the season of PENTECOST, the time of the outpouring of the SPIRIT!

The descent of the Holy Spirit marks the completion of Jesus' mission and the inauguration of the new Covenant – the Church. Washed in the Blood of Christ, bathed in the Spirit, the Church of Christ is given birth. Thus Church becomes Catholic in nature and Pentecostal in essence, enveloping the Children of Truth in Peace and setting all to experience the Liberty of the Children of God.

Yes! The feast of Pentecost commemorates the mighty action of the Holy Spirit who gathered thousands of faithful in communion with God and with one- another. Thousands of people who were gathered in Jerusalem were brought around Peter and companions to witness the mighty impact of the presence of the HOLY SPIRIT!!! This crowd gathered in Jerusalem could become a part of that same experience only when they let their 'ego' be purified by the power of the Spirit. In our lives too when we let the Holy Spirit work in us we become ALIVE.

“You give breath, fresh life begins, you keep renewing the world” (PS 104:29). In this age of the Spirit, the feast of Pentecost fills us with fresh life again. It is this Spirit that replenishes the jars of our faith to the brim with deep rooted faith in Christ for our world today, opening our hearts with Christ-like Humanness.

Today we need men and women who are born of the Spirit. As Pope Francis says, “The world needs men and women who are not closed in on themselves, but filled with the

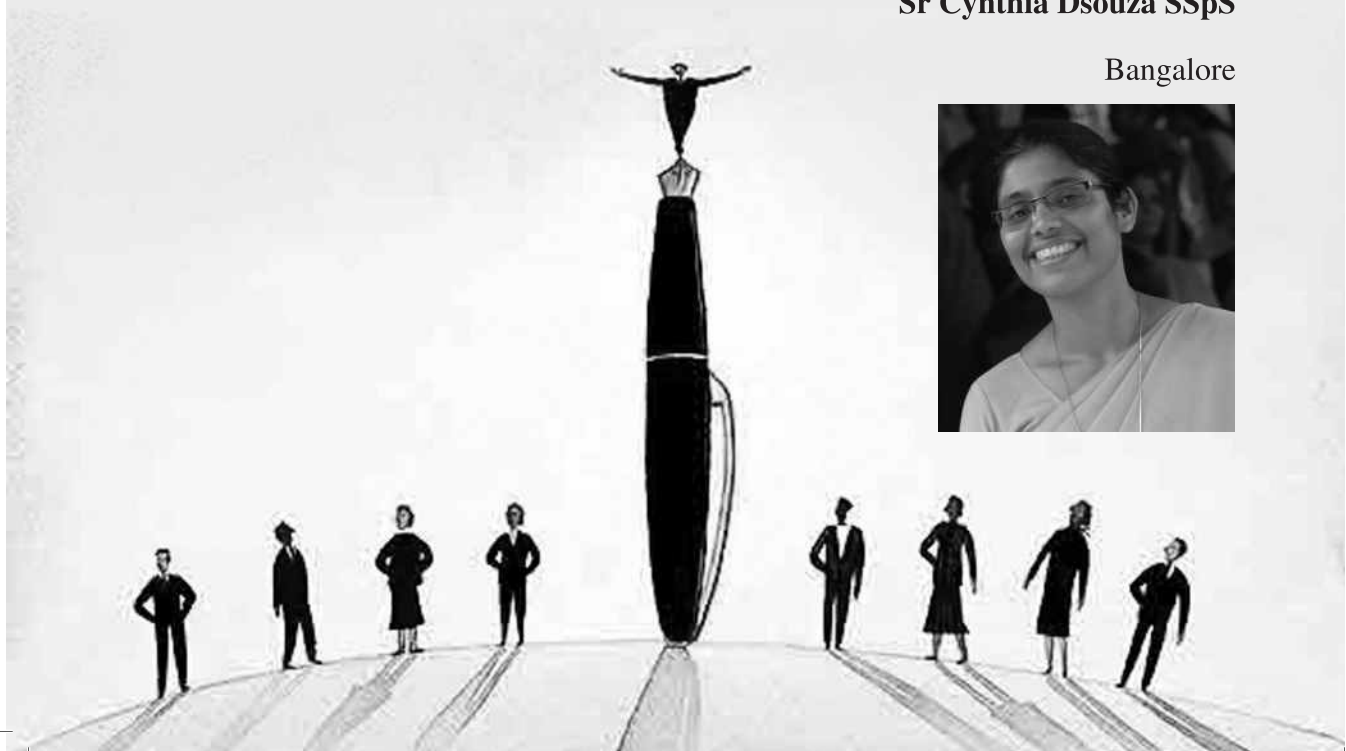
Holy Spirit. Closing oneself off from the Holy Spirit means not only a lack of freedom; it is a sin.” The present politico-cultural scenario is a clear indication that we ought to be daring, caring, sharing and persevering people of faith in Christ. The gifts of “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control” (Gal 5:22) must mark our being, for we are born of the Spirit. Jubilee year of mercy gives us an apt opportunity to walk in the Spirit more fully.

Pentecost happens every day, when we let the Spirit to incinerate our ego and set us free as the pure doves of Love and Mercy. May this Pentecost be a time for every SSps to re-examine oneself, one’s identity as a religious missionary, recapturing the original inspiration and the founding experience of our congregation and respond to the needs of the times with creative fidelity. As we begin a new academic year with new hopes and aspirations, may the Holy Spirit renew us and make us capable of Joyful Surrender to God’s will.

Wish you all a Spirit-filled Pentecost!!

Sr Cynthia Dsouza SSps

Bangalore



FROM THE PROVINCIAL...



The feast of Pentecost is at hand, inviting us to be filled with His precious gifts and move out of our closed doors to proclaim the experience of Our Risen Lord and transform the world that we live in. As Servants of the Holy Spirit, we address to the Lord each day as an earnest petition: “Send forth your spirit, and we shall be recreated, and you shall renew the face of the earth.” This invocation has been part of our daily prayer for more than 125 years.

✙ Are we aware of what we are really asking for?

✙ Are we prepared to allow the Spirit continually ‘to recreate us anew’ so that the Spirit can reach out to others through us?

Following the footsteps of Jesus who was transformed in the Spirit, we too ought to be transformed by the same Supreme Spirit of Jesus. The vision and values of Jesus, His approach to life, His responses to his choices, His life style and the pattern of life He proposed to us, invite us powerfully, to transform our being into spirit filled persons. As SSps missionaries, we are urged by the Creator Spirit to cooperate actively, through our Life and Mission, in the daily process of renewing the face of the earth.

Let us then take some time to reflect and become more deeply aware of the presence of the Life-giving Spirit within us, in our communities, in our ministries, in our society, so that, open to the guidance and transforming power of the Spirit, we are ready to be sent.

Spirit of God, teach us, inspire us, challenge us, recreate us, and empower us! Help us to be agents of change in this troubled world, to be creative and dynamic in our missionary life and living.

Wishing you all a meaningful celebration of the Pentecost,

Sr Lissy SSps
Provincial Leader

MESSAGE OF SR LISSY, DURING PLT INDUCTION 6TH MARCH 2016, BANGALORE

Today, even though I am truly gripped with the fear of my inadequacies, limitations and anxieties, the scripture verse from 2 Cor 12: 9 “My grace is sufficient for you, for my strength is made perfect in weakness” gives me the necessary strength and courage to face the realities of life. Again, a letter of Mother Maria, written to one of the sisters, after she was appointed as the superior, gives me further consolation and confidence, which reads thus: “You have been given a difficult task. But do not be disheartened. God has appointed you. You accepted this office in Obedience.....When God imposes an office on us, he also gives us the necessary grace and strength to be able to administer it according to his Holy will.” Yes, along with the assurance of being accompanied by God’s grace, and with the conviction and determination to do my best for the sisters and for the mission at large, I now plunge into this assigned ministry, along with all your support and collaboration.

The years of my life and responsibility have taught me much and I humbly acknowledge that, I always felt a power greater than me, leading and guiding me through it all. I am grateful to God, for the countless blessings received from our God of surprises, for the understanding and co-operation experienced from my superiors as well as from my sisters, in the years of my life as an SSps.

I am well aware as stated in our constitution, that the meaning and task of leadership is a service of faith and love to the community. I acknowledge that I am privileged to work as a team with - Srs. Pauline, Ida, Elsy and Philo, in carrying out the entrusted responsibility. I am confident that their expertise and experience will greatly add value in all our endeavors.

Dear sisters, I consider each of you, as a gift, as a blessing! Your initiatives, commitment, loyalty and hard work has contributed significantly to build up various relevant ministries in the province. Your opinions, suggestions and feedback will be valued much, which will contribute towards being effective in our services. Together as a province, let each of us be co-responsible and continue to do our best in keeping the missionary spirit of our congregation, by following the footsteps of Jesus the missionary, alive in our communities and in our ministries.

Our Heartfelt gratitude to Sr Gracy, who led the province with a focused mind and a determined spirit, always with a spark of compassion and deep commitment, and loyalty to religious values, ensuring that the congregational directions and chapter priorities become a part of our SSsP way of life through her sincere efforts. We also thank Srs. Theresa Rebello and Jessie Mary, who have contributed much, working together as a team in the province administration.

Once again dear sisters, thank you for trusting and entrusting me to lead the province, together with the team of councilors with a lot of life experience. As a body of determined spirits, let us journey together, becoming part of the fabric of each other's lives, for the common cause of our religious living and missionary service. We are called to be instruments in God's hand, utilizing the God given gifts and talents at its best and to make a difference for many, especially to our priority groups, the marginalized and the excluded. Yes, we have to be on the move in accomplishing the mission of Jesus. May the Lord guide our path, in living out our commitment and our apostolate! May the peace and joy of our Lord be with us always!

Sr Lissy
Provincial Leader

LIKE AND SHARE...



Log kya kahenge? The famous statement on Facebook today made me reflect upon the life we lead. Yes, it has killed more dreams, blurred the visions and made man a thoughtless being. We are busy with the pleasures that the gadgets temporarily give.

It might sound selfish but I don't care. Who cares? Mother gives birth to a child and nurtures it. A father supports his child in every step of his life. It's the care of their parents that makes their child to stand on their feet. But when the mother was in labour pain and the father carried huge bundles on his shoulders there were nobody to console asking them not to worry and that they will take care. Hardly a hand full of people will get a few yes. But still we care more about others than ourselves. We think about people whom we don't know and have never spoken. We always think more about what they say.

But in reality I need not spend my life time worrying about what others think of me or live by blaming others, trying to make them responsible for my actions. With the little experience that I have I can say for sure that I will always find people criticizing me no matter how good I try to be.



So Rise up!!

Look at the world and say it is beautiful.

Take courage and speak up for what you believe in

Remember you can make each day bright for yourself.

We live in a society where people have eyes to see, ears to hear, brain to think, yet create blunder for themselves. They want millions of likes and shares on the social media and depend on others for their promotion. Let me make a point very clear to you. Life is short... It is a golden chance given to you to be YOU. Stop making people responsible for your Joy. Everyone who is born has a purpose. A planned project to carry on. So take responsibility of your projects... God will judge it. Remember not to wait for others LIKES and SHARES. This way of FEEDING is possible only on FACEBOOK. In real life you have to feed yourself

Sr Anitha Vasunya

Pernal

You never know how **STRONG** you are
until being **STRONG** is the only
choice you have

EMPOWERING WOMEN...

INTERNATIONAL WOMEN'S DAY

MARCH 8th, 2016

International Women's Day celebrated on the 8th of March - is a great day to appreciate and honor women all over the world for their multiple roles in the society. The Community Health Center of Holy Spirit Hospital organized a get-together program for the women from the urban slums at Janssen Delite Hall, Jyoti Bhavan. Nearly 600 women from the vicinity attended the day's event and their response was beyond our expectations! Seeing the hall packed with women gave us immense joy. 'The under privileged women of our area are getting wiser to the significance of this day' – was a clear message to us! They are now waking up to their rights and their desire to lead a better and meaningful life. It is also true that amidst the discrimination shown to women, more and more women, even among the illiterate, are becoming aware of their own identity and role in the society.

The theme for the day was 'Health and Rights of Women'. Dr Anuja Sinha, Assistant Medical Director, was the Chief Guest. Dr Anu Aurora, in charge of Medical checkup, spoke on the topic of health and wholeness, after which Sr Anita Chettiar from Nirmala



Niketan College of Social Work spoke on the rights of women. All the speakers emphasized on the need of the hour for women to claim their own strength and power to come to “Parity” with their counterpart, and take their rightful place in the society. It was also a clarion call to remain united and show solidarity with women who were victims of injustice and violence.

The spontaneous Cultural items like dances, songs, skits and other presentations by the women bonded us in an atmosphere of joy and happiness. It was encouraging to see the Students of Holy Spirit Institute of Nursing, Institute and Hinduja School of Nursing entertaining the audience with creative programmes.

At the end, snacks were served and a small memento was gifted to each of the women, present for the occasion. We felt joyful and encouraged seeing the fact that our efforts were like the droplets of water that collectively makes up the ocean of works carried on around the globe for the less privileged women in our world.

Sr Pushpa SSps

Anugraha, Mumbai



HSH: 28=56



I wonder what gave us kick to be mad after 28.

Whether it is 28 or 56 we are 6 or 8 at table.

Thrill in sitting next to few, as we can see their cards.

Electrifying to take a seat at same place, yah, luck comes in.

Lovely sensation to cheat Oh no part of naughtiness.

Winning! Turns to music Kushi se Aye ... he ham...

Loosing! Oh no, just one or two points less that's it, we can always make it up.

How? Sthudi Aradhana upar jhathe he, ashish lekhar neeche athe he!

What a burst out!

Yes, three fourth of the community is active at the same time

Yelling in love and pulling each other

Too sharp eyesight, at times even blind

Nonverbal communication, fantastic sign language

All for love of the 'CARD' 28=56

Beginning of 2013 just few coupled for the play

Where as many looked for it as 2014 rolled by

2015 we had to skip few because table could not contain

2016 we would surely miss three because they boarded the train.

(Sr Mary Celine, Sr Laissa & Sr Nava faithful servants of CARD Play)

Here comes the spirit of letting go! To keep this ever green community aglow.



Sr Lalitha SSps

Holy Spirit Hospital, Mumbai

Hope for Life Jeevithasha

**“Dream what you want to dream, go where you want to go,
be what you want to be. Because you have only one life and
one chance to do all the things you want to do”.**

The word MISSION captured my attention when I was a young girl during my school days. The floods and natural calamities, and the pathetic life struggles of people in different parts of India influenced me to take a different turn in my life. Dreaming that one day I would be in their midst living as one among them to ease their sorrows, soothe their pain and being a healing balm in their anxieties was day by day increasing in me. And behold! Andhra Pradesh would be my dream land, even though I did not know where this land was. The call to this Religious Missionary Congregation, Society of the Servants of the Holy Spirit from God and being SENT as a missionary to this state was an added blessing. I have worked in various capacities in this state since 1989 as a Social Worker to uplift women in all its facets, as a Nurse for the sick and lonely, and as an Youth Animator, helping the young to rediscover the meaning and purpose in their life.



These experiences made me realize that health is wealth and once this PEARL is lost we are considered to be worth nothing. So I strongly felt that I need to do something in this regard. For, being a woman myself, I saw and witnessed the suffering, the devastating experiences that women and the girl children went through daily in their own parental homes, in their adopted homes, in the neighborhood and society. Hence being a part of this struggle to uplift the situation of women and children became my Joy.

Amongst the many ministries and services, serving the people living with HIV/AIDS brought home to me that I need to spend my life for these Ostracized, Stigmatized and even those thrown away from their own homes just because they are infected with the HIV. Therefore I took it with love as a mission to ease their pain and suffering through Counselling. At beginning the road was dark and bleak, misty and unknown. Yet in all its earnestness of serving the GOD who has called me, He himself will see its fulfillment was my humble prayer and hope. The dream continued to become a reality for me....

According to the need of the time, The Congregation responded to the challenge of catering to people living with HIV/AIDS and reached out to them. Hence the dream became a reality in August 2008 as Jeevithasha Counselling Center was established at Sunkisala Road Valigonda Mandal in Telangana state. Jeevithasha envisions to eradicate, to educate and to promote dignified life for people living with HIV.

While discerning and reflecting to extend our services to these poor, out caste, stigmatized and marginalized people of our society the lot fell on me to begin this special service to the people suffering with HIV/AIDS. Though not knowing and afraid to put the foot into the unknown I felt the inner call drawing me to be close to these

suffering people and to extend my soothing hand with compassionate love to uplift their drooping spirit.

A Missionary is one, who goes beyond her comfort zone to the people who are in need of your compassionate touch. She foresees and becomes all to all in life's realities to bring about a change in the life of the others and oneself. A Missionary is the model after the likeness of her Guru Jesus Christ whose life she has tasted and is passionate in spreading that fragrance to all the people in every walk of life. Missionary is a healing presence to all those who are lonely, deprived and in need. A Missionary is one who is being called and being sent.

I believe that nothing in life is a coincidence,

Everything that happens to us is part of our destiny.

We meet the right people at the right moment in our lives when we need them...

Nothing happens before or after... It just happens at the right moment.

And this was my experience as I began this ministry implementing the dream. Many right people at the right time walked into my life both church based organizations, political and ordinary people of the locality as well as the officials, encouraging and supporting the cause. Here I like to mention our own sisters, specially Sr Vasantha, Sr Jyothi, Sr Rose, my coworkers and the staff for their hard work, determination and continual support that encouraged me to go ahead no matter what the future is.

My joy doubles, enthusiasm increases, determination and commitment reaches its peak as I see the women, children, men old and young alike walk into Jeevithasha with the hope that here lies a place where they can rest for a while, share their burden, ease their sorrows, be listened to, and walk out determined to LIVE on! No matter what!

Sr Jessie Mary SSps

Velverthy

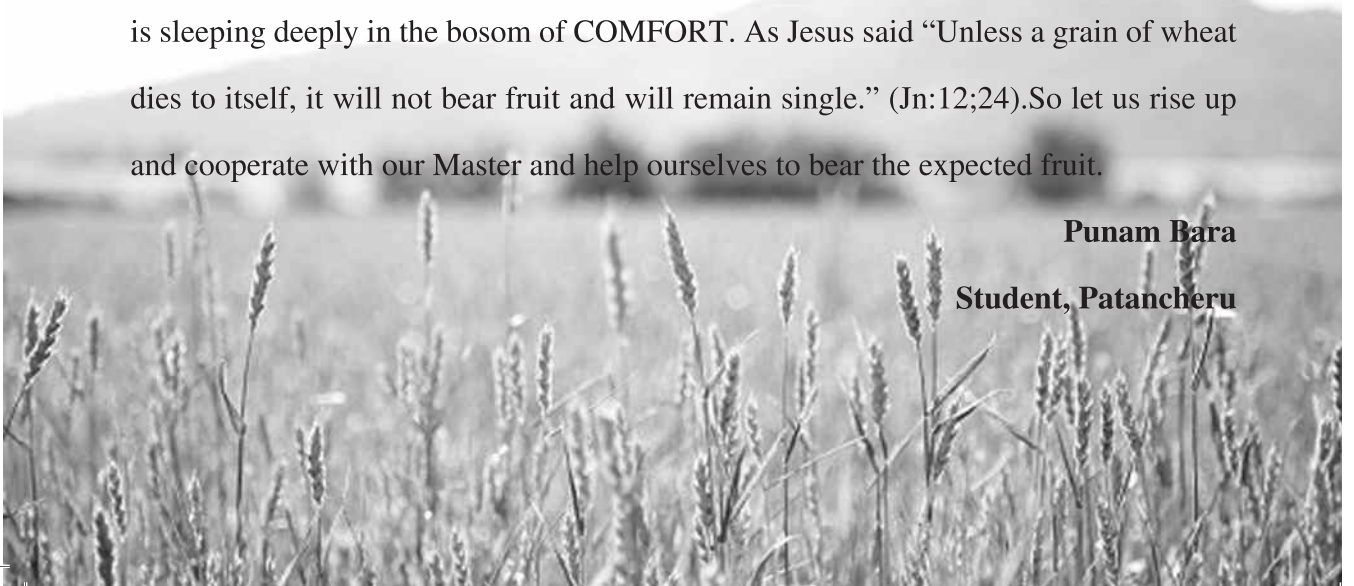
GOLDEN FIELD...

Blooming blossom of mother earth is the golden field. Yes one can feel the joy only by experiencing the beauty of nature. One day as I was travelling by bus to my college my sight caught the beautiful green paddy field that changed its appearance as time passed by. As I gazed, it filled me with joy as well as thoughts and even a few questions. One of the thoughts was about the seeds that are scattered with much love, care and hope to harvest the best by the master.

God our father too scatters good seeds in our hearts and expects the best. Like the seed whose opening is made easy by the gentle breeze and pouring rain we are also made to understand the need of growth and allowed to grow joyfully in the midst of difficulties that we encounter while disciplining our spiritual growth. Just as the green leaves that sing the praise of God, our good deeds must proclaim His Majesty. Like the tall paddy straws that bend with breeze and do not break we too to are called to bend with the situations for good.

On turning Yellow the master joyfully harvests the Golden Field and it made me think again. Yes God is the master of our hearts. He cultivates our hearts and makes it a GOLDEN FIELD. The seed of faith is already sown in the sacrament of baptism and is sleeping deeply in the bosom of COMFORT. As Jesus said “Unless a grain of wheat dies to itself, it will not bear fruit and will remain single.” (Jn:12:24). So let us rise up and cooperate with our Master and help ourselves to bear the expected fruit.

Punam Bara
Student, Patancheru



SHILONDA FREE MEDICAL CAMP – 24-1-2016

Holy Spirit Hospital Community Health Center conducted a free medical camp on 24.1.2016 in Shilonda, Palgar District that is 130 Kms. away from Mumbai. As it is a tribal area there is a lack of proper medical services and amenities. With just one meal a day, the people's financial condition does not permit them to seek medical aid out of their vicinity.

*Free Medical Camp, 2016
Talasary, Silonda*



We set out for the mission at 6.00 in the morning. The journey was intermingled with excitement and a sense of expectation. We reached Shilonda, at 9.30 a.m. The place was warm with people who were waiting for our arrival. Looking at the crowd, our hearts were moved with compassion. Filled with enthusiasm we wanted to do all that we could in the limited time at our disposal. After a short prayer service, we began attending to the sick.

Towards late evening, we had to call it a day! We successfully tended to almost 1,571 patients. It was with a sense of disappointment that we had to discontinue. Among those who received treatment and aid, there were patients who had serious illnesses like cancer, TB, Leprosy, sudden blindness, cataract, etc. We gave immediate help to the majority of the patients and gave references to the rest of those whom we could not attend.

The day out in Shilonda was truly a satisfying event! Our group consisting of 35 – doctors, nurses, para-medical staff and sisters found it an exhilarating experience to share time, energy and expertise with the people who really deserved it. Even though very exhausting, what hit us more was the enormity of the medical need and the people's condition! The Shilonda experience was soul-lifting and will remain in our memory in the days to come. God does come to meet us in the people we serve!

Sr Pushpa SSps

Holy Spirit Community Health Centre , Mumbai

MY GARDEN SPEAKS...

Pope Francis in his encyclical *Laudato Si* called everyone to grow in communion with the mother earth and foster its care for the better preservation. I was lucky to be in the Pernal community where I got an opportunity to nurture the trees, plants and animals which taught me great life lessons. There were variety of trees bearing different fruits that made me to think about my uniqueness as a person. They challenged me to define the purpose of my existence and contribute my unique talent to the world.

My garden looks beautiful and green like my mother. I go to my garden daily because it nurtures and rejuvenates my spirit. Yesterday, I looked at the Mango tree that stood tall against the hot sun. The scorching sun did not burn it leaves for it was deeply rooted in the earth that supplied enough strength.

It gave me cool breeze, restful shadow, tasty mangoes and finally it will one day give itself in the form of wood. Sitting at its feet I learned to be dutiful, calm, and fruitful and of service to others. Above all it taught me to be connected to my Master just like the branch that abides with the tree.

Sujatha Ekka
Student, Pernal

*“Let us be protectors of creation,
Protectors of God’s plan inscribed
in nature, Protectors of
one another and of the
environment.”*

- Pope Francis



Why this Violence Everywhere?

Why this violence, violence, violence everywhere?
Why this crime, crime, and crime everywhere?

We hear the song “Kolaveri” in every nook and corner as a hit song. People just enjoy listening and singing it often without understanding its meaning. Yet it is appropriate to ask: Why this corruption/ violence/ rape/ murder/ disrespect for life and for one another?

Gandhiji brought us out from British’s rule through non-violence. There are many admirers for his courage, humility, simplicity, determination, and self-confidence. He had faith in the people for whom he worked, even at the risk of his own life. He was a man of peace. Yet, we find these days that violence rules not only individuals, families, communities, societies, but the entire world.

Violence is an offspring of greed, pride, jealousy, over-ambition, craze for power, position, domination, wealth, name, fame, worldly pleasures and comforts, unhealthy and harmful competitions etc., Although the mass media high light the crimes, still it does not seem to decrease. For many, freedom is a license to do anything with no respect for life.

We often hear about different kinds of pollutions. Thought pollution has given no thought by many. In reality every evil takes its birth in our thoughts first. All of us—parents, elders, teachers, political and religious leaders, have a great role in this. First it begins with the family. The children carry guns as their toys... teenagers play games in which you destroy or get rid of everything and everyone... all watch movies

which contains murder, rape, abortion etc...Yes! The world has become alarmingly competitive. Divorce has become the fashion of the time. Thus right from childhood, the children imbibe unknowingly violence.

According to Vivekananda:

It's Your Outlook that Matters: It is our own mental attitude, which makes the world what it is for us. Our thoughts make things beautiful, our thoughts make things ugly. The whole world is in our own minds. Learn to see things in the proper light.

It's the way You Feel: Feel like Christ and you will be a Christ; feel like Buddha and you will be a Buddha. It is feeling that is the life, the strength, the vitality, without which no amount of intellectual activity can reach God.

Set Yourself Free : The moment I have realized God living in the temple of every human body, the moment I stand in reverence before every human being and see God in him - that moment I am free from bondage, everything that binds vanishes, and I am totally free.

Love must rule the world and not violence and fear. Let us keep praying for this intention during the season of Pentecost. May Holy Spirit guide our thoughts and actions leading us towards a peaceful world where everyone can live in.

Sr Marion Chemmanoor SSPS

Anugraha



MY PRAYER...

Dear Lord ,

I want to walk with you, in the shadow of your love

You have created me in your image and bestowed your graces and goodness on me.

I surrender my life and all that I love even those I know,

I know well that I can't repay the price, you have paid for me.

In your great MERCY, you have enabled me to know you.

Yes O Lord, your great name plays on my lips,

Your praise and glory sings through my vein,

Your very presence fills me with happiness.

Nothing can express my gratitude and love for you,

And without you o Lord I know I am lost.

Be near me and protect me

When I fall into temptations and iniquities.

Bless me O Lord and watch over me

As I follow your footsteps all the days of my life,

O Lord Supreme I Love You.

Ambika

Student, Pernal



Silver bells ringing for Sr Laissa



Nineteen years ago, I admired the person of Sr Laissa as I was under her care as a candidate. Before I talk about her feelings and achievements I just want to confess, that the name Laissa represents:

L- Loving, no word of discrimination

A- Available at all times, I don't know whether she knows to say "No"

I- Integrated; her faith in GOD is tremendous

S-Simple, down to earth

S- Sociable

A-Approachable.

As Sr Laissa celebrates 25 years in glorious living of her religious life, we can exclaim with joy that she is TRULY a Missionary like 'an oil lamp' that continues to burn with love for God and His people.

It is to you Dear Sr.Laissa;

You are celebrating the Silver Jubilee of God's Grace. We as a province and as a congregation Thank God for giving you to us and we sing of His glory, whose constant assistance you cherish with all your heart.

We celebrate you, your vocation, your call, your life of service; we celebrate God, His call, His faithfulness, His mercy which has been the anchor of your religious life. God did not see your ability or disability but He saw your availability to fulfill your role in the kingdom of God. We appreciate your commitment and dedication for the past 25 beautiful years of your vowed life.

Your deep faith has enabled you to live your 'Yes' to the fullest. You have served as Formator, Community leader, mother to differently abled children, as a Nurse mirroring the compassion and mercy of God, and as a good cook who gives a mouthwatering dishes. You are very creative and artistic in your own space of beauty, and environment friendly like St. Francis of Assisi, fulfilling every bit of task with dedication and responsibility. You are precious to us and we thank you for your generous service to the society in different places and to various people in the mission of the church.

With hearts filled with gratitude we join you Sr Laissa to relive those special moments, hours, days, months and years. On this day we remember your parents, who generously offered you to God's service. We remember all the members of your family and those near and dear to you.

We your Sisters at Anugraha feel proud of you and your tender love to people of all cadres. Your presence is our joy. May God continue to walk with you, holding you by HIS hands. We wish you God's blessings today and forever.

Sr Lalitha SSpS

Anugraha

In Communion...Tertiate program

We were privileged to be part of the Tertiate program in Phramer, Meghalaya. Eleven of us, with Sr Jeena as our directress, began our tertiate in August with the theme ‘Communion with God to be transformed for Mission.’ At first, we felt anxious and curious to know what the program would be like. It was like a spiritual homecoming, an intensive preparation to say a confident and deliberate ‘Yes’ to the Lord.

Daily classes, prayers, household activities were part of the schedule. Time spent in silence, reflection, integration and guidance enriched our personal thirst for prayer. The nature around in itself is very conducive for reflection and meditation. The tall pine trees, cool breeze, cloudy weather, ever green misty mountains, chilled winter attracts us to sit quietly, meditate and enjoy the nature. 30 days of retreat in Barapani (Jesuit Novitiate) was indeed a memorable milestone in our spiritual journey. It is said “allow God to use you without consulting you”. Our prayer experience has been a time to listen to the voice of God, to be confirmed of our missionary calling and an earnest self-surrender.

We were fortunate to have a wonderful group and enjoyed our stay together by sharing the varieties of experiences and laughter. It was a joy to teach and learn from the hostel students. Their presence itself encouraged us to be alive.

During our visits, we were impressed by the faith of Khasi and Pnar speaking tribe of Jaintia Hills. Here Sunday is observed as Sabbath in which the entire day is devoted to Eucharistic celebration and Small Christian Community (SCC) prayers. Some Sundays, we joined the solemn diocesan Eucharistic procession which was also yet another integral faith enriching experience. It is a multicolored event expressing the diversity of culture in worship with melodious choir, traditional costumes and dances, tiny tots in angelic clothing and the colorful flags inviting to participate in festivities. The spirit of prayer is visible in the families very much. Even a little toddler would

make the sign of the cross before taking a glass of water or any other food items. In the families, we felt people as very hospitable, friendly and hardworking. Though poor, they would always offer something as refreshments. We were also part of the faith exposure program organized by the Archdiocese of Guwahati and a week of work experience being with the destitutes at the care home of Mother Theresa.

Very strong memories come to my mind about the mild and strong earthquakes experienced in the area during the year. Though the fear remains deep within, yet the presence and providence of God always accompanied us all through our stay. We thank all the sisters who were part of our growth at this stage of formation in Phramer.

Srs Sujata Ekka SSPS and Jenifer Vas SSPS

An Experience

Trees grow together yet separate. No other tree cuts short the growth of another. Each one grows in it's own way. Yes in Pernal we are like growing trees placed together with freedom and choices to be ourselves and grow as best human beings. We like stars that wait to shine, look forward and stay awake for opportunities to learn new things and improve ourselves.

Some of the best experiences are praying, working in the garden, collecting firewood, cutting grass for the cow and cleaning the surroundings. It's such a joy to work, pray and learn together. In the beginning we found the language quite strange and difficult to understand but as the days passed we learnt it and started to communicate with others as we visited the houses. People here are very warm and welcoming. Starting Hymns in the Parish increased our confidence too.

My Life in Pernal teaches me that life is not too difficult if we are willing to adapt a new culture and adjust to the given situations. Living Together in love considering Jesus as our Head under one roof is a beautiful experience indeed!

Nikita Bhuriya, Student, Pernal

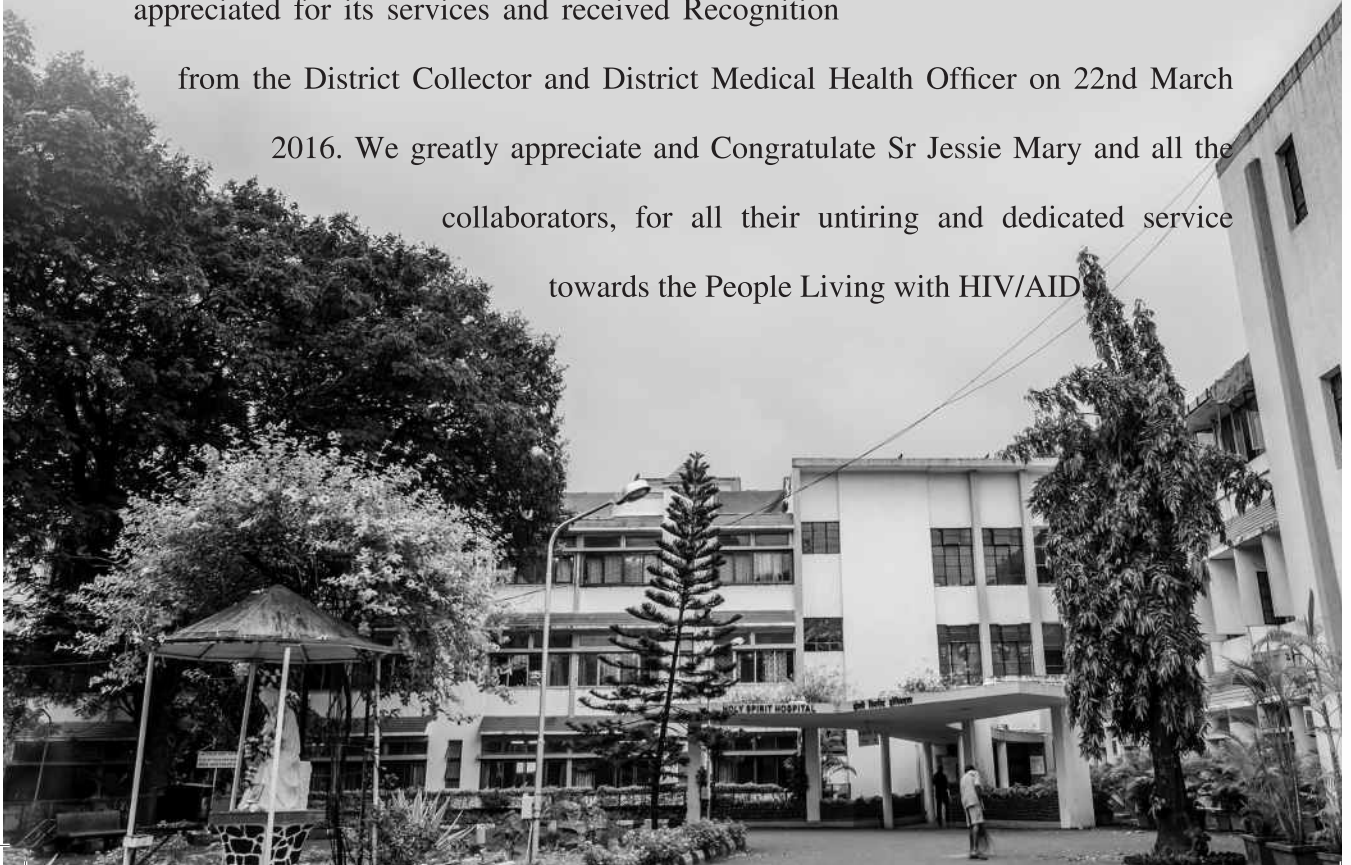
Awards and Merits

Holy Spirit Hospital, Mumbai is awarded NABH in Nursing Excellence by the National Accreditation Board for Hospitals, Delhi, on 16th March 2016, valid up to 15th March 2018, subject to continued compliance with NABH requirements. This Accreditation ensures safe, effective, competent and standardized nursing care. Our Hospital is the 11th in India, 2nd in Maharashtra and 1st among the Christian hospitals to receive this honorable Award. We appreciate and congratulate Sr Felcy, Nursing Director and the entire team.

Jeevithasha, Valigonda was appreciated and awarded for its excellent services to People Living with HIV-AIDS, on 24th March 2016, being an International T.B Day. Jeevithasha is also being recognized and appreciated for its services and received Recognition



from the District Collector and District Medical Health Officer on 22nd March 2016. We greatly appreciate and Congratulate Sr Jessie Mary and all the collaborators, for all their untiring and dedicated service towards the People Living with HIV/AIDS.



A loving tribute to my dear PAPA

I loved you the most in spite you being dear to all

YOU received me when I was born

YOU held my hand and showed me the earth's beauty...

As I began to taste life, YOU were there beside me

YOU taught me what it is to love and give

When I asked for things, YOU gave me and told me to share

In times of discouragement, YOU were by my side

Assuring me your care and consolation

In times of danger YOU guarded me, When sickness struck, YOU comforted me

Rushed to the hospital on foot

Yes PAPA, YOU loved me

You listened to me when I complained about life's difficulties,

And told me what life is, YOU taught me to hide my little pains

And think more about the happiness of others

YOU said,

Joys and sorrows are part of LIFE!, Cultivate good qualities and aspire to be good..

Yes PAPA,

You are my inspiration, My guide

I will walk with YOU following the trodden path YOU have left marked.

PAPA-the word reminds me that you are far- away but very near.

You are a very special part of my LIFE and I really miss you.

Each time when I sit down and think of YOU

I just thank God for YOU dear PAPA and for your beautiful LIFE!

Munny

Student, Pernal

FIND YOUR PURPOSE

Spirituality brings purpose and meaning to life. And as we develop it, we grow in wisdom and love, says Alan Shelton.

Spirituality lies beyond the material world of proof, beyond what can be measured or counted. It is made up of the inner life, the realm of belief, mystery, and faith. And yet for all the mystery that surrounds it, spirituality is vital to our well-being. It is the foundation of our most closely held values, the seat of our trust and hope. Spirituality brings purpose and meaning to life, and as we develop it, we grow in wisdom and love. We begin to experience a sense of awe, a sense of connection to all of life, and a deep reverence for the Divine. We find ourselves moved to prayers of gratitude and moments of spontaneous worship. Spirituality calls a human being to a life of trust and service.

When our spirituality is nurtured and vibrant, we are connected. This connection is both a sense of relationship to the creator God as well as a relationship to all people and to mother earth. Spirituality takes us beyond our ego-centered lives by expanding our hearts with compassion towards all. Spirituality does not dwell in a realm apart. It is not an extracurricular activity. Spirituality involves a reverent attitude toward all things because it awakens us to a Divine presence in everything. In this way of seeing and being, all things and persons are interconnected and interdependent.

It is important to differentiate spirituality from religion. Some people have rejected religion in order to escape what they consider to be oppressive rules and regulations. In the process, however, many lose the great gifts of joy and compassion that spirituality brings. Religion and Spirituality are related and intertwined, but they are not the

same. A person may experience spirituality without being a member of any specific religious affiliations, and even the most religious person may feel spiritually bereft. The true purpose of religion is to enhance spirituality through ritual and practice. This is accomplished when a person approaches her or his religion as a way to enter the great mystery and to become aware of the sacredness of all life.

Religion can become a barrier to spirituality when it insists on narrow, judgmental dogma, and estranges its followers from a sense of connection with the divine. Religion serves us best as a vehicle to nourish and develop our spirituality. It is possible, however, to get too caught up in the vehicle of religious practices and losing sight of the destination. ‘Spirituality,’ which is communion for all. For modern and academically oriented professionals, like physicians and health care workers, spirituality is often a difficult subject.

Their training is framed by science. They depend on logical, analytical, and rational approaches, and for good reason. These approaches have successfully ushered in a host of life-changing improvements in health care and technology. While honoring science and the mind, our cultural tendency urges us to devalue belief and mystery, but the result is costly: they are left spiritually starved and out of balance. At this point, you might ask yourself several questions to help assess your own spirituality. Do I have a sense of connection with the Divine? Do I feel compassion for others? Do I live a life of trust? Am I called to service? Is prayer or meditation an important part of my life?

Sr Manju Arpna Lugun SSps



Two in One

“Family Feast”... Wow!!! It is the one of the feasts that every SSsP waits for. Am I not right in saying so? This feast not only unites us as one but also makes our heart broader to hold every one else as they are. I am glad to say that it was very different and wonderful in Deepalaya community at Gulbarga. Hmmm... You must be waiting to hear what’s different and wonderful. Let me jump into my topic that is 2 in 1. We celebrated Family Feast with the sisters of Ekamba community not as two communities but as One Family. We had a wonderful time being with each other. We began our Family Feast with meaningful Holy Eucharist offered by Fr Prasad SDB. After the Mass Srs. Ida, Ancilla, Cynthia and myself opened the Family Feast with a Baila Dance of Mangalore Tradition. Wow! It was fantastic and I still cherish those memories. After the breakfast we had games, conducted by Sr Nirmala. Throughout the day we had lot of fun. In the evening we had cultural program. The Sisters of Ekamba community presented Marathi Bhajan in a dance form. Being an SSsP I realized how this Mission is dear to our sisters that they could learn and accept the culture of Ekamba people so soon. The Sisters from Gulbarga community presented a beautiful Bollywood Dance that ended with *Sailo*. The most unique part of this dance was the part where onions and chilies were worn as their ornaments. All of us enjoyed the day to the full. I am really grateful to St. Arnold for the traditional family feast that unites us all as one. Yes this is 2 in 1 indeed!



**Sr Shobha
Deepalaya**

Who Is JESUS?



Jesus is a Person that I experience in the quietness of my heart. Sometimes I felt Jesus an image that is always with me. For He comes behind me as a shadow gently accompanying my every step. I asked myself how the image of Jesus is created. May be from the thought like a precious person, or a friend who always stands by in sorrows and in joy.

When I was in a dilemma and was broken I found Him with the words of encouragement and consolation. I could feel His presence within me, guiding my thoughts and actions. He directed me towards peace. Like my brother and sister, I found in Him the freedom to be myself. Many times I share my Joy and sometimes I even fight with Him.

He gives me what I need. There are times I got angry with Him for not giving me what I asked. I have fought and was sad and withheld myself from being with Him. But He tells me, “Priya, I know what is best for you. I will give what you need.” It is in these moments that I gave a thought to my NEEDS and WANTS. All that I WANT may not be my NEED.

Back at home my parents are very loving and caring. Their concern for my growth gave me more than what I deserve. They were happy when I was happy. They cared for me when I was sick and did not bother about their sleep. Today when I sit with Jesus I feel the same. He loves me all the time. He understands my weaknesses and forgives my faults and bestows on me graces unasked.

After experiencing Him closely I am sure that for me He is not just THE IMAGE but also my breath. It is He who lives in me and my heart continues to whisper....Jesus is my LIFE!! Without HIM I won't be alive.

Priya Ekka, Student, Pernal

Moving Instances...

I have read biographies ...predicted extraordinary... cared for the needy... if all these are the means to change one's life here are few ordinary lives that have stimulated my being.

It was my bench mate in high school who got married few years ago. She got conceived, and naturally bore the child with much expectations... as she stepped in to 7th month of her pregnancy, she had to be operated due to few complications... in the presence of doctors and nurses she held the girl baby in her arms and kissed on the forehead... not knowing that she would kiss the baby again and this time not alive...without any delay child was taken to the NICU .. Remained there for days and months... How immense would be the sorrow of a mother to only peep at her baby everyday ... would any mother give up ? No..she spent all that she earned and in return she received the dead baby in her arms again.

She narrated ... with God's blessings I was able to establish a safe haven for the orphans. One day while I was driving along with my children, I found one of orphans temperature was above normal and her pulse was drooping. As I had carried no medicine with me, at once I removed my kerchief, soaked it wet and placed it on her forehead and made her to sit on my lap while driving. After few hours of journey she recovered a little and we halted at a park where we could rest for a while. Meanwhile I got tired and told children to play in the park and for some time I lay down for rest. Never did I realize that the child was noticing me...leaving the crowd that child ran towards me and he removed the kerchief, soaked it wet and placed on my forehead and joined the group

to play again... tears rolled from my eyes.... and asked myself whether he was God's Angle.

I cannot stop thinking about a child who was motherless... holding my hand gently, asking me Sister can I call you mummy as I have no mother. For sometime I was dumb founded but with all my courage I said Yes..You can... Being an SSpS can we also be mothers, fathers, and siblings to the orphans?

It doesn't need time or space to get inspired. But it is possible at every moment for the one who is willing and open to the spirit. So let us get inspired and be an inspiration.

Sr Nirmala Mendonca

Ekamba, Bidar

Life is Beautiful...

T rue giving happens when we give from our hearts. If we are convinced that today is the most important of days, we have a greater chance of being happy. Being in Jeevithasha 'Hope to Life,' this is my experience: "Today is most important, tomorrow never comes in my life!" Days, Months, Years, Events, Incidents, Experiences, Privileges and Opportunities, are in our hands to cherish the wonderful handiwork of our Lord.

Here is the real life story of a 13 year old young girl who was being sold to a family when her parents died. Her grandfather, a drunkard, was unable to educate her. He left her with another family for her to survive. She was being shifted from one district and state to another. But she was unaware that she was being sold to a brothel house. As

the days passed she got entangled with a boy and was married. Within a few years of married life, the boy became unsatisfied and left her in Calcutta. Having no hope in Calcutta she came back to her native place. Hapless and helpless, once again she was sold to the temple in Yadagirigutta, where she came in contact with Jeevithasha and expressed the desire to be relieved from the clutches of prostitution, to be a free person. The 6 months of constant contact from Jeevithasha motivated her to embrace a new life. So she decided to leave the place and called up to Sr Jessie Mary for help. The community picked her up at 9 p.m. from the bus station and placed her in a safe place. Today she is very happy. She says that there is God and that's why she is there safe. We are indeed joyful that the opportunity had knocked at our door. We just grabbed it and went out daringly to help her. Grabbing it, made it possible with our daring act and we cherish it. How many more!!!!

Let's have glance at our life. Let's Dare to look at life differently with different perspectives. Dare to shine as the day begins. Dare to love the day as it brings happiness and sorrows. Dare to say that this is my life and my life is beautiful.

How lucky are we to have this beautiful life? Life is beautiful when we really cherish the God given gifts. We are only visitors on this earth. Life is short, so break the rules, forgive quickly, kiss slowly, love truly, laugh heartily, and never regret anything that makes someone smile.

Life is short –live it, Love is rare-grab it, Anger is bad-dump it, Fear is awful-face it, Memories are sweet cherish them forever!

Sr Roshni SSpS

Velverthy

H.O.P.E- HOLD ON, PAIN ENDS

“Life is 10% what happens to us and 90% how we react to. “

There are two types of pains; one that hurts you and the other that changes you.

To change your life, you need to change your priorities.

We all have our days where we feel we can't survive.

Sometimes dreams are shattered, Friendship may fall apart.

Loved ones may hurt you, Community may worry you.

Opportunity may go unmet, People may take you for a ride.

Sickness may over take you, You may even loose people you Love.

But GOD will always be there to guide you through the toughest of times.

Never lose FAITH, Hold onto HOPE, and TRUST in GOD always!

Sometimes the best thing you can do is not to think, wonder, imagine and obsess.

Just breathe, and have FAITH, that EVERYTHING will work out for the best.

I strongly believe in... and so my living goes on...!

Sr Lalitha SSpS

Holy Spirit Hospital Community

Mumbai



Domestic workers' transition to Office Goers

The concept of job is purely individualistic in the present day financial system. A worker enters the market and exchanges her work for money to meet her basic needs, as a consumer. The identity of a worker and a consumer in a market-dominated society acquires a certain identity in relationship with her work. The worth of her work is determined by the income she earns.

On the other hand, a woman who works for eight hours a day stitching garments or rolling beedis in her home is often not counted as a worker. She is labeled as a housewife doing something in her 'leisure time'. A street vendor selling vegetables or cutlery is also not a worker; she is a 'nuisance' to be removed by the police as soon as possible. Therefore, a woman who cooks food, cleans the house, looks after the kids is only considered a servant or a maid and not a worker. Hence most of them go unnoticed by the society.



The lack of recognition has serious repercussions. It results in the increase of work hours, and the tasks to be performed. The unorganized work sector is characterized by low wages that are often insufficient to meet the minimum living standards. Employment without security has become the order of the day rather than the exception. Workers in the unorganized sector, do not get protection in terms of job security, wages, working conditions and welfare due to various factors. The problems of women workers are still pitiable; as they revolve around the issues like unequal wages, lack of maternity benefits, child care facilities and discrimination at the workplaces.

Women who work as daily wage laborers need to be acknowledged as workers and must be treated with human dignity today. The earnings of a domestic worker, however, even after working for eight hours a day with no day off, no holidays, and no sick pay, brings in just an average income to the family. They must be paid well with due recognition, status and dignity in society.

Envisioning the welfare of the domestic workers of the city, Pune, Streevani through Maharashtra Gharelu Kamgar Union, joined hands with Labournet, an organisation based in Bangalore that promotes welfare of the unorganised sectors by providing the vocational trainings and job placements for the domestic workers. It is an initiative taken to make a transition in the life style of women domestic workers. The members of the union hence, started attending the trainings conducted by Labour Net. The housekeeping trainings were aimed at enhancing their skills, developing their capacities and improve their work conditions.

In the past three months there were 3 training programs held on Housekeeping skills and 93 women took part in these trainings. At the end of the training they were given certificates after an assessment process. Among them 67 of them got the offer letter from different IT companies. So far we have 32 women who have joined these companies as full time workers for different shifts.

Let us hear the women speak:

Mrs. Kalpana Wagmare:

I was a domestic worker for the last 10 years. I have a son studying in 7th standard. My desire was to educate my son in an English medium school. But I was unable to do so because my earning was only Rs 5000/-per month and since my husband works in a private sector, income together was not sufficient to meet all the expenses.

Two months ago, I joined for the housekeeping skill training program and got a job in Amazon Company, at Viman Nagar. Today I am able to earn Rs. 8200/- which has boosted my family income. Working in the company has also brought changes in my perspective towards Work, Personality and Dignity. I feel that my Status has increased along with this work. Today I am a worker like any other woman in the office. I have gained self confidence and I feel that this work is better than domestic work.

Mrs. Maya Chawan:

I am 46 years old and I worked as a domestic worker for the last 18 years. I have a son who finished his graduation. My husband drinks everyday and abuses me when he comes home in the evening. I borrowed money from many people to educate my son

and now I have to repay them. I am also running a small mess from morning to noon, besides my regular work in 3 families.

When I heard about working in a company I decided to go for it as it would increase my economic capacity. Soon after the training I took up the job at Eoan an IT company for the night shift which is 10pm to 7am. I joined for the night shift only because I could escape from the beatings and abuse of my husband at home and also continue my work during the day. Now I am earning Rs.8300/-per month. I am happy to do this work as it gives me dignity and status and keeps me away from domestic violence.

Indeed a providential platform is created for women domestic workers to enhance their living standards through steady and secure jobs. They need to give their time for 15 days of training, bear the expenses of travel and take initiative to learn anew. Only then, they can reach a stage where they can find themselves in an enhanced position and status. There is also a paradigm shift taking place in the lives of these middle aged women. Shift in the job from house to house, and a full timer at an Institution for eight hours, shift from a servant to a stewardship, shift from an unrecognised position to a decent & disciplined performing position. All may not reach this stage for the path is difficult, beginnings are tough and one may have to get used to the eight hours job at a stretch. But, Streevani hopes that few women will make it and show this new path to the women in the Union very soon.

Reena D'Souza SSps, Pune

Memoirs...



On 1st June 2014 I began my PUC studies at St. Mary's College, Shirva. The first day was of mixed feelings. I had the

Joy of learning in a new place and also feared the company of new

people at the place. I gathered confidence and courage as some of the cheerful faces greeted me with warmth and care. I cannot forget the Principal of the College and the lecturers who introduced me to the environment and made me feel easy.

To talk about the set up, I found it very conducive for learning. The well-furnished class rooms, library and broad playground give excellent atmosphere to study and grow. Special care is given to individuals encouraging him/her to grow as best with humane qualities.

I believe there is no life without fun and frolic. At this age of mine I too enjoyed this phase of life. It was full of fun and competition. The most touching experiences I would treasure in these golden years of mine is the constant support and guidance I received from the lecturers. I will never forget their endless patience in dealing with me and their effort to bring out the best in me.

In the beginning I did not understand the lessons since they were explained in Kannada. But when I asked them they were happy to explain it in English. Each step was a learning experience for me. The memory of my classmates and friends compels me to thank God for this rare opportunity He has designed for me. Each corner of the college has touched me and enriched my life. I am very proud that I could complete my studies here. I cannot believe how fast the days have gone by and how I have grown like the running water in the river with every splash washing out the dirt.

Maya, Student, Pernal



Perpetual commitment and Silver Jubilee



Water... a Reflection

Water is mysterious. When you reach into the river and try to squeeze it tight, you end up losing it all. Water is elusive until you cease grasping and let your hand relax and be one with it- Paradoxically you get it by letting go.

The characteristics of water:

Overcome the unyielding parts of your life by yielding!

1. Hard and rigid are overcome by the relentless application of gentle things, such as water's soft flow or steady drip. So water teaches us to persistently gentle and willing to surrender and watch the resistance of the harsh and implacable wear away.
2. Water appears to be something you could easily overpower. However, it is so flexible that once you push it out of the way, it will find its own level below all strong things and patiently enter where nothing solid can block its resting place. Put up barricades, erect levees, and make everything waterproof; Yet with enough passage of time, the flexible quality of water will triumph. Water teaches us to stay flexible, willing to lower ourselves in humility and appear weak, but knowing that I am with harmony with myself and my God. It calls us to be like the Master and remain serene in the midst of sorrow, and evil will not be able to enter your Heart.
3. Water is so soft that it cannot be harmed, damaged, or destroyed-It simply returns to its source to be used over and over again. Boil it until it disappears, and its vapors enter the atmosphere, ultimately to return. Drink it, and it returns after nourishing your body. Pollute it and it will return after enough passage of time to become purified nourishment again. This is all accomplished because of the elements mutable Softness.

We can stay soft and surpass the hard.

(From the Book Change your Thoughts, Change your Life)

Congratulations!!!

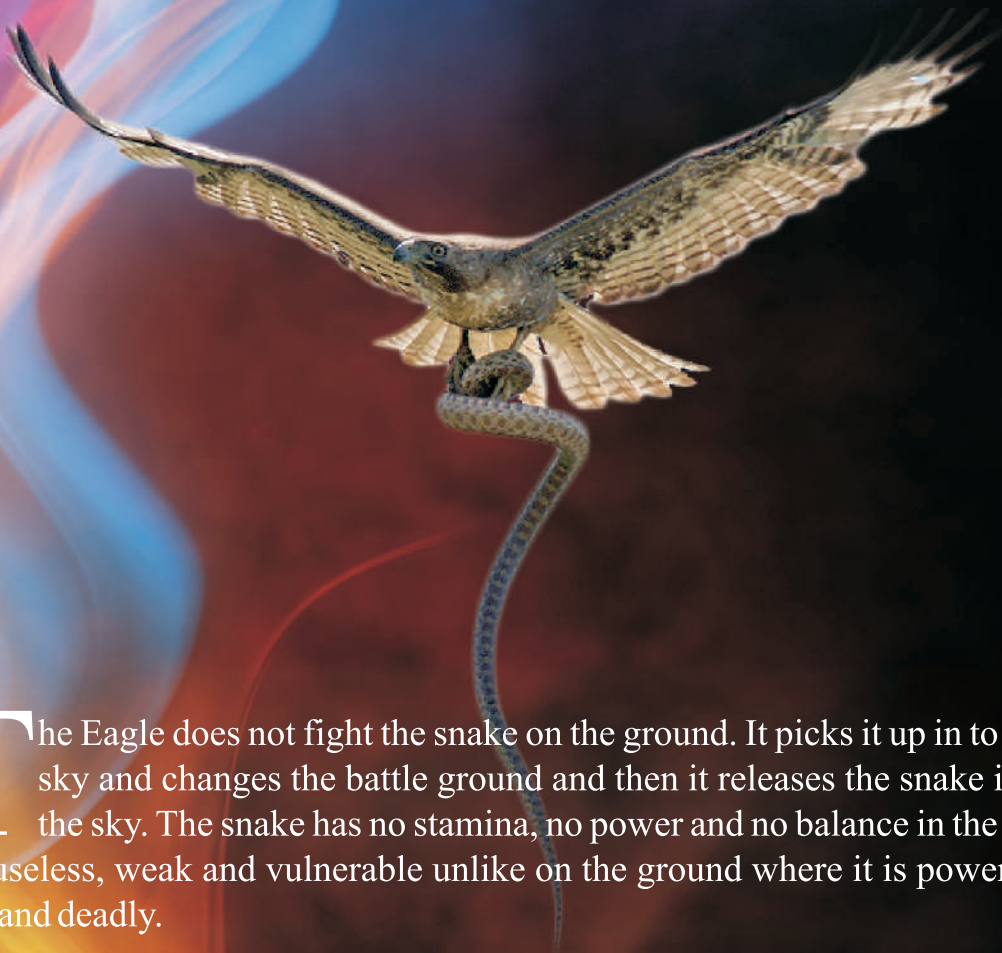


On the occasion of your Final Vows



On the occasion of your Silver Jubilee





The Eagle does not fight the snake on the ground. It picks it up in to the sky and changes the battle ground and then it releases the snake into the sky. The snake has no stamina, no power and no balance in the air. It is useless, weak and vulnerable unlike on the ground where it is powerful wise and deadly.

Take your fight into the spiritual realm by praying and when you are in the spiritual realm HOLY SPIRIT takes over your battles. Don't fight the enemy in his comfort zone, change the battle ground like Eagle and let God take charge through your earnest prayer. You will be assured of clean Victory.

PRAY WITHOUT CEASING.

Convent of the Holy Spirit, S.O.S. Post, Bannerugatta Road, Bangalore - 560076

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