



VANI

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Come O Emmanuel...Make us whole again!!



FROM THE PROVINCIAL...

Every stage of life comes and passes by; every facet of life is born and slowly fades; every pleasurable moment is destined to become a memory. This is the true nature of our earthly existence. Into this natural rhythm, we placed the Advent wreath in our churches and chapels. While every hope dims and every possibility turns to futility, to those looking for life, there is a child in us waiting to be born! The new birth of Christ becomes real only in the life of those who have been preparing a growing space for Christ in their hearts, to come into the world.

We are a world in chains and waiting for Christ to deliver us. "O come, Emmanuel, and save us." "Come, O prince of peace, our savior." Yes, He comes.... not as a babe in a manger, but as liberator of our lives living in the darkness of arrogance, egoism, narrow mindedness, and of our world which is constantly wounded and disfigured by wars, poverty, recession, abuse, persecution, genocide, migration, climate change etc.etc.

"It's Christmas every time you let God love others through you. Yes, it is Christmas, every time you smile at the other and offer him/her your hand", says Mother Theresa.

May the new born 'Emmanuel' bless each of us with peace and joy.... May the New Year 2019, be filled with peace, harmony and the light of Jesus!

Sr. Lissy Thelekadan SSpS
Provincial Leader, INS

Editorial.....

Its CHRISTMAS again. SANTA is back with lot of sweets and heart full of Joy to share the message that CHRIST is Born. Being a SANTA during and after CHRISTMAS is a Privilege. It's a choice one makes who feels he/she has much to GIVE.

As I reflect upon the spirit of GIVING and SHARING, I am reminded of the past months we spent in responding to the needs of the time especially during the floods at Kerala and Gaza at Tamilnadu. Indeed one can recapture the moments of grace where many of us revealed the BIRTH of Jesus in the midst of calamities, sharing generously our time and resource.

Being SANTA during someone's difficult time is true spirit of CHRISTMAS!! It is BEING there with angelic message” Do not be Afraid, For behold.....A Saviour is born” (LK 2:10-11)

Yes Christmas is all about Sharing and Caring. It is affirming ourselves that,

We need not be afraid, for, we have a

Saviour God who saves us

We have a Emmanuel God who lives with us

We have a love Sharing God who becomes one among us.

God sent His Son to be born amidst us. He GAVE himself to us in Christ. As we share the Joy of CHRISTMAS, may infant babe in the manger bless all of us with Peace and Joy. May our hearts be worthy of His dwelling.

Wish you all a MERRY CHRISTMAS and a HAPPY NEW YEAR 2019.

Sr. Cynthia Dsouza SSpS

Kaluburagi

INCARNATION

Christmas is here again. This grace filled season beckons us to ponder on the Incarnation of God, Emmanuel, who became flesh and dwelt among us. In the Prologue of St. John we read "The Word became flesh among us, full of grace and truth" Jn 1: 14. What does full of grace and truth mean when we witness daily corruption, violence, death, rape, murder, injustice? Where is the fullness of life amidst us? Does the Incarnation of Jesus mean anything to us while we struggle to live poor, and human, in the community? How can we say that we understand Jesus Christ became incarnated into our world, into our life and our communities and continue to live in the same selfish manner, with the same resentments, the same sorrows, and the same bad temperament? In which way has Christ incarnated in our life? In what way has the incarnate Christ become real and life giving?

From the perspective of the Incarnation our God is a God who abandoned his heavenly throne and his rights. He emptied himself and became incarnated human. The incarnation is a movement from all-powerful to weakness, from eternity to the limitations of time and space, from infinite wisdom to the scandal of the cross. Jesus revealed himself not from afar, from some prudent distance but plunged into our history that is so agitated, tumultuous and stormy. He became a real, concrete, individual human being. In the incarnation Jesus becomes God's proposal and God's answer.

St. John says: God made his dwelling among us (John 1:14). God did not choose to enter into a comfortable situation. To

pitch his tent among us means God did not have a place of his own and was unable to claim certain property rights and in fact, had no certainty that he would not be cast out from this place where he decided to dwell. Jesus established his dwelling among us in a very fragile tent, exposed to the winds and the stormy environment. He made no noise. He pitched his tent silently without requisition. A tent is something that one needs to bend down to enter in. There is very little space, little protection from outside, very uncomfortable place to be in. In the person of Jesus, God has come to live among us. He had no power, he placed no impositions upon us and did not load it over us, he did not cry out or dictate condemnatory laws. His commands are invitations: if you wish: if someone wants to follow: I am the door and I call: if someone opens: so on and so forth

The key point of the Word we speak from the beginning in the prologue of St. John is relationship with God. His very purpose of pitching his tent amidst us is to do the will of the Father (Jn. 4:34); to remain in the Father as the branch and the vine (Jn 15: 1-8, 5: 19). I and Father are one. The term Father occurs many times. In the Gospel of John 120 times and in Synoptic Gospels 64 times. This shows the intimate relationships between the Father and the Son.

St. Arnold and the mystery of Incarnation

A special devotion of Arnold's, flowing from the intense manner in which the mystery of the incarnation stirred him, was veneration of the divine infancy. He addressed the incarnate Word with moving

expressions of love, reverence and wonder. He wanted to inflame others with this love and enthusiasm. In fact he literally implored his readers to allow this mystery to move them as it moved him. When he wanted to express his love and wonder at this mystery, the sober mathematician and scientist was transformed into an enthusiastic writer, constantly searching for new words to share the mystery with his readers. In an early draft of the rule, Arnold used expressions of spousal mysticism that we would not expect to find in his writings. They appear in verses of great feeling:

***“Engrave your sweet name indelibly on
my heart,***

***O my Beloved, with the stylus of your
love!***

***Jesus, you my most dearly Beloved,
chosen above all,***

***Let the whole world know to whom I am
espoused for all eternity.***

***No matter who demands entry to the
heart's bridal chamber,***

***It is no longer open to anyone, even if
they knock day after day.”***

A characteristic expression of Arnold's extraordinarily great love for the incarnation, and in particular the divine infancy, was the Christmas procession he introduced and that is still customary in many communities of ours and congregations today. To him this was no mere external act; he felt a need to give vital expression to the mystery that moved the depths of his heart and thus to express his love and lead others to the same love and veneration. He explained the deep significance of this devotion himself: “The purpose of the incarnation is that we become like him and become united to God.” The

salvation of all people was always before him and in his “Crib devotions” he had his community pray daily for those who did not yet know the Triune God.

In the Church, too, St. Arnold saw the continuation of the incarnation. Therefore suffering belonged as much to the Church as to the God-man: “We do not need to be surprised when the Church is persecuted, she is the continuing life of Christ. That is why his fate has to be repeated in her. Arnold's love for and unconditional fidelity to the Church, even when he had to bear much misunderstanding on the part of representatives of the Church, have their deepest roots in this conviction. Above all Arnold was filled with the firm belief that Christ lived in him and in each of us. His ability to bear and evaluate suffering grew from this faith and the interior experience of sharing in the life and suffering of Christ.

This is a key to understanding St. Arnold's great love and devotion for the Eucharist. The Church Fathers spoke of the Eucharist as a continuation of the incarnation. As Christ took his human body in Mary, in the Eucharist he takes a second, the Mystical Body, and expands it through new members. Therefore, at the consecration the body of Christ is reborn so that Christ can unite himself to the individual persons, become one body with them, and so that the Divine Word may, as it were, be incarnated again by drawing another human nature into unity with his own.

The founder often pointed out that in the Eucharist, the Father and the Holy Spirit are present together with the Divine Word, even though not in the same way. With reference to spiritual communion he also stressed not only union with the eternal Word but also

union with and adoration of the Father and the Holy Spirit. As we understand it today we can widen the notion of spiritual communion. The Sacrament of the Eucharist only has meaning if it sanctifies the whole of human life, if our entire life becomes a sacrificial offering, if we recognize that Christ is also present in every meal, every encounter, in fraternal and universal love.

Implications for us as SSpS in our mission and community living

The Constitutions as well as the Trinitarian Spirituality reiterate that we ought to contemplate Christ in order to live with the characteristics that we contemplate in Christ. Prologue of the SSpS Constitutions "OUR CALL TO THE MISSION CONGREGATION OF THE SERVANT OF THE HOLY SPIRIT" 2nd paragraph Charism and Spirituality of our Congregation vividly spells out: "Through the Incarnation of his Son and the outpouring of his Spirit, the Father has opened the way for all peoples to be gathered into loving communion of the Blessed Trinity." Pg-19. In the prayer to our 'Prayer to Patrons' we pray "Incarnate Word of God", "Fill us with your Apostolic Spirit". SSpS Prayer book pg-93. First we are urged to be filled with passionate love for the Word and mission. Secondly it impels us to move out to relate with others in mission. In intimate union with the Lord and under the guidance of his Spirit, we give our lives in missionary service. We are ought to proclaim the love of the Father so that all people may find the way of salvation, freed from the darkness of sin and night of unbelief by the Light of the Word and Spirit of Grace. Thus we are called to contemplate the Incarnate Christ in people especially

who are poor and needy and empty ourselves to reach out to them in need.

Our constitutions article 302 gives emphasis that "The center and source of our life is the Eucharist." St. Arnold believed our entire life becomes a sacrificial offering, if we recognize that Christ is also present in every meal, every encounter, in fraternal and universal love. Thus we are called to empty our life, sacrifice our abilities, talents and time generously for sisters in the community and for people in our mission.

We also find in Incarnate Christ the virtue of humility. He descended from heaven in simplicity. As our constitutions says: The hall mark of SSpS is simplicity of life. Hence pride has no place in our communities. For we know pride divides people. Humility helps us to keep united and to accept one another as they are. Incarnation makes us to give preference to other rather than oneself. It also calls us to surrender to God's will as Holy Family Mary, Joseph and Jesus surrendered to God's will.

As we celebrate this Christmas may it be unique experience of the Incarnate Christ who pitched his tent amidst us. May the events of the past year as well as coming year hasten us to encounter the Incarnate Christ in suffering and needy. May the cry of the humanity draw us closer to Jesus on our bended knees and folding hands in adoration and prayer. May Incarnate Christ continue to fill us with His life giving Spirit. Like our founder let each of us always give importance to our prayer life and live in the presence of God.

Sr. Ajitha SSpS
Vijayawada



MISSION SUNDAY 2018

On the wake of Kerala floods the members of Holy Spirit Missionary Association (HSMA) decided to forgo picnic that was planned for September 5th 2018. Instead we planned a picnic with a difference and called it "INDOOR PICNIC". The aim was to make different types products from waste materials. The products would be sold during mission Sunday exhibition to raise funds for our mission activity.

So the journey of Mission Sunday 2018



began with the arrangement of 1st Indoor picnic to make "BEST OUT OF WASTE". Most of the members turned up enthusiastically. Some picked up the newspapers to make envelopes and some with cement and some with clothes. Few of us carried the bottles, cups and other household stuff which otherwise would have been in the waste bin.

Halfway through the project Mrs. Celine and Veronica marked their entry with delicious meal. That was something very timely. With so much of groundwork already done we broke for lunch. Sure enough we were back to pavilion with more to accomplish. And the day ended with dwindling members but more and more work finished.



The Indoor picnic continued for the entire month with some everyday being present and some helping whenever and as much as they could. The entire work was fully finished on the 20th of October just before 2 days of the Mission Sunday. From day 1 to day 15 the difference was remarkable and the products looked awesome.

It was more satisfying to see all most all the members being present during Saturday on the Eve of Mission Sunday and the Sunday for different masses. Many parishioners patronized our counter and some generous hearts donated money too. The real feel of what it is to be a missionary was felt on that day when the day was done and the happiness we felt within.

Our special thanks to Mrs.Girija the co-ordinator and Mrs.Madhuri the architect of the project.

Sr. Natalia Dsouza SSps
Anugraha



UNIQUE FEAST

The two words 'Family Feast' in Arnoldus Family are magical words. It evokes enthusiasm, joy and energy in the young and memories in the elderly. The child within is set free and without exception and inhibition 'All' participate in making the day full of fun & frolic, happy and joy filled for the other.

On 2nd of October the two communities in Anugraha celebrated 'family feast'. Alongside the daily routine responsibilities each committee gave their best in contributing their time, energy and hard work. The meticulous preparation, displaying of God-given gifts, talents and abilities were commendable.

We began the day invoking the Spirit in a meaningful and well prepared Morning Prayer & Eucharistic celebration with melodious choir, introduction and thanksgiving which boosted the mood of celebration.

Thereafter the theme 'Communion and Transformation in the strength of the Spirit' echoed in every activity that followed. The different games, competitions and cultural programme kept us cheerful and busy as the honey bees. The candle light dinner crowned the day giving us the feeling of a five star hotel.



With thanks giving prayer to God for his presence and blessings, imploring the blessings of Mary our Mother and receiving the blessings from our community leaders we ended the day.

Sr. Marion SSps
Anugraha



Family Feast at Deepalaya

Reflecting upon the different colours in the Rainbow we the community members of Deepalaya, Gulbarga and Holy Spirit Convent, Ekamba celebrated our differences as we experienced a deeper oneness while we came together for the family feast-2018 at Deepalaya, Kaluburagi on 23rd and 24th of September. Indeed we began our day with a meaningful Prayer service lead by Sr. Treasa. The day unpacked lot of fun and laughter unfolding creativity and connectedness among the members. We ended the festive day with a delicious lunch on 24th September.

Sr. Cynthia Dsouza SSps
Kaluburagi



Family Feast At Valigonda



On 2.10.2018, the sisters and the Candidates at Pavithratma Convent Valigonda, celebrated the Family day with the running theme “Widening the Circle of Love”. It was an amazing experience where we learned about the culture and traditions of our congregation introduced by our Founder St. Arnold Janssen. We began our celebration one week prior with various games and competitions.

With a creative entry to God's house, Liturgy group helped us to seeking Gods blessings. A heavenly banquet at Sargam hotel arranged by the catering group increased the festive mood. All throughout the entertainment group kept us energetic and active with fun and laughter and surprised us with prizes. The day unfolded many blessings and great learnings for our life. We learned to live in a family of differences, to appreciate, accept, encourage and to recognize the hidden talents of each other.

Candidates

Sangeeta Ekka, Anjali Tigga, Nirupama Tete



One heart Many faces

Family feast is a day of togetherness. According to our founder St. Arnold Janssen this day be dedicated as the celebration of each of the community members. At Convent of the Holy Spirit, we decided to celebrate the day when all of the community members would be present. According to the list of members we are 33 sisters, 3 Novices and 18 Aspirants. The whole community was divided into three groups. They are Liturgy, catering and entertainment. And each of the group with certain kitchen responsibilities too. Each group took their responsibility seriously with lot of planning and enthusiasm to bring the spirit of family feast. With a solemn prayer and Eucharistic celebration, we welcomed the day of festivity on 4th November. The theme of the day was One heart, many faces. This emerged with the thought that our community is multilingual, intergenerational and intercultural. This is a one of the uniqueness we enjoy being part of this big family.

Before the breakfast the entertainment group surprised us with the Queen of the day. Sr. Kamala was the luckiest pick of the merriment. In the morning hours, we had several lucky games and the exiting one was making the biggest line with available materials in groups. The catering group got into the food factory to get prepared for sandwiches, panipuri, juices and the sumptuous lunch at the Mango Grove with restaurant style cuisines. They welcomed us with the kitchen music and traditional handwashing at the entrance of the grove. After the heavy lunch, it was at 3pm, we gathered for fancy dress competition. From the youngest to the oldest participated in it and it was a tedious task for the judges to



decide the winner. After which each of the groups took part in the singing competition. The voices sounded angelic unlike ordinary days with rhythms of music and captivating lyrics. In the evening each of the groups showcased their talents with colorful performances as part of the cultural night. Many prizes were distributed for the winners in games and other competitions. As a culmination, our community leader Sr. Elsy Mathew expressed words of appreciation and gratitude and concluded the day with feast day blessings. From this family feast day celebration, we cherish the creativity, cooperation, participation and enjoyment. We acknowledge the sisters who affectionately care for us in this family.

By: Sanjukta Kisan, Femina Kaniganti
Aspirants, Bangalore



Vocation Promoters Meeting



Vocation promoters meeting of India South province was held at Convent of the Holy Spirit Bangalore on 28th of October 2018. Addressing the participants Sr. Lissy said that Promoting Vocations doesn't mean that the sisters go around conducting the camps, distributing the brochures and visiting the families rather it involves in living a life-giving community life. She also explained the guidelines and the functions of the vocation promoters, mentioned in the formation manual. Sr. Simona the national co-ordinator enriched us with her insightful talk and called us to live a life of values that would draw the young minds towards Jesus. The 10 participants spent sufficient time in sharing about the activities done during the past year. After setting the guidelines for the coming academic year the meeting came to an end.

Sr. Nirmala Mendonca SSps
Periyapatna



Mission experience

31st May, 2018 was a memorable day for me as I left for my community experience to Shikaripur. Having prepared spiritually, physically, emotionally I was ready to move on to my community and face the challenges of life as they come. I was strengthened and assured through the words of Jesus in St. Luke's gospel ch-10: "Mission of the seventy". I was confident that Jesus is with me and my community will be blessed by me. As I journeyed in the night I could feel Jesus' presence affirming me that "I AM WITH YOU MY CHILD ALWAYS" 135

As I arrived there early in the morning I could feel peace, joy and a sense of belonging to my community. These feelings kept me alive and active throughout the past months. Being in the community was a blessing, where I could experience sisterly love, care and support of each other and give my best for the other. I enjoyed sharing my life in the community and also being with the little ones in the school.

"Let the little children come to me, do not stop them and see that you do not despise these little ones" these words of Jesus made my dealing with children much Joyous. I enjoyed being with them and have learnt many things for my life especially to have patience, care for the weaker ones and love them as they are.

While I was very active and busy, one day as I was cleaning the house windows, in preparation for our provincial visitation, the glass broke and I got a cut on the right wrist. With that all my activities came to a standstill. For almost 3 weeks I could not do anything on my own. I was helpless, worried, cried and found very difficult to accept that situation. But as I look back that painful experience, I feel God had a plan for

me to make me feel his closeness, love, care and consolation through my sisters. I experienced Jesus healing power passing through my body and I am well again. I am grateful to God for keeping me in his bosom.

Yes, indeed I had wonderful mission experience in Shikaripura. I am immensely grateful to my sisters in Shikaripura community.

Sangeeta Toppo

2nd Year Novice



'My Best Friend'

My real friend is

Who laughs with me

Who corrects me

Who is with me in my difficulties, joys and sorrows

Who encourages me

Who helps me to be out of my fears

Who thinks of only my welfare

I love my friend at all times

For you help me in times of good and bad

You just give me anything without expectation

You make me smile when I am sad

You make my days wonderful, like a fragrant flower

Nothing can keep us apart

For my friends' love, care and respect me unconditionally

Inviting me to trust and grow in the path of love

By Yamini Bhagora

Aspirant CHS, Bangalore

Sharing an experience.....

On 4th June, 2018, I began my journey to Odisha. Thoughts crowded my mind as I was quietly planning my 6 months of mission experience. The thought of new place, weather, culture, language and above all my stay with the sisters excited me. I was a bit anxious but deep inside of my heart there was a voice of consolation and comfort "Do not be afraid I am with you always, to the end of the age" (Mt 28:20). Hoping in his assurance I said to myself that I am ready to face the challenges and to experience the reality of life.

When I arrived at Jharsuguda Community, our sisters warmly welcomed me with a beautiful garland along with our newly professed sisters. We had Holy mass with meaningful introduction and prayerful wishes followed by delicious breakfast.

On 11th June I reached to my assigned community at Rourkela. There I was involved in social work besides taking tuition for 40 children.

In the beginning I found difficult to teach, since I did not know the language. Children were from Oriya medium and very poor in studies.

Slowly I began to try speaking in Sadri and to listen more. I gave extra love, attention, appreciation, and I could see radiating joy in everyone's face. They started enjoying studies too. I realized and learnt that what we need is the language of love, which works wonders and transforms the person.

I had a blessed opportunity to visit the families in the slums. It gave me a chance to learn the tragic life situations of the people. I found many broken families scattered like sheep without a shepherd.

I would like to share one life touching experience that had an impact on me. One morning, Sr. Sophia got a phone call informing her about a lady almost dying near the railway track. Without much delay we ran to the spot. When we reached the place I was shocked to see the woman lying down. I could not see a human being lying down worse than a dead animal full of flies and smell.

I heard people speaking that she was lying there from 2- 3 days. Assuming that she was mentally unstable they did not bother to care for her. But there were also kind and compassionate women helping us to clean the woman, lending the old clothes to wrap her. We then took her to Shanti Bhavan, an institution run by mother Theresa sisters. As we reached the sisters were very happy to receive her and this made my heart burn.

**I felt like closing my eye's but couldn't,
I felt like speaking but no voice,
I felt to move away but my legs were not
moving, until I saw the woman
peacefully breathing.**

During these breathless moments JESUS came to me very gently with His tender love, compassion and mercy. With tears full of Joy I thanked HIM for this unique experience. Yes, I am convinced of His Love for ALL. Yes, He will never leave us alone even in our death.

When I look back I gather the feelings of joy and satisfaction for having responded to the missionary calling. As I look forward to be an SSps, I deeply desire to involve myself in the life of the poor and marginalized.

Maya Langlang,
2nd year Novice

Rosary, a prayer experience

It was the month of October that gave light to my heart and sight through the days of rosary. The word Rosary means Crown of Roses. It is an effective devotion that honors Mary while focusing on the events in the life of Jesus Christ. It's a meditation on the mysteries of Joy, sorrow, light and glory of Jesus and Mary.

During the month I decided to kneel and pray the rosary. It helped me to experience Mary's presence in times of suffering and trials. The half an hour was the most precious time to absorb Divine Love.

Community sisters joined every day in the month of October, with every family of St. Ignatius Ward. And rest of us prayed without fail in the house. On the 30th the members of the ward joined the convent for Rosary. That day our house and courtyard was lit up with colorful serial lights. I was delighted to see the people devotedly coming towards the statue of our lady. At 6 pm we began the rosary with an Arati and offering flowers to Mother Mary in the Chapel. As we reflected on each of the mysteries the statue was taken in procession from our chapel to Holy Spirit Home reciting the decades and singing hymns. The procession ended at the grotto with the final blessing by Fr. Arun SJ, our parish priest. Rosary was followed by a pot-luck meal. Each of the family of our ward carried along some delicious food items which were served for everyone. This almost looked like the Multiplication of the loaves to the big number gathered in the campus.

On the 31st, we had conclusion of the Rosary month in the Parish Church with a Living Rosary. Each of the ward members were dressed in different colors of uniform.



Sixty members of the parish were standing around to lead the rosary in the church. Fr. Arun explained the significance and procedure of praying the living Rosary. We prayed the five decades of glorious mysteries in different languages. It was left to the leader to choose which language he would lead the gathering. It was amazing to see the active participation of parish community in making the rosary month a lively and meaningful experience for all. My heart welled up in gratitude for being part of this parish community in Bangalore. The inspiration I derived from this experience was, it doesn't matter how much time I spent in prayer, God in his magnanimity looks at the humble and generous heart which is ready for service.

By Aroti Aind

Aspirant CHS, Bangalore



Grandma at the Prison Bars

Me : Grandma, why are you here at this time? (It was almost 6pm, I just came out of the Prison gates and found grandma with her walking stick standing alone looking up to the huge gate)

Grandma: I came to meet my son dear...

Me : Where is your son? At this time... in this place...?

Grandma : He is inside there. I didn't meet him yet because I'm unable to reach him through the window and it is too crowded there..... (she weeps)

I went in to get special permission from the Jailor to allow grandma to meet her son by taking her inside the door. Mean while I enquired. Her son is in the prison for the last 7 years. The mother who must be around 80 years, was living with her second son who died in an accident a year ago. She was then put in a destitute home for the past one year...

By then it was 6pm and the Prison gates were closed for all the visitors. Grandma was out after meeting the son.

Later I learnt that she was abandoned to the street when she was sent out from the institution when they were unable to keep her more than the fixed duration. She then decided to stay in front of the prison close to her son who was imprisoned and begged for daily bread.

Me : Grandma, how will you go back home? Who is with you?

Grandma : There is no one for me dear... My son is inside and they won't keep me. I will stay here out and beg for my food. I can also meet my son everyday...

Me : Will you come with me grandma?



Grandma : Where will you take me dear in this night? If I'm not a trouble for you I can come with you...

Me : Will you sit on the bike? (Asked her worriedly because I won't get a vehicle to take her at that time...)

Grandma : (Smiles and says) Don't worry dear... I will try to sit if you can manage to ride...

My heart was moved at her attitude. I took the old lady along and placed her for temporary shelter in Government State Home for Women. She was full of smiles when she found a place to lie down at the end of the day.

As I recall the event, I see the smiles in that wrinkled face in spite of the struggle for having no roof over her head, no children beside her to feed, no family to look after. She was ever ready to adjust to the new encounters around her at this age. She had a lesson for me... everything has to be faced smilingly when life takes its twist.

Sr. Reena Dsouza SSps

Deepalaya



etc. Yet I was enthusiastic and zealous as God's grace was at work and so nothing could deter me from going ahead. The foreign sisters were indeed very kind, loving and considerate towards all of us.

The thought that I belonged to the first batch of Indian SSpS had never dawned to me when I joined. Today we are 339 Indian SSpS carrying out the Lord's mission not only in India but all over the world! When I think that there are so many after me; I have some mixed feelings of joy, awe and fear. Definitely, it is a privilege to be a pioneer but it carries with it greater responsibilities too. I used to think: 'Why did the Lord choose 'me' with all my limitations?' Yes, "He knows to write straight even on crooked lines!"

It gives me great joy to see how our missions in India have grown and expanded and I do feel proud about it. Today we are blessed with four provinces having varied apostolates, according to the signs of the time. Yet presently we are also at the cross roads of our missionary identity, freedom with responsibility, vocation, etc. "He has chosen us before the foundation of the world that we should be holy and blameless before Him" (Eph. 1:4) so, we are called to be holy and consecrated to make a difference by our life and mission in the present world. Aren't we often drawn to the worldly values that weaken us in living our commitment faithfully? Comfort and power seeking culture, beauty consciousness, misuse of modern facilities, expensive cosmetics and clothing, all these amply illustrate it. These remind us to revive our initial response to our God given vocation. We have to, so to say capture our "first love". The values such as love, spirit of sacrifice, humility, detachment, the evangelical counsels etc.

are often side – tracked. We undermine these values in the name of modernisation and globalization and so they seem to have become often irrelevant to our time some think. As the saying "simple living, high thinking" finds less and less place in our society, so also in our personal lives and in our communities.

I am truly happy to be an SSpS and feel indebted to all those persons who have helped me recognize the person that I am today. In fact they had more faith in my aptitudes and talents/capabilities than I had. Through them, the Holy Spirit came to my help, guiding, leading and strengthening me. They were indeed God's angels "ascending and descending". 'When you throw a stone in a still-water lake, you never know how far the ripples may go.' May these ripples of love, peace and gratitude travel far and wide touching many hearts, reinforced by God's own Spirit who may inflame them with His strength and courage to set the whole world ablaze with His love.

I would like to acknowledge and appreciate all those who have remained and continue to remain steadfast, loyal and faithful to their call. I am Grateful to all my Superiors and formators both living and deceased (many have gone through the paschal mystery already) while I thank and praise God for my own vocation to be a Missionary Sister, Servant of the Holy Spirit. Is not God, a God of Surprises in everyone's life? So I am proud to be a religious missionary and as such, I pray for many good vocations, pray with everyone: "May the Holy Triune God live in our hearts and in the hearts of all peoples". Amen

Sr. Marion Chemmanoor SSpS,
Mumbai



Discernment Assembly at



Valigonda

The INS Province Discernment Assembly was held at Valigonda from 13th – 14th October 2018. Sr. Noella de Souza MCJ facilitated the two days discernment process with her input sessions and prayerful reflections. 23 sisters from the province participated in this assembly.

My Life

I am a candle,
To burn myself,
To show light to others.

I am a flower,
Grown beautifully in the garden of love,
To spread my fragrance to others.

I am a tree,
Who bears sweet fruits,
To feed the hungry.

I am a river,
Flows far and beyond,
To quench the thirsty.

Candidate
Jaya Smirti Kujur

Art Exhibition

On 18th November 2018, an art exhibition was organized for us, candidates at Pavithratma Convent, Valigonda. We were enthralled to exhibit our art. On that day we all were freed from our regular classes. With great enthusiasm we made our own effort, creativity to create our art. We were given sufficient time to showcase our handiwork. While working hard our goal was to be joyful and render whole hearted involvement.



In the evening our sisters from the community and students from Shanti Nilayam came to encourage and appreciate our handicrafts. They all were surprised to see our art such as flower vase, flower basket, door mat, small cushion, handkerchief with embroidery, frock, salwar top, skirt, bamboo house, hand bag etc.

It was a great opportunity for us to discover our own gifts and talents. We were happy to create something from our imagination. The day ended well with prize distribution.

Candidatets
Pushpica Dung Dung,
Jeniva Tete, Jasmini Barla



Work Experience in the Cotton Field

“Talent wins games, but teamwork wins championships”.



On 9th November we the Candidates under the guidance of Sr. Sarita at Valigonda, ventured in the cotton field for the work experience.

Carrying along the needed food, water for the day we set out on our journey with a short prayer. While we were still walking, we admired the beauty around. The green paddy fields, wide lake with white lotus filled our eyes with wonder and awe. On nearing the field, we were happy, enthusiastic, joyful and eager to have the feel of cotton in our hands. As soon as we reached, the owner of the field Mrs. Tara showed us their four and half acres of land. She gave each one, a sack and instructed us on how to go about gathering the cotton. Like any other coolie worker, we moved forward in the scorching sun. We were tired, hungry and thirsty yet continued working joyfully as we remembered the hard work of our parents and the struggle of the poor coolie workers. Adding to this Mrs. Tara kept us energetic, fresh and active with her melodious songs and funny jokes. We were determined to collect more, fill the sack and to reach the other end of the field.

After the lunch break we began again plucking the cotton till 5.30pm. When we gathered the sacks we were surprised to know that we had covered four and half acres of land collecting about 531 kg of cotton of amount Rs.4000/- We thank our in



charge Sr.Sarita, who accompanied us with her support and encouragement. We also thank Sr.Pulcharia and the community for their constant encouragement in growing up to be a budding SSps.

Candidates

G.Anusha,

Namita Dung Dung, Saini Soreng



From the DIARY

Two weeks ago I received a phone call from a Person who by all means wanted to meet me with his wife. His name did not ring any bell in my head, even when I saw him face to face. However he knew me and told me: "28 years ago, you were working in the Pediatric ward, I had come to you and requesting you to put a word in for me, that our neighbors, the Salesian Fathers, would accept my little boy into their school". I did so and the child was accepted. I did not remember this incident at all anymore. But he and his wife had not forgotten it. He told me the boy studied very well, much later also in Singapore and some other places. He had become a vascular surgeon and was now working in Holy Spirit Hospital, Andheri, and besides this, treating me. Ever so often he would ask him how I was. The son had not revealed this to me. He just had started to work with us on the 1st of June, and I returned on the 11th of June from Guwahati with a deep Vein Thrombosis and some other complications and became his patient. He is treating me very well, I am so much better.



Way back in 1978 I was returning back from Cochin to Mumbai after attending a 6 weeks course in Ernakulam with some of my friends. Before we left the station a young man entered into our compartment. It did not take long and the young man turned to me

and asked, "Sister, are you from Andheri, from Holy Spirit Hospital? You were working in the Operation Room." We were quite surprised that he knew this, because we did not know him. He was of course right. Then he told us, that he had an accident in a factory not far from the Hospital and one of his fingers had to be amputated. I pushed the trolley on which he was lying into the Operation room and talked to him for a while, because he was so frightened. As soon as he had entered our compartment in the train, he had recognized me.

Once some Sisters, friends and I were standing on the crowded Platform in Ernakulam to take a train to Kanyakumari. Standing, talking and laughing whilst waiting for our train, a Mumbai train pulled into the Station. We did not pay any attention to it until someone shouted from the train my Name. One of our Staffs from Holy Spirit Hospital who came for holidays home, had seen me. The world is very, very small.

In 1987 I had visitors from home, and we had gone to Goa. My Sisters wanted to buy some souvenirs, and as we were standing in a shop and discussing things, people passed by the open door. Suddenly someone from outside calls my name. A laboratory technician of ours was on her holiday and had passed by with her husband. She told us: As we were passing by I thought there is someone speaking like Sr. Hermanelde. She came a few steps back, and truly it was me.

Sr. Hermanelde SSps

Anugraha



Small Christian Community Seminar



On 6th November 2018 Sr. Thelma attended a seminar on Small Christian Community organized by Diocesan SCC commission at Bishop's house Udupi. We were 29 sisters from 15 different convents of Udupi Diocese. The Seminar began revering the Bible followed by a few biblical songs. Fr. Alphonse D' lima gave us the tips to conduct Bible Service and Fr. Herald explained to us how to conduct Bible Mirror method in our own units of our respective parishes.

Pastoral Visit

On 26th July we were blessed to have the pastoral visit to our own parish –Our Lady of Fatima Church. On 27th evening Bishop visited our convent and joined us in Adoration followed by Rosary. After the prayer we had dinner along with Fr Arthur Pereira, the parish priest.

Vocation Promotion

Sr. Thelma along with Sr. Nirmala Mendonca had been to Mulki Divine Call Centre for Vocation promotion. It was a three



days retreat Organised by SVD fathers for the children of Mangalore and Udupi Diocese. Nearly 80 children were brought together and given inputs sessions on Eucharist, Mother Mary a model, importance of prayer and Vocation. As volunteers we made use of the opportunity to interact with the children and make known SSPS way of life. On the last we were given time to talk to children and promote vocations for our Congregation. We spoke about our charism and mission as well as about our own call to religious life.

Sr. Thelma SSPS

Pernal



Service in Love...

Programs at Community Health Centre, Mumbai



The Community Health Centre at Holy Spirit Hospital contributes towards improving the health status of those who cannot afford adequate healthcare. Realizing the need to contribute in making a difference in someone's life. CHC has taken a stand to promote, cultivate and to create knowledge on healthy living to children, women, youth and the elderly. Selflessly, through the CHC we are realizing our motto "Service in Love".

Breast feeding week

Breast feeding week was celebrated in Holy Spirit Hospital through the cooperation of Community Health Centre team, the Pediatricians and the Gynecologists from 1st to 7th August. Each one in the team took lot of interest in preparing and executing through various posters, power points and sessions to the Nurses, Doctors the Nursing students, the Pregnant women and the Lactating mothers. The sessions were conducted in the wards and the Out Patient departments where many patients and the relatives visited the hospital gained knowledge on the topic.

The few topics like benefits of breast feeding, the problems related to breast

feeding, newborn and its implication and consequences, the nutrient value for the growth of the child the various positioning of mother and child were dealt with.

On 7th August, the last day there were 150 of them from 7 chawls and slums of Andheri East. Dr. Umed, Dr. Rupal and the Dieticians Sai and Minal explained to them the importance of breast feeding, the care and



responsibility of the mother, the role of the husband in breast feeding, the nutrients to be supported for the mother, the various care to be taken before and after the delivery, the common problems like cracked nipples, less milk production, mode of storage when in excess milk, and the benefits of breast feed.

National Deworming Day

India's first National Deworming Day took place on the 10th February 2015, during which the Indian Government publicly committed to de-worming 140 million children nationwide.

Community Health Centre on 10th August conducted the de-worming activity at Community Health centre. Sacred Heart school-Mahakali Road participated in the event. The school children from 5yrs to 16

Central Board for Workers Education Felicitates Streevani

“Alone we can do so little; together we can do so much”, says Helen Keller. This is the mantra of today's world and Streevani believes in the power of such networking and collaboration. Streevani networks with around 16 Governmental and Non-Governmental agencies and the Central Board for Workers' Education (CBWE) is one of them.

The Central Board for Workers Education (CBWE) is an autonomous body under the Ministry of Labour and Employment, Government of India. The aim of this board is to educate the workforce for their effective participation in the socio-economic development of the country. Past six years Streevani in collaboration with CBWE, organizes two days training programs for 40 women each in different areas of Pune. The participants are given Rs. 200/- per day for their participation in the training. Hence our women domestic



workers who attend the program learn for life as well as receive monetary benefit, which motivates them to attend again.

Taking into consideration our collaboration with CBWE as well as the active involvement in educating women domestic workers, Streevani was felicitated by CBWE on 19th August, 2018. We received the memento and certificate from Mr. Anil Shirole, the Member of Parliament in the presence of many eminent personalities.

Sr. Rose SSpS - Pune

My dream

If God grants me a wish,
I would surely wish to be a bird.
I would fly high in the sky,
Without fear to fall from above.

I will live merrily,
The whole world, I will make my home.
I will spread my wings to fly,

To see the beauty of God's creation
I will fly freely, without fear of accident,
Where no traffic police would stop me.
I wish to be a bird,
To fly, fly and to fly.

Candidate
Jaya Smirti Kujur

Call to be Part of the Thriving Life...

My last holidays at home in the month of August, was a unique experience, one with which I will live for the rest of my life.

While at home I witnessed continuous rain which turned into a non-stop torrential down pour, flooding many regions of Kerala, resulting in inexpressible damage and loss of human lives and property. The sight and magnitude of destruction was heartbreaking. Along with a silent prayer to God, I experienced this urgent call to get going - doing something. Jesus never fails! Just about that time a call came from Nirmala Niketan, College of Social Work, Mumbai, requesting me to accompany 17 Students of MSW and BSW to Kottapuram Diocese – to a place which was very severely affected by the floods. It was an answer to my unexpressed and earnest desire to help the flood affected people.

We set out for our mission on the 4th of November and remained there until 14th November 2018. Our project was to build the base of the house and to pull down those which were not in a habitable condition. In the days that followed the students - young, energetic, and committed were able to accomplish the preparatory work for laying the foundation for four houses. They also demolished a house which was damaged



beyond repair. This was done within a short period of ten days. The government had promised Rs. 4 lakhs to families, on condition that they see that foundation of houses has being laid.

My particular responsibility during this common mission was to provide, drinks, tea and snacks time to time for the youngsters who worked in the scorching heat, to accompany them and extend mental support. The students were very glad and grateful for this opportunity to assist families that needed help. They expressed that they would be returning home feeling greatly enriched by the whole experience and mentally revived.

My own feeling was: being blessed by God and called to be a drop in the ocean – where people of different calibers carried on works of restoration and rebuilding; being a witness to and part of people's suffering and struggle to catch on life once again! Coupled with that, it was a joy to lead and guide the students.

Life thrives again even if it goes through the test of survival!

Sr.Jaya SSps
Anugraha



Coming Together again..... Alumini Reunion – 2018



It was on 25th November 2018 the students from the batches five to six gathered in Holy Spirit Children's Home for a get together. As they arrived their expression of meeting each other was unbelievable. Their faces were illumined by the radiance of joy, satisfaction and excitement. It was wonderful to see them relishing the past experiences, where they grew up from toddlers to the adulthood. They were just wonderstruck by the fact that they are now grown up women taking responsibilities at home, studying as well as working. They were grateful to the sisters who took care of them and few of them even shed tears for they miss the life in Children's home.

The speciality of the day was sharing of food. Children themselves brought the food items and cooked and ate as a family. Srs. Lissy, Elsy, Savita, Jyothi, Manju, Larisa and Esabella were present. . Indeed this gathering has lifted, boosted and elevated their spirits to get going in life. It has helped them to be more focused, energetic, determined to achieve the goal that they have set for their life.

Sr. Jyothi Kanithi SSpS
CHS



Legal awareness Programme at Yadgir.

On 17.9.2018 Domestic Workers Union in collaboration with District Legal Service authority organized an awareness programme on legal assistance to Domestic workers union members at Yadgir. Hon. Judge Shree Rachappa, K. ThaliKote, District Judge Yadgir. Hon. Judge Shree Prakash Arjun Bansude, Senior Civil Judge



Secretary District Legal Services Authority, Yadgir were the guest. The various resource persons spoke on topics like women's rights, Labour law, Govt schemes and Smart Card.



Christmas at Prison

The Prison Ministry India celebrated Christmas 2018 with 1000 inmates of Central prison, Gulbarga on 14th December 2018. It was a special day for all the prisoners as they gathered together for the short programme, cutting the cake, singing carols and listening to Christmas message. Fr. Vincent Pereira the Manager of St. Mary school kotnoor, Dr. Basavaraj, the medical doctor from Prison, Shri Gopal Krishna Jailor, Fr. Saji SDB and the members of prison ministry Gulbarga. This Christmas

was made special by gifting the prisoners the music instrument- Key Board. They played the music adding color for the days carols .The program was ended with the distribution of cake for all.



Girl Child Day

On 11-10-18 International girl child day was celebrated at Gulbarga in Govt.Boys home. Sr. Reena gave them Awareness on child rights and Girl child education and safety. They were empowered to study and achieve something in life.

Sr.Antony Mary SSpS

Deepalaya



Light merged into Darkness

She was filled with charm in her teenage world

She was active & dynamic going all around

She smiled & laughed to heart's content

She was Laxmi, indeed true day light

Surrounded by friends of class ninth

Had no idea of the struggles in front

Womanhood was far beyond the imagination

Motherhood being a dream of fascination
Unfortunately she lacked mother's loving bond

As an infant mother left her orphaned
Having lost the taste of love under step mom

Deep within was the longing for someone
There came her maternal uncle to loot her charm

With his arms open in the name of protection

When he lost his control she fell in the trap

While she realized womb carried the seed
In no time everyone's eyes pierced her in shame

Ran away from home seeking shelter for days and nights

Soon came the ninth month of her misfortune

In agony yet bravely she gave birth to a baby girl

At once her joy and smile returned her face

Holding the bundle of life with love & grace

But the joy lasted only for couple of days

While she was told that she brought disgrace

She wept & cried aloud for remaining days

Finding no meaning in life at this phase
She longed to go back to her teenage years

But there was no one to be called as



Authority, was present for the program. Mrs. Geetha Menen secretary, Shree Jana Jagrathi Samithi, spoke about the domestic workers rights and their entitlements and situations. Mrs K Neela, Vice President of Janawadi Women's Sanga Kalburgi Spoke about the problems of domestic workers and their rights. Labour Commissioner spoke about the Registration of domestic workers for smart card. During the program the Union leaders submitted the memorandum asking for the labour benefits. The children of domestic workers who scored above 80% were congratulated and appreciated. The day ended well with the lunch for all present.



Legal awareness programme at BIDAR

On 27.9.18 a legal awareness programme was organized by Karnataka Domestic workers union in collaboration with district Legal Service authority for the Domestic workers at Bidar. Hon. Judge Shree Managuli Premavathi District Judge, Bidar. Hon. Judge Shree R. Raghvendra Senior Civil Judge Secretary District Legal Services Authority, Bidar, Asst. Labour Commissioner Kalburgi Division Bidar, Shree. Nasi Chandra Kanth President District Legal Services Authority, Bidar

were the guests present. Resource persons Shree Prasanna, labour officer Yadgir and Mrs. Bassamma spoke about Smart Card and women's exploitation at work place.



Children's Day

Domestic workers Children's day was celebrated in different places by Domestic workers union, Gulbarga unit on different dates in November-December. The staff actively participated in activities like



Gathering children and conducting games. Sr. Reena SSpS gave awareness on child rights and encouraged the children to study well and achieve their dreams. Sr. Antony Mary took the lead in organizing the events.

Sr. Antony Mary SSpS

Deepalaya

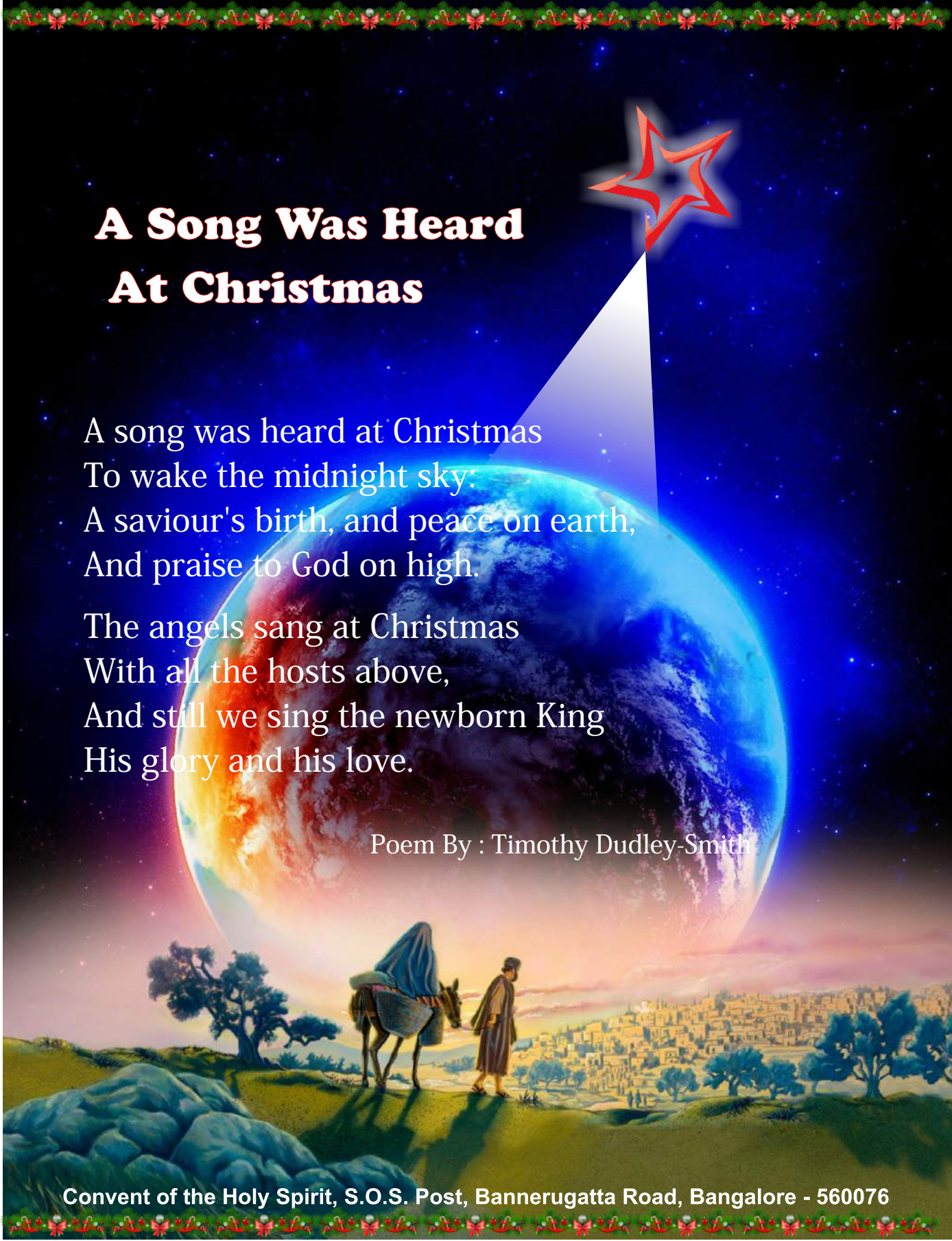




"Small acts, when multiplied by millions of people, can transform the world." Howard Zinn

SSpS reaching out to the people affected by Kerala floods and Gaza at Tamilnadu.





A Song Was Heard At Christmas

A song was heard at Christmas
To wake the midnight sky:
A saviour's birth, and peace on earth,
And praise to God on high.

The angels sang at Christmas
With all the hosts above,
And still we sing the newborn King
His glory and his love.

Poem By : Timothy Dudley-Smith