



SPARK

VOL. 6 ● JANUARY 2021

St. Joseph

Patron of our
Congregation,
Pray for us



OUR FOUNDER
Venerable Fr. Varghese Payapilly



Editorial

“I am the Light of the World” (John 8:12).

There are two types of light in the world. When we are born into this world, we perceive physical light which is necessary for physical life, and by it we learn of our Creator's handiwork in the things we see. In the same way, spiritual light is essential for spiritual life without which we will never be alive in this world as a spiritual being. As religious we are always inclined toward spiritual things, toward fellowship, prayer, the Word of God, compassionate tasks and so on with which we are expected to ignite the world, introducing Christ, the true light and the only savior of the world.

On the other hand, Jesus told us, **“You are the light of the world” Matthew 5:14.** We are sent to this world to eradicate the darkness of injustice, indifferences, cruelty etc as we become the light to the world through our compassionate words, deeds and attitude. SPARK is our humble attempt to evaluate our service, appreciate each other for the great tasks God has done through us and above all to thank God for making us instruments to radiate the light of Christ through our different apostolates.

Jesus also tells us “Let your light so shine before men, that they may see your good works, and glorify your Father who is in heaven” (Mt 5:16). Yes, through each act, the Heavenly father is to be glorified and known to all that the world may experience His caring love that is richly poured on all of us. Pope Francis reminds every now and then that - **‘Find new ways to spread the word of God to every corner of the world and our faith in Christ, who became**

poor, and was always close to the poor and the outcast, is the basis of our concern for the integral development of society's most neglected members.’

This year, though we could not do much due to the pandemic, our sisters never remained idle, rather they made use of all the available means to convey the compassionate love of Christ which is elaborately narrated in this edition.

Sisters made every effort to seek God in each human life with the conviction that even if the life of a person is enveloped with darkness, there is always a space where we can emit SPARK of hope and love.

We tried to include the creative works of our sisters and formees which may give us a vivid picture of how they endured the pandemic positively. I lovingly appreciate our editorial board specially Sr. Jwala, Sr. Gracelin & Sr. Alphonsa and all our sisters for their precious contribution which helped us to edit this magazine in time. Mother Grace and council are ever remembered gratefully for their encouragement and support.

Let me take this opportunity to convey my sincere gratitude for your cooperation, support and valuable suggestions throughout these past three years. May you all be blessed splendidly and kept safe in the Sacred Heart of Jesus. Wish you all a blissful new year and pray that our presence may radiate the rays of hope in this world of chaos and uncertainties.

Sr. Celine Vazhaekat SD



SPARK

Santhidham Province

Activating and Rekindling Kindness

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MESSAGE



Dear Sisters,

"Go to Joseph" as this year is dedicated to St. Joseph who loved Jesus with a Father's heart (*Partis Corde*) I found it very apt to dedicate this edition of SPARK to St. Joseph who is a 'Spark' of hope for all those who are forgotten in the oblivion of life. As this edition of SPARK focuses on the little but meaningful and essential contribution of SD toward the world during the pandemic, it is indeed an acceptable offering to God the Father who appreciates the two-copper coin of the widow (Lk 21: 1-2)

I would like to draw a comparison between St. Joseph and our commendable contribution to the society during this time of need. Quoting Pope Francis from *Partis Corde* "Our lives are woven together and sustained by ordinary people, people often overlooked. People who do not appear in newspaper and magazine headlines, or on the latest television show, yet in these very days are surely shaping the decisive events of our history." Yes, that's what St. Joseph was. We don't find anything extraordinary about Joseph neither the Bible speaks much about him. But the role he played in salvation history is indispensable. Without his 'yes' to God and particularly to accept Mary, salvation history would have taken another course. Using his freedom, he said 'yes' otherwise according to the law Mary would have been stoned to death, that profound 'yes' of Joseph counts.

Going through the experiences of each community during the pandemic and how each community professed their little "yes" to God and his people in need has definitely touched many lives. They may not become the headlines of newspaper still many have found hope in us. During the lock down how, many families would have longed for a day's meal and if we could reach them that one meal.... then... "WE HAVE DONE IT" we could be real SPARK of hope for those in darkness.

I congratulate all my dear sisters who strived their best to become a SPARK in someone's life isolated due to Covid- 19. You have brought smile on many faces and that's our achievement. Just imagine the moment when at last Mary could give birth to Jesus in the manger there would have been a smile on her face and of course the reason could be St. Joseph who helped her to accomplish God's will. I wish that the Triune God continue to bless us to become SPARK of hope always and at all times that through our presence others may be encouraged to be submissive to the will of God.

Yours Lovingly in Christ
Sr. Grace Katteth SD
Provincial Superior

AFZALGARH

During the time of pandemic, we were able to contribute 200 food kits to the needy. We, along with the staff and police officers visited six villages and the neighbouring villages of Bhakkaawala & Afzalgarh were called to the school for the distribution of kits. During Christmas season, Christmas fair was organized by the students and collected Rs. 1, 00,000/- which was given to one of our non-teaching staffs to construct his house

(two rooms attached with toilet). In the previous year, the money collected from Christmas fair was given to another non-teaching staff to buy a Scooty, as he was coming from a faraway village, riding bicycle. Last year, during Christmas season students collected toilet articles like soap, paste, brush, surf, Dettol, oil, shampoo etc. class wise and distributed to differently able children at Premdham Ashram in Najibabad as Christmas gift.

Pandemic was a tough time for us to conduct programmes and reach out to the people. The spread of pandemic in Himachal Pradesh was not much severe; it stilled all the functioning of the state. Especially it affects the life of the poor farmers and day labourers who purely depend on daily income for the livelihood. We tried to reach out to the needy, extending some financial support and grocery items. We made use of all the possible ways to strengthen the struggling people through our prayers. We conducted several awareness programmes through online. It was an occasion for us to renew our lives too, that we could do our annual retreat and 10 days prayer. It helped us to understand the worries and tensions of the people and intensify our prayer for them.

On 5th October 2020, on the Death Anniversary of Venerable Father Varghese Payyapilly, we gathered the

BAIJNATH



non-teaching staff (15) of Mount Carmel School. Sr. Karuna and Sr. Therese talked about Venerable Father Varghese Payyapilly and showed a short video of the life of Venerable Father Varghese Payyapilly. We gave them some refreshment and truly they were taken up by the dedicated life of Valliachan. We distributed Valliachan's Novena prayer to all of them.

Silver jubilee of Sr. Annlet Porathoor was celebrated on 30th November 2020 along with Ashadeep Family. Mar Vincent Nellaiparambil, the Bishop of Bijnor along with six priests offered the Jubilee mass. The jubilarian was wished and felicitated by all. Our differently able children and postulants conducted cultural program. It was a matter of joy that the sisters from our Zone communities were present for the ceremony. All enjoyed the specially prepared lunch after the entertainment. Wheel chairs were gifted to four differently able people as a jubilee memorial.

BEDAPUR



BURBURIA

* **Women's day celebration:** Women's day was celebrated in our village Burburia on 8th March 2020. We, the sisters also were invited for the function and we enriched them through our speeches based on the dignity of women and their responsibilities. There were 40 participants and we had lunch with them and it was a memorable day.

* **Rosary in the Village:** We could visit 8 villages for the rosary prayer in the month of October 2020. There was Holy Mass and special prayers as part of the preparation for the silver jubilee of the diocese.

* **Founder's Day Celebration:** We celebrated Founder's Day on 11th October 2020 in our parish church. Rev. Fr. Pratap MSFS, parish priest introduced

our founder and Congregation to the public. We distributed sweets along with Valliachan's prayer which we translated in the local tongue-Kokborok.

* **Jubilee Celebration of our Bishop:** Silver jubilee of our bishop, His Excellency Rt. Rev. Lumen Monterio was celebrated. His Excellency offered Holy Mass in the parish church and the church was full with the faithful gathered from different villages. There was cultural program followed by lunch. We celebrated his jubilee in our convent too.

* **Christmas Celebration:** This year we celebrated Christmas with elderly brethren. We visited their houses (5 families), gave them Christmas message and distributed blankets and cakes. We had carol singing also in the villages.



DEENDAYALPURI

Jeevandhara Welfare Centre was very much involved in the relief activities of Covid -19. During the month of March and April 2020, we have distributed 110 food kits to the poor and needy and for the month of June, July and August we have received Covid -19 relief project of **Sneha Charitable Trust and Buddhist Tzu Chi foundation through Camillus Fathers**. We could give food kits, immunity booster tonic and Vitamin C to 600 families and 300 food kits to the poor. Through this project we could support 300 students financially to meet their educational expenses. It was an opportunity for us to make the people aware of the importance of using mask, washing hands and keeping distance to get away from Covid 19. Our beneficiaries were the students of open education, Jeevandhara Welfare Centre, differently able, widows, rickshaw pullers, aged and very poor people of the area. A lot of students are facing financial struggles for their studies. 280 students received a little support for their studies in the form of two month's fees, books and other study materials.



Our school at Deendayalpuri slum functions well in spite of all the chaos outside. Total number of 46 students of class 3rd and 5th appeared for the board exam. The Students appearing for the NATIONAL INSTITUTE OF OPEN SCHOOLING (NIOS) – OPEN BASIC EDUCATION (OBE) board exam is the first experience for the centre. All the students passed with good marks. Superior General Mother Raisy & Provincial superior Mother Grace addressed our school children at different occasions. At present out of 555 students, 285 students are attending on line classes. All the students were supported by study materials from the centre during the time of lock down. Students are coming to the school on alternative days.

Celebrations of the centre

* We celebrated teacher's day on 5th September 2020, though due to lock down the children were not present, the senior students came to wish teachers.

* On 5th October 2020 we celebrated Founder's Day with school children and conducted small prayer and talked about valliachan

* We celebrated manager's day in the school on the occasion of the feast of Sr. Celine Vazhaekat, the Provincial councilor in charge of Education.

* On 26th November 2020 the center celebrated India's constitution day along with school children.

* Celebrated Christmas along with open school children, teachers and trainers in a simple way. We prayed and gave message to them. Mother Grace joined for the teachers' celebration and gave message and presented them gifts.

* **Orientation programme for the staff:** Considering the importance of motivating and empowering the staff of the center, we conducted two days staff orientation programme by Sr. Elizabeth S.D. All the staff attended and benefited out of it.

* **Trainings:** After six months gap, trainings in computer, tailoring and beautician restarted in the month of October 2020. Slowly trainers are increasing, at present 53 trainers are there under the trainings.



* **Survey:** During the time of Covid-19 lock down, sisters and field animators together did the survey of more vulnerable people of our area. They include poor widows, Aged, Differently able, Rickshaw pullers and single parent.



DEHRADUN

* **Founder's Day Celebration:** To mark the occasion of our Founder's Day, in grateful remembrance of Venerable Fr. Varghese Payyapilly who was fascinated and moved by the compassionate love of Jesus and who shared the same love to all especially to the poor and marginalized, we gave ration to ten deserved people to honor our Founder. We talked to them about our founder and prayed for them and they were very happy. Speech competition was conducted and all the community members participated in it. We also prepared special items for lunch and had together with our inmates.

* **Diwali Celebration:** Celebrated Diwali, the festival of light, with our inmates. We prepared some special items for breakfast, lunch and dinner. We made them wear sari, with ornaments and full make up. We put up the music and they did dance for quite a long time. At 4pm we all together had a grand Diwali party. All were very happy and enjoyed a lot.

* **Period of Lock Down:** We strictly followed the instructions given by the Generalate and the Provincialate especially the spiritual exercises such as the various prayers and adoration for the suffering

world due to Corona virus. We spent more hours in prayer. We encouraged our parishioners - especially the members of our three wards which are entrusted to us - to attend online holy Mass, to read Holy Bible and to pray rosary at home and to listen the talks from retreat centers which are available in different T.V. channels. We motivated them to trust and depend on God's mercy especially during these challenging and struggling days of pandemic. We also distributed ration amounted about Rs. 55000/- to some poor and deserving families from April to October 2020. Because of the internet problem in the beginning, we couldn't attend the online classes especially the psychology class by Rev.Fr. Kurian Puramadam. Nowadays we could attend some of the classes arranged by the Province as well as by the K.C.B.C. It was useful and worthwhile. We got more awareness about some serious issues, realities and dangers related to Christianity and the Indian Churches. So, we could keep intentions and earnestly pray more for the church and for the country; we still continue it. We are happy that we could present one program for the Provincial's Day celebration.

GHAZIABAD



Vestition: On 22nd February 2020, we had the first profession and Vestition of our nine novices (Santhidham-7, Krupadham-2) at St. Mary's Assumption Church, Mariam nagar, Ghaziabad. His Excellency Rt. Rev. Ignatius D'Souza, Bishop

of Bareilly diocese graciously officiated at the Holy Eucharist. We were blessed with the loving presence of Mother Raisy, Sr. Preethy, Sr. Gracelet, Mother Rose Mary, Mother Lancy Maria and four of our junior sisters from Madagascar.



On 23rd February, we had thanks giving Mass and reception of seven of our newly professed sisters. His Grace Kuriakose Bharanikulangara, Archbishop of Delhi – Faridabad celebrated the Holy Eucharist. We sincerely appreciate all our sisters for their sincere prayer, valuable presence and blessings. Special thanks to our Sr. Catherine Padayatty & community and all the sisters who worked hard to make the day a memorable one.

Juniors from Madagascar: Sr. Jolly Maria and four of our juniors from Madagascar stayed in our provincial house for few weeks, they also attended theology course along with the postulants from our all provinces. Their presence was a blessing for everyone at the Provincialate.



Postulants' get-together at Ghaziabad: We all enjoyed their presence here and it was a God experience too. Having them here amidst all these uncertainties was a risky task but it certainly facilitated their growth in Jesus. Cordial thanks to our beloved Mother Raisy, General Councilors and all the Provincials for taking this initiative



and special congratulations to their mistresses for handling them in an effective manner.



Community Kitchen: During the time of pandemic, all the religious communities of Mariam nagar gathered at Christ University, strictly following the protocol of Covid 19, prepared a community kitchen. They prepared around 300 food packets and distributed to the needy with the help of police officials.

Covid 19 Hospital: Since the number of the Covid patients are increasing day by day and the treatment facilities are not sufficient, the Government authorities requested us to make our hospital at Gandhidham available for the same. As it is a dire need of the time, we agreed and with the full support of the benefactors and well-wishers, it started functioning well. Sr. Francilin, Sr. Vimal Rose and the community deserve special appreciation for taking this daring step to avail themselves for the service of humanity in this crucial time.



Jesus the true healer

Our hearts leap up in gratitude to God Almighty for helping us to do His work through Our St. Joseph Hospital, which is one of the best Covid Hospital of Gujarat State as announced by the chief District Magistrate. By the grace of Almighty God we are happy to say that in the past four months we could render our service to the very needy of the time. "Those who wait for the Lord shall renew their strength they shall mount up with wings like eagles, they shall run and not weary, they shall walk and not faint." (IS.40:31) Yes, we really experienced the power of this Word of God. As we started our new mission, we could face a lot of troubles but trusting in God we jumped in to the

darkness. The encouragement and prayerful support of Mother Raisy and Councilors, Mother Grace and councilors were boost for our mission. When we cooperate with God's plan He will gradually clear all the mountains before us and will experience that the divine providence is the control of our lives. One of the biggest problems we felt that the missing of the Holy Mass but God prepared a priest for us, Fr Joseph Kattakayam who willingly offer Holy Mass daily; it opened our eyes that nothing is impossible with God.

* **COVID-19 Mission Experience:** SD is always ready to render her service to the least of the society. We could serve more than 378 patients in our hospital; among them 10 were referred to higher center and 4 of them died of Covid 19. Almost 360 got cured completely. We admitted 55 patients in I.C.U and except 2 patients all of them cured completely and reached home happily. Every day we could see the healing hands of Jesus in the life of many patients and they do experience the power of Jesus in their life too. The patients were happy with our care and people of Kutch always appreciated our services. We did find time to pray and read Bible at their bed side and talk to them every day morning, when they get discharged. They used to say that 'your God is a real God who healed us'. 'As you did it one of the least of these who are members of my family you did it to me.' (Mt.25:40) always inspired the sisters to offer their selfless service to the Covid patients without any hesitation or fear. 'Because you have made the Lord your refuge, no evil shall befall you, no scourge come near your tent.' (Ps.91:9-10) This Word was an experience for us and by the power of His precious blood none of our sisters and staff got affected by Covid. COVID-19 mission experiences taught us to depend upon the Lord's providential care and Commit ourselves for the service of Covid 19 patients. Government and local people are supporting us by providing equipment, mask etc. Our whole community is dedicating their life and supporting whole heartedly to this mission thus it became a real success. Thanking you one and all for your valuable prayer support and humbly plead you to continue the same that we may be the channels of compassion of the time.



- * **Vallichen's birth day:** On August 8th 2020 we had solemn Mass and one-hour adoration with the children.
- * **Rosary with the faithful:** In the month of October 2020, we recited rosary through online with the children and the faithful those who are coming to the church for around 20 days. Also, we went to 7 families of our locality to recite rosary.



- * **St. Thomas day:** We celebrated St. Thomas day with our parishioners. We had solemn Mass and novena.



- * **Lockdown activities:** We distributed food kit cost Rs. 300000/ RS.2000 mask and 1000 leaflet to around families. We conducted covid-19 awareness through street play in 18 villages and equipped ASHA, Anganwadi teachers ANM to give awareness to our

villages with the help of community health center. We organized awareness classes in 5 interior village at Ghat.

- * **Women's day celebration:** On March 19th 2020 we celebrated Women's day in Maria Ashram. 90 women participated from 15 villages. Rev. Fr. Shaiju inaugurated the function Mr Subeer Rrothala and Santha Devi Ustoli grampradan were present there. We conducted cultural activities and distributed prizes for the winners.
- * **Computer classes:** We provide facilities for the poor children of the villages to learn computer in their own villages so far around 50 students learned basic computer course.
- * **Visit of His Excellency Mar. Vincent Nellaiparambil:** Mar. Vincent paid a visit to our parish. We welcomed bishopji along with all faithful and children. It was a blissful day for us.



- * **Maria Ashram day:** With great preparation and enthusiasm this year also we celebrated Maria Ashram day on 8th September 2020. Rev. Fr. Jijo Mani was the main celebrant. 4 faithful (Napa) attended Holy Rosary and solemn Holy mass. There was cultural program by Maria Ashram children and faithful.

GHO LTIR

Republic Day: Teachers and students paraded through the road with the school band. Along with national slogans, national songs were also played. It aroused the patriotic fervor in the young minds of the students.

Home Mission: We got a golden opportunity to proclaim the word of God to our Hindu brethren. The team visited several houses and they were invited for the prayer service as well. Many people attended it and all were

touched by the power of Jesus. They conducted healing prayer for teachers and students and it was a good experience for them. They addressed the students of classes from 5th to 9th.

Founder's Day: We celebrated the day with our parishioners. We narrated a brief history of our founder before the mass and our parish priest Rev. Fr. John Francis gave an inspiring sermon about the saints. Tea and snacks were served towards the end.

Christmas celebration: Christmas was an occasion to visit many Hindu families of our teachers and students with baby Jesus. It was a wonderful experience to see the students singing carol songs and moving house to house. People were eagerly waiting to welcome Jesus at their home. On Christmas day many people gathered here and Fr. Jinto gave message on Christmas. Elders, youth and children performed cultural programs, they were appreciated by giving small prizes and a piece of cake was served to everyone.

GUMLA

Covid 19 relief camp was organized in different areas of the district Gumla in Jharkhand as instructed by **SNEHA charitable trust**. In the month of June 300 families were given the bags which consist of the



grocery items costs RS.1000. They were also provided soap, tonic, necessary medicines, Vitamins C etc. All the family members were given MASK. We could pay the school fees of few poor children and sixteen of them were given study material for their plus two studies.



Families of these villages were informed of the distribution in advance through the generous cooperation of the people like, the Head men of the villages, Fathers of the OCD congregation Catechists of the parishes etc. The total number of the members who could benefit from our distribution in 1687 of 300 families in the month of June 2020.

In collaboration with Parish priest and catholic families: Youth of our Gumla diocese and some of our benefactors (Catholics) whole heartedly helped us in packing things and its distribution. Because of their help we could do it very easily without much burden. They were also very enthusiastic in this service. We also gave 3000 masks to Gumla police station as police are in frontline.



15th August: We celebrated 73rd Independence Day of India and the Assumption of Bl. Virgin Mary. Soon after Holy Mass Sr. Sandwana hosted the flag and Sr. Manjiri delivered the speech. There was March past by our candidates and inmates. They also put up some cultural programmes. On this auspicious day there were various competitions for our candidates. They all participated in it very enthusiastically.

24th September: On 24th September 2020, eighteen of blooming buds of Santhidham entered Aspirancy. They were overwhelmed with joy when Mother Grace, councillors - Sr. Pauline Therese and Sr. Celine blessed and received them to SD family. Sisters earnestly prayed for Sr. Ancy their mistress and aspirants for the deep rooting of SD charism in them. We gratefully remembered all those who worked hard for helping these children to recognize and respond to the divine call courageously. Now they are busy with English classes taken by Rev. Fr. Nelson OCD and other classes by the sisters. The mixed group is learning from each other and realizing the unity in diversity.

Vows Renewal: Six of our junior sisters (Tertains & Sr. Manisha) renewed their religious vows on 8th September 2020. In preparation to this, they attended one week on line retreat arranged by the province. During the Holy Mass Sr. Celine received their vows and we all prayed for them. In the evening there was a cultural programme by sisters, formees and our inmates. We believe that it was a memorable day for them.



councillors Sr. Pauline Therese & Sr. Celine. The presence of Sr. Lilly Ann and community along with formation group and Sr. Liji and community from Simdega (St.Mary's Province) added the joy to the celebration. In the evening there was colourful cultural programmes of our formees and residents which was really excellent. Rev. Fathers and sisters from neighbouring communities were present for the evening programme and agape.

31st October 2020: We had a solemn Rosary procession on the last day of the month. All our residents, aspirants and sisters participated in it. We specially interceded to Mother Mary for the suffering humanity due to the pandemic and that all may be safe and secure in her loving hands. After the procession all were given KHEER.

Paddy Planting and Harvesting: 13th of August 2020 was an energetic and thrilled day for Gumla community. We could plant our paddy seedlings in the field. All together – sisters, candidates and our inmates came forward for the same. Each did what they could. Some tilled the land, others removed the weed, some planted and others watered. We all enjoyed the day and the special drinks prepared by Sr. Sandwana was really delicious and remarkable. Our joy was doubled on November 2nd 2020 as we could do the harvesting on that day. When we cut the crops yielded in our field, we gratefully remembered our Tertians who were there to plant them, May the good Lord bless them abundantly. Thus, without hiring any workers or gardeners, we ourselves could manage to have sufficient crops for the year.



Silver Jubilee: We celebrated the Silver Jubilee of our beloved Sr. Sheen Maria on 23rd September 2020. As a preparation for jubilee, she had one-week prayer in cloistered convent Gumla. We had solemn Holy Mass offered by OCD fathers, following the tradition of Jharkhand culture. There was entrance dance in Sadari song where she had to walk on a bunch of leaves which shows the respect and love towards the person. The day was blessed with the presence of Rev. Mother Grace,



HAPPA

The dawn of New Year 2020 was very pleasant and we welcomed it with a positive grin all over; started with new objectives and new motivations in order to make our presence at Happa a blessing more than ever to the people around and also to the parishioners at Jamnagar. Consequently, we started to compose the clear 1st page of the 365-page book trusting in His Mercy.

St. Joseph's Kindergarten: As our IP section consisting of 4 rooms was vacated partially in the month of June 2019, we were seeking



for a better service possibility for this locality. We suggested a few ministries of SD flavour to the Bishop but the green signal got only for this. For publicity we posted a flex board at the gate and printed notices also for the purpose. Admission started in the month of January 2020; 12 children took proper admission and a few were on waiting. Classes also started concurrently.

We welcomed Sr. Bertilla, the new member to the community with much expectation and dreams specially to boost up our house visits in Jamnagar parish families. But we, fragile and susceptible human beings make plans for the future but a small virus, a microorganism that we cannot even see, is enough to completely alter our routines and wipe out our plans.

Lock down services: Our Balwadies, tuition classes, village work, dispensary and all our plans and programs stilled abruptly.

Sudden and unexpected nationwide lockdown affected very badly our people especially the hand-to-mouth category around us. We were not able to organize or plan out anything within that short notice. Anyhow we could distribute what we have stored for the PLHIV group, to the neediest families before the situation got worst. This we did before the close of March itself. For 12 catholic families of Happa also we provided some provision.

Financial help offered for 10 families in cash and by medicine focusing mainly on other state labourers who lost their work but could not move out to their home state. About two months we were confined to prayer and meaningful community life; as it was the only way to help others. As we remained in prayer interceding for the whole universe, Sr. Margari decided to create a drawing for the people who are affected by Corona. To be frank, we were forced to lock the gate even, as the people started to come in groups for provisions while, we had nothing to share with them and it was really a hurting situation for us. We too run short of food items but didn't starve! What right we have for this privilege! Only to be more concerned and compassionate to others. Once we could be a channel for the poor even in the strict lockdown as St. Xaviers Trust of CMI's offered some financial help for the people. For this we visited few villages to find out the most starving families and could make out ten families and did the formalities required; each of them received Rs.2500/- in their bank account. Towards the end of May 2020, we contacted people of good heart and collected provisions to distribute among the PLHIVs and to other needy people who are bedridden, handicapped etc. as we selected; altogether around 45 families. Apart from this we could reach necessary provision for the Rajasthan group beneath the flyover here, where 18-20 families – about 120 including children – are settled in *juggies*. By the Grace of God, we could continue with these distributions till now.

Video conferences for in-charges and animators and online meetings for Balamandal children and SHG ladies are in progress now. But it is not that effective as many of them have no smart phones and also the availability of the ladies for a restricted time to gather at a particular place is a problem. But the Diocesan Social work department holds fast to this only to maintain the rapport.



Dispensary is now open for the patients. Now we see it as a call from God to live differently; at present only 'above 65' sisters are in our community who are not supposed to go out as per Govt. restrictions. We adapt ourselves to this reality in the hope that we will get one more of 'safe range' in the community without much postponement. Also trust in the Lord that this pandemic will end soon as it is impossible for man to predict how long it will last and what consequences it will have for all.

JAHANGIRPURI



Showing solidarity towards Farmers.



Sr. Jasmine Jose with the protesters in Delhi

JAMMU



active in our lives, it is sharper than two-edged sword, it brings JOY, PEACE and LOVE IN OUR FAMILIES and builds healthy and peaceful relationships with one another.

In parish level: 14th December 2020 was memorable day for our parish, St Peters Church Jammu. With the help of our parish priest Rev.Fr.Kuriakose, we arranged Zoom meeting. At 6 pm a good number of women came to attend this program. We have given special practice to the group members. It started with a prayer song at 7 pm followed by an introduction by Sr. Zeena SD, the sister in charge, followed by BIBLE PARAYANAM. Happy to say that 30 women participated in this prayer. (St. Lk Ch.21 to St. Jn Ch.1). It ended at 8 pm with a thanks giving Hymn sang together by the women gathered and with a prayer by the diocesan secretary Mrs Annie Akkul.

Bible Reading: To enrich and enlighten the women of our parish, ONLINE BIBLE reading at diocesan level, through the medium of Zoom was conducted from 1st to 17th December 2020. Through family visits we motivated women to participate in 'BIBLE PARAYANAM' and tried to make them convinced that the Word of God is living and

KALAMBOLI

Jyothis care centre Kalamboli received an Award from SAATHI for Private Health Care Provider (HCP) Action against the HIV infection. Along with Mother Mary we the sisters, inmates and staff of JYOTHIS say “God has done great things for us”

During this pandemic of Covid 19 all the members of Jyothis Family went through various difficulties. Some were infected with Covid, some suffered with other diseases; but hospitalization was not possible. As you all know that the pandemic highly affected Mumbai. Medical consultation and distribution of medicine for more than 1100 HIV infected pts was huge task for us. With the grace of God and the intercession of Mother Mary we could face this challenge successfully along with the sincere support of our staff.

We are giving ration for 100 families of HIV infected who are very poor and not able go for work. We also distribute ration, vegetables, fruits and education assistance for who are dreadfully in need with the support of other NGOs and well-wishers.



KHERAKHURD

Total no of residents on 1 st January 2020	59
New Admissions	2
Reached Home	2
Transferred	5
Present no of Residents	54



We have a good news that we got the License which was pending for the last two years. They have put a note saying to get separate license for the differently able women or to shift them to that category institute. So, we have shifted them to Bedapur, Palanabhavan with the permission of the Department. One resident was suffering from Hanson's disease and shifted to Mother Teresa's Leprosy Home.

March 19th the Foundation day of SD and Oct. 5th the Founder's Day were celebrated with our residents by giving them a short explanation about our congregation and Founder Father. We gave them delicious food. We distributed ration two times to 14 families of the parish who are poor. On Easter Sunday, we had grand lunch with our residents; they enjoy it very much.

During lock down, we did not allow the visitors inside. Our benefactors really helped us to maintain our residents by giving ration and medicine. Healthy aging India (AIMMS) brought



us one-time cooked food for a period of two months. They also provide medical check-up and medicines once a month. As a precaution we did not take new admissions. We thank the Almighty for giving us opportunities to live our charism. In the month of October, for 10 days, we had rosary procession with our residents and it was inspiring for all of us. We also maintain a nutrition garden with the help of our residents. Daily prayer, yoga, games and moral classes help them to a certain extent.

MANDAL



- * This year we conducted science Exhibition along with Christmas program. Children with the help and guidance of the teachers, presented varieties of models of Science and Social Studies. Newly elected Chairman was our chief guest. The presence of Sarpanches of nearby villages gave double colour for the programs. We awarded the Proficiency prize for the topper of Class X. Miss Barsha received the award from the chief guest Mr Madan Lal, the chairman of Mandal Block.



- * We went to village Sohanjana with our children and staff to give the message of Christmas; thousands of people witnessed and experienced the peace and joy.
- * We conducted house picnic for our children. They enjoyed well and their parents requested to do the same next year also.

- * On National days like Republic Day, Independence Day etc we go to the common place to join with the neighbouring schools. Children presented beautiful patriotic dance and showed our love and respect towards our mother land India.
- * During the month of October, we had rosary procession along with our inmates. Every day they work in vegetable garden with the help of Sr. Marcia.



- * We distributed 40 kits for the needy during this COVID-19 in different villages.
- * **Elderly Meet:** We visited all the catholic families during Christmas time. We have called elders to our convent. They shared their experience both happy and bitter. Refreshment was given to them and to the inmates of Jeevandhara. Woollen blankets were given as Christmas gift to two elderly Catholics, a provision kit to an elderly lady and a pair of dress to all our inmates. Christmas carol singing was a joyful experience. Thus, we celebrated our Christmas with elders this year.



MAWTHONG

2020 was a year of uncertainty. This year we feel that every day is a day of miracle, every action and plan go beyond our thinking. Many things are unreliable and unknown. It create a sense of trust in GOD's plan. The Covid 19 has decrease the emotional distance of both, rich and poor as no one is exempted from its clutches. It enters to all the houses either mansions or tents. This year also brought in itself lots of new ideas and ways. In the midst of all circumstances, we were doing our best to reach out the people.

Legal Awareness Programmes: We had arranged legal awareness programs in the Parish and School. It was organized by the head catechists and youth. Sr. Suma Jose was the resource person. Parish Priest and parishioners were very happy that many of them benefited from this seminar.

October 5th: In the midst of lockdown, we could celebrate Oct. 5th solemnly. We did novena to valliachan in the parish church. On the day of Valliachan we had Holy Mass in the convent. The presence of candidates made the day more alive and active. Cultural program and a skit were performed on the life history of Valliachen by the candidates.

As we are informed we conducted competitions such as quiz, speech, group song and presentation of the Magnificat etc on the occasion.

One day Vocation Camp on 12th December 2020: We conducted one day program for the students from class 8th to 10th. Around forty-five children were present for the camp. Classes were taken and adoration was conducted by our sisters. The students were inspired by the life history of Valliachan. The presence of the postulants added more beauty to the gathering and the children were inspired by their life sharing.

St. Mary's Health Canter: This healthy centre is a great blessing for many people of the nearby villages. We can proclaim Jesus to many people through this healing ministry. We give health education on hygiene, child care and also provide home based service to the aged and to the bedridden. A medical camp is conducted and there were 620 participants.

S D Buds: Soon after the announcement of the strict order of lockdown, we called the SD Buds for a gathering. So every Saturday and Sunday evening the children come to the convent to learn something for their life. We did teach them songs, Bible stories, quotations and some other classes.

MAJIDIHA

Dumka is one of the far-flung districts of Jharkhand where we already have a convent at Gopikandhar. The Provincial superior, Rev. Fr. John Kochuchira, TOR, from St. Thomas Province of Bhagalpur has asked us to collaborate with them in the Ministry of Education and to avail ourselves for pastoral and social ministries, especially for the Village Ministry and Family Apostolate. The provincial council accepted the invitation, visited the new Mission at Majidiha and decided to establish our presence in this remote area of Dumka district, collaborating with TOR fathers.

The inauguration of our new convent was on 26th September 2020 by His excellency



Rt. Rev. Julius Marandi. At present we are residing in a new building built for the priests and they will construct the convent shortly. Sr. Josina is the superior of the community and Sr. Ranjana is the member.



Dumka is a Santal tribal belt, the third largest tribes of India and Santals are the largest tribe in the Jharkhand in terms of population. They are regarded as one of the economically poor communities of India. People are peace loving, hardworking and cooperative. Santals were brave and courageous people who waged war against the permanent settlement of Lord Cornwallis in 1855. They enjoy and love dancing which forms an important part of their fairs and festivals. Santhals speak Santhali. We are fully engaged in learning this tribal language SANTHALI without which we are handicapped here to communicate with the people. Due to lock down we could not do anything as we pre-planned but we do gather the children every day in the campus and teach them Bible, catechism, moral values, conduct competitions etc.

PALAKKAL



Amidst all the inconveniences and difficulties of the Covid-19 lock down, we are protected and supported by the tangible presence of the Almighty. The political leaders of the area distributed a kit to our institution that contained all the necessary items. The parishioners of the Palackkal church, under the leadership of Rv.Fr. Joju contributed Rs. 600/- along with a kit to the inmates. We always receive their generous assistance whenever we are in need of.

At present, there are 11 inmates in the institution. As we are getting the opportunity to convey the merciful love of Christ as we serve them, they too are enjoying the compassionate love of Christ being there.

SARSAWA

Shantidham: There are 30 inmates in this home who are mentally disturbed, sick or old and having no one to care for them. The police as well as various government organizations like the Women Commission bring them to our destitute home. We are now residing on the ground floor and they are on the first floor so we get to interact with them easily. Our formees get a golden opportunity to take care of our inmates and grow in the Charism right from the beginning.



We have inspection teams coming from the Collectorate and DPO office and Covid tests every month for all inmates but each time leads us to experience the powerful protection of Mother Mary over all of us.

Our presence here is inspirational from the fact that Govt and army officials, police & Nagarpalika all come to our help with donations in kind. With the help of the Govt officials, we get medicines from the nearby Govt hospital monthly. The children from our school are regular in spending time with the inmates on all important occasions of their lives and their families. They all praise the work that we do and do marvel at the Lord who enables us for the same.

Blessing of the convent in the renovated hospital building and consecration of the new chapel took place on 27th July 2020 by his Excellency Rt. Rev. Francis Kalist, Bishop of Meerut Diocese. Sisters shifted all the things from the old building to the repaired building where our destitute aunties are residing on the first floor.

Theology Course: As the theology course at Wardha is cancelled due to lock down, the Generalate asked the provinces to take the responsibility of conducting the course. Thus, the Provincial council decided to do it at Sarsawa and its inauguration was held on 28th July 2020. Sr. Josmy is appointed as their mistress and Sr. Alphonsa as their tutor. They completed their six months theology course on 28th January 2021 and back to the Provincialate.



SAHSNIANG

Vocation Promotion Camp 2020



Covid 19 relief camp was organized in different villages of the Sirsanal as instructed by SNEHA charitable trust. We could support 900 poor families with the bags which consist of grocery items costs RS.1000. They were also provided mask, soap, tonic, necessary medicines, Vitamins C etc. This relief camp was really a relief for the poor people of this area.

Gathering of women: We used to gather the people of the locality for the distribution of the grocery bags and it was an apt time for us to teach them many things including how to bring up children, importance of keeping the surroundings clean etc and now, though the distribution is stopped, they, including Hindus and Christians continue gathering in our

which they believe wholeheartedly. The magazine' VACHANOLSAVAM and other prayer books are given to read and small prayers are taught to repeat continuously. We are glad that we could make Jesus known to many non-Christians too through this mission.



premises twice a month. It is a perfect opportunity for us to make them aware of the serious issues that they need to be alert. It is a great occasion for the evangelization as well, as we- the parish priest, catechist and sisters take turn and talk to them on different topics during this meetings.

Proclamation through the dispensary: God always does wonders in our helplessness. Poor people bitten by snakes and suffering from dreaded skin diseases are the regular visitors of our dispensary. Most of the time we don't know how to treat them and what medicine has to be applied. But when we cry to God for help, seeing the helplessness of these poor and uneducated people, God really intervenes that more than 2000 people got cured of their illness during the year 2020. It is a time we openly tell them the mighty power of Jesus who loves and cures the poor and sick

School: Due to lock down the school is closed but since three months the students of classes 8th, 9th and 10th are attending the regular classes and others are called to the school occasionally. Girl children of the school are given special attention. After every unit test and terminal exams those who pass in all subjects are encouraged by giving gifts. They are given study materials like pencil, pen, and book, socks, sandals etc.



TALOJA

At present there are 21 inmates including aged and mentally disturbed women. Patients are brought here by the police and by different NGO'S. Dr.Divya Mithal (Medical officer of Jyothis care Center, Kalamboli) comes to do the medical check-up of the patients. If required, they are taken to MGM (Mahatma Gandhi Mission Hospital). Psychiatric medicines are bought from Thane Mental Hospital.

Inmates are actively involved in all the house hold activities including cooking and gardening. The institution is supported and run smoothly by the local donations. We provide nutritious food for them. Once a year inmate are taken for outing. They have given time to pray, watch TV and occasionally indoor and outdoor games are conducted for them.



Family Renewal Programme: In collaboration with the parish Priests, we conducted a renewal retreat for the parish community of Veraval. The Jerusalem retreat team was invited for the retreat and Rev. Fr. Raphael CMI and Rev. Fr. Sijo CMI along with their counselling team conducted the three days' retreat facilitating each family by their effective couple counselling. Parish youth also benefitted from the counselling section. It was a special experience for everyone. The whole parish was renewed and many families were reunited to the parish with renewed zeal.

Social Outreach: Our presence here is very much supportive for the poor and needy people around. We distribute ration for 200 HIV and TB patients every month with the financial support of Mr. K P Thomas. We also provide medical aid for these poor people.

Medical Assistance by Veraval: Health care is given to HIV/AIDS, Cancer and TB patients with the support of local well-wishers under the leadership of

VERAVAL

Sr.Gillet at Veraval. The resource persons are volunteers. The expenses met by the support of the local people. Monthly ration and medical care for HIV patients.

Blessing of New Convent: Blessing of our new convent was on 9th December 2020. We thank the Lord Almighty for this great gift and lovingly remember Bishop Mar Jose Chittooparambil and all our benefactors especially Mr. Thomas and family, who have contributed a lot to accomplish this construction work.



OUR SERVICE IN THE OTHER INSTITUTIONS

Sr. Rania SD: She is working as the administrator of the PHC at Sahnsiang. This PHC consists of 16 villages of the district and there are no other hospitals around this area. Therefore, this PHC is a blessing for the poor of this locality. There are 20 staff members working with her. They conduct free medical & immunization camps (periodically) mobile clinics (frequently) and various health awareness programmes with the assistance of experienced doctors, nurses, ANMs, ASHAs and health workers. Her dedicated service to the poor and needy is praise worthy.



Sr. Mariya Rose SD: Sr. Mariya Rose completed MBBS and did her bond under St. Johns medical college, in St. Luke Hospital run by CTC Sisters of Avila Province Bhagalpur.



COVID 19

SPECIAL

Our Sisters in Foreign Mission

- Switzerland : Sr. Mercy Varekulam,
Sr. Shanti Maria,
Sr. JasmineThuruthipilly
- USA : Sr. Sajini,
Sr. Manju Jose
- Germany : Sr. Mable,
Sr. Alphy Thuruthipilly,
Sr. Tessia,
Sr. Ancy Pattathil
- Madagascar : Sr. Violet,
Sr. Noothana & Sr. Florence
- Peru : Sr. Lismy & Sr. Jis Maria
- Nepal : Sr. Prasoonam & Sr. Sonia Masih

COVID-19 TAUGHT ME.....

- To experience the depth of silence
- To offer HOLY EUCHARIST more meaningfully
- To comprehend the real value of Spiritual communion
- To experience JESUS as the centre of my life
- To deepen my faith in God's providence
- To experience living presence of God within me
- To deepen my union with HOLY TRINITY
- To deepen my faith in HOLY FAMILY
- To deepen my hope and trust in God's love
- To say "Let it go" and to humble myself
- To understand the real Destituteness and
- To proclaim HIS mighty wonders....

(Sr. Rose Mazhuvancherry SD)



A Dreamy Family Visit

God has amazing ways and astonishing plans for everyone's life. He gently leads all to its fulfilment according to His will and pleasure. The more one can surrender to His loving arms to make alive each of His little plans; more fruits are borne in that life.

I feel a great joy to say that one such blind surrender was my vocation. I am Sharailin from Meghalaya, currently a postulant in Santhidham Province. The first time I heard about SD was in the vocation camp conducted by Sr. Linet and Sr. Florence in our school. I had never heard of SD nor understood properly all that was told in the camp. I could not even pronounce the name of our Founder Venerable Fr. Varghese Payapilly at that time. I did not

even feel confident of wearing the SD habit as it was longer compared to other congregations of the North East. To add to it, I couldn't think of going to Ghaziabad which was a distant and unknown place for me.

But God took my hand and made me write 'Yes' to the question "Do you wish to become an SD sister?" on the small questionnaire. I am amazed because nowhere in my whole self, I desired to say that 'Yes'! Things took its course automatically and God made me set out comfortably in following His call. He shielded me from feeling any discomfort in adjusting myself to the different culture, food, clothing and lifestyle. However

when there were problems in my family, I did question myself if my presence at home would have been comforting for my family. With these thoughts as I lay down to sleep one night, **I saw a miraculous dream. I saw Valliachan visiting my home.** I clearly saw him walking in the night with a small light and a dog for company, reaching my very house. Though I will never understand the entire meaning of all that I saw, all concerns about my family vanished that day. And I feel to the core of my being, that I am a beloved daughter of my Founder Father. Distances or any differences can never be an impediment in my heavenly call to be an SD by the special intercession and fatherly love of my dear Valliachan.

COVID 19

(By Riya Theresa Thomas, Postulant)

A big thanks to CORONA
It changed everything and every one
Lifestyle, habits, routines everything
Lazy ones became active ones

All learnt to wash their hands properly
Sanitizer became their best friend
Masks secured their lips from lipstick
Gloves and PPT kits are their companion

Online classes, teachers are troubled
But they are bit relieved of tension
Online classes, parents are worried
But they are bit grateful of teachers

Wow! See our roads! Very clean
Pollution vanished completely
Asthmatic disturbances disappeared
All stay indoors without worries

Kitchen gardens are green now
All have enough time to be together
But poor grandpa in isolation
No roaming, no morning walk...

Thank God for our life
Thank God for protecting us
Thank God for teaching us life lessons
Thank God for everything



Breath of Compassion

I understand deeply that God is astonishingly creative in weaving life stories. Also He allures one to follow His way with great tactics. Who could have known that He was working on my vocation through a very influential person of my life right from the moment I gained the slightest ability to understand. With my baby feet, I have learnt to walk holding his arms. His prayers echoed in my heart even before I could talk. I have known the warmth of his breath as he sang lullabies to me to put me to sleep. He is Widal Lamare, my humble grandfather who taught me the experiential lessons of compassion. By the time I was six years old, I could decipher his actions, his responses and his great faith that made him become my Hero! I can say that he has been the bait

the Lord used to entice me to Himself.

My grandfather was a well-known and respected man of the village. Not because he was rich or had any great capabilities. But He was a catechist and one who followed the Gospel values to the core. There are many lessons that he taught me, but what has left a permanent impression on me is this. My grandfather was in-charge of the church money and all articles. There was a special room in my house for keeping all the things of the church. One day, a thief broke into that room and took away all the money. The villagers caught him, beat him and handed him to the police. But my grandfather, instead of saying that God has

punished him rightly, went to meet him in the jail against the advice of the villagers. He lovingly talked to him, bandaged his wounds and consoled him. The thief broke down, wept and asked forgiveness. And my grandpa gained that soul forever for Christ. My heart swells with love and my eyes with tears of joy each time I thank God for having gifted me 11 years to live with my grandfather before he was called to his eternal home.

And I feel that same breath of compassion flowing in my congregation from morning until dawn. I Medakerlin, postulant of Santhidham province joyously admit that Jesus attracted me to SD through my grandfather and in this service of compassion I desire to live my life until the very end.

ACTIVITIES DONE DURING THE LOCK DOWN



Postulants Gathering -2020 at Ghaziabad

On 1st March 2020 all the postulants from 5 Provinces reached at Ghaziabad. They were solemnly welcomed by Mother Raisy, Mother Grace, Sr. Celine (Councillor in charge of formation), councilors and the Provincialate community. The “Mission Experience” Programme was officially inaugurated by a prayer service followed by a message given by Mother Raisy and the flying of Balloons with a word of God. Mother Grace warmly welcomed all the postulants. 40 Postulants were shuffled and divided into four groups with their respective mistresses Sr. Grace Koovayil (K), Sr. Talisha (P), and Sr. Soumya Jose (J), Sr. Sajitha (S). The classes began officially on 2nd March with Moral Theology by Sr. Roselin Elavanal. Due to lockdown the appointed professors from different provinces were unable to reach the venue, other subjects were taken by their mistresses, Mother Grace, Sr. Maria Jeas, Sr. Cyril, Sr. Anna, Fr. Viju Pynadath from Christ University and CMI fathers. Exams for each subject was held on the following Fridays. In the beginning days juniors from Madagascar were also present. As part of their classes the postulants had debates, Panel discussions, quiz competitions, mimes, Symposiums, skits and other learning activities. All the programmes

and the group activities were presented before the community on the following Saturdays and other days at times. The presence of the Provincialate community and Jeevandhara children was a great encouragement for the postulants. Timely guidance and directions were given by Sr. Christel (G.councilor in-charge of formation) & Mother Grace. We were privileged to have Bp. Francis Kalist and Bp. Jose Puthenveetil for the celebration of Holy Mass and homily and they took classes on proclamation and evangelization.



The Pandemic Covid-19 and unexpected lockdown compelled us to cancel the entire weekend mission exposure programme at Deendayalpur slums and made them to be only in the Provincialate campus. But it was not an obstacle for the mission experience since the presence of our many experienced senior sisters - Sr. Redempta, Sr. Cyril, Sr. Elsius, Sr. Christa, Sr. Trinitta and Sr. Anna who were ready to share their challenging mission experiences with them. It really helped them to be zealous missionaries of future SD. Along with academics and other programmes once a week they were given prayer days to reflect upon their life, relationship with God and others. Prayer days were led by Sr. Maria Jeas and Sr. Gracemy and Sr. Kiran.



Timely evaluation was conducted in their respective groups. Postulants got a thrilling chance along with the sisters to reap the wheat from our field as it was the harvesting time. Sr. Catherin Padayatty and the provincial community were very much generous to facilitate everything for their comfortable stay at the provincialate even in the midst of lockdown. For the conclusion of the gathering, three days Faith Retreat was conducted by their mistresses.

On 19th May on the eve of the departure of the Kerala provinces, postulants conducted a prayer service as a token of gratitude. "The Postulants gathering 2020" officially concluded with evaluation, report presentation and adieu's cultural programme. Mark list were distributed by Mother Grace for their academic performances. Over all, get-together boosted their mutual relationship with other provinces, energized the 'We feeling of SD', broaden their heart to accept the different cultures and to learn from each other which strengthened the postulants to deepen their vocation. All glory to God.

Junior Aspirants at Bhikkawala

During the lock down we conducted catechism classes for the Aspirants. Rev. Fr. Jose Varghese took one-week class on introduction to Christianity, Church History, and on Ten Commandments. Sr. Rose Arackal took catechism classes based on the catechism books of classes 8, 9, 10, 11 and 12. Rev. Fr Jose Varghese gave three days Retreat for them.

We were watching the news and praying for the world every day. We also watch some inspirational movies and videos during this time. Our elder sisters shared their experiences with our Valliarumpath Valliachan . We conducted speech competition on this topic. All of them participated. The winners were given prizes.

Senior Aspirants (Study Group) at Ormanjhi

4 rosaries, Mercy Rosary and 7 times 'Lord Jesus, Redeemer of the world..' were prayed for the protection of the world from the pandemic.

- * During lockdown we copied the Gospel St. Mathew and Acts of the Apostles in our own languages- Hindi, Khasi and Kokborok - and gifted it to our parents during our home holydays.
- * We could read whole New Testament both Hindi and English during this time.
- * Inner Healing online retreat was given to us for 3 days.
- * We attended Many online spiritual talks according to the need and time, especially during prayer days.
- * Usual English grammar classes by Fr. Emmanuel OCD and Fr. William OCD, Catechism classes, class on SD Heritage, different types Prayer, and awareness on Love Jihad etc. were given to us. Exams also conducted on time.
- * Corona special - Write ups like essay, poem, and stories on Covid 19 pandemic. Corona jokes, Corona awareness semi classical dance are performed .
- * We Proclaimed Word of God on the terrace every evening.
- * Every Sunday we individually took turn and prepared gospel passage and gave reflection to the inmates. Many of us done it in a creative manner with interactive sessions.
- * Personal encounter with the inmates are arranged with the permission of the superior. We spent one hour time with each inmate. Most of us could talk with the inmates in our own colloquial language and later wrote neatly their personal history as they shared; we did it perfectly and it turned to be an important document of their personal file. It was really an eye opening and motivating experience for us other than the routine services we offer for their comfort.
- * Cement flower pots, and hanging wall decoration flowers were made during lock down.
- * Watching daily news helped us to update our knowledge around the world wide Covid situation.



Everything is done by the Grace of God, inspiration of Mother Grace, guidance of Sr. Celine- formation in charge, Sr. Lilly Ann, the superior of the community and the full support of Sr. Joice and later Sr.Sajitha, that we could energise ourselves through each event we underwent during this lock down. We thank God for His marvellous love.

Junior postulants at Sarsawa

This corona time has been a blessing in disguise by the grace of God. As the world is in a locked down phase, it helped us also to lock ourselves with our Lord in a deeper relationship. We can surely say that we have grown in our love for God; could grow in the spiritual life through intercession and unfailing prayer with hope. We performed many programmes on this theme through which we become more aware of this pandemic. They are as follows:

- * Conducted an exhibition for awareness about the pandemic
- * Each one was assigned one country to intercede specifically and pray.
- * Recited prayerfully everyday 10 times “I am vaccinated by the Precious Blood of Jesus Christ”.
- * Marathon reading of the New Testament and psalms in four days.
- * Reciting one Mercy rosary every day for this intention.

- * Voiced their experience and views about the corona pandemic through poem writing, essay and drawing competition.
- * Speech competition on this topic.
- * 2 hours adoration for a month and 4 rosaries for this intention.
- * 9 days rosary procession with inmates.
- * Sacrificed curry for morning breakfast.
- * Worked hard to clear the field to make it useful for cultivation.

Senior Postulants at Ghaziabad

- * Food materials were distributed at GZB slums in two days. We were given opportunities to pack the things. Since the lockdown and the pandemic situation Mistress went for the distribution along with other sisters and went to make the chapattis and pack the rice at Christ College for the Deendayalpuri slums. It really helped us feel with people around who are suffering because of the lock down and the pandemic.
- * We stitched mask for all the formees who were gathered at provincialate for the Theological classes during Lock down.
- * Special prayers and adoration and night vigil conducted.

COMMITTED LIFE OF OUR DEAR ELDERS



Sr. Catherine Muttumana SD

“True happiness is found in giving”. Sr. Catherine you experienced it in reality. And like a beautiful brook, you go on ... keep flowing with love.... Keep travelling with Him... the silent flow . . . **“To be with Jesus”** this motto of your life enhances your life all through; 62 years of consecrated life as a sister of the destitute. A beautiful life for God and men! You have touched the lives of thousands with your love and concern for others.

Success is a journey and not a destination and for Sr. Catherine it began on 16th March 1940; gifted to SD by professing on 6th Jan. 1958. Mathai & Aley couples of Muttumana family, Vaikom were blessed with ten children and the devoted parents could offer their two daughters to MSI Congregation and one son to be a priest in Ernakulam Diocese, late Fr. Joseph Muttumana who founded the renowned PDDP organization in Kerala. When

Kathrikutty after completing her SSLC revealed her desire to be the spouse of Jesus, her parents could not withstand the Divine plan about her 9th child.

The stream of her consecrated life originated at Mother House chunanagamvely and flowed through a few convents in Kerala till the year 1963 while she had served as the procurator in two convents; but she continued the same service in Kasauli, H.P for a long period of 18 years. Her next long period of stay was in Jivodaya Hospital, Delhi for about 10 years and during this period she had a short break of hardly five months to the soil of Kerala at Pazhanganadu. When she was entrusted with the task of purchasing the land at Vikaspuri, Delhi she was the Superior there. While she was in Delhi, she had toiled a lot for bringing up JeevanDhara from a marshy green land to a beautiful landscape with the edifice we see today for the orthopedically challenged girl children. Also, she could raise a small dairy farm there which is a best instance of her foresightedness; a good calcium intake for the orthopedically disabled children and manure in plenty for the field from where the vegetable and also the fodder for the animals to be cultivated. She showed keen interest to plant fruit trees in the yard along with the construction. In this great venture she had been a powerful and viable device in the hand of the Almighty. She was appointed the first superior of Ghaziabad community and she continued till the year 2000 in various capacities. She was blessed to

have short term services in Vashi, and Chamoli and two times she served in Punjab at Nandachaur. Now she is in Ghaziabad since 9 years leading a life of contentment

Whatever be the assignment - procurator, superior, hostel-in-charge, office work, workers' in-charge, social work, supervising construction - she was a passionate missionary working hard for the Lord, genuine in relations, possessing great love for the congregation and for the province and also for the poor, truly obedient to the superiors and totally depending and hoping in the Lord. Her approachable nature facilitates many sisters in their needs especially for the sisters from hills and other remote stations. Her well-disciplined life, punctuality, precision in handling money and simplicity in life and the like are always a model to others. She is always stacked to her duty and not bothered whether others would acknowledge or appreciate it.

“You will show me the path of life: in your presence is fullness of joy; at your right hand there are pleasures for ever more.” **Psalm 16:11**

Sr. Catherine we are really proud of you! You are a true asset to our Province. Though you are in the dawn of 80s we see in you a young heart, and a youthful spirit. His Mercy is great! May the Compassionate Jesus keep you in constant touch with HIM and with his beloved needy people and bless you with the strength of body and mind to serve Him further.

Sr. Jwala Pappady SD



FOOT PRINTS.....

Sr. Helen Nedumkandathil SD

For gold is tested in the fire, and those found Acceptable, in the furnace of humiliation. (Eccl.2:5)

Yes! It was a living holocaust of eternal love. It was a life, which converted suffering into burnt

offering of love. Yes, that is our beloved Sr. Helen.

Childhood and family: Sr. Helen was born on 2nd November 1934 in Nedumkandathil family at Cheranallor in the Diocese of Ernakulum. She was the sixth child of her beloved parents, late

Mr. Pappu and Mrs. Elikkuty. Her baptismal name was 'Kochuthresia' as she was born through the special intercession of St. Little flower. Good God blessed her with pious parents from whom she acquired- deep-rooted faith in God, selfless service, hard work and above all compassionate love for the poor and needy right from her childhood. Her zeal and enthusiasm in prayer life and in the church, activities surprised everybody. She was a special devotee of Mother Mary and served Marian sodality as a secretary for a long period. Sr. Helen was very good at studies and completed class 10th with good marks from St. Joseph's school Karukutty.

Entrance to SD: Her ardent devotion to the poor helped her to choose her vocation very easily. She joined SD in the year 1952 with the deep desire to serve the destitute and abandoned. Her first profession was on 7th February 1954 and perpetual profession was on 24th May 1959. Sr. Helen's innocent love and ardent prayer added flavour to her zealous and spirit filled religious life. She was a role model for each one of us in living the Charism of the congregation received from the founder in its true sense.

Virtues Practiced: Her fidelity to the vows, ascetical life style was substantial. She was a person of contentment that we never find her complaining of anything. She accepted all the life experiences gladly, and faced all the inconveniences blissfully. Nobody could exceed her in simplicity and humility. She never craved for any high positions or to get any appreciation and applause but got satisfied with what she has. Sr. Helen had a deep relationship with Jesus which she obtained through her strict disciplined spiritual life. She never missed her prayer time and spiritual exercises. Her submissiveness to the superiors, spirit of obedience, devotion to the Holy Eucharist, love towards the church and her zeal in the salvation of souls were really praise worthy and remains as an everlasting model for all of us. Her sensitivity to the needs of the others made her dearest to all.

Service Rendered: She served as a dedicated teacher at Nellimattam, Palluruthy and Nazareth

and imparted quality education as she guided the children to the real wisdom that is God Himself. She always showed special concern to the weak and poor children. After the retirement, she rendered her selfless service at Thottumugham, Suhruthsadan, Vazakulam and Chunangamvely. The surprising change she brought to the colony at Pushpanagar is a living monument of Sr. Helen. She was least bothered of the scorching heat or the heavy showers and she moved from house to house in search of drunkards and the downtrodden people of Puspanagar, which is fondly remembered by those poor people even now.

Zealous Missionary: Our Sr. Helen was a passionate missionary and rendered her valuable services at Sarsawa and Ghaziabad. The differently able children of Jeevandhara at Ghaziabad still cherish her beautiful smile and tender dealings. She spent her last years at Palakkal and Aluva mission house. Her love and concern to the beggars of Aluva was praiseworthy. Sr. Helen was just like another sanctuary lamp, burnt always near to the tabernacle. This picture of Sr. Helen cannot be wiped out of our minds.

Period of Purification: Last one and a half years, God allowed Sr. Helen to be purified in the furnace of suffering which she accepted gladly. On 3rd May 2018, she received Holy Communion for the last time. When sisters asked her to have food, she replied, "I do not want anything other than the Holy Communion". While she was receiving communion, her eyes were glazing with love as if she was seeing the face of Jesus in the Holy Eucharist. Her face was blooming with a heavenly light, love and joy. Her last words were "Salvation is for all" and she encouraged the sisters to talk about "RAKSHASTAL" (Heaven). Then she entered in to a heavenly slumber on 4th May 2018.

Dear Sr. Helen, you left for your heavenly abode, leaving us a strong witness for the 'compassionate love of Christ'. With gratitude and love, we cherish your loving memories and pay loving homage to you. Dear Sr. Helen we love you, we thank you and we miss you until we meet again in heaven.

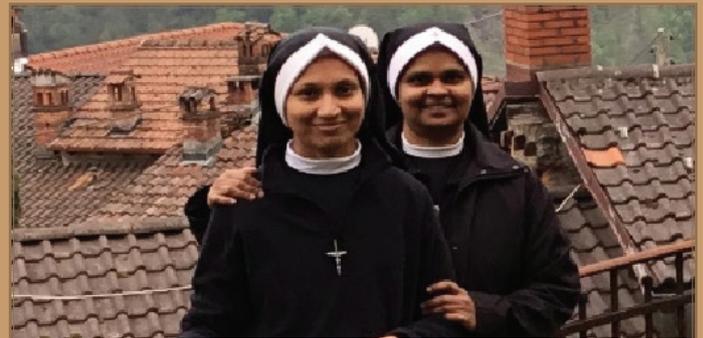
Thanks a Million



Prayerful Best Wishes



Reaching out God's Compassion in Foreign Land



Sisters of the Destitute

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