

*News letter !
From young hearts.*



*Announcing the
Gospel &
Promoting life.*





Live the
Joy
of the
GOSPEL



Provincial's message.



What a joy it was to journey with my young sisters during the Juniors' Seminar at Talasari from 20th to 25th October 2025—a sacred time of encounter, reflection, and renewal. The Spirit moved powerfully among us, beginning with an interactive immersion into the Psalms (21st–22nd), conducted by Fr. Robert, where hearts opened like morning blossoms to the Word.

Sr. Bindu's session on safeguarding minors and vulnerable adults reminded our Juniors of their sacred duty to protect and uphold the dignity of each one especially the children and the vulnerable adults. And in our shared exploration of the spiritual journey—through the signposts of happiness and joy, the “Cup of Blessings”—our young ones participated and danced with grace, creativity, and contagious energy.

This news letter is a living testimony to that vibrant week. Each article penned by our Juniors is a flame of faith, a spark of insight, and a mirror of their deep thirst for God. I read their reflections with awe and gratitude. They are my pride—young women who drink deeply from the wellspring of our Canossian charism and walk with intentionality towards their own spiritual growth.

Dear Sisters, as you turn these pages, may your heart leap with joy, your spirit be stirred, and your hope renewed. The vineyard is alive. The seeds are sprouting. Come and see!

Sr. Audrey D'Souza

Province Leader

Province of St. Francis Xavier, India Centre



Junior Seminar- A Journey of joy and Discovery- *Sr. Mamta*

I recently had the chance to visit Talasari community, and it was an experience I will always treasure. Being part of this community was like a breath of fresh air, and I felt my spirit renew and recharged.

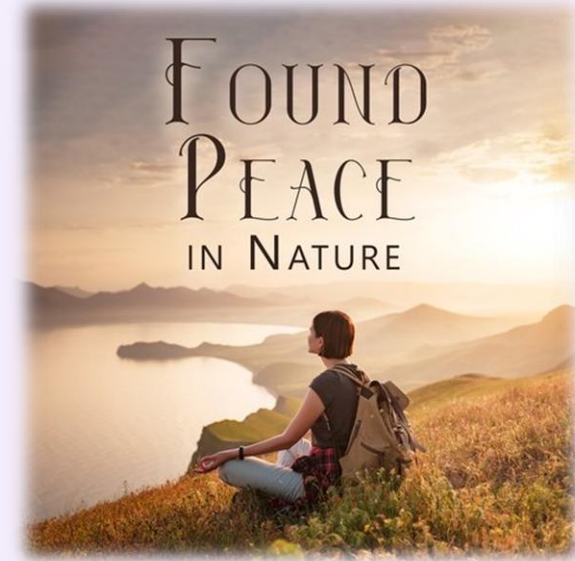
Discovering Psalms:

I have always been fascinated by the Bible, and learning more about the psalms was a true blessing. It was amazing to see how these ancient writings still hold so much relevance today. I felt deeper connection to the words and the stories supporting them.



Finding peace in Nature- Sr. Mamta

A visit to the Dam was just what I needed- a chance to unwind and connect with nature. The serene surroundings and peaceful atmosphere reminded me of psalm 150, which encourages us to praise God for all His wonders.



Safeguarding : A commitment to Truth.

The safeguarding session was a powerful reminder of the importance of standing up for what is right and protecting those who need it. I am grateful for the congregation's efforts in prioritizing the well-being of every individuals.

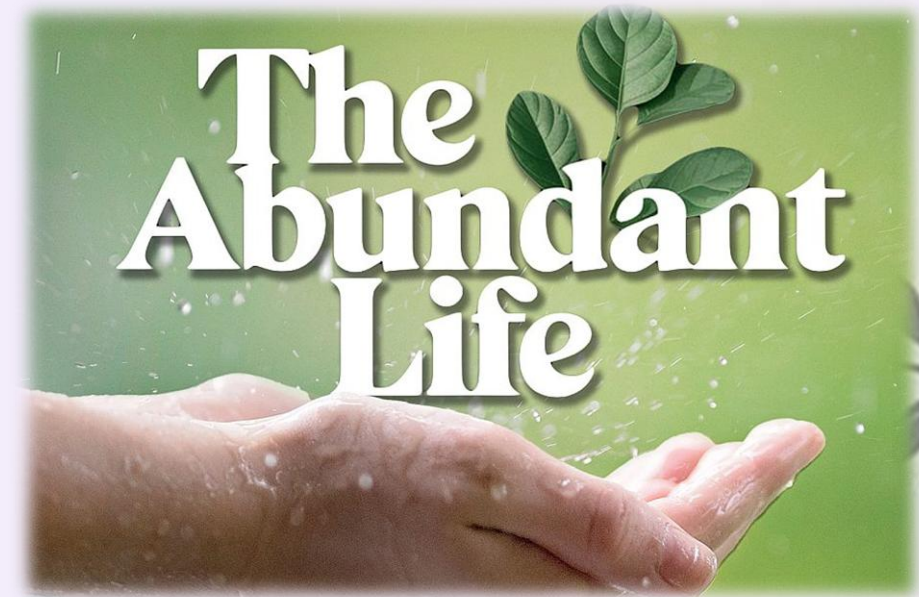


A Cup of Blessings !

The “Cup of Blessings” session was a beautiful reflection of the joys and graces that fill our lives. Filling my cup with symbols of nourishment and protection reminded me of the importance of sharing these blessings with others.

A life of Abundance !

The session on “Announcing the Gospel” was a defining moment for me. Hearing the scripture passage “He has come to give life in abundance” (John 10:10) made me realize the impact we can have on other’s lives. It’s a reminder that we all have the power to make a difference.



Sanjan Experience: A heartwarming encounter

Visiting Sanjan was like stepping into a different world. I was amazed by the transformation that has taken place over the years. The community has grown and adapted itself well. It is clear that the Sisters have worked tirelessly to make a difference in their lives. What struck me most was the love and gratitude that the people have for the Sisters.



I had the chance to visit a family who welcomed me with open arms, and their story of forgiveness and acceptance left a deep impact on me.



Revisiting the Leprosy Community

Visiting the leprosy patients was a humbling experience that filled my heart with joy and gratitude. Seeing familiar faces and sharing moments of love and compassion reminded me of the importance of empathy and kindness.

This journey has left a lasting impact on me, I am grateful for the experiences, reflections and newfound understanding that will stay with me forever.

- Sr. Mamta



Beauty of an Encounter- Sr. Sheela Rodrigues

My recent seminar at the Talasari community was a special experience. As I stepped into the community, I was surrounded by a feeling of warmth and hospitality that touched my heart. The love and gratitude that radiate from our Sisters, showed me the real power of faith and their dedication to the poor.



The sessions on the Psalms and safeguarding were also important parts of my journey. Learning from the Psalms helped me understand the value of trust and hope, especially in uncertain times.

The safeguarding session reminded me of our duty to care for and protect one another, and it renewed my commitment to creating a safe and caring environment for everyone.



Visiting Sanjan, the leprosy center, was a powerful reminder of how love and compassion can change lives. I was deeply moved by the stories of forgiveness, hard work, and acceptance that I heard there.



The strength and courage of the people inspired deep empathy within me. When I looked into their eyes, I saw a reflection of God's love, and it stirred something beautiful within my heart.

The peaceful surroundings of the Varkhanda Dam made me feel close to God's creation. In that calm and quiet moment, I experienced deep peace within reminding me of the Psalmist's words: "Praise God for all His wonders." It helped me to get connected to the Divine.



The "Cup of Blessings" session by Sr. Audrey was another touching moment. As I filled my cup with symbols that represented my life, I felt a deep sense of gratitude and joy. I realized that when we share our blessings with others, our own lives become even fuller and more joyful.

These days of encounter, learning, and happiness have given me the strength and inspiration to live a life filled with love, compassion, and abundance of concern.

- Sr. Sheela R.



Promoting life through encounters - Sr. Madhuri Kharat

The Seminar in Talasari was an unforgettable experience that nourished my soul. Surrounded by loving faces and a spirit of service, I felt a deep sense of peace and connectivity. Witnessing the sisters' selfless dedication to the poor was a powerful reminder of the impact of faith, love and compassion. Their example inspired me to embrace the values of kindness, empathy, forgiveness and generosity.



Through the sessions on the Psalms taken by Fr. Robert D'Souza, I discovered a richness also found solace, guidance and wisdom in the Psalms. Exploring the Psalms has been a transformative experience, allowing me to listen the heartbeat of the Divine. In the Psalms, I've found a mirror, reflecting my own struggles and triumphs, and a reminder of the constant presence of God in my life.

Experience of Inner Serenity:

As I sat in meditation by the serene waters of the dam, I felt my soul being refreshed by the gentle flow. The cool breeze was so soothing, that it helped to quiet my inner being. The beauty of the psalms came alive as I reflected on the majesty of creation. In that moment, I experienced a deep inner serenity as if the peace of heaven had come down upon that very place.



The Safeguarding session by Sr. Bindu was a powerful reminder that protecting minor and vulnerable adults is a fundamental aspect of our faith. It's a living expression of the Gospel, calling us to protect, respect and uphold the dignity of every person, especially the most vulnerable. Safeguarding is a shared mission and not an optional one. We also learned how the Church today promotes the safeguarding of minors. I gained deeper understanding of POCSO and POSH, and how they work to safeguard the well-being and rights of those who need it most.

Sanjan, a place where love, forgiveness and faith come alive. Our visit was a beautiful experience that filled my heart with joy and gratitude. The warmth and hospitality we received were truly humbling and the stories we heard were a testament to the transformative power of faith. Sanjan is a place where values like contentment, respect and humility are lived every day.



Visiting the leprosy center was a reminder that joy and suffering can coexist. As I saw the patients' smiling faces, I felt the presence of Jesus, who looks beyond our physical afflictions and sees beauty within. Their stories of struggle whispered secrets of forgiveness and acceptance. I felt grateful for the opportunity to meet them and be inspired by their stories of hope, love, forgiveness and total surrender in the loving hands of God.

The Signposts of the Spiritual Journey: Happiness and Joy (Cup of Blessings)

The session found us gathering around the table of love, each of us holding a small symbol that represented a significant aspect of our lives. We had been tasked with bringing an object that was special and personal value to us, something that would give us a glimpse into our inner world. Sr. Audrey had told us to fill our cup with that which represents our life.



As we took turns standing up to share, the prayer room grew quiet, and the connection deepened. Each person spoke from the heart, sharing the story behind their symbol and what it represented in their life.

As we stood up to share, we were not just speaking to the group; we were speaking to ourselves, articulating our hopes and dreams. The cup filled with our symbols, became a symbol of our collective journey, a reminder that we are all together in it.

Announcing the Gospel and Promoting Life

Sr. Audrey's session on Announcing the Gospel and Promoting life was truly enlightening.

The session highlighted three main points:

- **Being true to our values and to faith. Stay committed to your values and principles, even when it's hard.**
- **Serving others with wisdom and compassion. Seek wisdom and guidance in uncertain situations.**
- **Proclaiming the Gospel with courage and live life to the full. Trust God's power in every situation.**



Delight yourself
in the Lord and
he will give you
the desires of
your heart.

- Psalm 37:4 -

The story of the prophet Daniel inspired me to remain firm and faithful, even in challenging situations.

This session inspired me to live out my faith with purpose and passion. I am grateful for the insights and look forward to putting them into a practice that is life-giving.

- Sr. Madhuri K.

Sanjan experience- Sr. Vijita Pais

Our day at Sanjan was a truly memorable and heart-touching experience that will remain etched in our hearts. We were welcomed with warm smiles and genuine love that reflected simplicity and joy. The people's togetherness, enthusiasm, and generosity reminded us that true happiness comes from hearts rich in gratitude, not possessions. Despite their limited means, their kindness and contentment shone brightly, revealing God's blessings in their lives.



Sharing in their laughter, songs, and unity filled us with immense joy and gratitude. Our time at Sanjan was more than a visit—it was a celebration of life, love, and the beauty of giving selflessly

2. Dam experience

Standing before the vast expanse of the dam, surrounded by nature's serene beauty, I felt the tender presence of God embracing me. The gentle sound of flowing water and rustling leaves whispered His love — powerful yet peaceful. As I gazed at the calm surface, I realized life, like water, flows best when free from pride and fear. The stillness led me to reflect on God's greatness and my own smallness. I felt humbled and renewed, I was reminded that creation teaches patience and peace. That day, I didn't just see a dam; I experienced God's overflowing love — vast, strong, and life-giving.

*Be still and know
that
I am God!*





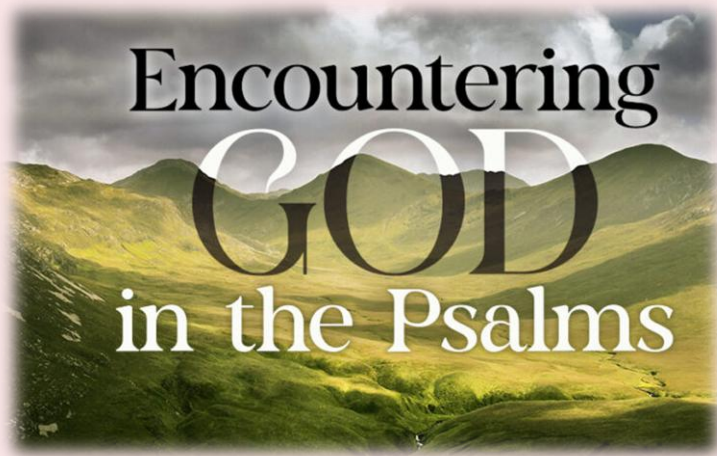
3. Visiting the lepers

Meeting the wounded was one of the most moving experiences of my life. Their faces reflected both pain and peace — pain from rejection by others, yet peace born of acceptance of self. Behind every smile lay hidden sorrow, but also an unspoken strength.

What touched me most was the love the sisters shared with them — a love that restored dignity and hope. Their gentle care and compassion awakened in me a deep desire in turn, to serve and make the inmate feel valued.

That visit revealed the true beauty of humanity — found not in perfection, but in compassion. I left transformed, inspired to love more and serve with joy.

4. Reflections on Psalm.



The input session on Psalms was a deep personal and spiritual experience for me. Through the Psalms, I discovered a profound way of expressing my relationship with God — in joy, sorrow, gratitude, and trust. Each verse felt alive, touching the deepest corners of my heart and awakening in me a desire to know Him more intimately. The honesty of the psalmist's words taught me that prayer is not about perfection but about openness before God.

This session led me to a deep longing to understand every word, to feel every emotion, and to grow closer to God through the beauty of the Psalms.

5. Safeguarding

There are moments in life when silence can wound and truth can heal. I realized that safeguarding is not just a rule but a responsibility — to stand for truth even when it costs something. Laws like POCSO (Protection of Children from Sexual Offences Act) and POSH (Prevention of Sexual Harassment Act) remind us of our duty to protect the vulnerable and ensure safety, dignity, and justice for all.



Taking a stand is never easy, but truth has a quiet strength that brings light where fear hides. Safeguarding, for me, means living with integrity — protecting what is good, respecting what is sacred, and being a voice for the voiceless.

6. The signposts of the spiritual journey: happiness and Joy (Cup of blessings)



During the activity, I placed soil and a small sapling in my cup to symbolize my life.

The soil represented my faith, struggles, and roots — the foundation on which I stand. The sapling, tender yet full of hope, reflected the growth God is nurturing within me. As I gazed at it, I felt deeply moved, realizing that spiritual growth requires patience, care, and trust. There will be storms, yet my roots must strengthen before my branches rise. That simple cup reminded me that though I am still growing and fragile, I can share goodness with others because God continues to nurture me with His unending love and grace.

7. Announcing the Gospel and promoting life

Life has taught me that proclaiming the Gospel is not only through words but through the living testimony of faith in daily life. Scripture calls us to praise God in every situation — in trials, insults, and joy alike. I often draw strength from Daniel, whose unwavering faith turned persecution into proclamation. His courage inspires me to live the Gospel through love, forgiveness, and joyful endurance.

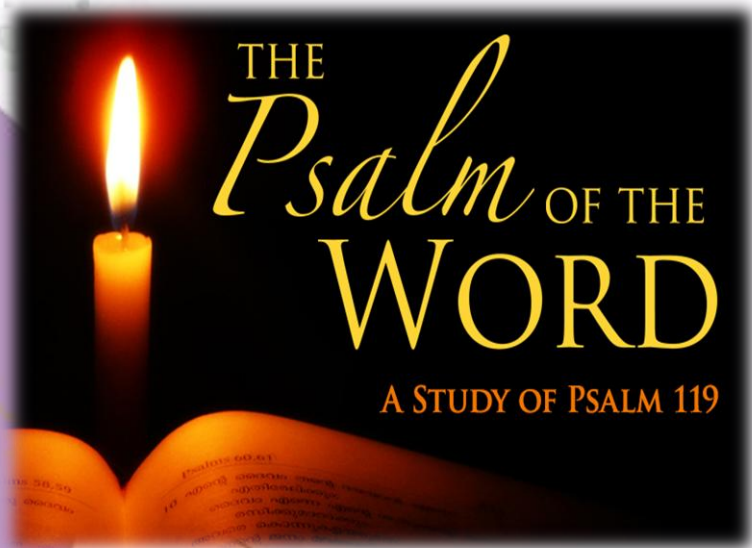


To announce the Gospel is to let Christ's light shine through our actions; to promote life is to uphold its sacred worth in every person and moment. May my life become a melody of gratitude, proclaiming it at all times, "Thank You, Lord."

Sr. Vijita Pais

A time of Renewal - Sr. Sundarya

It was a time of self- discovery and finding God within and around. Which was a great help to see inner beauty and see the blessings and graces received in manifold ways.



Reflections on the Psalms.

What touches me most in the Psalms is the deep trust in God shown by the psalmist in every situation. The Psalms remind me that God is my refuge and strength, always present in times of need. I plan to live this message by praying the Psalms daily and trusting God more deeply in all circumstances. This practice continues to strengthen my faith and deepen my relationship with God.



With nature- Dam Experience

It was a refreshing experience to witness the beauty of the place and to spend time meditating on nature. The calm surroundings helped me feel God's presence more deeply and renew my spirit. It reminded me of the peace that comes from being close to creation.

Safeguarding :

What touches me most about safeguarding is the call to protect the dignity of every person, especially the vulnerable, as God's precious children. It reminds me that caring for others is a sacred responsibility entrusted to us by God. I plan to live this out by being alert, compassionate, and respectful in my ministry, creating a safe and trusting environment where everyone feels valued and loved. This continues to inspire me to serve with greater awareness and sensitivity.



Safeguarding Adults and Children

The Signposts of the Spiritual Journey: Happiness and Joy (Cup of Blessings)

The question made me reflect deeply: What is in my cup? I realized that the cup symbolizes my life—what I hold within and what I choose to share with others. In community life, I desire to cultivate an attitude of gratitude by being humble in my words and actions. In ministry, I aspire to be prophetic by standing for the values of Jesus and witnessing to the truth with courage. The story of the prophet Daniel inspires me to remain firm and faithful, even in challenging situations.



Announcing the Gospel and Promoting Life

In all these experiences, I am reminded of my mission to announce the Gospel and promote life wherever I am. Each encounter, reflection, and moment of prayer helps me grow in faith, hope, and love encouraging me to share Christ's joy with others through my words, actions, and presence.



Sanjan Experience- Sr. Sundarya

It was a joy to meet the people of Sanjan during my first visit. Spending time with the families gave me a deep insight into the struggles they face in meeting their basic needs. Their resilience and simplicity touched me deeply and challenged me to live my vow of poverty more meaningfully. I truly enjoyed their warm company and continue to pray for them. This experience has left a lasting impression on my heart.

Visiting the Lepers:

It was a God-given opportunity to visit God's beloved people—our brothers and sisters affected by leprosy. I was happy to console them, bring joy, and share time in their company. I was deeply inspired by the sisters who lovingly care for them with such dedication and compassion. The bright and cheerful faces of the patients touched my heart and helped me recognize the presence of Jesus even in the most difficult situations. This experience reminded me that true joy is found in selfless service and love.

With God
ALL
THINGS
ARE
Possible
• MATTHEW 19:26 •

Reflection on the Psalms- Sr. Sweeta D'Souza

Praying with the Psalms opened my hearts to God's voice in every emotion—joy, sorrow, hope, and trust. The Psalms became my dialogue with God: a song in moments of peace and a cry in moments of struggle. Through them, I discovered that faith is not about perfection, but about an honest relationship with . It is God who listens, understands, and transforms every feeling of mine through prayer .



Dam Experience

Standing by the waters of the dam, I was reminded of the abundance and power of God's creation. The stillness of the surface and the depth beneath symbolized my spiritual journey—calm on the outside, yet filled with unseen movement within. This experience invited me to reflect on how I am called to be a reservoir of grace, storing and sharing the life-giving water of faith with those who thirst for hope.



Sanjan Experience- Sr. Sweeta D'Souza

Our visit to Sanjan was a moment of deep encounter—with people, with nature, and with God's simplicity. Surrounded by the serene beauty of the place, I learned that mission begins with presence. Their quiet smiles, shared joys, and humble living reminded me that the Gospel is often proclaimed not in grand words, but in small, loving gestures. Sanjan visit taught me the value of listening, learning, and letting love speak through service.

He has
Made
Everything
Beautiful
in it's
Time

ECCLESIASTES 3:11

Visiting the Lepers

Meeting our brothers and sisters affected by leprosy was a profound lesson in compassion. Their courage, resilience, and inner joy revealed the face of Christ in suffering. I realized that love has no barriers, and that true healing begins with acceptance. Meeting them reminded me that every act of kindness restores dignity and announces the Gospel more powerfully than words ever can.



5. Safeguarding (In Short)

Safeguarding is about protecting life in all its forms. It means creating spaces of respect, safety, and dignity—especially for the vulnerable. It calls me to be responsible, attentive, and compassionate, ensuring that every person feels valued and secure. Safeguarding is not only a policy—it is a reflection of our Gospel commitment to love and care for one another.



6. The Signposts of the Spiritual Journey: Happiness and Joy (Cup of Blessings)

Life offers many “cups” to drink—some sweet, some bitter—but each is a blessing in disguise. Happiness often comes from external moments, but joy springs from deep communion with God. On My journey, I learn to drink the “**cup of blessings**” with gratitude, finding joy not in what I have, but in who I become when I am one in Christ.



7. Announcing the Gospel and Promoting Life



To announce the Gospel is to live it daily—with integrity, wisdom, and courage. Daniel and his companions inspire me to remain faithful, hopeful, and compassionate even in challenging times. Promoting life means nurturing what is good, healing what is broken, and shining God's light wherever there is darkness. My vocation becomes a living Gospel when I embody love that uplifts and hope that renews.



Give thanks to the God of heaven,
His love endures forever.

Psalm 136:26

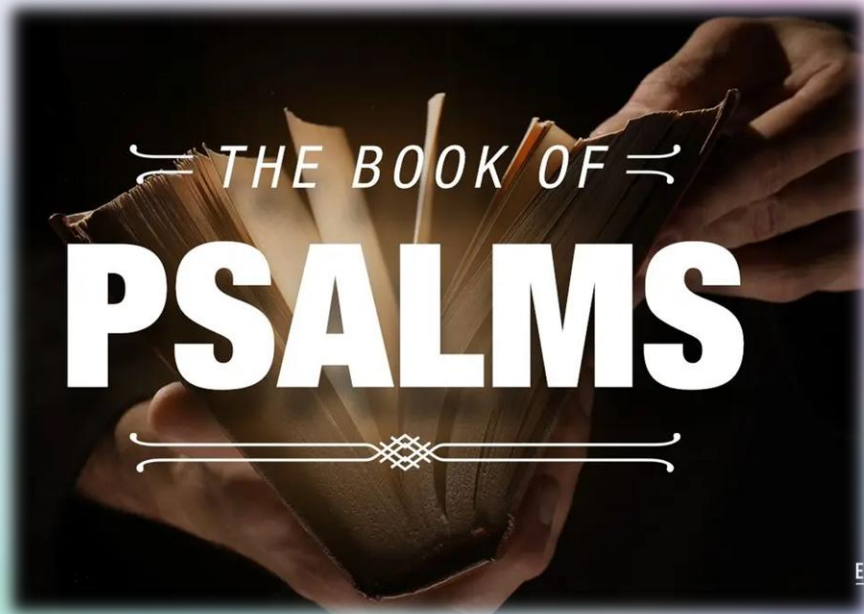
- Sr. Sweeta

Junior Seminar- A Time for renewal- Sr. Brijitha

Attending the juniors' seminar was indeed an experience that touched different aspects of my spiritual and personal growth. Each session became a moment of reflection, awakening, and renewal in my faith journey.

The Psalms: A Prayer from the Heart

The sessions on the Book of Psalms helped me rediscover the beauty and depth of these ancient prayers. I realized that the Psalms are truly the language of the heart — expressing every human emotion before God: joy and sorrow, gratitude and pain, praise and lament. Through the Psalms, I have learned to make my life itself a prayer, a continuous dialogue of love with God.



Safeguarding Minors and Vulnerable Adults:

Another significant aspect of the seminar was the session on safeguarding minors and vulnerable adults. It helped me realize that safeguarding is not just a set of rules or policies, but a living expression of the Gospel — a call to protect, respect, and uphold the dignity of every person, especially the most fragile. I became more aware of the Acts POCSO and POSH and the protection they offer to ensure safety and justice.



I understood that to safeguard is to love — to make sure that our environments reflect the compassion and care of Christ.

Signposts of the Spiritual Journey: Happiness and Joy

The final part of the seminar invited me to look into the “**cup of my life.**” This personal reflection helped me discover that true happiness and joy flow from a heart filled with gratitude.

I realized that the attitude of gratitude is possible only when I am humble — when I recognize that everything I have is a gift.

I experienced my own “**Aha moment,**” a moment of grace where I felt called to announce the Gospel and promote life wherever I am.

The life of the Prophet Daniel inspired me deeply — his courage to stand for his values and his unwavering faith reminded me that true strength comes from trusting God fully.

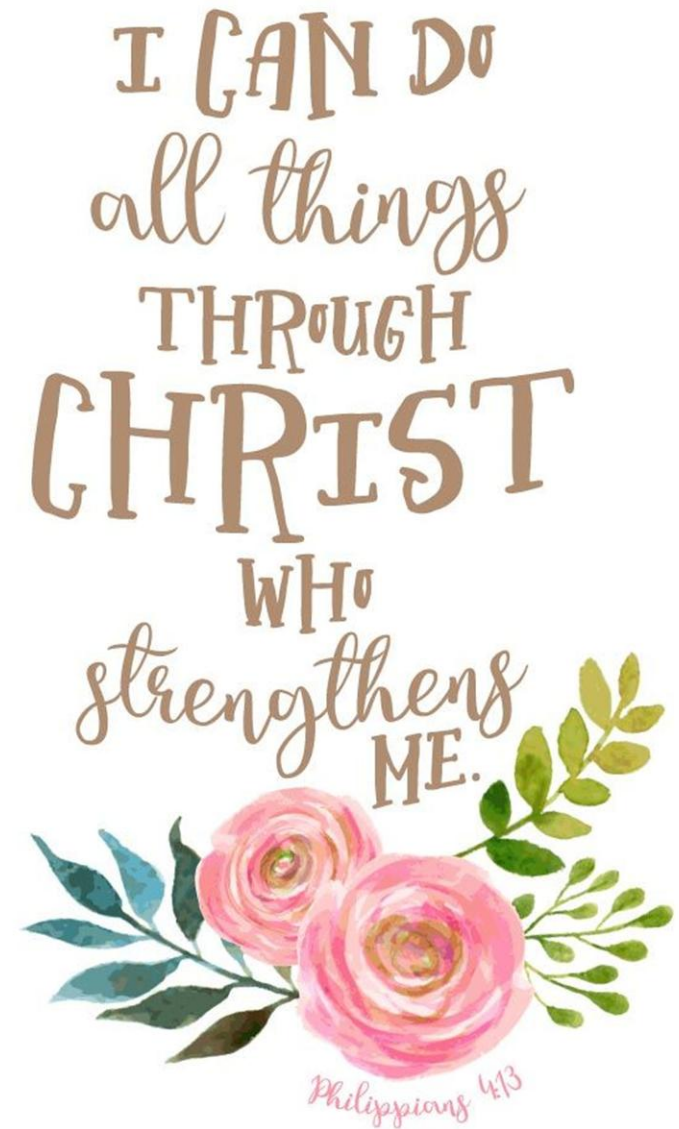


Besides these three sessions, we also had a meaningful missionary experience by visiting Sanjan and the Leprosy Centre. This visit was truly enriching for me. As I met the people there, interacted with them, and listened to their stories, I felt a deep sense of connection and compassion. Their courage, simplicity, and faith touched my heart and inspired me to value life's blessings more deeply.



This seminar was not just a learning experience but a journey inward — a rediscovery of God's presence in the ordinary and the extraordinary moments of my life. I return with a renewed heart, grateful for the Psalms that teach me to pray, for the awareness to protect and respect others, and for the joy of walking with God in gratitude, courage, and love.

- Sr. Brijitha



A heart- touching journey to Sanjan

A day of encounter and compassion- Sr. Jenisha

On the day we set foot in Sanjan, we carried with us curiosity-but returned with hearts filled with compassion, gratitude, and new understanding. The visit was more than a journey to a place; it was a journey within ourselves.

As we arrived, the warm smiles of the people welcomed us more deeply than any words could. We listened to their stories-some painted with courage, some with silent struggles, and many with a profound strength that life had nurtured in them. Each encounter reminded us that true joy can be found even in the simplest moments of life.



As we returned, we carried with us not only memories, but a renewed call to live with empathy, service, and a heart that sees Christ in every person.

Reflection on Psalms:

The class on Psalms was truly an experience of God. As we attended these classes , we realized that the Psalms are not just words, but a living conversation with the Lord.



We attended an enriching session on safeguarding, where we learned the importance of protecting and respecting every individual's dignity and well-being. The session helped us understand our responsibility to create a safe, caring, and supportive environment for all.

What's in My Cup?

As I pause to look within, I ask myself: What am I carrying in my cup today? I realize that what is in my cup is what spills out of my cup. I should cultivate the transformative attitude of gratitude. Be grateful, mindful, happy.

Through the session we have learnt how Daniel announced the Gospel practically. We can announce the Gospel if we share the Good News of God's love through our words, actions, and attitudes. Promoting life means valuing every person, recognizing God's image in all, and nurturing hope where there is despair.

Practical Ways We Can Do It:

Live the Gospel daily — Be honest, kind, forgiving, and compassionate in every situation.

Be a witness of joy — Let our smile and peaceful attitude speak of Christ's love more loudly than words.

Serve with love — Offer your time and heart to those in need — the poor, sick, lonely, or rejected.

Respect and protect life — From the unborn to the elderly, stand for the dignity of every human person.

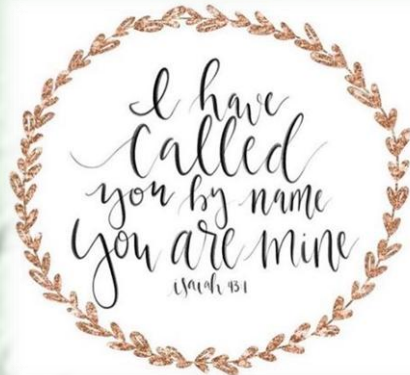
Encourage others — Speak words that build up, not tear down; give hope to those who struggle.

Care for creation — Protect our common home as an expression of gratitude for God's gift of life.

Pray and listen — Strengthen your relationship with Jesus; only from this friendship can true evangelization flow.

Love heals where medicine cannot.

Our visit to the leprosy patients was a touching and inspiring experience. We were warmly welcomed with smiles that reflected courage and hope. Spending time with them helped us see beyond the illness and recognize the dignity and beauty of each person. Their strong faith, resilience, and gratitude deeply moved us. This visit reminded us of the blessings we often overlook and the importance of treating every person with love and respect.



We returned with hearts enriched, encouraged to break prejudices and to be more compassionate, understanding, and grateful for the gift of life.

- Sr. Jenisha Dinis.

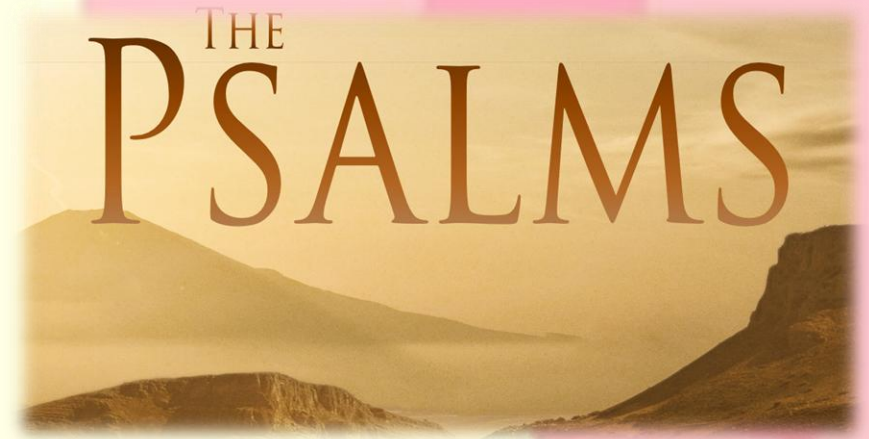


Love is the only medicine whose dose can be increased without worrying about side effects.

Storymirror.com

Come to me as you are – Sr. Ruby M.

During our seminar at Talasari, we had the privilege of attending Fr. Robert D'Souza's session on the Psalms. Father beautifully explained how each Psalm contains the emotions of the Psalmist. Psalms are a bouquet of emotions offered to God. There are different emotions and feelings expressed in them.



Every person on the face on the earth, holds his/her emotions very dear to them. And when emotions are involved in a Relationship, the relationship grows stronger and stronger. I too want to bring my emotions before the Lord and make my relationship stronger, deeper and more personal. The Psalms invite me to Come to The Lord as I am.



During the Seminar, Sr. Bindu introduced us to the Policy of the province regarding Child Safety. The attitude of Zero Tolerance touched me the most. Offense is an offense, no matter how big or small the act might be. I got the awareness of not excusing the one who offends the norms given in the Policy.



All the different experiences have helped to go deeper and feel the pain of others. Even though all the people were struggling they were happy, contented and grateful for all that they have. I am touched by the simplicity of all the people whom I encounter in Talasari, Sanjan, and the Leprosy centre.

- Sr. Ruby M.

Finding God in the Heart of Sanjan Leapers Colony - Sr. Richa

A promise of light piercing through darkness. For me and my sisters, however, this Diwali held a significance far deeper than the usual festivities. Our hearts brimming with a singular mission: to be channels of hope to the hopeless.

We were each allotted families, armed with a questionnaire designed to unearth their needs, to understand the tapestry of their lives. Yet, for me, this structured approach soon gave way to an experience so raw, so profoundly human.



We love
because
He first
loved us.

1 John 4:19

I stepped across the threshold of a small dwelling, my initial greeting met with a heart-wrenching sight. A woman, her face etched with despair, lay slumped on a thin mat, the acrid smell of stale alcohol clinging to the air around her. Her body bore the cruel marks of a nightmarish ordeal – a jagged wound on her forehead, a knee swollen and tears tracing pathways of suffering down her cheeks. She was drunk, a prisoner of her circumstances, crying out for a solace that seemed impossibly distant.

In that moment of profound helplessness, I found myself, paradoxically, at home. The prepared questions evaporated. In that small, dimly lit room, safety and hygiene, my carefully ironed saree – all faded into insignificance. My very being went beyond myself. I knelt beside her, gave her a bath, each splash of water a baptism of compassion. As I carefully cleaned the deep scar on her forehead, she cried out, a guttural sound of pain that pierced through me, tearing at the very fabric of my being. Just then, a shadow fell across the doorway. Her husband, equally inebriated, stumbled in. Then erupted a torrent of accusations, a testament to their shared agony, their brokenness. I stood there, my heart overflowing with compassion.



This wasn't a case study; this was life, raw and bleeding, unfolding before me. I reached out, not with a solution, but with comfort. I sat with them, my presence a quiet anchor in their stormy sea. And then, a miraculous shift began. They, in their brokenness, began to care for me. They wanted me to be comfortable, their gratitude a tangible warmth that reached across the chasm of their pain. With hands clasped in earnest, they expressed their thanks, their eyes, though weary, shining with a newfound tenderness.

Taking a leap of faith, I asked them, gently, to choose a different path, to relinquish the grip of alcohol that had caused such devastation. And then, in a moment of such exquisite grace, I asked the husband to apologize to his wife. Their reconciliation, born of pain and forgiveness, was a sight to behold, a testament to the enduring power of love. The daughter apologized for her own disrespect, a ripple effect of healing spreading through their fractured family. In that moment, I felt an intense connection, a humbling responsibility, an undeniable surge of my own humanity. I wasn't just observing; I was living, breathing, and experiencing life at its most vulnerable, its most resilient. We shared smiles fragile yet genuine, illuminated by the spirit of Diwali.

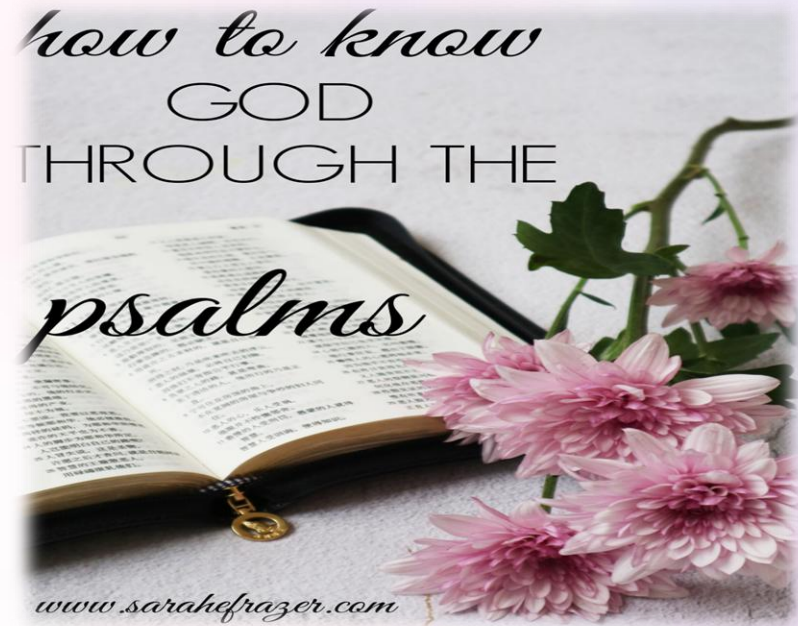


Your Beauty
SHOULD BE
THAT OF YOUR Inner Self,
THE Unfading BEAUTY OF A
Gentle & Quiet Spirit,
WHICH IS OF Great Worth
IN God's Sight.
1 PETER 3:3-4

That evening, as the last rays of the sun dipped below the horizon, a profound realization washed over me. It was truly an evening of encountering God.

This Diwali, at Sanjan Leapers Colony, was not just a festival of lights; it was a testament to the enduring light within each of us, waiting to be kindled, waiting to ignite hope in the darkest of places.

Sr. Richa



Reflection on psalm- Sr. Tressy

After completing the class on the Psalms, I felt that when I prayed the psalms before they did not mean much to me but now I feel the importance and the underlying emotion with the knowledge of the psalms. Father's question of how to connect them to our life made a deep impact on my own personal growth.

Safeguarding

This topic on safeguarding one's self and others made me take up the responsibility of knowing why I should safeguard someone else. Also having the knowledge of all the articles connecting to safety made me feel safe and also comfortable. This will also help me to stand for justice and truth, thus safeguarding others.



Sanjan experience- Sr. Tressy

It was a really amazing experience for me. I felt a deep wonder of God's love for me especially when I encountered these people personally. I didn't know what to say to them, in the beginning but slowly I made them feel comfortable with my presence. As I encountered the children I felt within a deep sense of gratitude for the flash back I had of my childhood.



Spending time with them, by organizing games and dancing with them brought joy and happiness in my life and theirs. Hearing their story gave me the sense of pain, listening to the struggle they had go through in their life but yet there are grateful in their attitude.

Visiting the lepers

Visiting these lepers just for a short time I felt from within that happiness is not in suffering but how I endured it. Suffering will surely make me weak but it also strengthens me when I have to face difficulties, I need to understand how I'm growing through suffering practically.



Dam experience

As I was climbing the road that was leading to the dam I felt that I'm going to encounter God in the whisper of the gentle breeze. As we were sharing our experience of learning the book of Psalms I felt within me the emotional feeling of the different writers. This dam site was a moment enlightenment. The process of water purification where impurities are removed and water is purified made me reflect that, I too must be careful to wash away all the unwanted stuff in my life.

The Signposts of the Spiritual Journey: Happiness and Joy (Cup of blessings)- Sr. Tressy Pinto



The idea of putting something in the cup representing oneself, made me personalize how I remain empty of happiness and joy which is awaiting for me at various times. There were so many things to be grateful to and take it as a blessing for one's self.

Announcing the gospel and promoting life.

As Sister divided us into groups according to our ministry and placement, it made us aware of how we can announce the Gospel and promote life through the example of Daniel and his companions in the Scriptures. We must take personal responsibility for being witnesses by our own life.





Discovering the Heartbeat of the Psalms in the young sisters: Sr. Bindu Varghese



Attending the two-day Scripture session along with the young sisters on the Book of Psalms conducted by Fr. Robert D'Souza, was truly a blessing. The experience opened a new window for me into understanding the depth and richness of this book.

Fr. Robert beautifully led us through the history, purpose, and inner meaning of the Psalms, revealing how they are not merely words on a page, but heartfelt prayers rising from the human soul. Each psalm carries its own story of joy, sorrow, trust, pain, thanksgiving, and praise reflecting the very rhythm of our lives.



What touched me most was learning how the Psalms express the full range of human emotion before God. Whether in moments of despair or gratitude, the psalmists teach us to bring everything honestly into prayer. Understanding the reason behind each psalm and the feelings connected with them helps me to pray them more meaningfully and personally. These two days deepened my love for Scripture and renewed my desire to pray the Psalms attentively in my daily prayer. Truly, they are the heartbeat of our relationship with God, words that give voice to our silence, and strength to our spirit.



As I accompanied the young sisters of our Province for five days, I could truly sense the living echo of the Psalms within them. Their joyful enthusiasm and vibrant energy shone through every moment. Their compassionate and attentive presence with the poor at Sanjan, the lepers, the elderly sisters, and the sisters in the community revealed- hearts rooted in love.

Their readiness to take up any task, to share their gifts and talents wholeheartedly, and to participate actively in every session reflected a genuine desire to grow in maturity and depth in their religious life. Though human limitations and frailties are part of every journey, all of them showed a genuine longing to grow spiritually and a hopeful attitude toward life. Their openness and optimism were truly inspiring.

As I observed them learn, share, and support one another, I pray that they may continue to grow in confidence and humility that will make them noble women of God. May they nurture within themselves the same spirit that the psalmists had: a heart that seeks, trusts and loves God with sincerity and joy.



*I thank
my GOD
everytime
I think of
YOU*
-PHILIPPIANS 1:3



Sr. Bindu Varghese
Junior Mistress



Province of St. Francis Xavier – India Centre

The Joy of belonging...

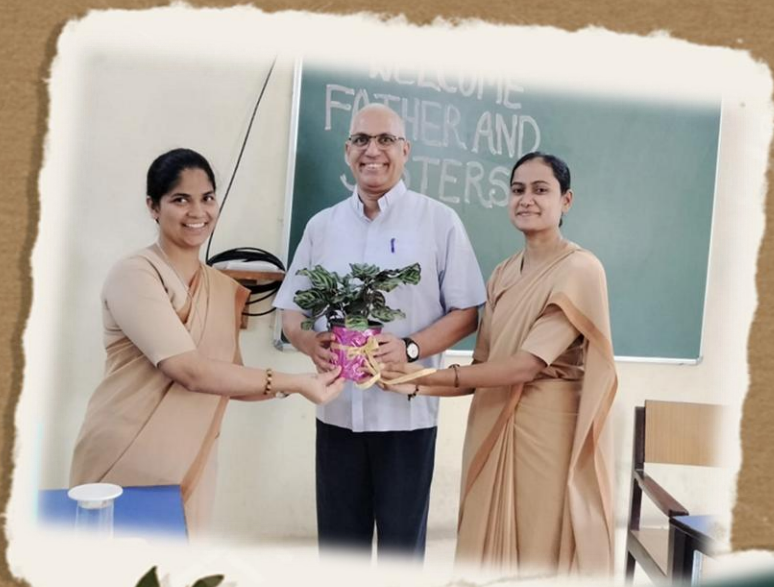


**We are called, to walk in the love & peace of Jesus Christ,
and bear witness to His righteousness.**



*Encountering God
in the stillness
Of our hearts !*



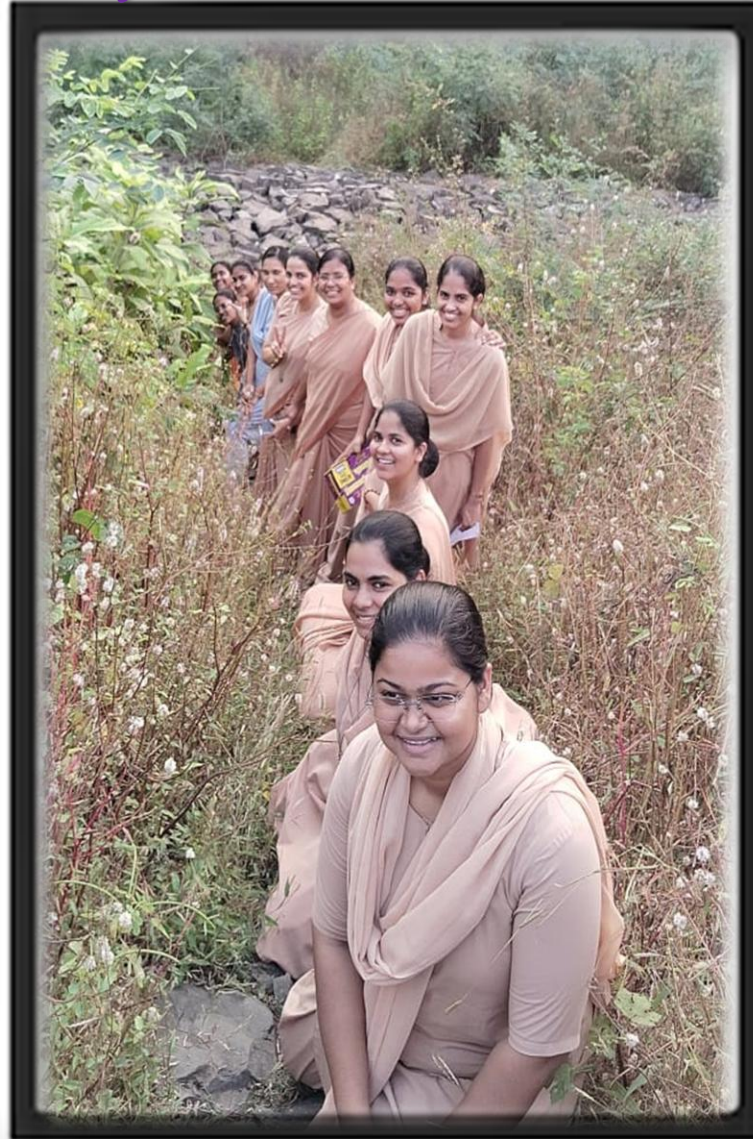


The Sessions on Psalms



♥ Love heals where medicine cannot. ♥

Light moments !



you are
precious
to me



*Fill your cup
with gratitude
and you will find it
with
overflowing blessings.*



Rooted in Christ



Strengthened in faith & Overwhelming in thankfulness.

