

**ONE BODY,
MANY HEARTS,
ONE PURPOSE**



SPANDAN

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Province of St. Francis Xavier India Centre

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Editorial

As we step into the academic year 2025-2026 let us cultivate the wisdom to unlearn the mistakes of the past and relearn from our most enriching experiences. Thus as we move on as Pilgrims of Hope we will open ourselves to a year filled with grace, renewal and boundless opportunities for growth.

These opportunities are offered us by our mother Church which is a community of people radiating Christ, with hearts on fire for His Kingdom. We had been graced to have had Popes walking in Christ's footsteps. As you will read avidly the articles in this issue you will delight in knowing how 'we are church' as explained in the dimensions of Provincial leadership. We have had the treasured gift of Pope Francis who walked together as the people of God which he called synodality. His words echoed the spirit of inclusion, dialogue and shared discernment that has defined recent years in the church's life.

As a spiritual leader of over a billion catholics Pope Leo XIV steps into a role shaped by the legacy of Pope Francis. This new pope will definitely bring his own gifts to the Church's mission. The messages in this issue of Spandan will hopefully lead us to pray together for wisdom, courage and compassion in the heart of its new Shepherd. His upliftment of migrants and the poor brings him closer to the challenge we as Canossians face in the Indian Church. The story related here of 'The father's fight against kidney failure brings 'HOPE' telling us that there are people who have faith and

truly love. Our growing in hope will surely lead us to a new heaven and a new earth.

From Spandan Team
Sr. Olive





"How I Am Church: Dimensions of Provincial Leadership"

As Province Leader of the Canossian Daughters of Charity in the Province of St. Francis Xavier, India Centre, I view my Province as a vital subset of the Church. Our Province Leadership team together with all the communities of Canossian Religious, play an essential role in collaboration with the local Church across five states: Maharashtra, Gujarat, Goa, Madhya Pradesh, and Karnataka. Together, we portray the spirit of the Church through our diverse ministries, which reflects our commitment to serving God in our people.

1. Leading with Vision and Purpose

In my role as Provincial, together with my Council, I strive to articulate a clear vision that aligns with the mission of the Church and resonates with our Province. This vision not only guides my actions but also inspires our members to engage

actively in their faith and contribute to the broader mission of the Church. Presently our theme is: “Serving together to announce the Gospel and to Promote Life”

2. Core Valuing Integrity

As a leader representing Christ in His Church, I value and integrate in my leadership the wholistic nature of integrity. In my relationships, I value honesty, truth and trustworthiness with self and others. Accountability, transparency and ethical financial dealings are my daily practices, not without challenges. In all things, I seek the guidance of the Most Holy Spirit and the Bride, to stay true to the person of Christ, His purpose, values and principles. Balancing integrity with the demands and pressures of daily life is the journey of the Cross, of course!

3. Cultivating Relationships

Building authentic relationships is at the heart of our ministry. By fostering connections with fellow religious in various community, in the CRI, Church authority, and the people we serve, we create an environment of trust and collaboration. This relational dynamic is essential for promoting unity and harmony within our Province, the local and universal Church and the world at large.

4. Empowering Others

Empowerment is a cornerstone of my Provincial leadership. Together we actively seek to identify and nurture the gifts and talents of our sisters, providing opportunities for growth and service. Through commissions and participatory structures, we engage in encouraging each sister to take ownership of her faith journey and consequently of her missionary journey as a member of the Body of Christ, the Church. Thus, we collectively strengthen our mission and impact in God's arena.

5. Promoting Spiritual Growth

Together with my Province Leadership team, my commitment to spiritual formation is paramount. As a Woman listening constantly to the Word, I prioritize teaching, discipleship, and formation in the Spirit, deepening relationships with God, in our Province. By fostering a culture of prayer and study, we, the Provincial Council, equip our members to grow in their faith and become effective witnesses of Christ's love. Online and offline scriptural and theological study is offered and encouraged.

6. Facing Challenges

In our diverse ministries—ranging from education and evangelization to pastoral assistance to the sick and socio-pastoral ministry—we encounter various challenges. As leaders, we do approach these obstacles with discernment, courage and much prayer, addressing issues with grace and

wisdom, thus guiding our communities through times of uncertainty. Our powerful triune God is the rock model and life giver for our Leadership team.

7. Embracing my vulnerability

Each day of my Province Leadership is a deeper realization of how weak and inadequate I am to be a Leader as “The Good Shepherdess”. This goal seems to be more distant each day as I look at myself and my vulnerability. The amazing fact is that daily as I fix my gaze on Jesus exposed in the Blessed Sacrament and each day as I consume the precious Body and Blood of my Saviour, I am renewed in my being. United to my Saviour God in every cell of my being, I begin anew each day realizing and living the possibility of becoming “The Good Shepherdess”. My good God reminds me that I am a pilgrim of Hope on the journey and God has taken all my vulnerabilities and those of my Province onto His Crucified Body. And what a spiritual surge that is for me day in and day out!

8. Emphasizing Service and Outreach

Our Province is deeply committed to service and outreach, reflecting the heart of Christ in our ministries. By engaging with the local communities in different states we demonstrate Christ’s love through acts of compassion and support. Our work in education, formation of the laity, pastoral assistance to the sick, evangelization, care of creation and spiritual

formation, is a testament to our dedication to being a light, as Church in the world.

9. Collaborating for Greater Impact

Our mission is further strengthened through collaboration with the two other Provinces and one delegation of the Canossians in India (PCCI). We actively engage with our Congregation at large, the larger body of women religious (CRI) and the Church authorities (CBCI and CCBI), fostering a spirit of unity and shared purpose. Additionally, we collaborate with both government and non-governmental organizations, indeed with any individual of goodwill, to reach out to the neediest, true to our name as Canossian Daughters of Charity, Servants of the Poor. This collaboration is vital as we work within and alongside the Church in its mission to build a just, equitable, and loving society for all people, recognizing everyone as children of God.

10. Leading with the vision of BEING CHURCH.

As I enthusiastically embrace my role as Provincial of the Canossian Daughters of Charity, I recognize that my leadership is not just a title but a calling to live the essence of what it means to be “Church”. By leading with vision, cultivating relationships, empowering others, promoting spiritual growth, navigating challenges, emphasizing service, and collaborating for greater impact, we the first community of the Province, strive to live out the reality of “How I Am

Church”, “How WE are Church”. Together, we reflect the love and grace of Christ in every dimension of our lives, contributing to a vibrant community of faith as One Body of Christ saving, serving and uplifting those around us.



Sr. Audrey D’Souza
Province Leader



A New way of Becoming the Church

Change is essential for growth and if we resist change we are at a risk of fading away and becoming irrelevant. A new way of being Church is to bring change which transforms and renews. The Church today reflects a profound spirit of renewal embracing transformation in all walks of life. Looking at the life of Pope Francis we see the depth of his thoughts brought across globally, emphasizing the Church

which is ‘merciful and just’, embracing the margins of society.

Let’s look into the Pastoral perspective:

God’s Persistent Call to Humankind: God’s call is for a continual renewal and inviting us for a transformation and spiritual growth urging all believers in Christ to be transformed by the renewing of the mind. The need is felt to leave behind the old self and embrace a new identity in the likeness of God. Through this ongoing transformation the Church deepens its connection with God, adapts to contemporary challenges and continues to shine as a light house of hope and faith ensuring relevance in an ever changing world.

Evangelization: Evangelization is the Church’s primary duty, to spread the mission entrusted by the Risen Christ, to spread hope and renewal. It’s our responsibility to share this faith to all who are waiting in hope. By carrying the Gospel’s transformative power to all believers we fulfil this calling to make the faith alive, accessible and impactful across the globe ensuring that it remains alive in hearts and communities. Evangelisation ultimately transforms lives and fosters newness in the church for a divine purpose.

Synodality: Synodality has gained renewed focus in Church teaching. It is a journey that God expects of the church in the third millennium. This fosters collaboration and unity. The Church remains relevant even today in the midst of an

evolving and complex world of today. Therefore the representation of each of its members needs to be dynamic and deeply bonded in faith by collaborating in the mission of the church to reach out to the lost and less fortunate.

Renewal through Fraternity: Pope Francis brings to our mind the Church's ongoing renewal. It lays emphasis on fraternity in community, love that moves beyond barriers of distance, language and culture. This calls us to restore our broken humanity.

Pope Francis broadens renewal to include the Church's role in addressing issues that concern suffering humanity and care for them with the hope of uplifting and soothing their pain.

I conclude with one of the great quotes of Pope Francis, "To change the world, we must be good to those who cannot repay us".

Sr. Jacinta Pinto Fdccc
Galgibaga



Shepherding Church and Community



Forming a shepherding Church is a continuous journey that requires commitment, prayer and a deep love for God's people. It's about building a Church where every member feels known, loved and cared for, growing together in Christ. The shepherd has a loving and caring heart for his sheep, guiding, protecting, providing spiritual nourishment and a deep understanding of individual needs with compassion and empathy. He puts the needs of others first, helps them to achieve their full potential, leads them by example and empowers them.

We as a Shepherding Community:

1. Encourage people to deepen their relationship with others.
2. Pay regular visits to people who are old, sick, poor and home bound
3. Help people to grow in their faith and address their specific needs and current issues.

4. Reach out to people who are going through difficult times.
5. Encourage people to show empathy and understanding towards one another.
6. Create a safe and welcoming environment for people to share their struggles and concerns.
7. Strengthen the bond of unity and have strong, supportive relationship with one another.
8. Teach people to use their gifts and talents to serve others without counting the cost – “ Look and Do Likewise –Make Jesus Known and Loved”
9. Build up a strong Shepherding Community.
10. We avoid 11 things which Venerable M. Fernanda Riva practiced in her lifetime :
 - a. Egoism
 - b. Rash judgment
 - c. Envy
 - d. Suspicion
 - e. Lack of delicacy
 - f. Sulking
 - g. Bad temper
 - h. Sharp words
 - i. Exclusive relationships
 - j. Gossip and
 - k. Complaints

And we pray with her words, “Dear Jesus, make me a saint; not an exceptional saint, nor an extraordinary saint because that would be too hard for me to control it. Make me, instead, a hidden saint, just the way a true Canossian should be”.

From the writings of Mother Fernanda, “O Jesus! You are Joy, without you there is sorrow; You are peace, without you, there is struggle”.

To live a happy community life she would always pray in these words: “Dear Jesus, I have nothing to give you except my love”. We try to make these words our own.

Together with our saintly Mother Magdalene, M. Bakhita and M. Fernanda Riva, we recommit ourselves to live a Shepherding community worthy of our calling “To Be A True Canossian Saint”.

Canossa Prajwal Deep Convent Mangalwad



“Together” Step by Step in Hope

In today’s world marked by uncertainty, division and deep suffering, the message of hope is more than a comfort—it is a responsibility. In his Papal Bull *Spes Non Confundit* (“**Hope Does Not Disappoint**”), Pope Francis called the Church to enter the 2025 Jubilee Year as Pilgrims of Hope, grounded in the unwavering love of God. Drawing from Romans 5:5, he reminded us that Christian hope is not fragile; it is deeply rooted in the love poured into our hearts through the Holy Spirit.

This message is not just spiritual—it is lived. During our visit to one of the villages, we encountered young girls who were school drop outs and were working in a brick factory. Among them was a 10-year-old orphan boy. When in the village, he attends school, but when the family moves for work, he joins them in the brick kiln. We saw in him a spark, a potential, dimmed by circumstance, and we made the decision to admit him into a boarding. It was a small step, but for him, it could be the beginning of a new life. This is what hope looks like in practice: responding with compassion, choosing to act, and believing that change is possible.



As Canossian sisters, we are called to be signs of hope and to make it visible in our daily lives. Our commitment to prayer, service, and community is not separate from the world's suffering—it is our way of entering into it with love. In the face of poverty, injustice, and loss, we try to be channels of God's presence. Whether it is through teaching children in our school, giving our care and attention to our boarding children, supporting struggling families, attending to the needs of our sick and suffering people, being a voice to the

voiceless or simply accompanying someone in pain, we seek to embody a hope that uplifts, sustains, and restores.

Pope Francis reminded us that hope does not ignore suffering—it transforms it. St. Paul writes that “**suffering produces endurance, endurance produces character, and character produces hope.**” We see this in the lives of people like Kantu, a woman burdened by poverty and abuse, yet continuing to fight for the well-being of her family. Her courage, like that of so many others, is a quiet witness to the power of enduring hope.

In a culture of quick results and easy answers, Christian hope teaches us patience. The path we walk is not fast or easy, but it is faithful. Sometimes, the answers do not come quickly. But our trust is not in outcomes—it is in God, who walks besides us. This kind of hope gives us the strength to continue our mission, even when the journey is long and challenging.

At Anand Sadan—“**House of Joy and Happiness**”—we seek to be a community where this hope is shared and multiplied. We move forward together with the conviction that transformation is possible, not through grand gestures, but through daily acts of love. “**Together, step by step, in hope,** we walk with those most in need, believing that God’s love can heal, restore, and renew.

Hope does not disappoint because it is not based on human strength alone. It is rooted in God’s promise—a promise that

no life is forgotten, no pain is wasted, and no act of love is ever too small. As we continue this mission, may we become instruments of that hope, carrying its light into the darkest corners, one step at a time.

Sr. Gracy Rodrigues
Anand Sadan- Shirpur



A Place of Rest

Mom's womb, Mom's breast,
Dad's shoulder, Grandma's lap, ...
The cradle, the bed, the couch, the chair...
In front of a favourite teacher, by the side of a beloved aunt,
At the circus with a funny uncle, at the movies with friends,
At games, at dramatics, at hobbies,
dancing or cooking, reading or stitching
or just simply gazing.....
From womb to tomb,
Goes the human quest for rest!

“Come to Me, all ye who labour and are burdened, and I will give you rest!” cried the Master. “Come away and rest a while”, He urged his disciples.
And when He came to Jacob's well, He rested. And it yielded great dividends for the Kingdom.

Ironically, he was often persecuted by his religious brethren because “*He did not keep the Sabbath!*”

Yet even more ironically, He founded an Institution which would not only keep the Sabbath, but **be Sabbath** for the world! The Church, where in communion we adore and care, is the place of rest, He instituted for us.

“Peace be with you!” he breathed upon His Church, bidding her, “Look after my sheep!” It was a command welling up from his mournful Sacred Heart that had oft beheld the crowds that flocked towards Him as “sheep without a shepherd”! His welcome, his teaching, his healing, forgiving, nourishing,... brought them life in abundance, so that they pleaded with Him, “Stay with us!”

With His Church now, he answers this plea: “I am with you evermore!”

And the great news is that our Congregation, and each of us, who are part of this “I am”, of this Mystical Body, is a place of rest for His sheep in as much as we imbibe His beatitudes and indulge in the Works of Mercy. Each of us is equipped, enriched and empowered to ‘Be Church’, ‘Be Sabbath’ for his harassed children as they journey towards their Eternal Rest. Mary, Mother of the Church, accompany us that there may be ‘no one in want’ along the Way! Amen.

Sr. Berlinda
Divine Providence,
Belgaum

Being Church: Yesterday, Today, and Tomorrow

The early Church began as a small community of believers, rooted in deep faith and radical love. It was a Church gathered in homes, breaking bread together, sharing possessions, and witnessing boldly to Christ.

We inherited a faith lived with simplicity, sacrifice, and deep bonds in families and in the parish.

Religious men and women, missionaries, and the laity journeyed with the poor, the needy, the marginalised, the sick, and the abandoned — living out the Gospel with words and deeds, feet dusty, hands soiled and hearts burning with zeal and passion.

Where are we today?

Today, we are Church, both global and local, blessed with resources and technology, yet facing challenges of secularism, indifference, and division.

We are trying to be a listening Church, heeding Pope Francis' call to Synodality — to walk together, to include, to discern.

We are rediscovering the richness of participation, dialogue, and co-responsibility, even as we confront the wounds of the past and the pain of the present.

We remain a Church of hope, present in the margins, in education, in healthcare, and in every human heart that longs for truth and peace.

Where are we called to be tomorrow?

Tomorrow's Church must be:

a) Prophetic - speaking truth with love and standing with the poor and the earth.

b) Contemplative in action - drawing strength from prayer and the Eucharist to live with courage and radicalism.

c) Inclusive - where all find a voice, a home, and a mission.

d) Ecological - caring for creation as a sacred duty and stewardship.

e) Missionary - going forth with joy to the streets, peripheries, and the digital highways.

Above all, we are to be a Church that radiates Christ, becoming not just a structure but a communion of hearts on fire for the Kingdom.

Sr. Neeta Lopes



Our Beloved Pope Francis



Being merciful is being non-judgmental [Lk 6:36-37] Pope Francis surprised the media personnel when he stated: “If a

person is gay and seeks God and has good will, who am I to judge?”

This sentence of Pope Francis touched me very much ...because in my vulnerability I too judged them...therefore it was an eyeopener and repentance within. I was really fascinated by our Holy Father. He was a unique person. One can speak so much about him...Pope's surprise phone calls to the people on the margins such as widows, rape victims, priests from Gaza; brought healing and comfort to them in their suffering and hardships.

Pope surprised the whole world when during his first Maundy Thursday celebrations as the Pope, he visited a prison in Rome and washed and kissed the feet of the prisoners. Our pope was a prophet of our times. Two of the prophetic symbolic actions were kissing and embracing Vinicio Riva, a man severely disfigured because of a genetic disorder and kneeling and kissing the feet of South Sudan's previously warring leaders.

I still remember the unforgettable picture of the lonely white dot on the grey background of St. Peter's square giving Urbi et Orbi blessing when the entire world was struggling with the deadly Covid-19 pandemic was like an ointment for the ailing world. When I saw that picture of the Pope alone without any one I couldn't control my tears... Pope Francis was known as people's Pope. He could never be restricted to solitary confinement. On Maundy Thursday, he made a visit to the Regina Coeli jail in Rome and spent half an hour

meeting prisoners. On Easter Sunday, he gave his final blessing the Urbi et Orbi. Then to everyone's surprise he was driven around in an open -top pope mobile to meet the crowd. It is no surprise that his weak frail body could not bear the exhaustion and after celebrating the festival of resurrection with his beloved people and on Easter Sunday he was taken by the Heavenly Father to Himself. Pope Francis was the beloved son, a prophet and a pilgrim of hope. Our Pope Francis will be remembered as the Pope who kept on surprising the world with his gentle yet revolutionary words and gestures, innumerable moments flash before our eyes as we recall Pope Francis' illustrious papacy. May he intercede for all of us!!!

Sr. Annie Urumpel
Manickpur



Being a POPE for all

Pope Francis has been a transformative leader of the Catholic Church; his priorities were the poor, marginalized and social justice. The time of his papacy, has been marked by numerous significant actions and reforms.

Pope Francis was a missionary in his whole being and his focus was on evangelization and communion, the poor, homeless, refugees, migrants, prisoners always at his heart.

MOTHER EARTH was his great concern so he emphasized on the importance of caring for environment in his encyclicals, articles, books, speech and action. His heart was burning with love for the earth and humanity. He promoted a more compassionate approach towards LGBTQ+. He respected everyone as children of God.

Life's daily challenges and sickness could not stop him from doing God's will. He is the fearless Pope who went beyond the boundaries to spread the Kingdom of God.

As I conclude my sharing about Pope Francis, I can say, Pope Francis has been a champion of compassion, justice and inclusivity, inspiring millions worldwide with his vision of creating a loving and merciful Church. He is alive today even after his death because his legacy will remain in millions of hearts.

Sr. Bharti Macwan
Arambol community



A Father's Fight against Kidney Failure and the Weight of Poverty



God's generous love surrounds us, yet how often do we take the simple gifts of health and well-being for granted. Each organ of our body, a testament to the complex design of creation, is a precious gift. But for some, this preciousness is acutely felt in the stark reality of illness and hardship. This is the story of a 30-year-old man whose life is a constant battle against kidney failure, compounded by the crushing weight of poverty.

He is a devoted father, a loving husband, a man whose world revolves around his two young daughters, aged four and two. His life is a testament to the resilience of the human spirit. The relentless progression of kidney failure has cast a long shadow over his family, leaving them struggling to

make ends meet. The financial burden of medical treatments,



dialysis appointments, and essential medications is overwhelming. The simple things that most take for granted—a nutritious meal, a warm bed, the comfort of a healthy body—are luxuries he can no longer afford.

His daily routine is a vicious cycle of pain, treatments, and the relentless struggle to provide for his daughters. He witnesses the growing needs of his children, feels the weight of their innocent smiles and the growing anxieties of their future, while battling his own physical and financial struggles. The love for his daughters and the faithful care and concern of his wife are his unwavering anchor, his sole motivation to keep fighting.

This is where we come in. His situation is not unique. Many families face similar challenges, often hidden behind closed doors. But his story, shared with the hope of raising awareness, serves as a call to action. We can join hands to work a miracle together. We can offer practical assistance, from financial support to connecting him with resources for affordable healthcare. We can organize fundraising events, or simply share his story, to spark compassion and action in our circle of friends and well-wishers. As community we have begun, by putting in our mite...

Sr. Romalin Monteiro
Anand Sadan Shirpur

Power of Perception

Gen 1:1-29..... “God saw all that he had made, and it was very good”. Yes, the entire creation which is created by God is good and beautiful. It all depends on one’s perception. In the sight of God everything is good, beautiful and awesome. Only we need to have the ability and capacity to see the grace and goodness in all that we see and touch.

Philippians 4:8“Encourages believers to focus their thoughts on things that are true, honourable, just, pure, lovely, commendable, excellent, and praiseworthy”. This is actually a beautiful verse which will help us to cultivate a positive and virtuous mindset. It’s a process of discovering and cultivating the grace and beauty in and around us.

It can take place only when we live a divine and grace-filled life. In the letter of St. Paul to the Galatians 5:22 “Fruits of the Spirit as love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. These are fruits of the Holy Spirit considered to be positive and right. We need to cultivate these values in our lives. To live a life, filled with the Holy Spirit, we constantly need the presence of the Holy Spirit to guide and direct us every moment of our life.

We Religious are supposed to be people of the Holy Spirit and filled with the Holy Spirit but at times we ourselves are confused. We do not know which spirit guides us. Our presence must bring Joy to others and uplift them. Only then

will we know whether we are living lives led by the Holy Spirit or not.

We are a bundle of God's goodness and love. We are filled with His goodness, so we are given the capacity and power to see goodness within and around us. It all depends on our perceptions, whether our perception is right and positive or wrong and negative. We need to ask ourselves as to what kind of perceptions we have or cultivate all the time in our life. To live a peaceful and graceful life we need right and positive perceptions.

Mahatria Ra in his book 'Self-Discipline' rightly puts it ***“When someone has done something that has emotionally hurt me, and I am not able to accept it, it develops hatred in me. However, even though someone has done something that has emotionally hurt me, I am able to accept it; hence it helps me forgive them.”***

For that we need to believe in our worth, preciousness, goodness and beauty. Only then will we be able to see everything beautiful and awesome and even be able to forgive easily the one who has hurt us. When I see goodness and beauty within myself it is very easy to see the same in others. Whenever I speak negative about others I realize I am also negative in my thoughts and outlook.

When God created me, he created me with His divine graces and qualities. But along the way I have lost that beauty because of my wrong and negative perception. So I need to be an agent of happiness and Joy. Happiness is the goal of

our life and we all work and do things in order to feel that happiness within us and around us. Happiness is a state of life it cannot be given or taken away by anyone. It fully depends on our attitudes. So each one decides whether one wants to live a life of happiness or a life of misery.

Again I would like to quote Mahatria Ra...he writes “***Emotional management begins by stopping the blame game on “something” or “someone” and starting to take the responsibility to respond to life with ‘acceptance’.***”

Oscar Wilde was a prominent Irish playwright. His famous quote, “***We are all in the gutter, but some of us are looking at the stars.***” It all depends on what I see that shapes my experience, regardless of all circumstances.

Ultimately it all depends on what exactly I want from my life. Life is like a SHOPPING MALL I select and buy what is needed for my life. That makes my life, because I have decided how to live and see. What makes my perception blurred or bright depends on my Right and Positive or Wrong and Negative perception. Someone said ‘Positive thinking generates positive emotions and feelings which will help to relate with others and self’.

I would like to end with what **Pope Francis** had said “Here the Lord is first calling his followers to “**clean up our gaze**” He continues saying “**what Jesus says is true: we always find reasons for blaming others and justifying ourselves. And very often we complain about things that are wrong in society, in the Church, in the world, without first**

questioning ourselves and without making an effort to change ourselves first”.

SO USE YOUR POWER OF PERCEPTION TO CHANGE YOURSELF FIRST.

**Sr. Monica Cardozo
Canossa Convent
Andheri.**



A Shepherd...heart of gold

Francis' legacy, a memory so dear
A shepherd's heart, that brought us near
To love, to kindness, and to peace
A guiding light, that will forever release

Now he's passed on, a new one to choose
Cardinals gather, with hearts that muse
They pray and vote, with solemn care
A new leader chosen, with love to share

The world waits quietly, for the smoke so bright
A new Pope's elected, in the morning light
Leo 14, a name so new
A shepherd chosen, to guide us true

The wait is over, the news is told
A new Pope's elected, with a heart of gold
The world rejoices, in peace and love
A new chapter starts, sent from above.

**Sr. Mamta
Arambol Community**

A Sacred Retreat: Deepening My Relationship with the Divine

Making my retreat at Lucknow as a tertian was truly a homecoming experience — a return not only to a place of peace but also to the heart of my spiritual journey. It was a sacred time to be with the Divine, to listen in silence, and to deepen my relationship with Him in an intimate and profound way.

In the quiet of reflection, I found myself reconnecting with the foundational spirit of the Canossian Daughters of Charity. Immersing myself once again in our Rule of Life, I felt drawn to the core values and spiritual legacy that shape our vocation. This sacred pause allowed me to realign my heart with the mission we are called to live daily.

One of the most moving insights I encountered during this retreat was the example of St. Magdalene of Canossa. Her unwavering reliance on prayer — not only as a personal anchor but also as a source of guidance in forming novices — deeply inspired me. Her mission was steeped in discernment, and it reminded me that prayer is not only essential for personal spiritual growth, but also a vital tool in nurturing those entrusted to our care. In embracing this legacy, I felt a renewed call to live my vocation with greater fervor and trust in God's guidance.

A particularly moving moment of grace came during my reflection on the woman caught in adultery. Her story, marked by shame and public judgment, becomes a powerful testimony of mercy and transformation. Jesus' response — not of condemnation, but of forgiveness — struck a deep

chord in me. In her, I saw not only a figure from Scripture, but the echo of every soul that has fallen and been lifted again by grace. Her encounter with Christ was not the end, but the beginning of a new life — renewed, restored, and embraced by mercy.

Another powerful image that arose in prayer was the reflection on the two covenants. The first, given to Moses and written on stone, was broken. The second, the covenant of grace, is written on our hearts. This contrast stirred something within me. I began to see the first covenant as mirroring my initial profession — beautiful and full of promise, yet still fragile and human. The second covenant, however, reflects the final profession — one that is deeper, more rooted, and enduring. It is a covenant of the heart, fully given to God.

This reflection led me to ask: Am I living out the covenant written on my heart? Am I embodying the love that persists even in silence, even in suffering?

Throughout the retreat, I felt a deep companionship with St. Magdalene of Canossa, who also sought God's guidance in prayer, especially in her formation of others. Her fidelity to prayer, mercy, and discernment echoes as a model for all who seek to live their vocation fully. Like her, I am reminded that our call must be nurtured daily — not just through action, but through stillness, surrender, and the grace of God's presence.

One of the most enriching aspects of the retreat was the spiritual conversation shared with my Tertian companions. As we opened our hearts and shared our personal experiences

with God, I found myself profoundly enriched. Each one's unique encounter with the Divine offered new perspectives and strengthened my own faith. These sacred moments of shared spirituality reminded me of the power and necessity of community in our faith journey.

Experiences such as fraternal correction helped me to see situations through the lens of God's love rather than judgment. Truth spoken in charity opened my heart to healing and understanding. Through confession, I was able to lay down burdens and experience the depth of God's mercy. The inner healing service touched places in me I didn't even realize needed restoration. Each of these graced moments drew me closer to God, renewing my spirit and reminding me that His love restores, His mercy redeems, and His presence brings peace.

As the retreat came to a close, I was reminded once more that God's faithfulness and love are not just theological concepts, but realities to be encountered.

As I continue to live my life wholly dedicated to God, my heart overflows with gratitude for the many wonderful souls who have nurtured and supported me on this journey of faith. I thank God for the loving presence of my parents, siblings, formators, superiors, communities, companions, and all those who, in countless ways, have drawn me closer to Him. Each one has been a unique blessing, helping shape my vocation and strengthen my commitment to a life rooted in love, service, and devotion.

SR.MAGGIE RODRIGUES
TALASARI

Tertianship in Lucknow: A Journey of Grace, Growth and God

Every journey of faith has its own rhythm, one that resonates deeply within the soul. My three-month Tertianship experience in Lucknow was nothing short of a sacred pilgrimage—a time of grace, deep reflection, and inner transformation. Set amidst the gentle calm and quiet charm of Lucknow, this period marked a profound turning point in my religious life. It was more than just a stage in my religious formation—it was a journey inward, a pilgrimage to the heart of my vocation, and a time of rediscovering God in deeper and more intimate ways.

From the day I arrived in Lucknow, I was embraced by the peace and stillness of the place. The simple setting, the structured daily rhythm, and the warm companionship of my Tertian companions created an atmosphere of spiritual readiness. We came from different backgrounds, but we were united in purpose. Slowly, we built a bond that went beyond words—a sisterhood that grew stronger through shared prayer, honest conversations, laughter, and the quiet struggles of growth.

The heart of our Tertianship was the 8 days of Retreat—a powerful and transformative encounter with God. These days of silence and prayer were filled with grace. I came face to face with my vulnerabilities, wounds and limitations, but more importantly, with God's healing love and mercy. In the stillness of prayer, Scripture came alive. God's voice was gentle but clear. Each day took me deeper into myself, challenging me to surrender, trust, and let go. Every hour spent in the chapel became a treasure—whether in silent adoration or in journaling my thoughts after prayer. I found

myself learning the art of surrender, not in words, but in spirit.

Our classes during Tertianship were deeply formative. They covered essential themes such as the charism of our congregation, the meaning and living of the vows, the Constitutions, personal integration, psycho-spiritual growth and mission discernment. These sessions helped me connect our foundational values with the realities of my own religious journey.

We had moments of relaxation too—visiting local churches, enjoying picnics, or discovering the culture of Lucknow. These small breaks brought refreshment and reminded me that joy, fun, and laughter are also part of religious life.

One of the most beautiful aspects of this journey was the community we built. Living together with Tertians from different parts of the world created space for genuine sharing and deep friendships. We listened to each other's life journeys, offered support in moments of vulnerability, and celebrated each other's growth. Our guides and spiritual animators were true companions. They journeyed with us patiently, prayed with and for us, and gave us the freedom to grow without pressure. Their presence was a silent inspiration.

Tertianship was not just about looking back at my journey; it was about looking forward with new eyes. As I neared the final days, I found myself more rooted, more free, and more ready. Ready to say "Yes" once again—this time, more consciously and lovingly.

Looking back on those three months in Lucknow, my heart overflows with gratitude. It was a season of grace—where I

was led gently back to the core of my vocation. I leave with a renewed spirit, a stronger faith, and a deeper joy in belonging to God.

This journey was not an end, but a new beginning—a renewed “yes” to God, filled with purpose, peace, and hope. It was a time of returning to the source, of rediscovering my first love, and of recommitting myself to walk in faith, hope, and joy.

As I carry this experience into the future, I whisper a silent prayer: May I live each day from that deep centre of love I encountered in Lucknow. May my life continue to be a response to God's immense goodness.

Sr. Archana
Canossa Ashram

BEING CHURCH TODAY

Jesus told his disciples 'to be with Him and to be sent out' (Mark 3:14). This is what it means to be a Christian and to be part of the Church today. For centuries, the Church has followed this simple rule.

Being with Jesus

'To be with Him' means we have personal relationship with Jesus Christ. Baptism and conversion are not just one-time events. They give us a vision for how to live our whole life. The Bible and the sacraments show us Jesus's mind and heart.

When we live like Jesus, we understand our mistakes and through repentance, we become expressions of God's everlasting love.

Being Sent Out

When our faith is strong and we experience God's forgiving love, we become witnesses. A witness is someone who shares their experience with others. If we don't celebrate and share our faith, it becomes weak and meaningless. Jesus sent his disciples to share his message and help people. This is what we are called to do - share Jesus's message through our words and actions, and care for all people, animals, and our Mother Earth.

Living This Faith

Every Christian must live this double responsibility - 'to be with Him and to be sent out'. This applies to all parts of our life - personal life, family, neighborhood and community. It means living the Christian vision everywhere, both locally and globally. It means showing our faith through honest personal life, generous community living, sharing with others, and working for peace and non-violence.

Pope Francis's Example

Pope Francis showed this faith commitment in his words and actions. His simple clothes, joyful laughter, and warm behaviour showed the world how Christian faith can heal our wounded world. His letters, especially *Evangelii Gaudium* and *Laudato Si*, told Christians to be humble messengers of Good News and to take care of our common home - Mother Earth.

He practiced what he preached by meeting leaders of all religions to pray for world peace and care for the earth. He welcomed Christians who were excluded from church life and gave them God's radical forgiveness. He broke traditions by including people of all genders in foot-washing ceremonies, reached out to prisoners, supported migrants and refugees, and strongly opposed the genocide in Palestine. He stayed in touch with Christian pastors in Gaza until his last breath. Pope Francis was truly someone who was 'with Him and was sent out'.

Pope Leo's Continuation

Pope Leo continues this same work with God's grace and Spirit's power. His strong stand against the genocide in Gaza, his continuation of Pope Francis's inclusive actions, and his pastoral approach show that the Spirit continues to work in the Church. His messages to pilgrims during the jubilee year in Rome emphasize this inclusive approach and stand against all forms of violence.

The Church Today

The Synod on Synodality brought widespread discussions and participation. The Church's environment-conscious and gender-inclusive steps show the liveliness of Christian faith. The Holy Spirit, always alive and active, inspires believers to understand and live the core of Christian faith in today's changing world.

In both Pope Francis and Pope Leo XIV, and in the synodal movements, we can see an active faith that understands the world's situations and responds with courage. It is a privilege for Christians today to be part of this march of faith, always watching and waiting for the fulfilment of God's promises for the world.

1. **Reaching out to the homebound and elderly:** The Sacred Heart Canossa Mahim community experiences the joy of being church by visiting and bringing Holy Communion to the growing number of homebound and elderly citizens of our parish, who eagerly await our visits.
2. **Animating Small Christian Communities:** Our Parish has 16 Small Christian Communities, with the Canossians animating 8 of them. Through breaking the Word of God and interacting with community members, we experience the presence of Jesus in their joys and sorrows.
3. **Catechism and Value Education:** As true daughters of St. Magdalene, our sisters faithfully assist in three parishes and school catechism classes, bringing a clear vision and creative approach to their lives.
4. **Serving the Migrant community:** Through Dev Krupa Mandal Social Centre, our sisters collaborate with the parish priest to reach out to the migrant Christian community in Mahim, offering programmes such as self-help groups, tuition classes, job

facilitation, education and sacraments, helping them recognize their preciousness.

5. **Women's empowerment:** Our community promotes women's empowerment through self-help groups, skill training and livelihood programmes, empowering women to improve their lives.

As we journey our synodal journey in Mahim, we embody the spirit of Christ's love and compassion. In these endeavours, we experience the joy of being Church, living out our faith in tangible ways and witnessing to the transformative power of God's love in our midst.

Sr. Sini John
Canossa Mahim



Faith in Action: The Canossian Way

“Since God Himself is Charity, being His Children,
we owe Him a reverent, tender, filial love.”

- St. Magdalene of Canossa

In a world longing for compassion and healing, the Canossian Sisters in Andheri, Mumbai, have quietly and consistently become the hands and feet of Christ. Inspired by the life and teachings of their foundress, St. Magdalene of Canossa, these Sisters are driven by a mission of love shown through action,

by not only preaching the Gospel, but living it in service, humility, and faith.

By working hand in hand with society, they serve as the living body of the Church, reflecting the compassion of Christ in every corner of their community. Through their tireless work at the Centre for Social Action and Canossa Jeevan Vikas Kendra which has now become a beacon of hope for individuals from different strata such as the marginalized and underserved sections of society.

At the Centre for Social Action, a deep focus is placed on empowering individuals, especially those from underprivileged backgrounds. Similarly, the Canossa Jeevan Vikas Kendra continues this mission by supporting youth, women, and children through holistic development. A noteworthy collaboration with Kotak has enabled the centers to expand their reach. Through this partnership, soft skills training, career readiness, and job placement guidance are offered to young individuals preparing to enter the workforce.

Evangelization today is not merely about preaching, but it is about becoming living witnesses of the Gospel in everyday life. I have come to believe that, “Love in Action”, are not just mere words but selfless work carried out through charity rooted in love and service. Yet, what makes the Canossian Sisters here at Andheri stand out is the strong sense of togetherness and family spirit in everything they do. The Sisters don’t work alone; they live, pray, and serve side by side, always supporting one another.

St. Magdalene wisely observed, “Walking with the Signs of time” faithful to her vision, the Canossian Sisters continue to discern the needs around them and respond with open hearts. In a time when society is fractured by inequality and disconnection, they are quietly but powerfully building bridges of hope. As a young person, seeing this kind of love in action gives me hope. It reminds me that being Church isn’t only about going to Mass or saying prayers but it’s also about being there for others, lifting them up, and working together for a better world. The Canossian Sisters are doing exactly that. They are showing us what it really means to follow Christ by focusing on the needs of the time and responding with compassion and courage.

Along with the Canossa Jeevan Vikas Kendra and the Centre for Social Action, the Canossa Academy of Skills continues the mission of reaching out to those in need. By offering practical courses like communication, tailoring, basic life skills, and pre-primary teacher training, the Academy helps people build confidence and find meaningful work. But more than just teaching skills, these centers carry out the work of Christ by serving the poor, uplifting the forgotten.

At the heart of this mission are the three pillars of Canossian education: the pre-primary, primary, and secondary sections, which are continuously striving to imbibe in the students faith and values that are rooted in the love of Christ. Collaborative works carried out by the students through the Roti Bank Project, charity that goes beyond monetary

donations but by sharing the same meals and Care for creation shown by planting trees on their birthdays and through various other activities organised by the School's Nature Club reflect the love for God's Creation.

Over the years, their mission in Andheri has grown far beyond just being an educational institution. The school and the centers around it have become places where people are not only educated but truly cared for. Whether it's helping a child with a disability feel included, guiding a young adult to find their purpose, or supporting a woman to stand on her own feet, the focus has always been on the heart. Like our foundress, St. Magdalene rightly said, "The heart of education is the education of the heart." Students have now become living witnesses and partakers in works carried out by the Canossian Sisters. Even parents have become part of this journey. Many of them join hands with the Sisters in community activities, awareness sessions, and support networks, making the Canossian mission a shared effort.

I would like to conclude by reminding you that this is not a story but a living testimony of the lives that are touching the hearts of the countless they reach out to. A testimony to what it means to live the Gospel boldly, to be the Church in action, and to bring Christ into the world through every act of love.

Teacher Grecienne Misquitta
Canossa High School, Andheri.

With the Church, For the Church:

A Canossian Journey Towards the Future

"The Church is a living, breathing body ever ancient, ever new. As a Canossian Sister deeply rooted in the heart of the Church, I am continually inspired by the vibrant pastoral vision of Pope Francis and the prophetic invitation of Pope Leo XIV, who calls young people to become 'agents of peace in the world.' Both urge us to help build a future Church anchored in faith, hope, and the active participation of the young.

Pope Francis, in continuity with this legacy, calls us not merely to preserve the Church, but to *go forth* to be missionary disciples, to be a "field hospital," and to live the Gospel at the margins. His repeated invitation to "dream of a different world" speaks especially to the young. In *Christus Vivit*, he declares with urgency and hope: "Young people are the Church of today, not just the Church of tomorrow."

As Canossian Sisters, we carry in our hearts the charism of St. Magdalene of Canossa, who formed communities of love and service in the most abandoned corners of her time. Today, young Canossian sisters inherit this flame, not to keep it enclosed, but to fan it into new fires of renewal across the Church.

Our presence in parishes, youth movements, schools, and digital spaces becomes a witness that the Gospel is alive and relevant. We listen to the cries of today's young people, those struggling with identity, isolation, and anxiety and walk

beside them as sisters, mentors, and friends in Christ. They are not waiting for sympathy, but for solidarity.

Being with the Church today means embracing Pope Francis' call to synodality: to walk together, to listen deeply, and to co-discern the future. As young Canossians, we are not mere participants, we are collaborators in shaping a Church that is inclusive, prophetic, and courageous.

In this crucial time of history, we stand at the intersection of legacy and mission. With one hand holding the treasures of our Catholic tradition, and the other reaching out to the future, we move forward with hope. The Church needs our youthful zeal, our feminine genius, our consecrated witness.

Let us then be daughters of the Church joyful, rooted, yet sent. Let us make bold choices that reflect the light of the



Gospel in today's world. For the future of the Church is not something we await; it is something we build together, today.

Sr. Bindu Varghese

Dear Sisters quiz for you..... answers that are correct 100% and received immediately at the Spandan ID, will be rewarded. Thank you.



Bible Quiz: The Book of Genesis

Multiple Choice Questions

1. What did God say after creating everything?
a) Let there be life b) It is finished c) It was very good d) Be fruitful and multiply
2. Who was the oldest man recorded in Genesis?
a) Noah b) Jared c) Enoch d) Methuselah
3. Who walked with God and was taken away, not experiencing death?
a) Abel b) Noah c) Enoch d) Seth
4. What did God promise Abraham in Genesis 12?
a) A long-life b) Victory in battle c) A great nation d) Rain for his land

To be continued.....

5. What did Melchizedek, king of Salem, offer Abraham?
a) Lamb and wine b) Gold and silver c) Bread and wine d)
A new name
6. What did God change Abram and Sarai's names to?
a) Adam and Eve b) Abraham and Sarah c) Isaac and
Rachel d) Moses and Miriam
7. Who was Isaac's wife?
a) Rachel b) Leah c) Rebekah d) Tamar
8. Who dreamed of a ladder reaching to heaven?
a) Joseph b) Jacob c) Isaac d) Benjamin
9. How many years did Jacob work to marry Rachel?
a) 5 b) 7 c) 14 d) 10
10. Which of Jacob's sons received the longest blessing in
Genesis 49?
a) Joseph b) Judah c) Levi d) Benjamin
11. Where was Joseph buried after his death?
a) Egypt b) Canaan c) Goshen d) Shechem

**A new dawn for the Church begins—guided
by faith, rooted in love.”**

**Pope Leo XIV
a shepherd for our times**

