

Spandan

WINE *to*
CHEER
OUR HEARTS



AUGUST 2026



*God does not pour
His grace into a
heart that is
already full of self.
To receive the new
wine of the Spirit,
we must first allow
Him to make us
new vessels.”*



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Editorials

The Best Is Yet To Be !!!

How do our hearts respond to this : *The best is yet to come...*?

The prospect of 'Newness' as better ... best, - how do I respond to it?

The thought of something being considered 'old', specially if it is mine, how do I respond to it?

The struggles within us and in our communities are well known to us, often causing dichotomy within us and dissension in our communities. New ideas, new transfers, cause discomfort and sometimes even pain before we learn to move with the times and accept them.

Grappling with this myself, I turned to the Lord in prayer and struggled in His presence. The scene of the PRESENTATION OF THE LORD IN THE TEMPLE loomed up on my mind's screen.

The Elderly Simeon and Anna in the temple... THE NEWNESS that was to fill the earth, came into their presence and their hearts rejoiced at what they saw! What caused them to rejoice at this NEWNESS rather than feel threatened? They saw the NEWNESS as the Hope of Israel, promised to them. They who had waited in prayer on the promises of God were able to recognize in this NEWNESS, the Blessing they had awaited. Their hearts were filled with joy, they felt fulfilled and ready to retire now. "At last all powerful Master, you give leave to your servant to go in peace, according to Your promise." They had peace in their hearts. Blessed are they who believed and waited on the Lord! IN PEACE THEY WERE READY TO EXIT.

But they foresaw the trauma of the young, and had a word of compassion and caution for them who had sung their Magnificat at the coming of the NEWNESS. “A sword shall pierce your heart!” Simeon cautioned the young. The young listened in gracious silence, respecting the wisdom of the elders. They did not let go of the NEWNESS! They couldn’t let go of It! Rather, with responsibility and hope, they harboured It, took It home, nourished It. They developed their own brand of wisdom and strength to help them cope with the Sword, and sing their Fiat once again!

As we celebrate the upcoming Feast of Our Lady of Sorrows we ask for the grace to sing the Magnificat and Nunc Dimittis with equal joy as we welcome the New Wine to Cheer our Hearts!

HAPPY FEAST EVERYBODY!
Sr. Berlinda D’cruz



From the Provincials Prayer corner



NEW WINESKINS FOR TODAY

At Cana, thanks to Mama Mary, the wine cheered the hearts of the anxious bridal couple and their guests. Her quiet intervention turned emptiness into abundance.

In today's context, we Canossians are called to be new wineskins. Our mission is to bring that same wine — the wine of joy, hope and compassion — to hearts that are sad, anxious, lonely and elderly.

We often say, "We live only once."

But the truth is: we live daily, and we die only once.

If every day is lived with love, then our whole life becomes a continual celebration.

This is possible only when we remain intimately and steadfastly connected to Christ, the Vine. We are the branches. When we abide in Him, we bear luxuriant grapes.

And through the crushing and the grinding..... through our own passion shared with Christ's — we produce pure wine.....a Kingdom- wine that cheers, heals, and gives life to one and all.

May this be fulfilled in each of our lives at this present moment. And this will happen if we do not hoard the wine. If we allow the pouring out of the new wine with great generosity and compassion.

St. Magdalene of Canossa, teach us to be new wineskins for the world.

Sr. Audrey D'souza
Provincial

Silence became my classmate today

I never thought or wished that a time like this would come, when I would be alone in the classroom. My heart keeps asking, "Where are your classmates?" Each time, I asked I have no answer except to feel the silent vibrations in the air, as if they still carry the presence of my classmates.

The classroom feels empty without them. Instead of seeing my friends around me, I see only vacant benches. Life often brings situations that are unimaginable and surprising. Yet I continue to hope that one day this empty classroom will once again be filled with my classmates.

This experience has taught me many lessons. It has changed my perspective, my way of thinking, and the way I experience being in class. I believe that practical experiences teach us much more than theory alone.

Sometimes I feel bored because so much attention is focused on me. I miss the fun we shared together. I remember my past classmates, when we eagerly waited for free periods just to laugh, talk, and enjoy each other's company. Those memories still make me feel at home.

For now, I choose to listen to the silence and feel the vibrations of the empty classroom. I wonder what this emptiness is trying to teach me. I miss the colours and joy that my classmates brought into the class. Until they return, I remind myself that I must be my own classmate and fill this classroom with hope.

To my unseen and invisible classmates, your presence still lives in my heart. Until we meet again, may I find the strength to feel at home even in an empty classroom

Sr. Sundarya Fernandes
Stella Maris Convent, Arambol

Memories of Canossians

You are more than the world, though you're such a dot
You can love and think but the world cannot
(William Rands)

Meet the treasures we have had in our Canossian family. Here are some of Meena's (name changed) experiences with them.

I invited Meena for a condolence party of late Gabriella (D.P girl) as Meena had great concern for her. It was then that Meena related her personal story of her father's death that led them to penury. At this meeting she joyfully recalled her experiences with Canossians thus:

In the 1960's being a poor student in St. Joseph's Convent School Belgaum I was chosen to receive weekly ration of wheat and powder milk etc. Seeing my enthusiasm I was asked to help in the distribution. A little ration would be left over. This I would gather carefully, sell it and use that pocket money to buy some sweets. My mother came to know of this. I was reprimanded and she complained to M. Dora. M. Dora told her that she gave it to me. Then later told me that I can take the remainder but show her the amount. I was touched by her kindness and at the same time she wanted me to do the

correct thing. M. Hilda Fernandes too was very understanding. I could see the interest she took in me and my family and the way she helped us in so many ways. There was a lovely Mother called Pasquina Pellizzaro. She was the H.M and we loved her as she did her best for us. I struggled in my studies. My mother told me that she would kill me if I failed. I told this to M. Pasquina. She took the trouble to see my final report. I had failed. Her heart bled for me, so she called the teachers to give me the grace marks to pass. Thus I was saved. Of course later she told me what she had done and asked me to study hard which I did. Later I heard that M. Pasquina got the Best Teacher national award of India. She really deserved it.

Once again I met Canossians in Andheri. I lived near Munshi chawl (San Zeno community). That was the most depressed period of my life. I was lonely, jobless, angry and aimless and got addicted to smoking. Sr. Natal came to visit me. I drove her away very harshly. She came once again the next week. This time I insulted her and was very rude. Nothing could deter Sr. Natal to visit me for the third time, because she saw in me a pearl of great price. This time I softened. I was ready to listen and grace touched me. I left smoking and became one of her helpers doing great good to the neighbours and parish.

This story of Meena has touched me and I could visualize how fondly persons were treasured. I am proud of those Canossians who inspite of their age(M. Hilda), illness (M. Dora), and Italian culture (M. Pasquina), poured out the new wine of understanding, kindness, concern and forgiveness while discarding the old wine of power, pelf, and prejudice.

Meena is home-bound now but is peaceful and serene, glowing over her great energetic days of helping women in distress, sponsoring education fees for poor, working hard to raise funds to build Sacred Heart Church, Andheri etc. She owes it all to her Canossians and Fr. George D'Sa S.J who was her mentor.

New wine of love, of grace and peace
Canossians, may your tribe increase!

Sr. Olive D'Silva
Canossa Ashram

The Last will Be The First!

When he sipped his fancy goblet, and licked his delicious lips, and smiled a new sparkling smile, and frowned a new frown of bewildered confusion, did the steward at the wedding feast of Cana have the slightest inkling that his pronouncement about the New Wine would bless all generations to come????!!

“Everyone serves the good wine first, and then the inferior wine, after the guests have become drunk. But you have kept the good wine until now!” (Jn 2:10)

As he said this to the bridegroom, the servants smiled with secret knowledge.

At the behest of The Woman, they who had kept themselves sober for service, had shared the anxiety of the host. They

had used heart and mind and muscle to draw, in desperation and humility, all those gallons of water out of the well and fill those massive water jars anew, trusting the Woman and Her Son with an unreasonable trust. No questions asked. Just trust and obey, as servants who are only doing their duty! They did not know that that day would be their day to smile with secret knowledge and secret joy!

The bridegroom of Cana was blessed by The Eternal Bridegroom that day, at the behest of the Queen Mother. So the good and faithful servants could smile at last! Oh what a day! They who had served with sincerity and sobriety , and would be the last to dine from the “left-overs”, the “crumbs from the master’s table”, would find themselves relishing the New Wine of the New Bridegroom, their New Master whom they had obeyed with a blessed unknowing! And the Hand-Maid of the Lord would share in their feasting ... a Synodal Feast where there would be no one in want – The Feast at which the Last become the First!

As we enter into this phase of New Wine as Province in the Church, sharing the ‘want’ of those at the peripheries of life even as the ‘guests’ have their fill, as we listen to the heart-beat of our dear Mother, and eavesdrop on her conversation with her Son, we ask for the grace to be ready to place all our strength at the service of the Great Banquet, that all may enjoy it, that there may be no one in want, and that our Joy may be full!!!!

New Wine Delivery from Desur!

The Slow Miracle of Renewal

God never rushes transformation. A sculptor reveals beauty one careful stroke at a time. A gardener cannot command a seed to bloom overnight. Hidden beneath the soil, roots grow silently long before flowers appear. Grace works in much the same way. Prayer softens the hardened earth of the heart. Forgiveness uproots what chokes love. Silence allows hidden roots to deepen. Reflection becomes the plough that prepares the soil for God's word. Abraham, Moses and Peter were not made holy in a moment. God patiently shaped them until they became spacious enough to carry His promise.

Perhaps becoming a new wineskin is less about becoming someone else and more about allowing God to remove everything that keeps us from becoming who we truly are. The Theme “*New wine to Cheer our hearts*” is therefore not merely about embracing change. It is about interior transformation. It is Christ's invitation to become the kind of people who can receive the new life He longs to give.

Am I ready to receive the new things God wants to do in my life? What old attitudes am I still holding on to? Is my heart open enough to let God reshape it?

There is a profound difference between doing many things for God and doing what God is asking of us. Sometimes our religious practices become routine. We perform them faithfully, yet our hearts remain untouched. Outwardly everything appears devout, while inwardly we have stopped

listening. Jesus never desired distant obedience motivated by fear. He desired joyful communion born of love. Faith is not simply the keeping of rules; it is a living relationship with Christ. When our hearts are renewed, obedience is no longer a burden but a response of love. The Christian life then becomes less about preserving appearances and more about becoming Christ-like from within. God never forces growth. He patiently shapes us.

Abraham had to leave behind security before discovering God's promise. Moses moved from fear to courageous leadership. Peter journeyed from denial to becoming the Rock of the Church. None of them became NEW overnight. Neither will we! Perhaps the old wineskin we carry is self-reliance. Modern era teaches us to depend on ourselves, to be efficient, productive and always in control. Yet the Gospel offers another path: humility, trust and dependence on God's grace.

A new wineskin is not a perfect person. It is a teachable person. It is a heart willing to say, "*Lord, show me a better way.*" This call to renewal is deeply relevant for each one of us. The treasure entrusted to us - the charism of charity inspired by St, Magdalene of Canossa, must never change. Yet, the method through which we live and share that charism, must continually respond to the needs of our time.

The faces of poverty today are not only material; they are also emotional, relational and spiritual. Loneliness, anxiety,

fractured families, digital isolation and the loss of hope, are among the silent wounds of our generation. Our mission remains the same: 'To make Christ love visible.' But the way in which we encounter people must be creative, courageous and compassionate. **Old wineskin are not defined by age but by attitude.** They are formed by habits that refuse to change, by fear that resists God's surprise, and by a comfort that slowly replaces trust.

The question is no longer whether God is doing something new, He already is. The real question is whether we are willing to become new ourselves. May we never cling so tightly to yesterday that we fail to recognise the grace of today. May our hearts remain supple in the hands of the Divine Potter- humble enough to learn, courageous enough to change and open enough to receive the new wine of the Spirit. For wherever a heart dares to whisper, "*Lord, make me new,*" there the miracle takes place.

Sr. Richa M. Fernandes

Divine Providence , Belgaum

The Little Seed That Refused to Give Up

Deep beneath the earth lay a tiny seed.

It was not planted in soft, rich soil. Around it were hard pebbles, rough stones, and tangled roots. There was little space to grow, and every direction seemed blocked. Sometimes the seed wondered, "Will I ever see the light?"

Days passed in silence. Rain slowly soaked the earth, but the pebbles remained. Nothing seemed to change. Anyone looking at that patch of ground would have seen only dry soil. They would never have imagined that life was quietly growing beneath it. Then one day, the seed decided not to give up.

It did not wait for the stones to disappear. It used every drop of rain, every bit of warmth, and all the strength hidden within it. Little by little, it pushed through the pebbles. The journey was slow, but it kept moving. Finally, a tiny green shoot broke through the soil and reached for the light. The stones were still there, but they could no longer stop the seed from becoming what it was meant to be.

Whenever I think of this little seed, I cannot help thinking of the children at Nirmalamata School.

Every morning they walk through our school gate carrying much more than their school bags. Many come from migrant families. Some have changed schools several times. Others have experienced interruptions in their education because their families had to move in search of work. Many are still adjusting to a new language, new friends, and a new environment. These are the pebbles they carry.

Yet, despite everything, they continue to surprise me. I have the privilege of watching them grow—not only in the classroom but also in confidence, responsibility, and hope. I have seen children who were once afraid to speak begin to express themselves with confidence. I have watched hesitant learners

discover the joy of reading, and I have witnessed friendships blossom across different languages and backgrounds. These moments remind me that growth is often quiet, but it is always meaningful. Their journey also shapes our own.

As educators, we are called to create a school where every child feels welcomed, valued, and encouraged to grow. This calls for patience, creativity, collaboration, and a willingness to begin each day with renewed hope. There are challenges and moments when progress seems slow, but every small step forward is worth celebrating.

A child reading independently for the first time, answering confidently in class, showing kindness to a classmate, or coming to school with a smile after days of hesitation—these moments assure me that the seeds entrusted to our care are taking root.

The children teach us as much as we guide them. Their resilience inspires us. Their trust calls forth our best. Their joy reminds us that education is not merely about academic success but about nurturing hearts, forming character, and helping each child discover the gifts God has placed within them.

Like the little seed, every child carries a promise that is not always visible at first. With time, care, encouragement, and love, that promise slowly unfolds.

As the August rains awaken countless hidden seeds, I am reminded that every child who enters Nirmalamata School is a seed of hope. It is our privilege and responsibility to nurture these young lives with faith, compassion, and dedication. I pray that the small acts of care, learning, and encouragement we share each day will one day blossom into lives that bring hope to their families, their communities, and our world.

Sr. Steveena Lopes
Nirmalamata Convent Manickpur.

New Wine to Cheer Our Hearts

The theme, "New Wine to Cheer Our Hearts," is both beautiful and deeply meaningful. It is an invitation from Jesus to renew our lives, our vocation, and our mission.

In the Gospel, Jesus says: *"No one pours new wine into old wineskins. Otherwise, the new wine will burst the skins, the wine will run out, and the wineskins will be ruined. No, new wine must be poured into new wineskins"* (Luke 5:37–38).

What is this **new wine**?

The new wine is Jesus Himself—His life, His Spirit, His love, and His way of living. The new wineskin is our heart, our community, and the Church. Jesus reminds us that if we wish to receive His new life, we must become new ourselves. We cannot hold on to old attitudes, old fears, old ways of thinking, or old comforts. We need hearts that are open, flexible, and ready to be transformed.

The image of wine appears throughout Scripture as a sign of joy and blessing. The Psalmist beautifully praises God, saying, *"He makes grass grow for the cattle... and wine that gladdens human hearts"* (Psalm 104:14–15).

Wine is God's gift. It symbolizes joy, celebration, abundance, and life. Spiritually, it reminds us of the Holy Spirit, who refreshes and renews us. God does not simply want us to survive our vocation; He wants us to live it with joy. This joy does not come from easy circumstances. It comes from living in communion with Christ. St. Paul understood this well. Writing to the Philippians, he says, *"Even if I am being poured out like a drink offering upon the sacrifice and service of your faith, I am glad and rejoice with all of you"* (Philippians 2:17). What remarkable words! Paul speaks of being "poured out," yet he is full of joy. Why? Because he knew that a life offered in love is never wasted.

Jesus Himself first became the perfect drink offering. He poured out His life completely on the Cross for the glory of the Father and for our salvation. He held nothing back. God's desire is that this same Christ may fill us so completely that His life becomes our life, His love becomes our love, and His mission becomes our mission.

The more we experience Christ, the more we begin to resemble Him. His compassion becomes our compassion. His generosity becomes our generosity. His self-giving becomes our way of life. This is the meaning of becoming "**new wine.**"

Our foundress, **St. Magdalene**, lived this spirituality in a remarkable way. Inspired by Jesus Crucified, she allowed herself to be transformed by His love. She left behind security and comfort to meet Christ in the suffering poor. She cared for cholera victims when many fled in fear. She crossed boundaries, embraced new missions, and responded courageously wherever God called her. She did not ask, "*Is this convenient?*" She asked, "*Where is Christ calling me?*" Her life became new wine that brought hope, healing, and joy to countless people. Today, she asks us the very same question. Our world has changed. Society has changed. The needs of God's people continue to change. Therefore, our response must also be renewed. We cannot rely only on methods that served yesterday. We are invited to read the signs of the times with faith and courage.

Perhaps our greatest challenge today is not external but internal. Sometimes we become attached to our own ideas, our routines, our plans, and our comfort zones. We may hesitate to embrace something new because it asks us to change. Yet Jesus continues to invite us to become new wineskins—open to the surprises of the Holy Spirit.

I experienced something similar before coming to the Meghnagar community. One of the sisters asked me, *"How will it be for you to live with another congregation and work in a hospital that does not belong to us?"* My answer came quite naturally. I said, *"Whether I stay with another congregation or work in another hospital, I am carrying out the mission of Jesus, and that mission is LOVE."* These words have remained with me.

I sincerely thank God for giving me the opportunity to serve at Jeevan Jyoti Hospital. Every day I feel grateful that the Diocese of Jhabua has brought together different congregations to work under one umbrella. Although we belong to different congregations, we share one Lord, one mission, and one purpose—to continue the healing ministry of Jesus. This unity itself is a powerful witness to the Gospel.

As we continue our healing ministry and social outreach, we are invited to let go of anything that prevents us from serving generously. Sometimes we must let go of our preferences, our schedules, our ideas, and even our personal comforts. Ministry often asks us to be available at unexpected times and in unexpected ways. Availability is one of the most beautiful expressions of religious life. People who approach us do not look for our efficiency or our talents. They are looking for Christ. They seek someone who listens, someone who cares, and someone who brings hope. When Christ fills us with new wine, His joy naturally overflows into the lives of others.

Dear Sisters, perhaps today each of us can ask ourselves a few simple questions:

- Am I still allowing Christ to renew my heart?
- Have I become attached to old ways that prevent God's Spirit from working freely in me?

- Am I willing to be poured out in loving service for God and His people?
- Does my presence bring joy, hope, and encouragement to those around me?

Our vocation is not merely to do good works. Our vocation is to become living witnesses of Christ. The world needs consecrated women whose lives radiate joy, whose hearts remain young in the Spirit, and whose generosity reflects the love of Christ. May we never lose the freshness of our first call. May we always remain open to the new wine that Christ desires to pour into our hearts. May our communities become places where joy is shared, love is experienced, and hope is renewed. Like St. Magdalene, may we have the courage to leave behind whatever limits us and faithfully embrace God's mission with enthusiasm. Then our lives will truly become **"new wine to cheer our hearts"**—bringing joy to God, hope to His people, and encouragement to one another.

Sr. Nayana Pawara
Meghnagar (MP)

Fresh wine from the Heart of the Vine

Jesus, You are the Vine, the Fresh Wine that cheers our heart,
 Our restless hearts find home, and never wish to part.
 To belong to You completely is the gift that we receive,
 In commitment and surrender, in the way we love and live.
 When sacrifice becomes our offering, freely given each day,
 Your life flows through our living and lights our pilgrim way.

You call us to be life-givers, vessels of Your grace,
To carry hope to wounded hearts and joy to every place.
When tiredness asks for comfort, and sacrifice feels hard,
You teach us that true loving is the gift that asks no guard.
We pour ourselves like wine, not counting what we give,
For only when we die to self does Your own life truly live.

But the wine You pour within us is not meant to stay alone;
Your love becomes our mission when Your life becomes our
own.

The fruit of being rooted in You, the Vine so true,
Is seen in how we welcome those whose worlds are not our
own.

Different tongues and cultures become a sacred space,
Where Christ is seen among us in every one's face.

Novices and Sisters, gathered from the length and breadth,
Are being formed together by the Vine who conquered death.
Our differences are not walls but colours in one art,
For Jesus makes fresh wine when we surrender heart to heart.
In patience, mutual respect, forgiveness, truth and care,
We become the wine of welcome that Christ longs to share.

Fresh wine is born when cultures meet beneath Your loving
gaze,
When "my way" becomes "our way," and pride gives room to
grace.
When I share what I have learnt and receive what you impart,
The richness of our differences brings new life to every heart.

For intercultural living is not merely side by side
It is choosing every day to let Your love transform our lives.

O Jesus, keep us grafted to You, the everlasting Vine;
Let every branch bear fruit that shows Your love divine.
May commitment make us faithful, sacrifice make us free,
And life-giving love reveal the Christ who lives in me.
May we become one vineyard, alive with fresh wine,
One heart, one love, one mission, because our lives are Yours,
divine.

Sr. Esperanca Vaz
Canossa Niketan

Hearts on Fire, Hands that Serve

Our mission as Canossian Daughters of Charity is drawn from the heart of Christ: “I came that they may have life, and have it abundantly” Jn 10:10

Guided by our motto “The love of Christ compels us”, we at Shrirampur, continue to walk with people of God. This year our efforts have been rooted in two major areas: Pastoral Ministry and Empowerment of Women and Children. Both flow from the same source – a heart on fire with love for God and hands ready to serve.

Faith formation and evangelization is the foundation of all our pastoral work. Every Sunday around 50-60 Children gather at the Parish Church for Sunday Eucharist followed by the Sunday School. They are accompanied by 2 Sisters and 8

Lay Catechists from the Parish who generously give their time to teach catechism from Std I to Std XII. The joy on the faces of the children is visible as they learn prayers, Bible stories, songs, etc. which allows them to know more about our faith thus sowing the seeds in good soil.

Villages are the heart of our Parish, the parish have extended catechism beyond the Church walls. Catechism is being taught in 18 villages, where the Holy Eucharist is celebrated in the evenings on a rotating basis.

Since the Eucharist is the source and summit of our Christian life, this Sacrament is brought closer to the people by celebrating it in their villages. This allows families who cannot come to the Parish church because of long distances, to participate in the Eucharist and to feel that the Church is present in their midst. We also give priority to the Small Christian Communities- SCCs. We look after 4 zones of the Parish.

Pastoral care also means being present in moments of joy and sorrow of the people. The sisters together with the Lay Canossians and other parishioners, visit families in the Parish. Special attention is given to the sick, home bound and the elderly, through home visits and by bringing them Holy Communion, we remind them that they are not forgotten. In all this, our aim is simple: to make every Child, every family and every village feel that they belong to Christ and to His Church.

There are 9 tuition classes in the different villages, where children after their school hours come to one of the leader's house. They are given coaching in their studies by the tuition teacher. The coaching classes supports and encourages them

to improve in their studies, as there is no help available in their homes, as most of their parents are uneducated. Once a year these children are brought to our Canossa Convent, for the Childrens' Day Programme for the whole day. Here the children are animated on different issues, concerning their lives. They also participate in singing, dancing, various types of competitions etc, thus giving them an opportunity to show case their talents and mingle with others children and have fun.

Our Foundress St. Magdalene of Canossa had a special love for the poor and the women. Following her example, we believe that when a woman is empowered, an entire family and community is transformed. Our work with women this year has focused on self-confidence, economic independence and family building. Quarterly meetings and seminars were organized for women across villages. The topics ranged from health, hygiene, legal rights and financial literacy. These sessions were designed to help women recognize their God-given dignity and potential. Alongside this, regular monthly meetings were held in each village to maintain continuous contact and support.

At present we are working with 29 Self-Help Groups – SHGs, consisting of about 400 women. What began as small saving groups has grown into a movement of transformation. These groups are far more than only financial support. Infact they are spaces where women learn leadership, decision-making and mutual support.

Many women have taken loan from their group savings for genuine needs, such as children's education, marriages, farming purpose, health care and house building. Because the

money comes from their own savings, they use it responsibly and repay it with dignity.

Earlier many women depended on others to go to the bank. Today they themselves go to the bank, complete transactions and handle accounts. This simple act has done wonders for their self confidence.

A few women have learned to make papads, pickles and other food items. Through these small enterprises, they earn enough to sustain their families for at least six months of the year. For the remaining months they take up daily wage work. The dual source of income has reduced their vulnerability and given them a sense of security.

On the 10th of February 2026, 50 women were taken on an excursion to Nashik “the Grape city”. For many, it was their first time outside their village. It was not just a tour, but a time of relaxation, laughter and a wider outlook on life. Such exposures help women dream beyond their daily routine.

The highlight of the year was the Womens’ Day Celebration on 15th March 2026. 300 women gathered together to celebrate their social, economic and cultural progress. The programme included prayer, testimonies, cultural programme and felicitation of women achievers from the SHGs. It was a powerful moment of unity- women from different villages, castes and background standing together as daughters of God, proud of how far they have come. Through the SHGs, women have learned that they are not alone. They have a community that supports them, skills to empower them and a God who loves them.

Understanding the above- pastoral ministry and women empowerment, we came to believe that we are one mission

and many hands. On one hand we nurture faith in children and families and on the other we lift up women, so they can live with dignity. As we look ahead, we pray to be “new wineskins – open, flexible and filled with new wine of the Holy Spirit. May our hearts burn on with God’s love, and may our hands continue to serve with courage, especially the poorest and the most vulnerable of our society.

*Sisters of Canossa,
Shrirampur*

A House of Love Embracing New Wine

Jesus said, "New wine must be poured into fresh wineskins" (Luke 5:38). Through these simple words, Jesus invites us not only to receive His new life but also to become people who are open to His transforming grace.

At Snehasadan, every child entrusted to our care is like new wine—full of God-given potential, dreams, talents, and hope. Yet many of these children also carry hidden wounds, broken trust, painful memories, and deep emotional needs. They need more than food, shelter, and education; they need adults who reflect God's unconditional love.

As teachers and caregivers, we are called to become "new wineskins." This means allowing God to renew our hearts, attitudes, and methods of caring for children. We cannot respond to today's challenges with yesterday's attitudes. Children grow in a rapidly changing world, and they need

adults who are patient, compassionate, creative, and willing to keep learning.

Being a new wineskin means seeing beyond difficult behaviour to the wounded child within. It means correcting with love rather than anger, listening before judging, encouraging instead of discouraging, and believing in every child's ability to grow and change.

Our vocation at Snehasadan is not simply a profession but a ministry of healing and hope. Every word of encouragement, every act of patience, every smile, and every moment of understanding become a channel through which God's new wine reaches a child's heart.

Renewal also begins within us. We cannot give hope if we have lost hope ourselves. We cannot inspire children if we stop growing. Therefore, we must continually renew ourselves through prayer, reflection, learning, teamwork, and openness to the guidance of the Holy Spirit.

May we never become "old wineskins" that resist change or lose enthusiasm. Instead, let us remain open to God's Spirit, allowing Him to shape us into compassionate educators and loving caregivers who help every child discover their dignity, confidence, and God-given purpose.

Snehasadan Community

Andheri

Fresh wine to bring us joy

"Wine gladdens the heart of man." (Psalm 104:15)

Throughout Sacred Scripture, wine is a symbol of joy, celebration, blessing, and the abundance of God's love. At the wedding feast of Cana, Jesus transformed ordinary water into the finest wine, revealing that wherever He is welcomed, life is renewed and hearts are filled with hope. This "new wine" is not merely a symbol of happiness; it is the gift of the Holy Spirit, who renews our hearts and enables us to become signs of God's love in the world.

Today, as we reflect on the theme "New Wine to Cheer Our Hearts," we are invited to rediscover the joy that comes from living the Gospel. Amid uncertainty, rapid technological change, and the many challenges of our world, God continues to pour the new wine of His grace into hearts that are open to His Spirit. This joy is deeper than passing emotions. It is the quiet confidence that God walks with us, strengthens us, and calls us to become instruments of His peace and compassion.

For us as Canossians, this new wine flows from the pierced Heart of Christ Crucified. St. Magdalene of Canossa found in the Crucified Jesus the fullest revelation of God's love. Gazing upon Him, she discovered that true joy is born not from comfort or success but from generous self-giving. The Cross, which the world often sees as a sign of suffering, becomes for us the source of hope, reconciliation, and new life. The love poured out by Christ cheers our hearts because it assures us that we are deeply loved and never abandoned.

The new wine that cheers our hearts also inspires us to renew our mission. In our schools, we strive to educate with compassion, helping young people discover not only knowledge but also wisdom, faith, and a sense of responsibility towards others. In our parishes, we build communities where every person feels welcomed, valued, and accompanied. In our mission outreach, we walk alongside the poor, the lonely, the sick, and the vulnerable, sharing not only material help but also the hope that comes from Christ.

In today's world of Artificial Intelligence and rapid technological advancement, this new wine reminds us never to lose our humanity. Technology is a valuable gift when used wisely, but it can never replace the warmth of a caring heart, the comfort of a compassionate presence, or the healing power of genuine relationships. We are called to spend quality time with one another, to listen attentively, to accompany those who are struggling, to care for the elderly, to encourage the young, and to strengthen family and community bonds. These simple acts of love continue to cheer hearts in ways that no machine can imitate.

The new wine also calls us to care for our common home. Every tree we protect, every resource we use responsibly, and every effort we make to preserve creation reflects our gratitude to God for His gifts. Caring for nature is part of our Christian vocation, for creation is entrusted to us as a precious gift to be cherished and handed on to future generations with love and responsibility.

For the Dhule Community, "new wine" means embracing every day with renewed faith, hope, and charity. It means introducing fresh initiatives in our schools, parishes, and mission while remaining deeply rooted in prayer and in the Canossian spirit.

We came across one ambiguous situation. In the month of Feb, following the death of their Guru, communal tension arose in the sikh community at Dhule. There was total chaos. The father of one of the families was arrested. His wife had to flee to her native land in the night with her children.

One of the daughters was in Std. X studying in our school. She did not reach for her scheduled SSC board practical exams as her family was not here. Coming back to Dhule for exams in such tense situation involved taking a big risk. . The mother was worried about getting a temporary proper shelter at Dhule to ensure the safety of all of them. The elder daughter was in Std. XII.

So, for both the daughters, not coming to Dhule, meant losing the whole year.

Being aware of their situation and our call to be Daughters of Charity, we thought of helping this family. It was a precarious situation. Yet we took up that challenge

With due permission and expert guidance of our Province Leader, and in consultation with the lawyer of the accused, we contacted the mother of our student and convinced her to bring both her daughters to Dhule for their board exams so

that they may not lose their one year of studies. The arrangement was done for their stay at Dhule. They travelled to Dhule and remained in Dhule till our student finished the SSC board exam. Then they returned to their native place.

Our student, when she came back to Dhule, she didn't have any books with her as her family had left for their native place, suddenly at night. She could not revise her studies in her native place as she didn't have her study material with her. When she came to Dhule for her exams, she was given some of the books we had, to revise her studies every day as per the time table of the SSC board exam.

When the SSC board exam result was out online, we were overjoyed to see that this our student passed with first class.

This was the new wine which cheered our hearts. Usually we avoid the controversial situations and try to be far away from it. We are at peace and happy when such situations go distant from us. Contrary to this usual inclination here in this case, standing by someone in need and trouble, was the charitable step that we took in faith. This precarious move - - the grapes that were crushed, to give us a new wine to cheer the heart-the new wine of saving the study year of helpless young girls.

This opportunity gave us strength to choose hope over discouragement, dialogue over division, generosity over indifference, and love over fear.

Our hearts are truly cheered when we recognise God's presence in the ordinary moments of life—in a child's smile, in the gratitude of a family, in the courage of a young person, in the resilience of the poor, in the beauty of creation, and in the silent faithfulness of those who serve without recognition.

As we journey together, may we continue to draw our strength from Christ Crucified, learn faithful love from Our Lady of Sorrows, and live the legacy of St. Magdalene of Canossa through Charity in Humility. May our lives become vessels of God's new wine, bringing joy to the sorrowful, hope to the discouraged, peace to the troubled, and love to every person we meet.

May the Dhule Community always be a place where hearts are renewed, faith is strengthened, and the joy of the Gospel is shared with all. Filled with the new wine of the Holy Spirit, may we continue to cheer hearts by making Jesus known, loved, and served through humble charity, compassionate service, and unwavering hope.

Canossa Convent, Dhule



The New Wine of Hope

Hope is not born when life is easy; it is often discovered in the quiet moments when we dare to believe that God is still at work within us. Like grapes patiently transformed into fine wine, our lives are shaped through seasons of joy and sorrow, waiting and surrender, success and failure. The Divine Winemaker never abandons His vineyard. He continues to pour the new wine of His grace into hearts willing to be renewed.

As consecrated women, we are invited not merely to remember the day of our first "yes" to God, but to renew that "yes" each day. This new wine refreshes weary hearts, rekindles hope, and reminds us that our vocation is not a story of the past but a living journey with Christ.

There are moments in every religious vocation when we quietly ask, "Lord, is there still something new You want to do in me?" After years of community life, ministry, and service, the heart can grow weary. Prayer may become routine, ministry may become duty, and the joy that once inspired us may begin to fade. Yet it is precisely then that Jesus comes close—not to remind us of our failures, but to offer us His new wine. Every day He gently whispers, "Begin again."

I have often reflected on why Jesus chose the image of wine. Wine is born through waiting, pressing, and patient transformation. Our own lives follow the same path. The joys we celebrate, the tears we hide, the sacrifices we make, and the struggles known only to God all become part of the

vineyard where He quietly prepares something beautiful within us.

Our communities become places where new wine is poured. We are women of different ages, cultures, personalities, and experiences. Living together is not always easy, but perhaps community is God's most beautiful workshop. Here we learn patience, forgiveness, listening, humility, and the joy of beginning again with one another. Every act of reconciliation becomes another drop of new wine that refreshes the whole community.

St. Magdalene's our mother reminds us that God's call is lived not in perfect circumstances but in generous surrender. She courageously recognized Christ in abandoned children, struggling families, forgotten women, and all who longed for hope and dignity. Every day her life story challenges me to ask, Do I still see Christ in those I meet? She reminds me that the joy of our vocation is found not in doing extraordinary things but in allowing Christ to renew our hearts daily. Like her, I am called to love generously, remain open to the needs around and trust that a heart surrendered to Christ never grows old.

Our world longs for this new wine. Behind many smiling faces are anxious hearts searching for meaning and hope. People need more than our activities; they need our presence. They need to encounter women whose lives quietly proclaim that hope is stronger than despair and love is stronger than fear.

Looking back on my own journey, I realized that the Lord has been pouring the new wine of His grace into my life time

and again. It has come through unexpected situations, illness that taught me patience and surrender, the smiles of children, the gratitude of the poor, the wisdom of elderly, and even through suffering. Every experience—joyful or painful—has drawn me closer to Christ and taught me to rely more on His grace than on my own strength.

Jesus continues to invite each of us: Do not cling to yesterday's wine. The Holy Spirit is always creating something new. He asks only that we keep our hearts open, humble, and ready to receive His grace.

As we continue our journey, perhaps the question is not whether the world still needs hope, but whether our lives are allowing Christ to pour His new wine through us. May we never become content with yesterday's grace or yesterday's mission. Instead, let us remain open to the quiet surprises of the Holy Spirit, ready to begin again each day with renewed faith, generous love, and joyful hearts. When Christ continually renews us, our lives become the new wine of hope that can heal wounds, rekindle faith, and remind the world that God's love is always making all things new.

Sr. Sheela Varkey
Nirmalshram



Cultivate Vocations

Anton-bab, our family farmer in Goa, took great interest in preparing our field for the sowing of rice grains. He would soften the ground for two days and only then, with his huge plough, sow the seeds. Nurturing is an art, and Anton-bab knew it well.

Today, with the overwhelming and chaotic noise of social media, our youth are getting saturated with ads, notifications, and a large volume of insipid content. When they are heavily bombarded with posts, they lose their taste and have much less interest in knowing their Creator. The evil one, Satan, is constantly swinging his tail to weaken their hunger for God.

To eliminate this wicked power, we need to counteract the culture of noise and learn from Anton-bab how to prepare the soil for the sowing of that tiny seed of vocation to a holy life.

Tips: From my personal experience, I have found specific ways as I went about vocation facilitation.

1. Pray passionately, as Jesus Himself said in Matthew 9:37 “Pray to the Lord of the Harvest to send labourers into the vineyard.” Let us pray before the Blessed Sacrament exposed for vocations.
2. Teach the youth to pray. Step by step, introduce the young ones to a personal relationship with God. A culture of prayer involves inviting small groups of young people to know God. The Lord of the Harvest

will always be ready to reveal His personal love to each one of them. His invitation is miraculous.

3. Introduce the youth to a world of silence. This requires a keen art. Only when I am quiet can I hear the soft and gentle voice of God. The earbuds of iPhones and iPods are blocking their ears. Our spiritual ears of faith are extremely delicate. When we manage to open their ears, God will take over and will not easily give up on their willingness to hear His voice. Give the youth clear direction, in your own way, toward a world of quietness. Let them learn to be still and know God. Being still is not passive.

4. Visit families with great interest and enthusiasm. After you have organized a visit, never disappoint them with your absence. They will lose their trust in you. Get to know the parents well. Spend time conversing about simple issues and never overemphasize the probable vocation. With your frequent visits to the family not only will they be convinced & confirmed but also value the call of God in their family. Get to know the siblings as well—about their studies, games, and friends. Show genuine interest in the affairs of the family.

5. Finally, invite the probable vocation girls for a meal in the community. Invite only a few at a time—two or three—and not a large group. Let the girls see the models of smiling sisters, models of open hearts, and models of generous lives.

Cultivating vocations is a slow process that requires a lot of:

- Prayer

- Patience
- Perseverance

***Sr. Fatima Rebello
Canossa Mahim***

My dear Sisters,

***"New Wine in New Wineskins" – Becoming Real
Among Us***

As I read through the articles for this August issue of 'Spandan', my heart was filled with gratitude. What a joy to see that our Chapter theme is no longer just words on paper, but is becoming flesh in our communities, in our classrooms, in our missions, and in our very hearts.

You have not written high theology. You have written your life. You have dared to share your struggles, your slow miracles, your little seeds of hope. That is true new wine.

Thank you, each one of you, for making us taste it. I want to name you one by one:

1. Sr. Berlinda D'Cruz – "The best is yet to be"

What a punch editorial! WOW indeed! Berlinda, thank you for your bold, prophetic voice. You have set the tone for this issue with courage and hope. You remind us that for Canossa, the best is not behind us, it is yet to be born if we dare to hope.

2. Sr. Sundarya Fernandes, Arambol – "Silence became my classmate today"

Dear Sr. Sundarya, your article is poetry. In the noisy world of education, you dared to befriend silence, even if it is an empty classroom, and let it teach you. Thank you for reminding us busy teachers that renewal begins when we listen.

3. M. Olive D'Silva – "Memories of Canossians"

Dear M. Olive, your witness touched me deeply. You have gracefully traced our journey from power and rigidity to the flowing compassion of new wine. Only one who has loved this Province so long can narrate our passage so honestly and with so much love. Thank you for your memory and fidelity.

4. Desur Community – "The Last will be the first"

My dear Sisters of Desur, you made me smile. Yes, you claim you have a good stock of OLD WINE, nevertheless what you poured out is definitely new! Thank you for showing that the periphery can become the centre, and the last can indeed be first when love is poured.

5. Sr. Richa Fernandes – "The slow miracle of renewal"

Richa, my dear Junior with a natural new wineskin! Your article is fresh and unpretentious. You taught us that renewal is not a sudden storm, but a slow miracle happening daily. Keep that new wineskin supple, my dear.

6. Sr. Steveena Lopes, Manickpur – "The little seed that refused to give up"

Steveena, what an emerging writer from the rich soil of Manickpur! Your little seed is a parable of your own

community – small, tenacious, full of life. Thank you for your down-to-earth resilience. Do keep writing.

7. Sr. Nayana Pawara, Meghnagar – "New Wine to cheer our hearts"

Nayana, what a surprise gift you are! From the tribal heartland of Madhya Pradesh, you have poured wine that cheers our hearts. Your simple joy is a sermon. The province is happy to discover a new writer in you.

8. Sr. Esperance Vaz – "Fresh wine from the heart of the Vine"

Esperance, as Novice Directress you pour yourself into the young hearts of our Novices, and it shows. Your article is not ink; it is sap from the true Vine. Thank you for forming our future with such depth and motherliness.

9. Shrirampur Community – "Hearts on Fire, Hands that Serve"

My unassuming yet fiery lambs among leopards of Shrirampur! Your title says it all. Your courage in a challenging mission is our Province's fire. Thank you for showing us what it means to serve with burning hearts where it is not easy.

10. Sr. Nataline – "A house of love, embracing new wine"

Dear Sr. Nataline, you are pouring out motherly, loving new wine into the hearts of the street children under your care. Your house is not just a structure; it is a home where the poorest taste love. Thank you for being Magdalene's heart today.

11. Dhule Community – "Fresh wine to bring us joy"

My dear Sisters of Dhool-e, you truly gave us gold dust from the dust of Dhool! Your joy despite hard realities is your best preaching. Thank you for the fresh wine of smiles and hope you bring.

12. Principal, Nirmalashram – "The new wine of Hope"

Thank you, dear Sr. Sheela Varkey, for daring to ask the Lord, "What 'new' do You want from me?" Your dynamic reflection on newness in ministry is an examination of conscience for all of us leaders. May your hope become ours.

13. V.P. Centre Province – "Anton-Bab and cultivating vocations"

Thank you, dear Sr. Fatima Rebello, for inspiring us with your care for creation in Anton-Bab. You show us that cultivating vocations today means cultivating the earth God gave us. A beautiful, prophetic new wine.

My dear Sisters,

Reading 'Spandan' this month, I could truly say: The New Wine is flowing.

I invite every community – not just those who have written – to become authors. Do not wait to write perfect articles. Pen your genuine, down-to-earth struggles, your small victories, your daily conversions. That is the new wine Jesus wants.

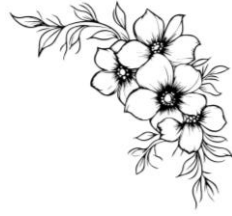
Let our 'Spandan' truly make our hearts pulsate with new life.

I bless each writer and every Sister who made this issue possible. May we all remain new wineskins, supple, humble, and ready for what the Spirit wants to pour next.

With affection and gratitude,

Sr. Audrey





"Do not fear the
newness that the
Lord brings into
our lives.

He makes
all things new;
He renews our hearts,
our daily path,
and our
mission."

— *Pope Francis*



"Do whatever he tells you."
— *John 2:5*



"Trust is the key that unlocks miracles; when Mary said, 'Do whatever He tells you,' she gave us the universal formula for divine transformation."
— St. Teresa of Calcutta