

Ripples ...

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Hearty Congratulations Dear Sr. Pavani
ON YOUR *First Profession*



Province Assembly



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Editorial ...



Dear Readers,

I take this privilege to welcome you to the 18th Province Magazine. I begin my writing with a short motivational note from Mr. Jordan Peterson: "Think twice."

A woman was waiting for her flight in a large airport. The flight was delayed, so she had to wait for several hours. She bought a book and a pack of cookies, then sat down in a chair to pass the time. Next to her was an empty seat with a pack of cookies on it, and in the seat beside that, a man was reading a magazine. She took a cookie, and the man took one too. This infuriated her, but she said nothing and continued reading. Every time she took a cookie, the man took one as well. She was fuming but didn't want to cause a scene in the crowded airport.

When only one cookie was left, she thought, "I wonder what this rude person will do now." As if reading her mind, the man took the last cookie, broke it in half, and handed one half to her. That was the final straw. She stood up, gathered her things, and boarded the plane. When she reached into her bag for her glasses, she pulled out her pack of cookies. She suddenly remembered that she had placed her cookies in her bag. The man she thought was rude had been sharing his cookies with her—not out of anger, but out of kindness.

The writer invites everyone to think twice before plunging into conclusions; perhaps we are the ones who are wrong. Kindness is an antidote to several pathologies of our society. Kindness is the spirit that moves one to put one's concerns aside to pay attention to others, to offer the gift of a smile, to give an encouraging word, to listen to someone who needs to confide or vent. True kindness, when it becomes a way of life, mitigates all differences.

In line with the words of the psalmist in Psalm 145:8-9, which

describe the nature of God: "The Lord is gracious and compassionate, slow to anger and rich in love. The Lord is good to all; He has compassion on all He has made." The Lord beckons us to show unreserved mercy and compassion to people in our mission stations, as our world is marred by war, injustice, oppression, division, and selfish concerns.

The Pope also extends his appeal to unite with the people of Ukraine and other war-torn countries, urging us to remain close to those who suffer through prayer and charity, as well as to those who have forgotten how to smile because of the horrific wars in these regions.

Dear friends, we are all born and blessed in the image of God, and the nature of God within us compels us to continue sharing Christ's message of salvation and hope. The promise of salvation is ours; therefore, let us rejoice in the assurance that God is with us.

I am indeed filled with joy to join the Commission members in expressing our gratitude to our Provincial and her team, particularly Srs. Tresa Kalapurayil and Sunitha Kasireddy, for their invaluable assistance in editing and publishing the 18th Tenali Province magazine.

***Wishing you all a Merry Christmas
and a Happy New Year 2025***

Warm regards,

Sr. Sofiya Mary Rayappan
Tenali Province

A Testament of Faith Through Illness



As a child of God, each day is an opportunity to examine my faith journey. It is a time to pray, study, and reflect. It is a time to grow in my relationship with God. Each day offers an opportunity to follow Jesus, not my own wishes and desires.

My faith journey is one of gratitude. It is a life of ongoing dependence on God—a journey of thanksgiving, praising God for joy and abundant love, and for His steadfast presence in sorrow, illness, despair, and fear.

Like any journey, the road is difficult to predict. I visualize my faith journey as a long road. There are straightaways, sharp curves, and steep hills. There are frightening descents, rocky spots, amazing views, and deviations. Like most people's, my faith journey has had a mixture of conditions.

It is meaningful for me, as a child of God, to reflect: Where would I be today without God's presence during the sharp curves and frightening descents I have experienced? I have, like a weary, terrified traveler, called out His name. My very life, my mission, my community, my illness, and the loss of my dear ones—these events and many others have had me calling for God's presence and

power. There have been days of great sadness, pain, and fear, but I knew that God was with me. He was with me through the support and love of my sisters in the province, friends, well-wishers, and family members. He guided me with stories of men and women in the Bible—reminders that others, too, had survived difficult experiences. He blessed me with solitude through prayer. And He surrounded me with His presence when I was too frightened, too weary, or too distressed to pray. God has walked with me when the journey was difficult to travel.



As I reflect, it is equally important to ask, "Where would I be without God's presence during the straightaways and high peaks of my life?" He has heard my cries of thanksgiving and joy: delighted in loving me, rejoiced in my service, generous in my commitment, in my personal attachment to Christ, in my dependence on Him, in my connectivity with Him at all times, and in the blessings of all who belong to me.

God will be my guide, whether the journey is difficult or easy. He will continue to bless me with an abundance of people and the joy of family. He will uphold me in sorrow. He will quench my thirst for knowledge and fill my days with challenges. As I journey through life, God will refresh me through His Word, His people, and His presence.

In life, good things and bad things will always be thrown in my way. It is when I choose to accept both and still move forward that I am

truly living. With the guidance of the Holy Spirit, I made the choice to use my illness as a stepping stone to draw closer to God.

My illness appeared suddenly, and I was blind and ignorant about my condition. The doctor was uncertain about what the future held for me. The pain before and after the operation was severe, and the nights were filled with pain, tears, anxiety, and fear. Sisters in the province, family members, and friends all increased their prayers for God's intervention. Many people's tears were shed in prayer, countless hands were folded in intercession, and numerous holy masses were offered in hopes of a miracle. The one who called me—would He really leave me alone?

I want to express my heartfelt gratitude to Sr. Helen Daisy, the animator of the province, for her timely and life-saving decisions that allowed me to continue my mission today. Your presence during those anxious moments, your frequent visits, phone calls, inquiries, and your unwavering support at every doctor's review have been deeply appreciated. You went the extra mile in my life. Am I not truly blessed by God through you? I am profoundly grateful.

I am also deeply indebted to all the provincial team members for their presence, powerful prayers, encouragement, keen interest, and concern. Each of these means so much to me. Am I not incredibly blessed by their support? I remain truly grateful.

The healing touch of Srs. Sophia Clement and Stella after my operation was truly remarkable. Their attentive care, constant availability, positive outlook, tireless support, and unwavering commitment were deeply appreciated. I find myself at a loss for words



to adequately thank them. Am I not blessed by God with such angels? I am profoundly indebted to them for their exceptional service.

Woe to me if I don't express my gratitude to Sr. Sophia and the sisters in Guntur for their selfless service, meticulous care, sensitivity to my needs, provision of a proper diet, and constant availability. I also want to thank my own community in Tenali for upholding my responsibilities cheerfully, for your visits, prayers, and support. I sincerely thank each of my sisters in the province for everything they did for me during my illness. Am I not deeply grateful to God when I think of your kindness?

There's no way I could have chosen the trials and tribulations I would face in my life, and I certainly did not choose my illness. But I am glad I made the choice to overcome them. The Lord told me, "For I know the plans I have for you... plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11). God truly used my illness as my cure.

Dear Sisters Wishing you a Christmas wrapped in joy and filled with love, like twinkling lights on a winter night. As the New Year approaches, may it bring fresh beginnings and cherished memories, painted with hope and happiness. Here's to new adventures and the magic of each day!

**Sr. Aline Selvi
Tenali**

The Hidden bites and Healing Grace

As you read this piece, you'll quickly understand the significance of these seemingly unusual words - what are the hidden bites and healing grace? Ratan Tata's statement, "Both my mother and my father died of cancer," during a public speech, inspired this reflection. Millions struggle with this disease, and many receive inadequate care, late treatment, or none at all. Tata believed that everyone should have access to cancer treatment, yet many cannot afford the high costs.



In response, he began collaborating with medical facilities and building partnerships with institutions around the world, especially in India. He also became aware of Catholic hospitals and developed a special devotion to St. Peregrine and St. Agatha.

During my time caring for cancer patients, I encountered numerous individuals whose battles with health, finances, and mental well-being were heartbreaking, prompting deep reflection on these issues.

His deep faith in God and the power of healing is one of the most inspirational stories I've encountered. It unfolds like this: "He had been healthy for 40 years without any issues. Suddenly, he began experiencing throat pain and itching. After trying home remedies without success, he decided to see a doctor. Following the doctor's advice, he was ultimately diagnosed with third-stage throat cancer. That's when I met him and shared my concerns."

The narrative reveals that his unwavering faith required him to abandon his immoral lifestyle and embrace God's mercy, which extended his life by a year, alongside receiving financial support from Tata Health Care.

Today, cancer is the most prevalent disease, with stress and lifestyle choices being the primary contributors. Let's take action to educate those who are unaware of cancer prevention and health promotion.

1. Healthy Lifestyle Choices

Diet and Nutrition
Physical Activity

2. Avoid Exposure to Carcinogens

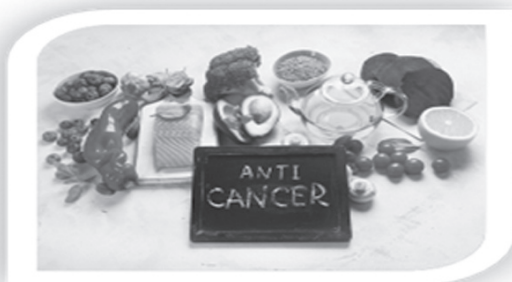
Smoking and Alcohol
Environmental Factors

3. Vaccinations and Infections

4. Early Detection and Screening

Regular cancer screenings





Know your family history

5. Minimizing Hormonal and Chemical Exposures

Avoid unnecessary exposure to radiation

Promote Mental and Emotional Well-being

Manage stress effectively

Adopt supportive social behaviors

embrace healthy lifestyles while seeking the Lord's blessings for a life filled with joy alongside our loved ones. Let us also reflect on the importance of letting go of immoral choices that can ultimately lead to cancer-related deaths. Through faith, self-care, and positive change, we can navigate the path to better health and well-being.

This Christmas, let us remember that the true cancer in life isn't the disease that affects our bodies, but the deeper cancer of depriving others of their dignity and respect. Let's reject this mindset, open our hearts to Christ with love and acceptance, and offer our simple presence to those in need.

Wishing you a festive Christmas filled with joy and a New Year overflowing with blessings!

With this post, I hope to raise awareness about cancer and encourage all of us to

Sr. Nirisha
Secunderabad

"Am I Really Belonging to My Master?"

Having experienced the love of God in my life and being in IIS, I am glad to share my unique experience. In September, we had a recollection talk on "Am I Really Belonging to My Master?" given by Rev. Fr. Benny, the director of the house. His talk led me to reflect on the following key points:

- The servant has no will or wish except that of his master.
- In all circumstances and situations, the servant is faithful, accountable, and obedient to his master in serving.
- The master has all rights and authority over his servants.
- The master orders and commands, and the servant obeys.

These highlighted points helped me identify my servanthood in the Lord and convinced me of my precious call—that I belong to Him alone. Like St. Paul, I joyfully say, "The Lord Jesus made me His own" by paying the price of His own life on the cross. This inspirational quote helped me embrace the servant qualities of simplicity, accountability, selfless service, obedience, and loyalty to my Master.

I thank God for helping me realize my servanthood as a consecrated religious and for committing myself totally to His mission as a blooming bud in my congregation, the Sisters of the Cross.

Sr. Jamuna, Bangalore - Student



Mother Nature's Sorrowful Mourning



Until the last drop of water,
Man won't stop being the yachtsman
Who sails around and near.

The ocean is magnificent,
Gurgling waves like a metronome,
In their rhythm—
Lapping waves,
And inshore waves.

But the devil doesn't bargain;
He only pursue his desires.
Here comes Man,
Plastic in hand.

Soon enough,
Plastic bottles will drift,
Fishing nets will entangle,
And the once-benevolent ocean will now
be cruel.

Very soon,
There won't be a drop left.
Wait until it's all over.

Mother Nature mourns...
My fishy friends lie lifeless.
Man embodies the devil,
A devil in disguise.

Wait, Man!
Wait until it's all over!

Everybody knows
It's not over yet!

You could make it right,
But who wants to fight?
Fight against the cruelty of
man? Nobody.



All my animals will go extinct,
And so will you, Man!
What goes around comes around.
There's still time
If you want to make it right.
Make it right, man!

You say water is scarce,
You say water is precious,
Yet you waste it?
Tell me, man, is that fair?

I hope
Somewhere in this universe,
Someone is listening
To this mother's sorrow.

I hope there's a tomorrow.

M. Devera Athena 8th class
University of Hyderabad campus school
[Sr. Nirisha's Niece]

***Cheers to a joyful Christmas
and a New Year full of
hope and new adventures***

Reawakening Our Consciousness: A New Creation Story Rooted in Consciousness



The universe began with a singular explosion—known as the Big Bang—around 13.7 billion years ago. From this infinitesimal speck, everything emerged: galaxies, stars, and eventually, human beings endowed with a profound sense of consciousness. This journey illustrates the interconnectedness of all existence; every element of the universe, living and non-living, is composed of the same fundamental substances and energies.

As we delve into the story of evolution, we must remain mindful that this process is ongoing. In our rapidly advancing technological world, we must embrace new paradigms & prepare for the transformations they bring. Just as chaos gives rise to beauty—cloud formations, leaf patterns, and the birth of stars—so too does it serve as a catalyst for our own evolution.

Three Cosmic Principles that Underscore our Shared Existence:

1. **Differentiation:** Our differences are divine revelations, not mere traits to be tolerated but aspects to be appreciated and celebrated.
2. **Interiority:** Each being possesses the potential to fully express its unique essence.
3. **Communion:** Existence itself is rooted in relationships; 'to be' is to be related.

The wisdom of the universe, often referred to as the Divine, permeates every being. It resides within us, among our fellow humans, and throughout all of creation. This interconnectedness calls us to engage with ourselves, others, and the universe with profound reverence and gratitude. We are not isolated entities but kin, emerging from the same source. In 'Laudato Si' Pope Francis insists that "everything is interconnected, and that all creation is a 'kind of universal family'". The reflections in Daniel O'Leary's book, *'An Astonishing Secret: The Love Story of Creation and the Wonder of You'*, offer a deeper understanding of the central heart of Christianity to transform our self-understanding and our understanding of our planet earth and create a "revolutionary change in Catholic consciousness".

This cosmic energy is not merely a concept; it has the power to heal, expand our awareness, and lead us toward a fulfilling and prosperous life. Various creation stories, including those from different cultures and religious traditions, echo this theme of interconnectedness and divine presence in the universe.

Awakening to a New Consciousness

In the beginning of creation was consciousness.

We are familiar with the profound opening of the Book of John: "In the beginning was the Word. And the Word was with God, and the Word was God." Later, in Chapter 6 of the same book, Christ declares, "The words I have spoken to you are spirit and they are life."

This "Word" transcends its ordinary meaning. It is not merely language but represents spirit and life-it is consciousness itself.

The awakening of this new consciousness calls us to recognize the sacredness inherent in all things. As stated in John 10:10: *"I have come that they may have life and have it to the full."* This verse underscores the abundant life that becomes possible when we align ourselves with the Divine.

Practices to Cultivate this Consciousness:

- ❖ **Meditation:** Connect deeply with your inner self and the universe.
- ❖ **External Cleaning:** Create a harmonious environment to foster inner peace.
- ❖ **Present Moment Awareness:** Enhance your connection to yourself and the world by staying fully present.
- ❖ **Limiting Ego Self-Talk:** Reduce negative inner dialogue to let the Divine within you shine through.
- ❖ **Trusting the Divine:** Embrace the understanding that the Divine seeks to express itself uniquely through each of us.

healing and transformation, reminding us that growth often arises from disorder. Practices like creative prayers, working with mandalas, and understanding the dynamics of extroversion and introversion can further activate our dormant gifts and enhance our spiritual journeys. The concept of the Holy Cross Morphogenic Field exemplifies our interconnectedness, suggesting that our collective consciousness shapes reality. By allowing the Divine to work through us, we embrace our unique roles in the cosmic narrative.

Rule of Life 2:2 says, "Recognizing God's presence everywhere, we look upon all of humanity and creation with love, respect, and hope, and try to experience the Father's love always at work."

Creation is the revelation of God's love and majesty. This divine consciousness leads us to respect, revere, and love every human being, as well as everything in nature, for everything is the handiwork of our loving Father.

As we navigate the complexities of life, let us remember the interconnectedness of all existence. By connecting deeply with ourselves and others, we can foster a profound sense of unity and appreciation for the divine presence that permeates all of creation. In this sacred journey, we evolve, heal, and awaken to the truth that we are indeed all part of one magnificent tapestry. Ultimately, this new consciousness leads us to a greater understanding of our purpose and our place within the universe, affirming that **"All is sacred, All is One."**

Embracing Chaos and Healing

Embracing chaos as a blessing is vital for our evolution. It serves as a backdrop for

Sr. Matilda Soosai
Visakhapatnam.

My Song of Gratitude

Gratitude, though invisible, resonates deeply within my heart. Dear sisters, I am overwhelmed with thankfulness to God and to each of you who have supported and guided me throughout my life, especially during my formation journey.

Living alongside the sisters and learning from their lived experiences inspired me. I discovered the freedom to grow and become open-minded through enculturation. This journey helped me find my unique path to follow Christ, unlocking the hidden beauty within me and shedding unnecessary burdens.

I extend my heartfelt gratitude to my congregation, province, and community for nurturing and preparing me to dedicate my life to Jesus Christ. Just as a skilled sculptor transforms an ordinary stone into a breathtaking masterpiece, God, through their collective efforts, has chiseled me into a beautiful statue, revealing my inherent worth.

I was once like that unassuming stone, unaware of my potential. However, God's guidance, manifested through the love and support of my sisters, has brought out the best in me. I am now a work of art, crafted for His mission.

Thank you, dear sisters, for your generosity, love, and for playing a pivotal role in shaping my vocation. Your contributions have been invaluable, and I assure you of my continued prayers. I remain forever grateful.

Sr. Pavani, Tenali



"The meaning of life is to find your gift . the purpose of life is to give it away". Pablo Picasso

"In the hands of great poet, words have ways of affecting us in ways we don't understand". Kenneth Branagh.

"Opportunities multiply as they are seized" Sun Tzu

A beautiful Love to serve the Lord

Love has hands to help others, feet to hasten to the poor and needy, eyes to see misery and want, ears to hear the sorrow of others, and a heart that can reach out and embrace their pain.

Yes, dear sisters, I would like to share a personal experience that had a profound impact on me. On the 8th day of the Novena to Mother Mary, in the month of October, I had an experience that left an indelible mark on my life.

It was a Sunday, and I was returning from catechism class when I saw a grandmother, a parishioner, with a bleeding toe. I inquired about her injury, which was severe and bleeding profusely. Despite her critical condition, she refused to seek medical attention due to her financial situation. As I listened to her, I was deeply moved with compassion, and I helped her reach her house safely.

One day, while returning from college around 3 pm, I saw her standing in the heavy rain with her belongings by the roadside. Seeing her condition, I felt helpless. I approached her and asked what had happened and why she was standing there. She was reluctant to share, so I invited her to come to our convent until the rain stopped. It had been raining continuously for three days, and I was deeply disturbed by her situation.

During those moments, I felt a profound sorrow and questioned my role in the world. Here I am, living a life devoted to service and love, yet what tangible difference have I made today for her and others like her?

Due to a lack of care, her wounds became infected. When I saw her condition, I didn't feel like going near her. In that moment, I

remembered that we are called to see God in everyone we meet, especially the poor and abandoned. How often do I pass by such figures without even noticing? As I prayed, I realized that prayer alone is not enough. I must be the hands and feet of Christ, seeking ways to extend comfort and hope through small acts of kindness.

I am reminded of Jesus' call to care for the least among us. In that moment, I saw Christ in her – the Suffering Servant and the Forgotten One. My faith compels me to respond, to be present, and to offer more than just pity. I am called to extend a hand, a prayer, or an act that might restore dignity to suffering humanity, which longs for a gentle touch of God's love, care, concern, compassion, and mercy.

Seeing her standing in the rain reminded me that life is fragile, and no one is immune to suffering. But more than that, it reminded me that I am called to be a vessel of God's love, to bring light to dark places, and to stand with those who are overlooked. The grandmother in the rain has become a symbol for me – of resilience, but also a challenge to ask: Am I doing enough? Can I truly live my vocation if I fail to act when I see someone in need? I pray for the strength to act like the Good Samaritan when I encounter suffering humanity in need of God's loving and helping hands. May my hands become beautiful hands to serve the Lord and praise His name.



Sr. Gnana Mary
Secunderabad

Am I A Slave For God Like St. Paul?

During one of the monthly recollections led by Fr. Benny, the director of the IIS family in Bangalore, my heart was deeply moved by a talk titled, "Am I a Slave for God Like St. Paul?" In his letters, St. Paul reflects on his profound encounter with Jesus of Nazareth, which became a pivotal moment in his life. This encounter was not just a turning point for his personal conversion, but it also ignited his lifelong commitment to bearing witness to the Gospel and its values.

The four significant conversions in the life of St. Paul are:

- Saul became Paul.
- A Jew became a Christian.
- A persecutor of Christ became a witness of Christ.
- From a blind man to one who sees God.

Saul became Paul:

In the encounter with Jesus on the way to Damascus, Saul recognized his new identity as Paul, which means to be small before God. This profound experience of divine revelation in St. Paul's life helped me to cherish and reaffirm my own identity as a consecrated spouse, devoted to God alone.

Jew became Christian:

Paul, having been a refined Jew, initially reacted strongly against Jewish Christians who believed in one God. However, after his personal encounter with God, he embraced Christianity, fully aware of the consequences that would follow.

The risk taken by St. Paul inspired me not to cling to my own talents and skills, but to hold on to the virtues of humility and charity.

Persecutor to Witness of Christ:

St. Paul's initial duty was to persecute Christians who proclaimed the name of Jesus. However, his profound experience

with God transformed him into a witness of Christ in all his words and actions. This serves as an eye-opener for me,

reminding me to harbor no grudges, anger, envy, or indifference towards others in my words or deeds. Instead, I am called to bring the values of Christ—peace, joy, hope, and love—into the lives of those around me.

From the Blind Man to One Who Sees God:

The mighty presence of God transformed Paul, making him a vessel through which only the light of divine power could be seen. In this encounter, the Lord was guiding him toward the new light of knowledge—that Jesus is Lord and God. St. Paul's unique experience inspires me to reflect on my own life, where I was blinded by various things—physical, mental, and psychological blindness. These barriers surrounded me, entangling me with the concerns of the world. Yet, the faithfulness of God, through my parents, authorities, sisters in the congregation, and the community, held me close and uplifted my eyes to see God. The light of Love enabled me to understand God's unfathomable mercy in both the pleasant and unpleasant moments of my life.

I thank God for helping me realize the worth of living my consecrated life more meaningfully, just as St. Paul did. I reflect on my early life and embark on an inward journey, becoming convinced that I belong to God as a servant, a slave, and a handmaid. I am determined to cherish the beauty of my committed life, fruitfully living out my vocation now and in the days to come.

Sr. Naveena, Bangalore



“Bread is the Symbol of Family.”

Dad, amidst the sea, works hard,
Sweat pouring all day to earn his daily bread.
Mum waits in hope for his return,
In love, she bakes the bread that nourishes us all.
I am at school, pondering the abundance of love,
Listening to lessons on family with deep expectation.
I hear of the carpenter’s son,
And a mother named Mary, the mother of all.
That son grew in wisdom and grace,
Embracing the fullness of love.
He listened while at banquets with families,
Renewing the lives of many by breaking the bread.
Now I remember my mum with the bread;
She broke it like Christ, and I broke down in tears.
I recall the inseparable love of my parents,
And learned to love and serve the love of Christ,
For He was the heart of my family—
I came to know this when He transformed my heart.



Yes, dear readers! “Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.” Every place we live is a Bethlehem, And every day we live will be a Christmas. Let this Christmas help us discover the true image of God in the divine, And become joyful witnesses of the Savior of the world.

Sr. Gnana Sundari
Kambhampadu

A Journey of Faith and Resilience

My name is Sheela, and my journey has been one of immense pain, countless challenges, and an unwavering faith in Jesus Christ. Every day brings its own struggles, yet I find strength and solace in the belief that my hardships are part of a divine plan—a gift from God, designed to shape me and guide my spiritual growth.

The Weight of Pain

Life has not always been kind. I have faced countless trials that, at times, felt insurmountable. Physical ailments, emotional distress, and relational conflicts have woven a tapestry of suffering that has deeply tested my spirit. There were days when I felt overwhelmed, as if the weight of the world rested squarely on my shoulders. In these moments of despair, it was easy to succumb to negativity and see life through a lens of hopelessness.

Each challenge forced me to confront my limitations, urging me to seek a deeper understanding and connection with God. In my darkest moments, I discovered that it is often through vulnerability that I find my greatest strength.

Finding Strength in Faith

My faith in Jesus became my anchor. Whenever I felt as though I was drowning in sorrow, I turned to prayer and scripture. I found comfort in the promises of the Bible, particularly in verses that spoke of hope and resilience. Philippians 4:13, “I can do all things through Christ who strengthens me,” became a mantra that echoed in my heart. Through prayer, I began to experience a profound sense of peace. I learned to lay my burdens at the feet of Jesus, trusting that He

would carry my pain and guide me through the storms. This act of surrender was not easy, but it was liberating. Each prayer became a lifeline, pulling me closer to the divine and helping me find purpose in my suffering.



Accepting Life as a Gift

Over time, I began to shift my perspective. Instead of viewing my difficulties as mere obstacles, I started to see them as gifts from God. This radical acceptance transformed everything. It allowed me to recognize that each challenge is an opportunity for growth—a chance to deepen my faith and resilience.

I came to understand that God uses our struggles to teach us valuable lessons in patience, compassion, and gratitude. Every setback became a stepping stone, guiding me toward a deeper spiritual awakening. I learned to embrace my circumstances, no matter how painful, as part of a larger divine narrative unfolding in my life.

The Journey of Spiritual Growth

As I navigated through pain and challenges, I became increasingly aware of my longing for spiritual growth. I began to explore various practices that could deepen my relationship with God. Immersing myself in prayer, meditation, and reflection, I sought moments of stillness amidst the chaos of life.

I also turned to my community, connecting with others who shared similar struggles. Through fellowship, I discovered the power

of shared experiences. Listening to others' stories of overcoming adversity inspired me and reminded me that I was not alone on this journey. Together, we prayed, supported one another, and celebrated the small victories along the way.

Cultivating Positivity

Throughout my spiritual journey, I have come to understand the power of cultivating a positive mindset. While I cannot control the challenges that life presents, I can control how I respond to them. Each day, I choose to focus on the blessings in my life, no matter how small they may seem.

Gratitude has become a cornerstone of my daily practice. I take time each day to reflect on the things I am thankful for—my health, my loved ones, and the lessons I've learned through my struggles. This simple act of reflection has transformed my outlook, filling my heart with hope and joy, even in the midst of difficulties.

Looking Ahead

As I continue on my journey, I remain committed to deepening my spiritual growth. I aspire to be a source of light and encouragement to those I encounter. Through my story and the lessons I've learned, I want to show that even in the depths of pain, there is always hope and healing.

I believe my experiences can inspire others to see their struggles as gifts and to seek the strength within them through faith. With Jesus as my guide, I am determined to face each day with renewed courage and positivity, knowing that every challenge holds the potential for transformation.

In conclusion, my name is Sheela, and I am a living testament to the power of faith in overcoming life's difficulties. Though each day may bring its own challenges, with God's grace, I continue to grow, heal, and find joy in the journey. Life may be difficult, but it is also a beautiful gift, and for that, I am truly grateful.

Sr. Arul Sheela

Kambhampadu



A Journey of Compassion and Support



“When natural disasters strike, they often leave behind not just physical destruction but also a sense of despair and helplessness.”

In response to the recent floods that devastated several villages, particularly Nandivada and Ilaparru, situated close to the Budameru River, which flows through Gudavalli, Gannavaram, Aulopid, Gudivada, and Nandivada, our Holy Cross E.M. High School staff and students, along with the Sisters, organized an outreach program. This initiative embodied our commitment to fostering compassion, resilience, and service.

Our journey began with a sense of purpose as we gathered essential materials – clothes, food provisions, sanitary supplies, and other necessary items – to assist the flood victims. Staff and students came forward to contribute cash, representing the compassion of our students, parents, and the willingness of our school community to extend a helping hand to those in need.

Upon arriving at the village, the scene was heart-wrenching: homes were damaged and surrounded by water, roads were blocked, and families struggled to regain a sense of normalcy, with some taking shelter in different locations. We, the Sisters and staff, waded



through the water to reach the affected people.

However, what struck us even more was the resilience of the people. They greeted us with gratitude, and we were humbled by their strength and determination to rebuild. We were in one of the substations of the Vennanapudi parish, where people had gathered.

Together, we distributed supplies, offering more than just physical aid. Our staff, students, and Sisters engaged with the families, listening to their stories, sharing words of encouragement, and building connections. For many of our young participants, this was a transformative experience that opened their eyes to the realities faced by those affected by natural disasters and deepened their sense of empathy and social responsibility.





This visit served as a powerful reminder of the values our school strives to instill in each student: compassion, service, and the importance of standing in solidarity with those facing adversity.

Our school has once again highlighted the importance of reaching beyond the

boundaries of our campus to support those in need. We are committed to creating a future generation that excels academically and carries forward a legacy of kindness and responsibility toward the world around them.

This journey to the flood-affected villages is a testament to our belief that every act of kindness, no matter how small, has the power to bring hope and healing. As our students continue to grow, we trust that the experiences and values nurtured in them through such initiatives will inspire not only our students but all of us to build a compassionate and inclusive society.

Sr. Jenifer
Gudivada

A Heartfelt Tribute to My Beloved Sr. Lissy George

Dear Sr. Lissy George,

Your sudden departure has left an unfillable void in my heart, a chasm that echoes with the memories of your courageous struggle. The weight of losing you is crushing, a constant reminder of the pain you endured and the freedom you've finally found.

In your final days, I yearned to be by your side, to hold your hand, and whisper words of comfort. Fate, however, had other plans. The slim chance of visiting you in the hospital became a heartbreaking reality, leaving me with only tears and regret.

Your life's journey was marked by loneliness and pain, but I find solace in knowing that you now reside with the Creator, where suffering is a distant memory. You've discovered joy, and I'm left to grapple with the anguish of not being able to bid farewell, to share a final moment together.

As I pen this tribute, tears stream down my face, a testament to the profound love we shared and the searing pain of your absence. Your unexpected departure has left me reeling, struggling to accept the harsh reality that our last meeting on 25th May 2023 was, indeed, our final farewell.

Lissy, my dear, I miss you more than words can convey. Your love and memories are forever etched in my heart, a bittersweet reminder of the time we had and the time we will never have. As Earl Grollman so eloquently put it, "The only cure for grief is to grieve." I will continue to grieve, to cry, and to remember you, for that is the only way to keep your memory alive.

Rest in peace, my beloved Lissy. May your eternal journey with the Lord be filled with joy, love, and freedom from suffering.



With all my love and tears,
Sr. Tresa Kalapurayil, Gudivada

The Paschal Hope

Our God is the mystery of love.

All that is created is a mystery of love. You and I are mysteries of love. Time and space are mysteries of love. Our world, the Church, countries, congregations, communities, and families are all mysteries of love. We are surrounded by the presence of the divine mystery of God's love.

Through baptism and religious consecration, we are called to be pilgrims on this sacred journey. An awareness and acceptance of our vulnerabilities and sinfulness bring us into an ongoing experience of the merciful love of the Father, who continues to create us despite our failures. This experience leads us to a life of joy, thanksgiving, and praise, where we recognize the Father's presence always at work among us. It enables us to live in deep communion with God and with one another, participating in the mission of Christ.

United in one body, we walk this sacred pilgrimage with one heart and one mind, focusing on the mission of Christ. Let us walk together by the Spirit, filled with the joy of this commission and empowered by the Holy Spirit. May we be joyful witnesses of Christ's mission. May each one of us experience the mysterious presence of the Divine.

The Transformative Power of Pain

All of us must endure pain in life. Like clay in the hands of a potter, we may beg the potter to stop when we are being molded, crying out in agony. But the potter replies, "Not yet." Again, we are placed in the fire, and once more, we cry out, only to hear the same response, "Not yet." We are shaped, refined, and burned in the fire, each painful moment



shedding the unwanted things, until we emerge as something beautiful—a finely crafted cup.



Though the process is painful, the potter does not stop until the vessel reaches its full potential.

Similarly, we must endure pain and suffering in our lives. These moments may make us question God, grumble, and feel abandoned. Yet, we do not realize the grand plan He has for us, nor can we see the joy and hope that are ahead. God knows the right time to bring moments of joy and healing. He has given time for everything under heaven.

In our lives, we too experience moments of suffering and brokenness. Yet, we are given the strength to bear and withstand them. Even in our darkest moments, when we look to the cross, the forgiving love of the Father



brokenness, He brought salvation to the world.

Finding Strength Through Brokenness

We are often challenged with problems in our families, communities, or personal lives. It may feel as though we are being put to the test. But just as a sword is forged and strengthened in the fire, so too is our faith

fills us with courage to face challenges and to forgive. In doing so, we experience tremendous joy, peace, and hope, and we hear His reassuring words: "Fear not, for I am with you always."

The Value of Brokenness

The value of brokenness is far greater than that of success. Success may fill us with pride, but failure makes us humble. It is important to remember that we are all called to experience brokenness. Each one of us has faced pain, loss, or sorrow in some form. Can we find a single person in this world who has not experienced difficulty? We have all faced failures, yet through God's grace, we



and character refined through trials. Brokenness has the power to make us stronger and more grounded in our faith.

In my own life, I have faced times of darkness, when everything seemed bleak and hopeless. I questioned why it seemed that only I was suffering. Yet, there was no answer to the question, "Why me?" Over time, I realized that in my pain, I was closing my eyes to the light. Though I lost hope in myself, I did not lose hope in God. During a prayerful moment, as I was offering my brokenness to God in the Eucharist, I found new inspiration.



rise again and achieve significant milestones in our lives.

When we look at Jesus, we see the ultimate example of brokenness. Jesus endured immense suffering and persecution, yet He remained faithful to the Father's will. He did not shrink back from His mission, and in His

Overcoming brokenness is like trying to reassemble a shattered mirror. It is difficult to put the pieces back together, but each fragment reflects a new image within me.

When I saw the breaking of the bread during the Eucharist, I felt a profound light in my heart. The act of breaking the bread spoke to me powerfully: I am broken, like the bread,



to be shared. This is the essence of the Christian life—chosen, blessed, broken, and shared. Just as Jesus took the bread, broke it, and shared it with His disciples at the Last Supper, so too are we called to embrace our brokenness and allow God to use it for His purpose.

The Three “T’s” in Our Lives: Temptation, Trials, and Triumphs

As followers of Christ, we must accept the presence of temptation, trials, and triumphs in our lives. These three “T’s” shape our spiritual journey. Let us not be disheartened by the difficulties we face but instead cherish the grace we receive through them. Each moment of pain, if accepted with faith, can lead to a greater triumph and joy.

Let us also remember the words of St. Paul in Romans 15:13: “May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.” This is a promise of hope that assures us we are never alone. The joy and peace we experience in Christ enable us to overflow with hope, empowering us to face the challenges ahead.

The Joy and Hope of Christmas

Christmas is a season of encouragement and joy. It is a reminder that Jesus comforts and encourages us. His birth is a message

of hope, signifying that we are never alone. No matter how hard or hopeless our situation may appear, God is with us. The birth of Jesus is the Good News that we are not abandoned and that God’s love is for everyone.

We do not have to journey through our struggles alone. God’s presence is a constant source of hope and joy, and it is through His love that we can face the trials of life with confidence. The light of Christ shines in the darkness, and no matter how difficult our path, His love will guide us.

Let us rejoice in the season of Christmas, cherishing the gift of God’s presence, and knowing that His love will carry us through every hardship.

May we continue to walk in faith, sharing in the joy and peace that come from trusting in God’s love.

**MERRY CHRISTMAS AND HAPPY
PROSPEROUS YEAR.**

Sr. Shirley Frank
Tenali



Mary, The Icon of Hope: A Spiritual Journey with Mary, The Mother of God

The Catechism of the Catholic Church (CCC No. 487) states, "What the Catholic faith believes about Mary is based on what it believes about Christ, and what it teaches about Mary, in turn, illumines its faith in Christ." Christianity is the only religion that needs a mother, as the great theologian Karl Rahner noted. The reason for this is that Christianity is not just a religion but the person of Jesus Christ, God's incarnated Son. For the incarnation of Jesus, God's Son, a mother was needed.

Mary played a vital role in the incarnation of Jesus. She is the first redeemed and the first to be associated with Jesus in His redemptive work. She followed Jesus from the womb to the tomb. Pope Francis says, "A Christian who does not feel that Mary is his or her mother is an orphan." Why do Catholics give so much attention to Mary? St. Mother Teresa of Kolkata provided a simple response to this question: "No Mary, no Jesus."

St. Paul, in his letter to the Galatians (4:4), says, "When the fullness of time came, God sent His own Son into the world." St. Thomas Aquinas taught that God, in His omnipotent power, could have restored human nature in many different ways but chose to redeem us by His incarnation, becoming incarnate of the Blessed Virgin. If God freely chose to redeem us by being born of a woman, it necessarily follows that this woman, Mary, is at the center of His salvific plan. Pope Paul VI said in one of his homilies, "If we want to be true Christians, we must also be truly Marian."

Do Catholics worship Mary? No, they offer special devotion to our Mother. It is crucial to understand the uniqueness of Mary and her veneration in the Church as the Mother of God.

Though Mary is mentioned only sparingly in the sacred scriptures, particularly in the New Testament, and there is almost total silence about her in early Church history, her role remains significant. After Jesus' death, it is said that Mary was taken by St. John to Ephesus.

As we enter the holy season of Advent, there is every reason for us to have faith and hope like Mary. She waited expectantly for her Son. We greet Advent with the promises of hope, leaving behind past uncertainties and embracing a new beginning. God's tangible love for humanity, "Maranatha" - Come, O Christ, the Lord. Psalm 24 says, "Arise and shine, the Lord is coming." Just as every drop of snow falls on the foliage and makes it glitter, similarly, this holy season offers us new adventures in life and a moment of transition in our spiritual journey. This kairos moment instigates us to eagerly long for the coming of our Messiah and prepare for the mystical encounter between divinity and humanity. The main exponents of the coming of Christ are the Prophet Isaiah, the Blessed Mother, and St. John the Baptist.

Now, as Christmas approaches, it brings with it the message of peace—peace to people of good will. However, this peace feels far away. When we look around, there is war, bloodshed, hatred, and disharmony. The Prince of Peace has no place to lay His head. There is noise pollution, air pollution, incessant rain, non-stop cyclones, and many negative vibes. Oh, where will He be born? He is longing to be born in our hearts. Are our hearts ready for Him? Let us prepare our hearts and our homes to receive Him. And let us sing with hope, "Be born in us, Incarnate Love" – Amen.

Wishing all a Merry Christmas and a Peaceful, Prosperous New Year.



Sr Mary Kuruvilla,
Secundrabad.



Sacred Spaces for Soulful Serenity

"Sacred spaces are where we find the silence that speaks to our deepest selves, where serenity becomes a companion to our soul's journey." - Unknown



Experiencing a connection with God during a retreat can be deeply personal and profound. It often involves a combination of spiritual practices, contemplation, and a deliberate effort to seek a deeper understanding of one's faith. As I embarked on the spiritual retreat, I carried with me a longing for a closer connection with God and a desire to delve deeper into my faith. This retreat seemed like the perfect opportunity for my spiritual journey.

The days began with moments of silence, a sacred pause that allowed me to quiet the external noise and turn my attention inward. In those silent moments, I felt a gentle presence, as if God's whisper was carried by the rustling leaves and the soft morning breeze. It was a reminder that, in this stillness, divinity often speaks. Meditation became a bridge to the divine. As I closed my eyes and focused on my breath, I sensed a profound peace enveloping me. It was as if God's love was a constant, unwavering force, inviting me to release my worries and embrace the serenity of the present moment.

Prayer took on a new depth during the retreat. Whether in the solitude of my room or in the communal gathering spaces, I found solace in conversation with the divine. It was not just a recitation of words but a genuine exchange of thoughts, gratitude, and hopes. In those moments, I felt a sense of being heard and understood, a reminder that my connection with God is not a monologue but a dialogue.

The instructions shared by the preacher became guideposts on my journey. Scriptures came alive, offering insights that echoed the challenges and joys of my own life. Each lesson seemed tailored to address the questions that lingered in my heart, providing a roadmap for navigating the complexities of faith. Our Lady of Grace Shrine at Aliabad played a vital role in shaping my spiritual experience.

As the retreat neared its end, I carried with me a renewed sense of purpose and a deepened connection with God. The retreat had been a sacred rest, a pause in the busyness of life that allowed me to re-center my spirit. It was a reminder that the divine is not confined to a specific place or time but is ever-present, inviting us to seek and encounter it in the ordinary moments of our lives. In reflecting on this retreat experience, I find gratitude for the moments of stillness, the conversations with God, and the shared pilgrimage with fellow seekers. It was not just a retreat; it was a sacred dance with the divine, a journey that continues to unfold, shaping the outlines of my faith in profound ways.

I would like to conclude with the words of Hermann Hesse: "Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself."

Sr. Packia Selvi Chinnappan,

Guntur.



Role of Management in Teacher Empowerment

I, Mrs. K. Nancy Kiran, joined Holy Cross School, Kollipara, in the year 2022. From day one, I was fortunate to encounter an environment that fostered not just academic teaching but also personal growth through responsibilities.

The management of Holy Cross Sisters played a pivotal role in my growth by entrusting me with various responsibilities. These were opportunities to cultivate learning perspectives, above all organizing special events, daily assemblies, and activity-based learning, making me an effective and efficient teacher. Each responsibility taught me valuable lessons in leadership, time management, and teamwork. The guidance and instruction from the Sisters turned out to be a great learning experience for me.

The encouragement and trust shown by the Sisters empowered me to step out of my comfort zone and face challenges with

confidence. Their guidance and support not only shaped my character but also instilled in me a lifelong commitment to continuous learning and personal growth. Despite already being a postgraduate, I was encouraged to pursue a B.Ed., and I successfully completed it with commendable results. Frequent mentoring from the management, particularly on women empowerment, inspired me to pursue further learning by enrolling in an M.Ed. program.

As a teacher, I am deeply indebted to the Sisters for their unwavering support and guidance. From the school management, I have learned the real definition of women empowerment. Their dedication and commitment have been instrumental in shaping my professional and personal growth.

I am profoundly grateful for their mentorship and the opportunities they have provided.

Mrs. K. Nancy Kiran

Holy Cross English Medium High School,
Kollipara.

1. ***"The beauty of love is that in giving it away, you are left with more than you had before". David Simon.***
2. ***"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change"***

Charles Darwin
3. ***"There can be no greater gift than that of giving one's time and energy to help others without expecting anything in return." Nelson Mandela***



*Chapter Sharing - Nellore, Tenali,
Kollipara, N.R thota*



*Chapter Sharing - Makkuva,
Nabrangapur, Vizag*



*Chapter Sharing - Secunderabad,
Alirajpet*



*Chapter Sharing - K.Padu,
Gudivada, Guntur*



Candidates, K.Padu



Gudivada



Kollipara



Tenali



Nandirajuthota



Nellore



Alirajpet



Nabarangpur



Secunderabad



Makkuva



Vizag



Guntur

Honey Bee Experience - The Sweetness of God's Love

"If indeed you have tasted that the Lord is good." (1 Pet. 2:3)

Honey and honeybees are used as images to convey God's blessings, love, strength, and wisdom. Here, I am sharing my spiritual growth experience, likened to that of a honeybee, which our province has provided me through the course in Theology and CJP.

Life in IIS was a unique experience through the formation received from the MSFS fathers. It rejuvenated and refreshed me as a consecrated person, enabling me to witness Christ. Various curricular, extracurricular, and spiritual activities were offered, allowing me to grow as an integrated person. The formation program under MSFS was a new experience, with "freedom with responsibility" being the maxim that created an ambiance for growth in maturity. Being with 16 different congregations, each with its unique charism and gifts, helped me grow in holiness and achieve holistic development. Building relationships with everyone was a challenge, requiring the acceptance of each other's personalities and growth in the spirit of forgiveness.

The systematically arranged formation program enabled me to strike a balance between prayer, work, studies, and other activities. As we all know, a prayer life is the principal foundation for consecrated people. This foundation was strengthened and deepened during my stay in IIS through various spiritual activities like community prayers, personal prayers, meditations, daily Holy Eucharist with well-prepared homilies, monthly recollections with themed spiritual growth, and the sacrament of reconciliation.

Through the study of sacred texts, theological traditions, Church teachings, and

spiritual practices, I gained insight into fundamental questions of existence and the nature of my relationship with the divine and human. It also helped me grow in personal formation and responsibility. This was a golden opportunity provided by our province to form myself spiritually and grow in knowledge of God's love and mercy.

Staying with people from different congregations broadened my mind, allowing me to appreciate the beauty and uniqueness of each congregation, its mission, and charism—all working together for the one body and mission of Christ under the umbrella of the Church. This experience was like a second novitiate for me.

The hum of the bee is the voice of the garden. The common juniorate program was another fragrance-filled experience, allowing me to hear the hum of God's voice in the garden of SCC. This experience helped me grow in the spirit of our congregation and become a Claudine for the mission today.

It was a beautiful garden, amidst diverse individuals, where I discovered the uniqueness of God and tasted His love through each person. The theme of the 38th CJP, "Be the Heart of Jesus," drew me closer to His heart, where I experienced the sweetness of His love, mercy, compassion, forgiveness, and kindness. I learned to practice spreading His sweetness to those who needed it in their lives.

This experience brought sweet joy to my life, allowing me to feel compassion for and



support the poor, sick, and needy. Like a honeybee flying from flower to flower to gather sweet honey, I continued my journey in search of the sweet fragrance of Christ, deepening my roots in Him.

I received sweet empowerment to strengthen my vocation and passion for Christ's mission through the history of our congregation and its charisma. The beautiful, blossoming flowers of our founder's life and the early sisters' lives attracted me, inspiring me to emulate their zeal and enthusiasm in fulfilling Christ's mission joyfully, wherever I may be placed and to accept God's will for His greater glory.

Mother Claudine's key phrase, "Make the good God known and loved," deepened my relationship with God and others. This experience helped me reveal God's merciful love by rebuilding broken relationships with love and reconciliation.

Mother Louise Mermier's phrase, "God alone," enabled me to draw absolute trust in the Lord and dependence on Him in times of difficulty, uncertainty, and need. Mother Veronica Pauline's phrase, "Courage and confidence, God is with us," stimulated me to thirst for the mission, no matter where I am or what I am doing.

The bee continued to fly to other flowers, such as community life, where I learned to work together, live together, cooperate, and collaborate with others for the Kingdom of God. This experience challenged and strengthened my community life, teaching me to accept each sister as my own self with love, care, and concern.

The vows were another flower of honey, empowering me to live with profound commitment and total dedication to God alone. The three evangelical counsels

deepened my intimacy with God, challenging me to seek His will with an open heart through higher authorities and to humbly accept everything for the greater glory of God.

In this experience, I discovered the purpose of God's plan in my life – that He chose me in His own way to work for His mission. Total dependence on God never left me alone, and I lacked nothing when I sought the richness of God's love, mercy, grace, and blessings in times of difficulty.

The 38th CJP and study of theology have been a wonderful experience, allowing me to be busy with God like a honeybee and attain significant growth in my spiritual life. Throughout this one-year journey in the spiritual garden, I formed a sweet honeycomb, dedicating my entire self to Christ's mission.

Overall, I have grown and formed as a true Sister of the Cross, empowered by God's power and grace, and supported by our sisters. I extend my heartfelt gratitude to Sr. Helen and her team, Sr. Ponni, our junior mistress, and my spiritual guide, Sr. Teresa Kulandasami, as well as our superiors, for being an integral part of my life's journey.

Once again, I thank Sr. Helen, our provincial, for providing me with the great opportunity to experience the sweetness of God's love and mercy through my spiritual course in theology and my attendance at the 38th Common Juniorate Program. Indeed, I have come to know that the Lord is good.

Sr. Shanthi Ganta
Nabarangpur.

"Beauty begins the moment you decide to be yourself" Coco Chanel

A Helping Hand Amidst Flood Disaster

The recent floods along the Krishna River basin have severely impacted several villages near Kollipara. Heavy rains on August 31st, September 1st, 2nd, and 3rd caused the rivers to overflow, submerging homes and farmlands. Villages like Patha Bommuvanipalem, which are low-lying areas, were the worst-affected localities, with many residents displaced as floodwaters inundated their homes. Agricultural fields were destroyed, leading to significant crop loss, while livestock and infrastructure suffered considerable damage.

Despite all the preparations made for Teacher's Day, the school community felt that celebrating in a joyful mood would be inappropriate, given that some of our neighboring villages were suffering due to the floods. We decided to forgo the celebrations and instead focus on helping the affected victims. Some of our students' families also came forward to lend a hand.

Within a day, the teachers unanimously decided to contribute money, including the funds initially set aside for the Teacher's Day celebrations. We chose to purchase groceries for the flood-affected families and made a significant contribution to 200 families in Patha Bommuvanipalem by distributing essential groceries like cooking oil, wheat, ravva, sugar, and biscuit packets. This was made possible through the coordinated efforts of our sisters and staff, who helped with purchasing, packing, and distributing the groceries door-to-door.

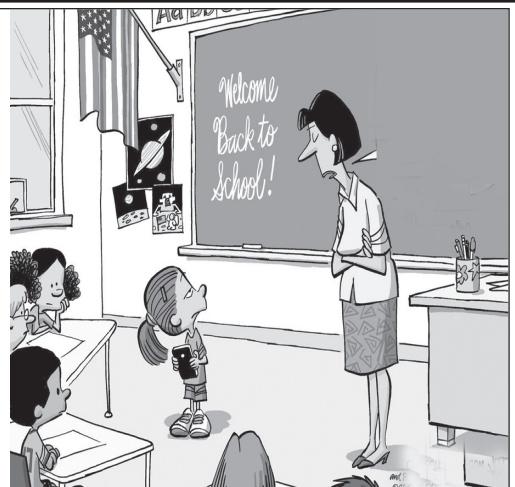
This collective effort reflected our belief that true celebration lies in helping others, especially when they need it most.

Mrs. Vijaya Kumari
Kollipara EM School

Jokes

1. Teacher

Teacher : where are you born?
 Student: I was born in India
 Teacher: Which part?
 Student: What "which part"
 whole body born in India.



Litany of Mother Claudine our Foundress

Dear sisters as I have experienced the powerful intercession of our dear mother Claudine. I am inspired to dedicate this litany to our loving mother Claudine.

Mother most prayerful intercede for us
Mother most faithful intercede for us
Mother most merciful intercede for us
Mother most cheerful intercede for us
Mother most humble intercede for us
Mother most approachable intercede for us
Mother most charitable intercede for us
Mother most lovable of poor intercede for us
Mother most lovable of neighbor intercede for us
Mother most desirable intercede for us
Mother most forgivable intercede for us
Mother most respectable intercede for us
Mother most acceptable intercede for us
Mother most admirable intercede for us
Mother most available intercede for us
Mother most simple intercede for us
Mother most amiable intercede for us
Mother most obedient intercede for us
Mother most modest intercede for us
Mother most chaste intercede for us
Mother most silent intercede for us
Mother most committed intercede for us
Mother most poverty intercede for us
Mother most holiness intercede for us
Mother most generous intercede for us
Mother most enthusiasm intercede for us
Mother most dedication intercede for us
Mother most prudence intercede for us
Mother most hard worker intercede for us
Mother most devotion to Mary intercede for us
Mother most confidence in Jesus Christ intercede for us
Mother most sacrificial intercede for us
Mother most edifying intercede for us



Let us pray

Most gracious lord we thank for our most Rev. Mother Claudine who has set an example for us to know you, to love you, to serve you and to make you known to others. Grant us the grace to possess Jesus as everything and to save souls through our way of life and prayer like our mother Claudine. We make this prayer through our lord Jesus Christ. Amen

Susmita

2nd year Pre-Novice

How do We See the Present Youth?

Technology has become an integral part of human existence.

Technologies are the means to make our lives easier and get our work done faster, but they are not the ends.

Nowadays, the present youth are not able to live without technology.

Technological development is vividly ubiquitous from the womb to the tomb.

Social media is a gateway through which people create, share, and shuffle different types of information.

For example: Facebook, Instagram, Twitter, WhatsApp, Telegram, YouTube, etc.



The Role Model of Today's Youth: St. Carlo Acutis

If we look at the life of St. Carlo Acutis, he is the real model for today's youth. Though he was only a 15-year-old boy, he used the media in the right way, in order to proclaim Jesus. However, if we look at the life of today's youth, many do not know the path they are walking or where they are going. They long for a good life but are not able to live it.

Now, I feel the urgent need and my desire is to help the youth use mass media in a meaningful manner, such as for learning, helping, teaching, etc. I visit houses once a week and take catechism classes on Sundays in Konalai. I desire to give them awareness about their future lives. Through the Word of God, I do my best to change their hearts and minds, leading them toward Jesus so that they will be filled with His Word.

"The youth of today is the future of tomorrow."

Roji,
2nd year Pre-Novice, Ayekudi.



A Day Unfolded With My Kids

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you" (Psalm 32:8).



I was delighted to unfold the precious life and new experiences in the community at Kollipara and in the Holy Cross School at Kollipara. The new environment around me helped me unite with Christ in everyone and everything. I experienced love, support, and adaptability from my sisters, which enriched me and made me more proactive. I am experiencing God's loving glance towards my life, which keeps me upheld and strengthened at all times.

As I began to live my life amidst the little children, I found peace of mind and inner joy. Especially when they wished me with a smile and came to me asking questions like, "Do I need to write?" or "Is it this page?" These questions made me realize that I needed to go to them, be with them, help them open their books, and guide them as they wrote. It was here that I learned to love and accept them. I admired their zeal and enthusiasm to learn and read. They actively participated in class.

My spiritual exercises in the community and the Action Plan I follow to connect myself to the divine and surrender to God's providence have been invaluable. Initially, I was anxious about handling the children in my care. However, I learned to surrender myself at the foot of the cross, especially during the Novena prayers to our Mother Claudine. Her virtues were well-reflected during the prayers, which helped me imbibe her spirit in my daily life.

I was inspired by Mother Claudine's particular virtue, "love for one's neighbor," where she gathered small children to teach them catechism and grow in the fear of God. This act of Mother Claudine challenged me to plead for her grace to be gentle in handling the children. The experience of both challenges and successes made me a more reflective, adaptive, and empathetic educator. I learned to embrace the little children and recognize God's presence in them.

This loving experience with the children transformed me and helped me continue with hope and trust in the Lord. Finally, I learned to adapt to new responsibilities by the grace of God. I wish to make a difference in the lives of the children in the future.

I extend my Christmas and New Year greetings to everyone.

Sr. Sahayam,
Kollipara

Counted Among the Committed

As I pen down these words, tears of joy flow, illuminating my thoughts. I am counted among the committed—those who serve the Lord selflessly through their way of life. I am filled with gratitude as I reflect on the stages of growth in my life.

The confusion that once clouded my path has given way to clarity. The doubt that once shrouded my calling has become a reality. My relationship with God has deepened into a profound encounter with Him. Ultimately, my calling has been transformed into commitment.

It fills me with great joy to share that the past six years of my life have brought about a profound transformation. It has been like the process of constructing a temple for God. My desire to serve Him wholeheartedly became the cornerstone upon which He began to build. In any construction, the two most important elements are the cement and the builder who mixes it. Even if the builder is skilled, if the quality of the cement is poor, the construction will suffer.

Such was the state of my heart when I first decided to follow Jesus. My faith was shallow, but the Builder—God—patiently took His time refining me. He knew that though the cornerstone of my desire was strong, my faith needed to be strengthened. Many around me would say that my faith lacked depth, that my experience of God was shallow. I struggled deeply with this, comparing myself to others and feeling unworthy. At times, I found myself weak, drawn to the desires of the world.

- But when I fell, God lifted me.
- When I was tempted, God provided an escape.
- When I desired worldly things, God helped me turn away.

It was only when I realized my unworthiness and surrendered everything to God that I began to experience His power in my life in a profound way. I prayed, “Lord, I don’t feel

worthy to be your disciple. I lack everything that is needed to live a religious life. My faith is shallow, but I will take one more step. I will try to encounter You by surrendering myself completely.”

As I prepared for my final commitment, I often found myself overwhelmed with emotion when speaking about God. Tears would flow freely because there were no words or symbols that could adequately express the depth of His love for me.

His love is indescribably sweet, comforting, and soothing. It was then that I began to truly understand the meaning of Scripture: “In His presence, there is fullness of joy.” When God begins a work, He brings it to completion- and that is what I have experienced in my life. I no longer regret my past or who I used to be. I belong to Him now, and that truth fills me with a joy that surpasses understanding.

God’s love is great and everlasting. As I write, I am reminded of St. Ignatius, who would weep whenever he gazed at the Eucharist during Mass. His tears were a sign of his awareness of God’s immense love—a love so powerful that Christ laid down His life for us. My tears, when I think of God as my own, are a small expression of the overwhelming joy that comes from knowing and loving Him.

I believe that Jesus comes to us in little ways, especially during Christmas. Let us seek out those little ways to love and serve Him.

“Wishing you all a delightful Christmas and a fantastic New Year, Brimming with joy, love, and countless blessings!”

**Sr. Bala Jyothi,
Makkuva**



Experience at ER1, Geneva...

06.10.2024

Joining ERI in Geneva meant stepping out of my comfort zone and taking a leap of faith into the unknown. This decision, made for the mission of our Congregation, has revealed to me a world more fragmented than I ever imagined and more in need of voices and hands committed to peace.

On August 29, 2024, I met with Brothers Brian, Terry, and Tino to discuss how I could contribute as an intern at ERI in Geneva and what insights I could bring back to our Congregation and my work. Their warm welcome and introduction made me feel immediately part of the ERI team. During my first week, I was introduced to the workings of the United Nations Council, its commissions, and the mechanisms involved. As the Human Rights Council sessions approached, I was asked to prepare a statement related to my area of work. This was a valuable learning experience, and having the opportunity to present two statements before the UN Council was truly unique.

I also participated in online meetings organized by the ERI team, including sessions with advocacy coordinators, justice coordinators, and justice representatives from schools. These meetings were enlightening, as they exposed me to the wide range of human rights education and advocacy programs being implemented in different parts of the world. They deepened my understanding of how various initiatives come together to promote justice and human rights on multiple fronts, especially in schools and with the youth.

I had the opportunity to attend several parallel events at the United Nations focused on the



human rights crisis in Myanmar, extradition and violations in Russia, Bahrain, Azerbaijan, and the UAE. There was also a call for Sri Lanka to reconcile with its past and pursue meaningful reforms.

There were also issues discussed such as internal displacement in Sudan, landmine and cluster munition issues in Mozambique and other nations, the supply of arms by nations to conflict zones, and the weaponization of technology. Discussions included drug trafficking in Manipur and the use of the death penalty for drug traffickers in Saudi Arabia, as well as the encroachment and mining in vulnerable regions like Baluchistan, Guatemala, and Colombia. The climate crisis was emphasized as a human rights issue, particularly in the context of conflict-driven climate change in Gaza and Kashmir.

During one of the side events, I had the opportunity to hear from Israeli hostages released by Hamas and the pleas of family members whose loved ones still remain captive. There was also a focus on the human rights situation of women and children in conflict zones, especially in Gaza, where

70% of war casualties are women and children. In 2023, 460 million people in the world lived in conflict zones, with children, the most innocent, enduring severe trauma. The discussions highlighted the urgency of eliminating violence against children through human rights engagement, advancing the right to education through gender-transformative curricula, and promoting human rights education for, by, and with children. There was also a strong call for achieving gender equality in family law and safeguarding LGBTQ rights.

It is remarkable to witness how women continue to lead the fight for strong and resilient communities in war-torn nations. Members from civil society see the flicker of

hope rising from the ashes of destruction and remain steadfast in their commitment to building peace. Their collective efforts inspire a vision of renewal and transformation, demonstrating the power of unity in overcoming adversity.

Working with the Christian brothers in Geneva was a unique experience. It was a temple of wisdom, loaded with experiences that stirred my conscience and triggered my mind. Peace is what the world needs most. In the words of Pope Francis, "Peace is made with our hands, not just with the powerful and the treaties." True peace must begin in each of our hearts, starting with my own.

Sr. Priyanthi Samala
Makkuva



Stepping into the Unknown

As I ventured into uncharted territory, a mix of emotions swirled within me. Excitement and curiosity wrestled with nervousness and apprehension. The journey, though challenging, taught me that setbacks are an inevitable part of life. Yet, it's in these moments that we discover opportunities for growth and resilience.

My week-long stay in this new place has been a journey of discovery, filled with unexpected twists and turns. Despite the initial fatigue and uncertainty, I was welcomed with open arms and hearts. The simplicity and humility of the sisters, combined with their generosity and care, left a deep impression on me.

The convent, with its rich history and legacy, is a testament to the dedication and service of the sisters. The way they live with minimal amenities yet radiate joy and warmth is a valuable lesson in humility and kindness.

My experience serves as a reminder to venture out of our comfort zones, learn from others, and spread love and goodness wherever we go. The fragrance of goodness and kindness is a powerful force that can bring people together and make a meaningful impact.

My stay at that convent continues to be a source of inspiration and growth.

Sr. Tresa Kalapurayil
Gudivada

"To bring about change, you must not be afraid to take the first step. We will fail when we fail to try". Rosa Parks

Why I Am Inspired to Study Acupuncture: A Journey of Self-Healing

My journey into the world of acupuncture began as a personal quest for healing and understanding. As I faced physical and emotional challenges, I felt a strong inner calling to explore alternative healing practices. Acupuncture, with its deep roots in ancient wisdom and its focus on restoring balance, immediately caught my attention. I was fascinated by how this practice could activate specific energy points within my body, bringing a renewed sense of alignment and vitality.

What truly inspired me, however, was the powerful realization that when my body is in balance, it can heal itself. This transformative experience sparked an even deeper connection between the principles of acupuncture and the healing miracles of Jesus. Just as acupuncture restores energy flow to promote wellness, I began to see how divine touch, rooted in faith, can also bring healing to both the body and the spirit.

What is Acupuncture and How Does It Heal?

Acupuncture is a time-tested practice rooted in Traditional Chinese Medicine (TCM) that seeks to balance the body's energy, or Qi (pronounced "chee"). The concept of Qi, which flows through energy pathways called meridians, is central to acupuncture. When the flow of Qi is disrupted or blocked, it can lead to illness and discomfort. Acupuncture works by stimulating specific points on the body, using thin needles to unblock or redirect Qi and restore balance to the body's energy system.

The process of acupuncture goes beyond just physical healing; it also addresses emotional and spiritual well-being by targeting energy points associated with specific organs and emotional states. For example, the Wood element (connected to the Liver) helps release anger and frustration, while Water (associated with the Kidneys) promotes inner peace and grounding. Acupuncture helps bring balance to the Five Elements (Wood, Fire, Earth, Metal, and Water), which are believed to govern both the body and mind. This balance is essential for physical health, emotional stability, and spiritual harmony.



Jesus' Healing Touch: The Divine Power of Faith and Healing

As I continued my acupuncture treatments, I reflected on the miracles performed by Jesus, particularly those where His touch brought about healing. One of the most profound stories in the Bible involves a woman who had been suffering from a bleeding condition for twelve years. Believing that Jesus' touch would heal her, she reached out and touched the hem of His garment, and immediately she was healed. Jesus responded, "Take heart, daughter, your faith has healed you" (Matthew 9:22). This passage speaks to the powerful connection between faith, belief, and healing—the same way that acupuncture is deeply rooted in the belief that the body has the ability to heal itself when properly aligned.

In other instances, Jesus healed by laying His hands on the sick. For example, in the Gospel of Mark, a blind man was healed when Jesus touched his eyes, saying, “Go, your faith has healed you” (Mark 10:52). Jesus often emphasized the importance of faith in the healing process, showing that the touch itself was not just a physical act, but a spiritual one that connected the individual with divine energy. Similarly, acupuncture’s touch activates the body’s natural healing abilities and restores energy flow. Both practices illustrate that healing is not just an external force but is deeply connected to the energy and faith within the individual.

Invitation to Listen: The Healing Power within You

I invite everyone reading this article to explore the healing potential that lies within your own body. Just as acupuncture has helped me activate my body’s energy flow and bring about profound healing, the stories of Jesus’ healing touch remind us that the divine touch is always available to guide us. Healing is not only about external treatments—it is about recognizing and nurturing the energy within us all. As Jesus said in Matthew 17:20, “If you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”

Whether through acupuncture, prayer, or self-care, we all have the ability to heal ourselves. This is an invitation to explore your own path to wellness, to connect with the healing power inside you, and to open your heart to the divine energy that surrounds you. When we align with this energy—whether from within or from divine touch—we unlock the profound potential for transformation and healing.

As we celebrate Christmas, we are reminded of the divine healing that Jesus brought into the world. Just as acupuncture restores balance to the body’s energy, the love and grace of Christ restore peace and healing to our souls. This season invites us to reconnect with the healing power within us and the divine energy that surrounds us. Like the mustard seed of faith, even the smallest openness to healing can transform us. May this Christmas bring peace, renewal, and a reminder that true healing comes from within and through divine love.

Sr. Rubia
Nellore



Mentoring: A Journey Nurturing Young Hearts Through the Gospel

Teaching has been one of the most transformative experiences of my life, not only for me but also for the children I have had the privilege to teach. Through this journey, I have come to understand the profound connection between education and the principles of the Gospel, which emphasize love, patience, and the importance of nurturing young minds.

From my very first day in the classroom, I encountered a diverse group of students, each with their own unique backgrounds and personalities. I quickly realized that teaching is not merely about delivering lessons but about fostering a safe environment where children feel loved, accepted, understood, valued, and encouraged to explore their potential. This mirrors the Gospel's call to love one another and to treat others with kindness and respect. One of the most significant revelations I've had as a teacher is how much the Gospel aligns with the art of teaching. In Matthew 19:14, Jesus says, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." This verse has served as a reminder to me that children are not just future leaders; they are an essential part of God's plan right now. Each day spent with them is an opportunity to nurture their faith, encourage their curiosity, and help them grow into who God has called them to be.

However, teaching is not without its challenges. There were days when I felt overwhelmed, especially when I encountered a student like "X" who was withdrawn and disengaged. Instead of pushing him to participate, I approached him with compassion and understanding. This experience resonated with Matthew 18:12-14, where Jesus teaches us about the value of every single person. I learned that sometimes the most important thing a teacher can offer is not a lesson plan but a listening ear and a heart open to understanding.

As the school year progressed, I witnessed significant growth—not only in my students but also in myself. I learned to embrace the



unpredictable nature of teaching, to adapt my methods to meet the diverse needs of my students, and to celebrate both big achievements and small victories. The classroom became a space of shared laughter, learning, and support, reflecting the community that Christ calls us to build.

By the end of the year, I reflected on how much we had all grown together. I had taught my students various academic lessons, but they had imparted invaluable insights into resilience, empathy, and the joy of discovery. Each child left a lasting impact on my heart, reminding me of the beauty of human connection, which is at the core of the Gospel message.

In conclusion, teaching children is not merely a profession; it is a calling deeply connected to the principles of the Gospel. It is an opportunity to instill values of love, patience, and understanding in the next generation. I am grateful for the privilege of influencing young lives and for the continuous inspiration I draw from their boundless potential. Through this journey, I have witnessed the profound truth that teaching and nurturing children is one of the most significant ways we can serve others, reflecting the love of Christ in our actions.

Sr. Velangani, Guntur

A Prophetic Transformation

A prophet is the mouthpiece of God.

During my Renewal Program at Yercaud, God took me to His garden of love, where I breathed fresh air, relaxed, rested, came to know Him personally, was assured of my call, and grew deeply in my relationship with Him.



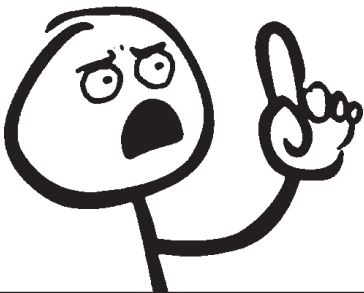
Dear sisters, I am indeed glad to share with you all the prophetic transforming power of God that I encountered during the four-day class on Prophets by our Sr. Metty Amrutham. In the deep silence of my heart and with full awareness, I spent these four days examining my life in line with the prophet's call. That is, God chose them with all their strengths and weaknesses and gave them space and freedom to grow. With His love, He shaped and transformed them by allowing many experiences, both pleasant and unpleasant, and made them strong and courageous to spread the Kingdom values zealously.

God kept on assuring His presence with them so they were even ready to give up their own lives for the sake of truth and justice. I realized that I too have my own strengths and weaknesses, but overlooking all that, God has chosen me, and I experience His unconditional love that encloses me through His Body and Blood. Only for the love of Him, I decided to give up all that displeases Him, like my ego, likes and dislikes, and selfish motives.

Now, as I examine myself, the same Spirit of the Lord is accompanying me in my prophetic transformation and disciplining me through all my experiences, both pleasant and unpleasant. I am able to accept it as God's plan and go through it for the sake of saving souls.

This experience is taking me closer and closer to the crucified Lord. Hence, I find myself with Him, and there is a lot of space in my heart for the Infant King to be born in me.

Sr. Kavitha
Makkuva



Joke -2

Bro: What happen?

Me: Cousin is not able to walk and speak.

Bro: why?

Me: Just born 2 hours ago.

Reflection on the Charism of the Sisters of the Cross of Chavanod

"There's a blessing in everything that happens to us." – Kamaru Usman

Yes, dear Sisters, let us be a blessing today and in the days to come...



Greetings to everyone, I would like to share a few words about the insights and inspiration I experienced during my Charism Retreat.

CHARISM

C – Christ-like Attitudes

H – Humility of Jesus Crucified

A – Abnegation of Self

R – Rising above the Brokenness

I – Intimate Relationship with the Father

S – Self-emptying Love of Jesus on the Cross

M – Making the Good God Known and Loved

Charism comes from the Greek word "Charis," which means 'favor' or 'freely given gift' from God, as used in the New Testament. Charisms, or spiritual gifts, are bestowed through the grace of the Holy Spirit, empowering the followers of Jesus to become powerful channels of God's love and presence in the world.

Our founders, Mother Claudine Echernier and Father Peter Mermier, have placed us under the standard of the Cross, urging us to make the good God known and loved. As Sisters of the Cross, we have, from our origins, received from the Father, in the Spirit, a special call to "**PARTICIPATE IN THE MYSTERY OF JESUS, DEAD AND RISEN, IN HIS MISSION, IN THE WORLD, FOR THE SALVATION OF ALL.**"

The Cross of Christ traces a path of growth for us to receive the fullness of God's gift, enabling us to help others open themselves to the grace of the Passion of Christ—a power always at work in the world.

There is no true love without the Cross. This love requires a personal price, yet we must remember that we never carry our Cross alone. Jesus is always there, supporting us in our trials, giving us strength and courage.

As authentic followers of Christ, we must remain continuously rooted in the contemplative moment grounded in faith. Even when filled with fear or doubt, we thirst for the Lord. By deciding to follow Christ, we must constantly recreate ourselves in our unconditional attachment to Him. The Charism of our religious life can be interpreted as a profound experience in faith. Our faith strengthens our total adherence to God.

To live out this Charism, we must be present in the community, participate in its life, and reach out to others. We must be available and ready to serve. In living our community life, we will encounter many opportunities to put the Charism into action. United with Jesus, we engage in the struggle against evil and continue the work of establishing God's reign of justice and peace.

As we walk the path of our Charism, let us remember that we are the face of Christ, who

is always with us. May His grace and mercy bless, keep, and transform us, so that we may live out our Charism effectively and fruitfully. Let us pray this prayer:

Prayer for the Charism of the Sisters of the Cross of Chavanod

Loving God,

We thank You for the gift of the Sisters of the Cross of Chavanod,

For our dedication to education, compassion, and community.

May our Charism inspire us to seek knowledge and wisdom,

Nurturing the hearts and minds of all those we encounter.

Grant us the courage to serve the marginalized,

To be a voice for the voiceless and a light for the lost.

Help us to recognize the dignity of every person,

And to respond to the needs of our community with love.

Strengthen our bonds of community,

So we may support and uplift one another in our journeys.

May our lives reflect the joy and hope of Your Gospel,

And may we be instruments of peace and reconciliation.

As we grow in our own spiritual journeys,

Guide us to embody the values of faith, hope, and charity.

May we carry forward the spirit of this Charism,

Living it out in our daily lives and in service to others. – Amen.

**Sr. Packia Selvi Chinnappan,
Guntur.**



“Glory to God in the highest, and on earth peace to men of good will.” (Luke 2:14)

This is the wish and prayer of Jesus Christ, and we too have come to realize its meaning. He is the Divine Master, the Way, the Truth, and the Life – the Truth to believe, the Way to follow, and the Life to live. Jesus’ birthday is the miracle of miracles because He demonstrated His love for us by possessing nothing. He is the Son of Justice, the incarnation of the God-man, His manifestation in the flesh. We have something to love, admire, and imitate. So, shall we go to Bethlehem to celebrate the birthday of Life, the Love of Christ?

The Catholic Church celebrates the feast of the coming of the Second Person of the Blessed Trinity in flesh and blood, entering human history. The birthday of Jesus is invisible; it is commemorated as the Light of lights and the Word made flesh in the womb of the Virgin Mary. Jesus’ coming has taught us to eradicate every vice and live a life of righteousness in faithful observance of our duties. Jesus chose His first earthly adorers from among good, simple, upright shepherds because they had a lively faith. They urged the people to prepare themselves well for the beautiful day of the Nativity through prayer, sacrifice, and penance.

What is Nativity? Nativity is the gift of a new heart to the world. It is a sharing, as we try to be gifts to God and to one another. It was a preparation to offer the gift of a new heart to the world, but now we celebrate by giving Jesus the gift of our renewed hearts. This is the best and greatest of all gifts that we can offer Jesus – just as Mary opened her heart to Jesus. She had time for Jesus, for God, and time to listen to the Word of God as well as the will of God. She had time for us too.

The angels also had time to deliver and give a personal message to the shepherds, which made them feel great about themselves.

The shepherds too had time to visit Jesus and offer their best gifts to Him. What shall we offer to Jesus, the One who is born for us, the incarnate Love? Mary had a generous heart to give Jesus to the shepherds, the wise men, and to all of humanity. The wise men also offered something precious that they had for Jesus. Shall we open our hearts to God and to others? Shall we renovate and decorate our hearts for Jesus, so that He can be born in us with all the warmth and love, rather than with poverty, cold, pain, sorrow, and distress?

I desire and hope that this Christmas will be real for us if we offer our best gifts – our precious possessions, power, name, and fame, the things we cling to. Let’s offer a new and clean heart. This is the only gift Jesus desires from us. Let us allow ourselves to be renewed, refreshed, recreated, and restored by Jesus, so that He can be born in us and fill the world with His glory.

May the God of infinite goodness scatter the darkness of sin and shame and brighten our hearts with holiness. May He continue to give us His peace, goodwill, and fellowship. May He fill us with joy and make us heralds of His Gospel.

Let His solidarity become a reality in our lives and in the world, today and always.

Sr. Maggie Jabamalai
Nellore



Living Life With Paschal Hope



In my daily life, hope involves embracing the joy that comes from Christ Jesus. His suffering, death, and resurrection brought me a new life and changes within me, giving me a different way of living as

a Sister of the Cross. When I encounter tough times, I have the comfort of going to God, knowing that He is there for me. Living my life with paschal hope challenges my daily life of prayer and work, allowing the Spirit of God to work within me through my thoughts, attitudes, actions, and interactions with others. Here are some points that have helped me cultivate paschal hope in my daily life:

Deepening my faith:

Regular spiritual activities, such as prayer, listening to the inner voice of God, allowing the Lord to touch me, strengthening my soul through the Word of God, and personalizing it, have brought me a deep connection with the Lord. This connection brings about a lot of transformation and renewal and helps me reach the kingdom of God with hope.

Serving others:

Engaging myself in little acts of kindness and service to others by extending my helping hand to those in need gives me hope and fuels my passion for Christ and compassion for His people. I look for opportunities to make a positive impact wherever I am, guided by a sense of paschal hope.

Facing challenges as a stepping stone:

When I face challenges, I approach them with

faith and hope in God. I always feel that difficulties are opportunities for growth and a chance to experience the hope of resurrection in my life. As the writer Alex Elle says, "I am thankful for my struggle because without it, I would not have stumbled upon my strength."

Forgiving and seeking forgiveness:

As Mahatma Gandhi says, "The weak can never forgive. Forgiveness is the attribute of the strong." The central role of our Charism is to embrace the spirit of forgiveness and reconciliation. Letting go and seeking forgiveness from others brings peace to my mind and heart, cultivating a good relationship with others. When I forgive others, it brings me healing and fosters a sense of hope and inner freedom.

Embracing change:

Change is a natural part of life. I embrace opportunities for growth and transformation. Being transformed is a change, and I try to embrace it joyfully. When I have a change of heart and experience newness, it brings life and eventually, paschal hope. Thus, living with paschal hope is an ongoing journey in my daily life.

**Sr. Rose Mary
Tenali**



Care for Creation: Fighting Climate Change for a Better Future

Climate change is real—and it's happening now. From raging wildfires to melting ice caps, we can see the effects everywhere. But it's not just about scary headlines or scientific facts; it's a wake-up call to take better care of the Earth, our home. We need to act—because the planet needs us more than ever.



Here's the thing: climate change is mostly caused by human actions. Activities like burning fossil fuels, cutting down trees, and over-industrializing have pumped huge amounts of carbon into the atmosphere. This is heating up the planet, causing extreme weather, rising sea levels, and destroying ecosystems. In short, it's making life harder for everyone—humans, animals, and plants alike.

But here's the good news: we can still fix this. It's not just about lowering our carbon footprints or switching to green energy (though that's a big part of it). It's about changing the way we think. We need to see the Earth as something we should care for and protect, not just a resource to use up. "Care for creation" means recognizing that we're all connected to nature, and our health and future depend on the health of the planet.

This idea isn't new—many cultures and religions have taught for centuries that we need to respect the Earth. From Indigenous wisdom to spiritual teachings, the message is clear: we can't keep taking from nature without giving back. We need to live in harmony with the environment, not against it.

The great thing is, it's not too late to turn things around. We can still make a huge difference by investing in renewable energy, protecting forests, and making more sustainable choices every day. This isn't something for governments and big companies to handle alone; each one of us has a role to play.

Caring for creation isn't just an environmental issue—it's a moral one. It's about making sure we leave behind a healthy planet for future generations. So, let's make a real commitment to sustainability and fight for a world that can thrive long after we're gone.

The Earth is calling. The question is: will we answer?

Lillian Shuditha . N
Student - XB
Guntur, LFS

Prepared for the Call: Discovering God's Purpose Within Ourselves



"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

As a religious sister, the journey of embracing my vocation has led me to deeply explore the profound truth that God does not call the equipped; He equips those whom He calls. This realization has transformed my understanding of my own identity, strengths, and weaknesses, allowing me to see that God's plan for me is intricately woven into the very fabric of who I am.

This journey also brought me to a deeply personal moment: the loss of my father. Losing him was an experience that tested my faith, challenging the very foundations of my calling. In the grief and confusion, the words of Jeremiah 29:11 began to resonate more deeply within me, reminding me that God's promise of hope and a future applies even in the darkest of times.

In those early days, I felt overwhelmed by self-doubt and pain. I questioned my ability to carry on with the calling God had placed on my heart. But as I sat with the weight of my loss, I found comfort in the journey of Moses. Just as Moses feared his own inadequacies, God reminded him, *"Now go; I will help you speak and will teach you what to say"* (Exodus 4:12). This assurance helped me to trust that God would guide me through the uncertainties ahead, showing me that my loss was not an end but a step in a greater journey of faith.

This experience taught me the power of leaning on God in moments of weakness. When I felt overwhelmed by grief, I was reminded of Paul's words in 2 Corinthians 12:9: *"My grace is sufficient for you, for my power is made perfect in weakness."* I learned that God's grace is truly a source of strength, even in our most vulnerable moments. Losing my father also opened my eyes to the beauty of my vocation; it showed me that God's calling remains constant and that He equips us even through our pain.

Community became a lifeline.

The support of my community sisters reminded me that we are not called to face challenges alone. My sisters walked with me, offering comfort and encouragement that renewed my spirit and helped me realize that God often works through others to bring healing to our hearts.

As we approach Christmas, a time of reflection and celebration, I am reminded of the ultimate example of God's call and equipping in the birth of Jesus Christ. Jesus was called by God to be the Savior of the world, fulfilling His divine mission through perfect obedience, sacrificial love, and unwavering commitment. He was equipped with the power of the Holy Spirit, divine wisdom, and the authority to teach, heal, and ultimately bring redemption to humanity. In the humble surroundings of a stable, God brought forth His Son, who would bring salvation to the world.

Through the loss of my father, I have come to understand that we are called to trust in God's plan, even when we cannot fully understand it. In our lives, may we embrace the spirit of Christmas by recognizing that, even in loss, God is with us, equipping us for the journey ahead. Just as the angels proclaimed the good news of Christ's birth, may we carry that message of hope, peace, and love into the world around us. My father's memory lives on in my work and my calling, and I am grateful for the strength God has given me to continue sharing His love with others.

Let us celebrate this Christmas with renewed faith, knowing that God has a unique purpose for each of us and that He is always present, equipping us with the strength we need. May we walk boldly in our calling, trusting in His grace and guidance as we continue to respond to the divine invitation that transforms us and those around us.

Sr. Velangani, Guntur

The True Meaning of Christmas: Celebrating the Birth of Our Savior

As the Christmas season approaches, communities around the world begin to transform with festive decorations, joyful music, and a spirit of giving. While these traditions hold a special place in our hearts, it is essential to pause and reflect on the deeper meaning of Christmas – the celebration of the birth of Jesus Christ, our Savior.

A Divine Promise Fulfilled

Christmas is not just a date on the calendar; it is the fulfillment of God's promise to humanity. The prophets of the Old Testament foretold the coming of a Messiah who would redeem the world. In the humble setting of a stable in Bethlehem, this promise came to fruition. The birth of Jesus signifies hope, peace, and the possibility of salvation for all. As we gather with family and friends in this season, let us remember the significance of this miraculous event.

The angel's announcement to the shepherds in Luke 2:10-11 reminds us of the joyous nature of this occasion: "Do not be afraid; I bring you good news that will cause great joy for all the people. Today in the town of David, a Savior has been born to you; he is the Messiah, the Lord."

The Gift of Love

At the heart of Christmas is love – the love that God has for us, exemplified through the birth of His Son. Jesus' coming into the world is the ultimate act of love, offering each of us a personal relationship with the Creator. This season invites us to reflect on how we can embody this love in our own lives. Acts of kindness, generosity, and compassion are powerful ways to express our love for others. Whether it's donating to those in need, volunteering at local shelters, or simply reaching out to friends and family, we can spread the love that Christ showed us.

Embracing Hope

Christmas also brings a message of hope. In a world often filled with uncertainty and despair, the birth of Jesus offers a light that shines brightly in

the darkness. It reminds us that no matter the challenges we face, God is with us, guiding us toward a future filled with promise. This season, we can embrace hope by reflecting on the blessings in our lives and by trusting that God is at work, even when we cannot see it. As we light candles and sing carols, let each flicker of light represent the hope we have in Christ.

A Call to Peace

As we celebrate Christmas, let us also remember that it is a call to peace. The coming of Jesus heralded a new era of reconciliation between God and humanity. We are called to be peacemakers in our communities, seeking to heal divisions and foster understanding. This Christmas, let us take a moment to pray for peace in our hearts, in our families, and in the world. As we gather around the table, may we share not only meals but also our hopes and dreams for a more harmonious future.

Conclusion

In the midst of the hustle and bustle of the holiday season, let us not lose sight of the true meaning of Christmas. It is a time to celebrate the birth of Jesus Christ, who brings love, hope, and peace to our lives. May this Christmas be a reminder of the divine gift we have received and inspire us to share that gift with others. As we reflect on the nativity story, let us remember that the miracle of Christmas is not just a historical event but a living reality that invites us into a relationship with God. This year, let us choose to celebrate Christmas with hearts full of gratitude, love, and a renewed commitment to follow in the footsteps of our Savior.



Sr. Vijaya, N.R. Thota

Paschal Hope: A Force that Moves Us Forward



Dear Sisters,

As we gather to reflect on the theme of the General Chapter – pilgrims and prophets of Paschal hope – I feel compelled to share a story that beautifully illustrates this concept. An old woman carried a cracked pot to fill with water from the river. As she walked, water dripped from the crack, leaving a trail of moisture behind. Many would have dismissed the pot as flawed; yet, over time, the woman noticed vibrant flowers blooming along the path where the water had spilled. What seemed like a defect had nurtured unexpected beauty. This simple act of imperfection became a source of life and joy for others.

In our own lives, we are often like that cracked pot. We carry our burdens and imperfections, sometimes feeling inadequate. Yet, just as the pot's flaw led to the blossoming of flowers, our struggles can cultivate beauty and resilience in ways we may not immediately recognize. This embodies Paschal hope: the understanding that our brokenness can nourish others and inspire growth.

Hope is a powerful force that illuminates our path through darkness. It is not just a fleeting feeling but a steadfast belief in the possibility of a better future. In times of hardship, hope propels us forward, urging us to persevere against all odds.

Consider the journey of a river. It flows steadily, encountering obstacles like fallen trees or rocky paths. Yet, it never halts; instead, it finds ways to navigate around these barriers, carving new routes and transforming the landscape along the way. Similarly, hope encourages us to adapt and evolve in the face of challenges. It reminds

us that even when the path seems blocked, there is always another way to explore.

This resilient hope often springs from our connections with others. Community plays a vital role in fostering a sense of shared purpose and strength. When we support one another, we create a network of hope that empowers individuals to rise, even in overwhelming circumstances. Each act of kindness, each shared story of resilience, weaves a thread into the larger tapestry of hope that binds us together.

Moreover, hope is deeply rooted in the belief that change is possible. It invites us to envision a future filled with possibilities, urging us to take action toward our dreams. Setbacks are not the end; they serve as stepping stones toward growth and renewal. Just as the seasons shift, bringing new life and fresh beginnings, our lives can transform when we embrace hope as our guiding force.

In moments of doubt, let us remember that hope is a journey, not a destination. It evolves with us, adapting to our experiences and aspirations. It is that quiet voice that whispers, "Keep going," even when the road ahead is uncertain. Embracing hope means allowing ourselves to dream, to take risks, and to trust in the unfolding of our lives.

As we reflect on hope that moves us on, let us commit to nurturing it within ourselves and in our communities. Together, we can create an environment where hope thrives, encouraging one another to rise, move forward, and embrace the promise of tomorrow.

Sr. Sunitha. B, Tenali



Provincial Chapter



Sr. Priyanthi ERI Representation - Geneva



Retreat - 1

Retreat - 2

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