

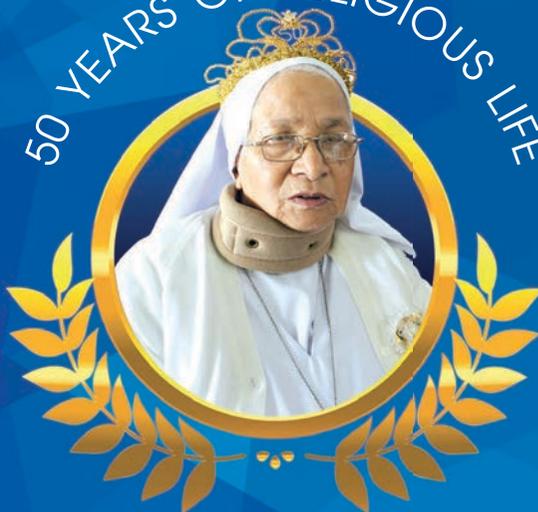
## *Listening to God's Call*

60 YEARS OF RELIGIOUS LIFE



Sr. LINA MARAK

50 YEARS OF RELIGIOUS LIFE



(Late) Sr. ERINA SUSNGI

25 YEARS OF RELIGIOUS LIFE



Sr. CECILIA KSOO

25 YEARS OF RELIGIOUS LIFE



Sr. MILDRED WAHLANG



**FMA Provincial Conference of India  
29 August - 01 September 2017 at Lonavla**

**Congratulations!**



**Sr. Milderis Marwein**

Gold Medalist  
in Biochemistry NEHU



**Sr. Enginia Laloo**

Best Media Co-ordinator 2017  
FMA India



## Editorial

FEMAs around the globe recalled and relived the nostalgia of the first YES of Mother Mazzaello, our Co-Foundress and her companions on 5 August 1872. Most of us too made our professions on this memorable day of the foundation day. Furthermore, the various animation programmes on the 140<sup>th</sup> year of the First Missionary Expedition has spurred us on to be daring missionaries of joy and hope to the young of our times. Our joys are redoubled this year to have witnessed a good number of Sisters and Candidates who listened and followed the call of God in the spirit of *Totus Tuus (Totally Yours)* at different stages.



However, it is not always easy to hear God's call in our lives and to understand what we hear. We are aware that throughout the ages, people have struggled to understand God's call to them. This fact continues even today. Recently, a video went viral of the daughter of a multi-million dollars owner of an Indonesian "Djarum" cigarette company who gave up everything to become a nun. We know of other prominent persons who gave up their expectations, hopes and everything else and opted for Christ.

The most vivid example of a radical following of Christ before our eyes is that of Late Sr. Erina Susngi FMA. She has left us a rich legacy and inspires us to be faithful to our call against all odds. I like to recall here her vocational journey in brief...

*Young Erina Susngi joined the aspirantate of the FMAs against the wish of her parents as she was the only bread winner of the family. Subsequently, her mother followed her where she was with a robe to take Erina back home to support the family. But seeing her daughter happy and contented with the Sisters and in her choice to follow God's call, she returned home joyfully and wished her well.*

Life is a never-ending series of choices. To be a Christian and much more to be a religious today is a daring choice. Young people in particular are challenged by questions and issues related to life. They often wonder as how to know whether they are making the right decisions. What they are going to do with the rest of their life. With God in focus, we can walk on troubled waters, fire and stormy wind of wrong ideologies and false doctrines.

Well the good news is that God wants to speak to us. He wants to communicate with us. He talks, we listen. We talk, he listens. And when he speaks to us let us not miss to hear his voice. The purpose for which God calls us is clear. He wants us to be fulfilled, blessed and successful in the plan he has destined for our lives - so that we can be a reflection of his love and blessing to the people around us. He wants us to give up everything. It means we give up our world views, our ideologies, our desires, our idols and our insecurities. So what are you holding on to? What have you not given up to follow Jesus more closely?

Sr. Teresa Kamsuan  
(Associate Editor)

# VOICES OF OUR MISSIONARIES

## SR. SYNNAH MAGDALINE

### Missionary in Tunisia, Africa

*“My soul gives praise to the Lord!  
All my being bless His holy name!” (Ps 103:1)*

#### THE ORIGIN OF MY MISSIONARY VOCATION

The seed of my missionary vocation was sowed in my family, because my parents were educated in missionary schools. My mother was educated by the Sisters of the Queen of the Missions (Sisters of Our Lady of the Missions, RNDM) and my father by the Salesians of Don Bosco, in Shillong. In my childhood, every Sunday, I used to go to Laskein village, belonging to Mawkyndeng Parish with my father to participate in the Sunday services, as he was the catechist there. I learnt to preach the Sunday's Gospel and teach the smaller children of that village. One or two days before the Sunday, my father used to prepare me well to take the catechism classes. Then, my contact with our then Parish Priest, Fr. Ugo Turco SDB, was a turning point in my life. He introduced me and several other girls to the Salesian Sisters of Auxilium Convent, Shillong. During the holidays, many of us, both young boys and girls, used to go to the far away villages with the Parish Priest to teach catechism and to animate the Holy Mass and other liturgical celebrations. Thus, at a young age, we were already 'little missionaries' in our villages.

#### THE MISSIONARY SEED SLOWLY GREW AND MATURED

Religious life was a great fascination for me, which meant giving my life to Christ and for others: “No greater love a man can have than to lay down his life for others” (Jn. 15:15). When I was in the stages of initial formation with the Salesian Sisters, I did not really think of becoming a missionary outside India. But when I became a sister in 1988, I met Sr. Angela Daglio FMA, my mentor in music



and Sr. Josephine Gaod FMA who were both missionaries from Italy, my desire to be a missionary like them began to well up in me. During the three years (1994 -1997) when I was the assistant of the novices at Bellefonte, the many rosaries I prayed at the tomb of Mother Catherine Mania FMA was always with an intention to have a missionary heart like hers. In 1992 when Sr. Grace Adichirayil FMA came to the province as a missionary from Sudan, she spoke about the mission there, and I was overwhelmed by a desire to become a missionary right away. In fact, I made the request to the superiors to be a missionary that year itself. The request was repeated several times so that I could be allowed to go to the missions but my requests were not granted, may be because at that time I might not have been ready to endure the life of a sister in the missions, as I am today. So years passed

by, and in March 2010, during the spiritual retreat for the animators of communities, I was told that I would not be allowed to go to the missions and that I should be a missionary in my own province, and I accepted it as God's will for me, and resigned myself to it.

However, God did not fail to be attentive to my heart's desire, at the end of June 2010, Mother General, Yvonne Reungoat urgently asked for a missionary sister from our province. Since I was the only one who had made a written application to be allowed to go to the missions, I was asked if I was willing to go.

It was not easy for me to make a decision in such a short time as I was engaged in many activities in my community at Nongstoiñ and Mawroh. In my personal prayer and adoration before the Blessed Sacrament for discernment I heard within my heart the voice of the Lord telling me very clearly: "*You are useful but not indispensable, leave and go, I will be with you!*" I was convinced that there was no need for any further hesitation to say 'Yes' to the request: within a short time I made my preparation and handed over the charge of the community to the new superior and left for the missions on 30 August 2010. I thank Sr. Rosa Pyngrope, the then Provincial who sent me to the missions.

### THE MISSIONARY PREPARATION

Every missionary is prepared with the Good News to be sent out to the missions. I received my obedience to go to Tunisia - Africa, a Muslim country, on 24 December 2010. I was asked to do a licentiate in Missiology at the Pontifical Urban University (Urbanianum), Rome. So I did a two-year programme of studies in Missiology, and defended my thesis on dialogue with Islam in February 2012. I was waiting to be sent to the missions without delay. But there was no a sign of it. In the meantime I was asked to work in the mission department of the congregation at our Generalate in Rome. Almost every month I used to ask the General Counsellor in charge of the missions as to when I could leave for the missions. Finally, by the end of June 2012, I was sent to France to learn French for one year, as in Tunisia, my future mission land, French is spoken in the community. Then, the following year, on 13 June 2013, I came to Tunisia.

### THE MISSIONARY IN MISSION

On reaching a new mission the first thing that every missionary normally does is to learn the language of



the place and get to know the culture of the people. I arrived in Tunisia on a Friday evening and the following Monday morning I began a one-month intensive course in Arabic language.

I tell you, if I had been sent to Tunisia in 1992 (the year in which I first requested to be sent to the missions), I would not have resisted. I had to put in hard work to learn Arabic: to read, write and repeat the alphabets of the new language like a child in a school for the first time!

Learning French was comparatively easy because it uses the Latin (Roman) script, But learning Arabic was a totally different experience: one has



to write from right to left and turn the pages from the end of the book to the beginning. In addition, the summer heat of Tunisia which goes up to 40 degrees made the learning of Arabic all the more difficult. But for me it was a real mission! I put much effort in the learning of Arabic so that I could at least recognize its alphabets and read simple texts, to be able to communicate with people.

Besides learning the language, I had to learn also the culture and mentality of the Arabs and Islam, which is the religion of the people of Tunisia. The population of Tunisia is almost 100 per cent Muslim, and in the school in which I work at present, all the children are Muslims.

#### A MISSIONARY AT THE 'PERIPHERY OF THE WORLD'

Perhaps you are well informed about the political, religious and cultural situation of Tunisia ever since the so-called "Arab Spring" which began in December 2010. Until some years, in Tunisia, there

were about 150 Parishes. St. Augustine, Sts. Perpetua and Felicity, St. Cyprian and other martyrs were all from Tunisia. There were three Popes from this country but now there are only nine Parishes left. In our Parish, when we are most numerous, that is at Christmas and Easter, there are about 20 to 22 Christians, and none of them are Tunisians. The Tunisians who are Muslims are not allowed to be Christians lest they may be persecuted.

The missionary life in Tunisia is quite different from most other parts of the world: there is no such thing as preaching, teaching, catechising, baptising, confirming, preparing people for Sacraments, etc. None of these things exist here, where I am. Our missionary life consists in giving witness with our Christian life and service to the immense love of God for all peoples. We also communicate the Gospel values to the people through our school. Our suffering in this mission consists not because we do not have *rice, tungtap, dohsniang* or *tungrymbai* to eat, but in not being able to tell others about Him, the One I love and to whom I have given my life: Jesus. Here, discernment, discretion and silence are the expressions of our faith. It is hard! But that's our life. I like the prayer of Mother Mazzarello after her sickness: "Lord if you permit me to live, let me be forgotten by all, save you"! May the God who knows us and sees what we do discretely and in silence bless us and our mission.

There are threats and dangers to our life. But we are 'well protected' by the State government. When I arrived in the community where I belong now, we were only three Sisters, including me, but we had nine military personnel to guard us in the night. Now we have, seven police men in the compound of our school, armed with rifles, pistols and guns to protect us all through 24 hours.

So you can imagine the kind of life we live. Life was hard for me at first and it continues to be hard and mysterious even now. But that is our life! (I cannot give you any further details on this matter).

In this mission our only source of courage and strength is our personal and community prayers. The presence of Jesus in the tabernacle is the reason and the answer of our being here. We have Holy Mass only three times a week. We animate our community prayer and liturgy and have the Holy Communion service on other days by ourselves.



Besides prayers, the community is the only place where we can find a space to express ourselves and be free. Therefore, we try to create an atmosphere of concern, care and understanding in our community, notwithstanding the difficulties in interpersonal relationship due to differences of cultures, ages, languages and mentalities: in our community we are four Sisters, from three continents and four nationalities.

In our school we have scouts and guides, dance and theatre, and music groups. On Saturdays the past pupils fill our compound for their basketball game. On Sundays we go for Mass to a Parish which is about 30 kilometres from where we live. The Sunday afternoons are utilised for rest, reading, updating ourselves, and preparing for the school on the following day. The work in the school is very hectic. We have a total of 650 students in the school. The school hours are from 8.00 am to 5.00 pm. Some students go back home only after 6.00 pm. So we have to be around.



For me the strength to continue my life in this mission comes from Jesus who said: "You did not choose me, but I chose you to go and bear fruit, fruit that will last" (Jn. 15:16).

I thank each Sister of my Provinces of Shillong and France-Belgium, and all those who support me in my mission with their prayers and sacrifices. By myself I can do nothing, but with you and with Him who has called me to follow Him, I can humbly continue to carry out His mission with great joy and enthusiasm, and in silent service, and in this way proclaim the Gospel to the people to whom I have been sent as a missionary.

**Sr. Magdaline Synnah fma**





# In Preparation for the Perpetual Profession

From 2 - 29 July 2017, fourteen courageous, young and enthusiastic FMA Sisters set out on a one month long spiritual journey in preparation for their Perpetual Profession. The quiet ambient of FMA Outreach, Lumshyap - Shillong and the generous help of the Sisters there has favoured the journey into days of grace: study, prayer, contemplation and commitment. Sr. Agatha Shadap, General Coordinator of the Province coordinated the entire programme.



In a meaningful Inauguration Service on the morning of 2 July, the Sisters were helped to reinvigorate the essence of religious life. The symbolic gesture of the three-lighted candles, which symbolized the three vows of Chastity, Poverty and Obedience were brought forward by each Sister to the prepared place and were led by Sr. Isabella Suja who carried the crucifix. Different resource persons have enriched, enlightened, guided and helped the group in the deepening of their faith and religious calling. The topics dealt with have encompassed all aspects of life from spiritual, emotional, intellectual and psychological needs of the Sisters in their vocation as Daughters of Mary of Christians. Apart from the sessions, the Sisters were involved in the family visits in the Parish of Pynthorumkrah and also had the opportunity of visiting the



Sacred Heart Shrine, Mawlai and St. John Bosco Shrine, Sohra

Our sincere appreciation to Sr. Isabella Suja, Provincial for her motherly love, care and guidance, to Sr. Rosa Pyngrope, the Novice Mistress who had accompanied us in the past nine months and to Sr. Agatha Shadap, the Coordinator for her availability, creativity and commitment.

*Second Novitiate Sisters 2017*

## Annual Renewal Course for Temporary Sisters

A group of 60 Sisters have come together at Auxilium Convent, Nongthymmai - Shillong for the Annual Renewal Course. The Formation Team of the Province organized the weeklong programme from 29 July to 3 August 2017. The theme that guided





the encounter was “Jesus Missionary of the Father”. The course opened up with an introductory talk by Sr. Isabella Suja the Provincial and Sr. Rosa Pyngrope, the Coordinator of the course animated the Prayer Service.

On the first day Mrs. Tina Lakiang a past pupil enlightened the group with the topic “Know yourself”. Sr. Isabella Suja, Provincial took up the second day on “Consecration”. Fr. Paul Lyngkot SDB, Vice Provincial of Shillong Province enthusiastically and creatively animated the third and fourth day on “Prospective Pastoral Youth Ministry”. These different resource people have enriched the participants through their practical tips and experiences. The climax of the gathering was a full day recollection followed by the Renewal of the vows of forty-two Sisters.

*Sr. Ibañiewkor Warjri*



completed their Silver, Golden and Diamond years of Religious Life at St. Dominic Savio Church, Mawlai. The main celebrant at the Holy Eucharist was Fr. George Maliekal, Salesian Provincial of Shillong Province.

The motto that guided the Sisters all through the preparation was “I had set you apart, and appointed you a prophet to the nations” (Jer. 1:5). At the entrance procession the eleven Sisters were led to the altar by Sr. Isabella Suja, Provincial and accompanied by their parents. The main celebrant encouraged the Sisters to forge ahead in their life of self-giving and assured them of God’s assistance in their ministry.

The celebration also witnessed the fidelity of Sr. Lina Marak and Sr. Erina Susngi who celebrated their Diamond and Golden Jubilee respectively and Sr. Cecilia Ksoo and Sr. Mildred Wahlang their Silver Jubilee. After the Holy Eucharist all the invitees, Sisters, relatives of the Sisters were served refreshments at Sacred Heart School Hall.

*FMAinsinfo correspondent*

## Perpetual Profession: Forever in the Salesian Life

5 August 2017 witnessed the total self-giving of eleven Sisters through the Perpetual Profession and the Jubilee Celebration of Sisters who have





## Social Media Education at Sri Lanka

Eighteen participants from the five countries of India, Nepal, Bangladesh, Pakistan and Sri Lanka under the banner of SIGNIS South Asia came together for the Training of Trainers on Social Media Education at Subodhi Pastoral Centre, Colombo - Sri Lanka from 12 - 18 August 2017. Sr. Euginia Laloo, Social Communication Coordinator of the Province is one among the three selected to represent SIGNIS India.

The coordinator of the Training Programme along with the core group had planned the programme in such a way that the participants were given chances and opportunities for practical sessions. The input sessions were laden with rich designs, styles, tools and presentation skills. On the occasion, a Social Media Education Trainer's Manual for Media Education Trainers edited by Dr. Magimai Pragasam was released. It has served as a reference book for all the practical sessions and further it will help participants to develop other lessons in the field of Social Media Education. There was a lot of teamwork experienced, learning was made interesting, enriching and at the same time fun-filled. Apart from the sessions, group work and discussion the group also got the opportunity of a one-day Exploration of Colombo, Sri Lanka the Pearl in the Indian Ocean.

*Sr. Euginia Laloo*

"For each one of us, there is only one thing necessary: to fulfill our own destiny, according to God's will, to be what God wants us to be."

- Thomas Merton, No Man Is an Island

## Training of trainers on Thinking Schools Academy

A three-day Seminar on Thinking Schools Academy was held from the 17 - 19 September at Don Bosco Institute (DBI), Guwahati. It was organized to "Train the Trainers" namely the Sisters and teachers who are working in our schools from the three Provinces of Guwahati, Kolkata and Shillong which numbered 27 in all. Eleven Sisters who are the Principals and Headmistresses of our various schools attended the same.

The Seminar was organized by Guwahati Province under the wise supervision of Sr. Molly Elizabeth Kaniyampady, Principal of St. Mary's Higher Secondary School, Guwahati. The resource person was Dr. David Paige, from Thinking School Academy (TSA), USA. The main focus of the seminar was on the **Different Strategies** of Thinking School Academy, which gave great emphasis on the Seven Pillars of TSA and also on how to Develop Higher Order Thinking Questions. On the last day of the Seminar the participants were also given the opportunity to have the teaching practice using TSA strategies at St. Mary's Higher Secondary School, Guwahati, which was an enriching experience for every participant.

As a whole the seminar was a great enlightenment and an eye-opener to the participants who expressed their commitment to follow the useful strategies in their respective schools for better learning of their students.

*Sr. Joplin Suchiang*

# FMA Provincial Conference of India Meet held at Lonavla

The FMA PCI Meet 2017 brought together 28 participants from the seven Provinces of India including the presiding General Councilor, Sr. Lucy Rose Ozhukayil from Rome. The meeting was held at St. Joseph Training Centre, Lonavla, Mumbai Province from 29 - 31 August.

During the three-day meeting, the seven Provincials, the Provinces' Delegates and the National Coordinators were geared towards the theme, "Triennial Evaluation 2018". The highlights of the Meet included the Reports from the various sectors by the National Coordinators, Suggestions and Proposals from the National Coordinators, Announcements of forth-coming Seminars and Meetings and the detail planning for the Triennial Evaluation which will be held on 24 - 28 January 2018 at Auxilium Dum Dum



Kolkata. Fr. Varghese Alengaden, the founder of the Universal Solidarity Movement, animated the last day of the Meet. He shared on the challenges in the changing socio-political context in India, helped the Sisters reflect and sought out ways to put new wine on new wineskins, he further spoke on Networking to uphold constitutional values and gave the gathering 50 practical tips for congregational leadership. Prior to this, the National Coordinators of the various sectors had their meeting on 28 August 2017.

*FMAinsinfo correspondent*



## ECHOES FROM THE HOUSES

★ BELLEFONTE

### Pilgrimage to Sacred Heart Shrine

On the evening of 27 June 2017 the community of Bellefonte, which included the Sisters, Novices, Pre-aspirants, students and co-workers went for a Pilgrimage to the Sacred Heart Shrine at Mawlai as part of the devotion to Sacred Heart of Jesus being the month of June.



The Eucharistic celebration commenced at 5.45pm presided over by Fr. Jose Chunkapura SDB, Vice Rector of Sacred Heart Theological College. Before the entrance hymn, the

introduction was read, highlighting the meaning and the purpose of the pilgrimage. During the homily, Fr. Jose spoke about the limitless love of the Sacred Heart for humanity and in turn the celebrant invited the congregation to love Him and spread this devotion far and wide. At the end of the Eucharistic celebration, Sr. Carmelina Sun, Animator on behalf of the whole community, thanked Fr. Jose for availing himself to celebrate the Holy Eucharist. The group also took the chance of visiting the tomb of Late Rev. Fr. Sylvanus Sngi Lyngdoh, which is situated adjacent to the Shrine.

*Sr. Joycy Nonghsap & Sr. Theresia Kongwang  
(Second year Novices)*

## Annual Spiritual Retreat at Bellefonte

**T**hirty Novices, seventeen Postulants and five Sisters embarked on a spiritual journey from 22 - 29 July 2017. The theme that guided the spiritual experience was "Prayer and Mission" and was animated by Fr. Paul Vadakumpadam SDB. The celestial atmosphere of the Immaculate Heart of Mary Novitiate made the encounter a truly enriching time.

During the days of the encounter with the Lord, the Sisters spent ample time before the Blessed Sacrament, read and meditated on the Word of God more devoutly. The retreat preacher animated the Meditation, Sessions and Benediction and he used the Word of God profusely for all prayers and reflections. Some themes of the talks were on the spirit of sacrifice, prayer and mission and on God's call. Fr. Paul also inspired us to be effective missionaries and to follow Christ cheerfully by giving few examples like the life of Fr. Sylvanus Sngi Lyngdoh SDB who was the veteran missionary in our land. There was also the opportunity of personal colloquy with Sr. Isabella Suja, Provincial who listened and guided each one with much care and attention.

*Sr. Ribajanai Kharpor &  
Sr. Crecencia A. Sangma (Second Year Novices)*



## Entry into the Novitiate

**I**n a simple yet meaningful ceremony the seventeen new novices were initiated into the Novitiate life at the Immaculate Heart of Mary, Novitiate Bellefonte on 3 August 2017. Prior to this the Sisters spent a weeklong in prayer and reflection in preparation for this important step in their religious life.

The ceremony began with the prayer service animated by the second year novices welcoming the new novices into the chapel and into the new way of life at Bellefonte. At the outset the novices performed a playlet on the different types of clay and potter, which symbolizes the seventeen of them who would be moulded and shaped through the instrumentality of different persons during these two years of the novitiate life. The candidates responded with a beautiful and meaningful hymn "A Portrait of Jesus", asking Jesus, the Master to colour and paint their life according to His plan. In the name of Mother General, Sr. Isabella Suja, the Provincial welcomed them into the Institute. Thereafter, she conveyed a beautiful message on how to be transfigured like Christ and to be open and docile to the Holy Spirit. Furthermore, she entrusted the novices to Sr. Rosa Pyngrope, the Novice Mistress who would guide and accompany them. The Novice Mistress welcomed and entrusted the novices to Mother Mary and at her feet they sang a hymn to her entitled "Maria".

*Sr. Lucy Ralte & Sr. Evangelica Suja  
(First year Novices)*

# 18 New born Daughters of Mary Help of Christians

The 5 August this year witnessed the courage and fidelity of the eighteen Second year novices who pronounced their 'Yes' to God with their first religious profession at Sts. Peter and Paul Church, Pynthorumkrah. "Called and sent to proclaim" was the theme chosen to guide their religious life. On



On this God-given day, the Holy Eucharist was presided over by Rev. Fr. George Maliekal SDB, Provincial of Shillong Province and concelebrated by more than 30 other priests who came from different Institutions and Parishes.

During his homily Fr. George expressed words of appreciation to the 18 Sisters, for their courage to answer God's call without fear and their strong determination to face the uncertainties of life. He also said that the first profession is a starting point to be messengers of Christ proclaiming His love and mercy. He also congratulated their parents who have wholeheartedly offered their daughters for the sake of the kingdom of God.

The day was made prayerful with the melodious Choir and meaningful liturgy. The presence of the family members of the newly professed, many Sisters and the young people from the various communities, the faithful and religious from the different congregations added colour and festivity to the celebration.

*Sr. Theresia Khongwang  
Second year Novice*

## ★ CHAPAHATI

### Blessing of the New Chapel at Chibongbonggre Village

10 August 2017 was a joyous day for the people of Chibongbonggre village as the new Church was blessed and inaugurated



by His Lordship Rt. Rev. Andrew R. Marak, Bishop of Tura diocese in the presence of Fr. Jose Evadakandam the Parish Priest of Chapahati Parish and Fr. Kurian the first Parish Priest together with Sr. Beronica M. Sangma and Sr. Pencila Ch. Marak. The Sisters have been instrumental in helping the faithful to prepare for this great day.



The faithful were very happy and excited over the completion of the church and were eager to make the best use of it. The function began with the entrance dance with their colorful traditional attire. The offertory procession was accompanied with a dance. Bishop Andrew in his homily exhorted the people to hold Sunday Services in the newly built Church and other days of the week too. He further encouraged them to take good care of the Church and its surrounding and to have a deep reverence for the house of the Lord. He thanked Fr. Jose Evadakandam the Parish Priest of Chapahati, Fr. Kurian who was instrumental in bringing up this Parish. He also thanked especially the Missionary Sisters of St. Peter Claver of Italy who donated for the construction of the Church and all the faithful who contributed towards its completion in different ways. The choir of ICYM Chapahati added to the meaningful and graceful liturgy with their angelic voices. Soon

after the Mass there was a short felicitation followed by lunch.

*Sr. Beronica Sangma*

## ★ JOWAI

# Feast day of Catechism Children celebrated in the Parish

The 30 July 2017 was a memorable day for all the children of the five Catholic Managing Committee of St. Theresa's Cathedral, Jowai as they kept their feast day celebration. Sr. Dakyrmen Sohket together with the Sunday Catechism in-charge namely, Miss. Therina Pohtam and Mrs. Trelis Ryngkhlem saw to every preparation in connection with the celebration. Three hundred children along with their parents took part in the celebration.

The day began with the celebration of the Holy Eucharist presided over by Fr. Hilarius Lamare, Parish Priest. In his homily, he spoke to the children on the need to be connected to God and the importance of prayer. He exhorted them to form a good habit of praying everyday. The beautiful sight was that the





Children themselves conducted everything right from Mass introduction, compering on the stage, the welcome of the guests and the special vote of thanks at the conclusion of the day. The afternoon session saw the children at their best for the skit competition based on the Bible passages highlighting the role of Mary in the salvation history. Each group was excellent in their performance; so much so all the five groups received prizes. Short speeches and religious entertainment were clubbed in between the skits.

## Awareness and Training Programme on Disaster Management

As a response to the notification given by the government of Meghalaya that every school should have a School Disaster Management Planning (SDMP), an Awareness and Training Programme was conducted on 01 - 02 August 2017 at St. Mary Mazzarello Girls' Higher Secondary School, Jowai for classes IX, X, XI and XII in view of forming the School Disaster Management Planning (SDMP). Shri Ioannis Khongjoh Inspector of District Training Centre, Jowai Police and Shri Joshua Nongrum, Assistant Deputy Controller Civil Defence, Jowai and their team from the Police Reserve, Jowai were the resource persons.

Through a mock drill the resource persons explained and demonstrated to the students and teachers on the necessary

steps to be undertaken in times of disaster. The first day was dedicated to mostly on theory, demonstration and the selection of some girls as rescuer to rescue the others, to treat the injured and also to give the report. The second day was dedicated to practical training. The exercise done was on how to protect and take steps in times of earthquake. For this, two tents- Medical Post and Temporary Morgue Post and Control Desk were set up in the playground. It was a very good start where the teachers and students have learned and benefited much in taking necessary measures in case of a disaster.



## Orientation Programme on CPP for Parents

On 10 August 2017 the parents of the students of St. Mary Mazzarello Girls' Higher Secondary School, Jowai had a meeting and an Orientation Programme on Child Protection Policy (CPP). Sr. Gemima Pohrmen, the Development Coordinator and the animator of FMA Outreach, Shillong was the resource person of the day.

The meeting was divided into two groups - one group included the parents of the primary and secondary students and



the second group was the parents of the English Section students. For the first group the meeting was in the morning whereas the second group was in the afternoon. There were more than one thousand parents who responded and participated in the meeting. The meeting began with a welcome speech by Sr. Esther Marwein, Principal, followed by the short prayer - service animated by the resource person of the programme. With precise explanation and power point presentation, Sr. Gemima gave a masterly explanation and insight about Child Protection Policy and made the parents understand its importance. She gave a detailed awareness about the need to have this policy in the school. She also made the parents to be aware of what is happening in the world and around us even in our society too. Mr. Terence Sawian spoke on behalf of the teachers and gave brief information about the discipline and behavior of the students in the school. The school management was grateful to Sr. Gemima Pohrmen for her enriching sessions.

in the morning and the State Bank of India, Ladthadlaboh Branch came in the afternoon.

The girls warmly welcomed them with a welcome speech, songs and festal greetings of Independence Day. They had a short interaction with the girls, where all the officers gave a short and beautiful message to the girls who encouraged and advised them to work hard and become someone great in life. Shri. D. M. Wahlang Assistant Deputy Commissioner as the leader of the day gave the last message. He said that the brain is like a garden so it depends on each one, what kind of seeds we want to sow and so as we sow, so we reap. He also urged the girls to work with dedication and strive for excellence. Sr. Esther Marwein, the Principal thanked the visitors for their kind gesture and lovely visit especially to share something with the poor young people which give them encouragement and inspiration to do the same with others later in their life. The short celebration was concluded by a cup of tea.

*Jowai Diary*

## Independence Day Special for the Orphans

A special visit was made to the orphans of St. Mary Mazzarello, Jowai on 15 August 2017 as part of the Independence Day Celebration. The Officers' Club came

"We are not called upon to do all the good that is possible, but only that which we can do."

- Theodore Guerin, Journals and Letters of Mother Theodore Guerin

## ★ KABUGANJ

### Inter-Group Quiz cum Dance Competition 2017

Auxilium Convent Kabuganj celebrated Mary's Assumption to Heaven and the 71<sup>st</sup> Independence Day through an Inter-group Quiz cum Dance Competitions for the Boarders. The theme was, "Know your Catholic Faith".

The Programme began with the cutting of the ribbon by Sr. Stella Mary Pasi, Animator. This was followed by a Prayer Dance by the girls and an invocation for God's blessings by Sr. Stella Mary. Prior to the Quiz Competition, Sr. Ribhalin Khyriem, the Quiz Mistress spelled out the criteria to the participants of the four groups. The Dance Competition was an open to all category. It was indeed a very thrilling experience for everyone

because the boarders were able to express their natural gifts and talents. At the end of the Competitions, the overall champion for the Quiz was Don Bosco group followed by Laura Vicuna group. Taking the third position was Mazzarello group and last but not the least, in the fourth position was Dominic Savio group. The best dancer in the senior category was Amse Rakhi of Laura Vicuna group and in the Junior category was Pothmi Sakhina of Don Bosco group. Sr. Sunday Susanna Jahrin, the Boarding Head Assistant with the collaboration of all the Sisters worked tirelessly in making the event a successful and enjoyable one.

*Rita Khongmuit (Class X)*



## ★ LAMYRSIANG

### Block Level Independence Day Celebration

On 15 August 2017 the students of Sacred Heart Secondary School, Lamyrsiang participated in the Independence Day Celebration held at Latyrke Village Playground of East Jaiñtia Hills District organized by the Saipung Block.



The Students received many prizes in various games such as Cock Fight, 100-meter race, Musical Chair, Three legged race and stood 3<sup>rd</sup> in March Pass amongst the 12 schools belonging to Saipung Block. Miss Rihok Bareh a teacher got 2<sup>nd</sup> prize in the Musical Chair among the Teachers from different Schools. We thanked Sr. Rina Kharthangmaw and Mr. Heini Bamon the Youth President of Lamyrsiang Village who accompanied the students to the field.

### We welcome you in our midst dear Sr. Matilda

On 16 August 2017, Auxilium Convent Lamyrsiang was happy to welcome Sr. Matilda Kharjana as the new Animator. She reached the house at 2:15pm with the Sisters



and friends from Mawkyrdep Village who accompanied her to our community.

As she arrived the students were lined up along the roadside according to their houses. Felomi Pala, a boarder reading in Cl. VI welcomed her with the Welcome address. Thereafter, the boarders echoed with joy a welcome song. The various items performed by the students in front of the House followed this. Sr. Matilda too thanked the Sisters, Teachers, Students and Boarders for the homely welcome they gave her. She expressed her desire that to work together so that the Mission will be fruitful.

## Installation of the new Animator

On 18 August 2017, the Provincial, Sr. Isabella Suja installed Sr. Matilda Kharjana as the fourth animator of Auxilium Convent, Lamyrsiang in the presence of all the community members and young people.

The programme took place in the evening and began with a well-animated Rosary by the Marian Group under the leadership of Sr. Evalyn Dkhar followed by the Evening service guided by Sr. Icydora Pasi, the Vicar of the house on the theme - 'LIGHT'. During the prayer moment, a candle was lit by Sr. Matilda and the light from her was passed on to the representatives from among the Sisters, Boarders and the Co-workers. Then Sr. Isabella gave a talk to the community exhorting them to cooperate with the new animator so that the light of Christ may



shine brightly in and around them. After the Prayer Service the community congratulated Sr. Matilda with a Song imploring God's manifold blessings on her and her mission.

## Karate Class initiated in the School

The Karate Classes for the students of Sacred Heart Secondary School, Lamyrsiang began on 28 August 2017. Sir Narayan Sharma will train the students who opted for this class. The students were fascinated with it and showed great desire to learn more. The timings for the class would be everyday from 3:00pm - 3:30pm.

In a short period of training they were able to perform wonderfully well during the Inauguration of the Saipung Block Football Tournament, which was held on the 6 September 2017 at Lamyrsiang Village. Everyone was thrilled to witness the students' talents and gifts.

*Sr. Camelia Wahlang*



## LTS Summer Camp held in the School



The Leadership training Service (LTS) had the Summer Camp from 28 - 30 July 2017 at Sacred Heart Girls' Higher Secondary School, Mawlai Shillong. The students from three Schools namely, Sacred Heart Girls', Seven Set and St. Francis Mawkasiang participated in this camp. The camp dealt with various topics such as scientific study plan, effective memory tips, yoga lessons, public speaking, games and so on. The students met new friends and enjoyed all the different activities animated by the Brothers and teachers. The students were trained in the art of speaking so that they will get the confident when they deliver their speech in public. There were moments of prayer in the morning and evening as well. On the last day of the camp, each student received a certificate of participation at the camp. The students left to their own respective places with joy and satisfaction.

*Miss Rislin Shabong (Teacher)*

"If you want to be an actor, don't. If you need to be an actor, do.

- Derek Jacobi, As Luck Would Have It

## Children's Fund Day

The Annual Children's Fund Day of the school was organized on 14 July 2017 in



the school premises. The aim and objective for organizing this occasion was to prepare for the upcoming Parents' Day Celebration 2017. On this day different stalls and other amusement stalls such as food stall, bowling, entertainment, chana and alumuri stalls, etc. were the main attraction for the students as well as parents who came to witness and took part actively.

The programme went off smoothly and systematically under the supervision of Sr. Lydia Pala, the Principal and the two senior teachers, Mrs. Marylinda Sun and Mrs. Teresa Pathaw. Kudos! to all the Sisters and Teachers for their hard work and dedication and especially to the students who made the day an enjoyable one.

*Mr. Lambert Warlarpih (Teacher)*

## Drawing & Painting competition:

The Government of Meghalaya under the State Education Mission Authority of Meghalaya organized the Kala - Utsav 2017 State level competition on the 19 July 2017 where different schools from different states took part. The theme of Kala - Utsav was 'Living traditions of tribal, folk and traditional arts of different regions'.

The students from classes IX to XII from our school took part in the competition in the Visual Art category and Dance Art category. In the Visual Art, students did a sketch work using only lead pencils on a chart paper. The theme that they portrayed was 'Rympei I Mei'. The students spent five hours in completing the artwork, which was later judged by Mr. Benedict Hynniewta and Mr. Rafael Warjri.

In the Dance Art category, our students performed a traditional dance - 'Lukhimai'. Each of the visual art and dance by students from different schools was done so beautifully and diligently. It was a treat to the eyes of everyone who witnessed the talents of the young people. To our joy and pride, the students of our School were awarded the 2<sup>nd</sup> prize in Visual Art and 3<sup>rd</sup> prize in Dance Art category. Certificates and cash award were given to the students from both categories.

Kala Utsav is an initiative of the ministry of Human resource Development (MHRD) to promote arts in education by nurturing and showcasing the artistic talent of school students at the secondary stage in the country, provides an opportunity to students to showcase their creative skills in different art form.

*Mrs. Ivorine Niangti (Teacher)*



### ★ NANDAN NAGAR

## Know Your Army

On 9 August 2017 a seminar was conducted and an exhibition of its weapons was organized by General Divyadarshan and his battalion 44A Assam Rifles in the school auditorium for the students of Classes XI and XII. Major Darshan in his seminar, talked to us about the Indian army. His words mainly revolved around three basic questions- "What is Indian Army?" "Why to join the Indian Army?" "How to join the Indian Army?"

The students and the faculty members took keen interest in gaining knowledge about the life in the Army and the various weapons and equipments which were displayed. While the seminar left them with goose bumps, the display of weapons and equipment motivated them to have higher regards for Defense Forces and even join them. The display sought to enhance the

image of Army in the minds of the young generation and change their perception of Defense Forces being associated with Wars, Battlefields and ruggedness. The display very distinctively brought out the glory associated with Indian Army. The army is not only about fighting insurgents and guns; it also offers a holistic career opportunity and a great lifestyle to those who choose to serve in the olive green. Automatic grenade launcher, battlefield Surveillance nuclear, biological and chemical kits etc were showcased. Army personnel explained the importance of field ambulances at the time of war and various operations. It was indeed the best Pre-Independence Day gift our beloved Principal Sr. Celine D' Cunha bestowed us with.

Romita Roy (Class XI C)

Auxilium Girls' School. "29 States, 7 Union Territories, 1600 Languages, 6000 Tribes, 6 major Religions but One Country - that is my Country, Your Country, our Country - INDIA" said Hridisha Podder and Rajdita Datta - hosting the programme of the day.

Every student was seen holding the epitome of our country's pride in their hands- the National Flag. The Programme began with a prayer moment led by Sr. Rihun Sten, Vice Principal and the Sisters, in which the entire school paid homage to the Freedom fighters and implored God's blessings with a wish and prayer song by Tagore' Into the heaven of freedom, my Father, let my country awake, ". After the prayer moment, our Principal, Sr. Celine D' Cunha, escorted by the NCC and Guides in the presence of all the staff and students unfurled the Tri-colour. As the Flag was unfurled everyone gave a special salute and then with one voice sang the National Anthem. Following this together we took **New India Pledge**, administered by our Principal. We pledged that by 2022 we will work hard to build a New India - a clean India, a poverty-free India, a corruption-free India, a terrorism-free India, a communalism free India, a casteism-free

## 71<sup>st</sup> Independence Day Celebration held in the School

“Into that heaven of freedom my Father, let my country awake...!” with that prayer of Tagore the colourful and mesmerizing 71<sup>st</sup> Independence Day was celebrated at





India followed by very many beautiful and colourful Patriotic items.

To conclude this eventful journey and send milestone along the auditory nerves as well as evoke the spirit of patriotism the song 'We shall overcome' was tuned, with several hundreds of flags fluttering in the hands of students - a colourful patriotic sight to behold. Distribution of chocolates, a sugary souvenir marked the end of this grand occasion, which has left such a mark in our hearts that cannot be washed away by the flood of time.

*Ms. Ankita Sengupta*

## ★ NONGTHYMMAI

### Inauguration of the Intensive Juniorate

The Intensive Juniorate was inaugurated on 7 August 2017 at Auxilium Convent, Nongthymmai through a meaningful Prayer Service and Adoration to the Blessed Sacrament. This is a formative programme that the fourteen Sisters would undertake for one year.

The fourteen Sisters approached the altar with lighted lamps in their hands while the community accompanied them in silent

prayer. The lamps were placed on the altar as a sign of their self-surrender to the Lord, the one who has called him. Sr. Isabella Suja, Provincial and the whole community were present for the function and assured the Sisters of their sisterly accompaniment and support in their vocational journey. A grand supper was organized in their honour which was followed by a felicitation programme. During the goodnight talk, Sr. Elizabeth Thannimoottil, Animator spoke on community living and invited the Sisters to give their best and enjoy their religious life.

*Sr. Rishailin Warbah &  
Sr. Deepti Rajni Baa*



### Auxilium says thank you to Sr. Albrida Pyngrope

On 9 August 2017, Auxilium Girls' Higher Secondary School, Nongthymmai expressed a sincere gratitude to their beloved Principal, Sr. Albrida Pyngrope through the farewell programme organized on this day. Different items performed showcased the Auxilians' love and thankfulness for her dedicated services to the school for the last three years.

The programme started with the prayer moment led by Sir Nathaniel Lyngdoh, Ms.



Meboreen Thongni and Ms. Nancy Pariat and a prayer dance was performed by the students of the yellow house. The students of classes IV and V presented a melodious farewell song. The blue house expressed their love and gratitude to Sr. Albrida through a dance while the green and red house through their melodious voices thanked and wished her God's continuous blessings for her new mission at Jowai. The Mazzarello Club presented a skit with the message to always say *thank you* for all the favours received whether big or small. The farewell address on behalf of the teaching and non-teaching staff was given by Sir Jagdish Roy and on behalf of the students by the School Captain Jasmine Akhtara. In her message, Sr. Albrida expressed her love and gratitude to the Sisters, teachers and all Auxilians. She exhorted the students to always work hard, give their best in whatever they do and above all to love God. The Secretary of the School, Sr. Elizabeth Thannimootil, gave the vote of thanks.

"Discovering vocation does not mean scrambling toward some prize just beyond my reach but accepting the treasure of true self I already possess. Vocation does not come from a voice "out there" calling me to be something I am not. It comes from a voice "in here" calling me to be the person I was born to be, to fulfill the original selfhood given me at birth by God."

- Thomas Merton

## 'Thinking School' -

### Thinking Differently

16 August 2017 was the day when the teachers of Auxilium Girls' Hr. Sec School and Sacred Heart Girls' Hr. Sec School came together for a seminar on 'Thinking School' which was taken by a very renowned and experienced American professor Dr. David Paige.

Since he has been to India for six years now he is aware of the present scenario of the Indian classroom, therefore he is of the opinion that there is the need to take a break from the monotonous routine of everyday teaching. Dr. Paige emphasized on the fact that the teachers should start thinking in line with 'Thinking School'. It is not a completely new theory but in fact many things under 'Thinking School' are already adopted by teachers but sometimes due to syllabus completion obligation we take the old teaching route of making learning teacher-centred and not student or child-centred. Dr. Paige's session was in one way a brushing of the teaching skills that were already existent and in another way an introduction to new and innovative ways of helping students to perform to their best capacity. The teachers were immensely enriched and motivated by Dr. Paige's session. The seminar helped them realize that the role of a teacher is to create the conditions for invention rather than

provide ready-made knowledge. As William Arthur Ward said 'Teaching is more than imparting knowledge, it is inspiring change'!

Miss Elena Kharkongor (Teacher)

## Welcome to the new Principal

Going by the epithet, 'Morning shows the day,' Auxilians had the proud privilege of rolling the carpet to the new principal Sr. Joplin Suchiang, Vice Principal Sr. Theresa Phawa and to Sr. Teilanda Syngkon to their altar of learning.

The others present were Sr. Elizabeth Thannimootil, the Secretary, Sr. Andriana Pyngrope and the teachers from all the sections. The mini celebration began with a prayer moment animated by the NCC girls, followed by the introductory talk of Sr. Elizabeth Thannimootil. Berbandier Syiem of Class XII greeted the three sisters with words of welcome. All ears were turned to the melodious welcome song by the school choir, which was followed by the presentation of bouquet of flowers by the teacher representatives of the Junior and Senior sections. The message by Sr. Joplin was inspiring and encouraging where she invited everyone to do their respective responsibilities to the best of their ability. Ms. Sherrylyne Lyngdoh organized the short, yet meaningful programme under the aegis of 'Team Auxilium.'

"Each of you has a personal vocation which He has given you for your own joy and sanctity. When a person is conquered by the fire of His gaze, no sacrifice seems too great to follow Him and give Him the best of ourselves. This is what the saints have always done, spreading the light of the Lord ... and transforming the world into a welcoming home for everyone."

- Pope Benedict XVI



# MEDIA matters...

## HOW SOCIAL MEDIA IS CHANGING EDUCATION

- DON POWER

**S**ocial media sites like Facebook, Twitter, and YouTube connect people around the world in ways Marshall McLuhan could not have dreamed of when he popularized the term “global village” back in the 1960s.

Fast forward 50 years and we find that the global village has indeed materialized, with new ideas and information being shared between people all over the world. Since education has always been about exposing people to new ideas, it’s not surprising that the impact of social media is being felt in the education sector. Here are some specific ways in which social media is changing the education system for both students and educators.

### **A Social Media Primer for Primary School Students**

At a very early age, and all over the world, many children are now being introduced to the concepts of social media. Although primary school children are too young to have accounts on most social media platforms like Facebook, Twitter and so on, fun learning sites like Pixton replicate many of the same

content creation and sharing features found on the mainstream social networks.

Perhaps due in part to shrinking school budgets and funding, some schools now find themselves the benefactors of hardware and software from a variety of manufacturers eager to introduce new audiences to their technological products. The chalk slates of yesteryear are now being replaced in the classroom by their internet-connected counterparts - tablet computers and smartphones. Children are growing up with the concept of using apps to play educational games and they’re being taught how to connect with people and information that resides outside the classroom (and beyond their cities and states).

In other words, even though middle schoolers are not necessarily taking part in social media sites themselves, they are learning the skill sets required for successful social networking. Children are also being taught new concepts like online privacy at the same time they’re learning how to read and write. This means that social media is influencing education at its very foundation.

## The Gamification of Education

As children get a little older, they typically spend more of their own time using the computer at home, playing online games, chatting on their mobile phones, and connecting with their friends on social media sites like Facebook. Kids are now referred to as “digital natives” - they’ve never known a world that wasn’t connected to the Internet. Since they are already very skilled at using social media sites, in many cases the education system is playing catch up to make the school curriculum more interesting and engaging to this social media savvy demographic.

For example, some educators are suggesting a bold and controversial approach. The theory is that by changing at least some of the curriculum to adopt familiar social media activities like checking in or collecting incremental rewards for completing various tasks, that the education system will become more relevant to students more comfortable with the “gamification” culture. Whether this type of change in the way we create and deliver education to our children is more beneficial or effective than

“It is the general rule of the moral universe that those men prosper who do their work with all their hearts, while those are almost certain to fail who go to their labour leaving half their hearts behind them.”

- Charles Haddon Spurgeon,  
Morning and Evening,  
Based on the English Standard  
Version

traditional methods remains to be seen and is the subject of a number of ongoing experiments across the country.

## Social Media is Also Changing the Educators

Never in the history of education has access to new methods and theories been so immediate or ubiquitous. Educators no longer need to feel as if they are teaching in isolation. Teachers can communicate instantly, and directly, with the current leaders in their fields to compare notes on education techniques, curriculum, and so on. For example, teachers are using social media sites to find out about innovative concepts like “flipped classrooms” or to share the latest iPad apps for high schools.

Teachers, professors and academics routinely use blogs to write about the world of education and invite comments from colleagues all over the world. They can expand the conversation to social media outposts and use techniques like Twitter chats to engage a global audience in real time.

Even admissions departments are leveraging the power of social media. Many colleges and universities now research applicants on platforms like Facebook and LinkedIn to verify credentials and screen for criteria that supports or hinders a student’s application.

Any advancement in technology has its supporters - and its detractors. By all accounts, it appears that we may be at the cusp of an educational revolution, where the impact of social media is radically changing the way education has been traditionally delivered. Time will tell whether the benefits outweigh the drawbacks but one thing is certain - social media is having, and will continue to have, a lasting impact on the education field.

(Courtesy: <https://sproutsocial.com/insights/social-media-education/>)

## Celebration of the Tenth Anniversary of the Sohra Unit

The Association of the Salesian Cooperators Sohra Centre celebrated their tenth anniversary of the establishment of the ASC Centre on 10 September 2017. The day was solemnized with many activities particularly with a spiritual fest. Fr. Roy Anthony, the Parish Priest was the main celebrant at the Holy Eucharistic sacrifice on that memorable day.



At the Holy Eucharistic celebration five aspirants took their promise as full-fledged members. The Provincial Coordinator, Mrs. Benita Marbaniang led the aspirants to the altar in the presence of other Provincial Councillors,

Local Councilors and members of the Centre. The lighted candle reminded them of their Baptismal promise. Ms. Persara Sumer, the Local Coordinator welcomed everyone to the celebration and Sr. Christina Kharkongor FMA, Provincial Delegate gave a brief description on the Association of the Salesian Cooperators to all present. In his homily, Fr. Roy spoke on the two means to holiness as envisaged by Don Bosco namely faithfulness to daily duties and cheerfulness which in turn could help the individual avoid sin. After the promise each of the five new members signed at the altar and Fr. Telesphore Nonglang, former Parish Priest distributed a certificate to each of them. A day of prayer and reflection was spent the previous day in preparation for the feast animated by Fr. V. V. Paul.

“We may be closest to hearing the call when we feel most alone or in trouble, for genius hides behind the wound and one of the greatest wounds in life is to not know who we are intended to be or what we are supposed to serve in life.”

- Michael Meade,  
The Genius Myth

*Mr. Antony Laloo*

## ★ PAST PUPILS

### Medical Camp- Going Beyond the Daily Routine and Touching Lives...



The FMA Past Pupils, Shillong Province's major project of 2017- 'Medical Camp' came to materialize on 22 July at Umdang. It was a long journey to Umdang no doubt but the length was only in terms of kilometers and not in terms of company or scenic beauty of West Khasi Hills.

When the group reached Auxilium Umdang, the Sisters and Boarders greeted them. Though tired they did not take a break, as they didn't have the heart to make the people wait any longer. What was more touching and serve as a motivating force was the look of hope and happiness on the faces of the people. So forgetting the exhaustion all started with the mission. The work was physically demanding but all the Sisters and Volunteers enjoyed the work and gave their heart and soul because they saw the smile on the people's faces and the gratitude they felt for this favour. The response of the people was tremendous. The number of patients registered on this day crossed 600. The Medical Camp was supposed to



end at 4pm but due to heavy rush, it ended at around 6.30pm. By the time everything was wrapped up, it was already dark. The boarders expressed their gratitude to the group on behalf of the villagers through a song. Though exhausted they could still chat and laugh because their hearts were too happy to have achieved the mission and the real achievement was that all the doctors and nurses who were part of the medical team are FMA Past Pupils and for those who were nervous of long distance travelling, they have crossed the hurdle that day! The team knew they had a long journey back home but they felt satisfied and overwhelmed with joy and gratitude to God for being able to live up to the motto 'Reach The Unreached'!

**Ms. Elena Kharkongor**

"Love is the only answer to every question. It is the only thing that will serve you in every situation. It is the route and the destination. It is medication, liberation and should be at the heart of and expression of your vocation."

- Rasheed Ogunlaru

# Sisters...

## The Perfect Best Friends!

By Gayathri M

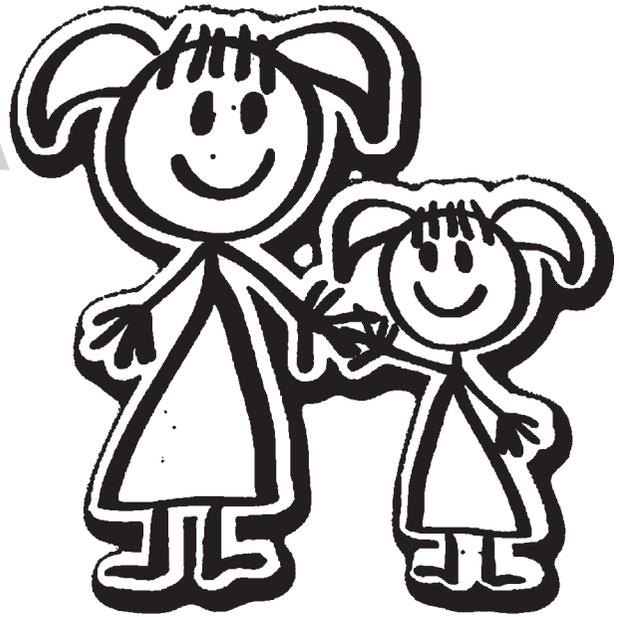
It was 4 a.m. Anybody in her place would have been in a deep sleep. But not her...she was waiting with anticipation for the news. Her wave of thoughts were interrupted by the shrill sound of the telephone. Her heart skipped a beat as she picked it up. All her anxieties and fears were put to an end as her father on the other end happily said, "You have a baby sister!" She was on cloud nine all the way to the hospital. On reaching the hospital, she saw her mother, her face radiant and glowing, all pain of the surgery forgotten. Finally the tiny little bundle of love for which she had prayed to God for all her life was carefully placed in her hands. At that moment she realized that she had finally become....an elder sister. She solemnly promised to take care of her sister...forever.

Ten years down the lane, when she realized that her school project was missing and found it under her sister's bed, covered with drawings made by permanent marker, she wished she could take back her promise!

Of all the relationships that we have in life, the bond that we share with our sister is perhaps the most special one...it's filled with fights and at the same time, immense love. Despite all the fights, she will be the person

"He does not call those who are worthy, but those whom He will."

- "Therese of Lisieux



who will keep you awake all night with her silly jokes, be at your side when you need her and the first person to go "take care" of anyone who dares to be rude to you! She's the first person you go to for advice, the first person you share your happiness with and the one who will always be there for you, no matter what!

Family is not always about blood, it's about who's willing to hold your hand when you need it the most. There are many people who appear in our life and occupy a very special place in our heart... God who has given us beautiful sisters by birth, has also given us some very special sisters by choice! They are God's blessing in our life. They can make us smile, comfort us during hard times and love us more than we love ourselves...

Lots of people can make us smile in life... but it takes someone truly special to make us smile with tears in our eyes! So let us all take some time to appreciate these blessings God has given us and enjoy our crazy, sweet relationship with our sisters forever!

# My First Review

By Joseph J. Mazzella

The first review I ever got for my writing happened in the middle of the night. I was a young adolescent going through the pains and trails of being a teenager. I knew too I had been a pain many times to both my Mom and my Dad. One day, however, I realized just how kind, loving, and supportive my parents had been to me during this time and in fact for my whole life. I was too shy to tell them how much I loved them and appreciated them, face to face, so earlier that evening I had poured my heart into a letter and placed it where I knew they would eventually find it. Then I went to bed.

Hours later my parents burst into my room, shook me awake, and hugged me. I was in shock. I didn't know what was going on until I saw the letter in my Mom's hand. It was one of the few times I could ever remember seeing tears in my Dad's eyes. I didn't know what to say as I saw the love and joy in their faces. I just hugged them back and blinked my sleepy eyes as they held me. My simple note had touched them in ways that I couldn't then understand. All I knew was that it had made them happy and that was enough.

"Our work is a vocation to which we have been called from the beginning of time. When we work we are partaking in and joining with God's ongoing creation of the world."

- Peggy Noonan,  
John Paul the Great:  
Remembering a Spiritual Father

"The most important thing in life is to know the purpose of your calling, your vocation"

- Sunday Adelaja

✠✠✠✠✠✠

"God allows man to learn His supernatural ends, but the decision to strive towards an end, the choice of course, is left to man's free will. God does not redeem man against his will."

- John Paul II

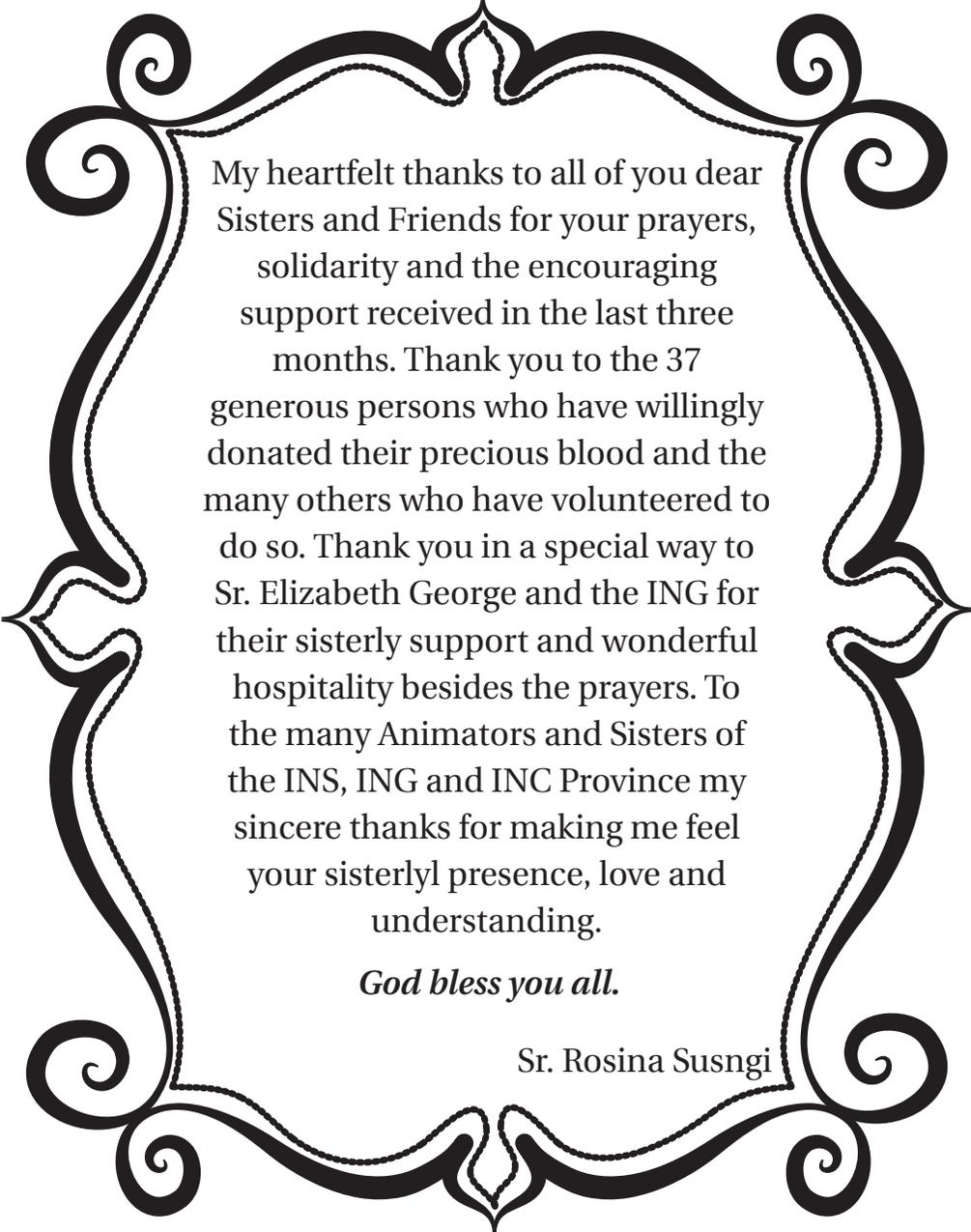
Love and Responsibility

I still carry that memory in a special place in my heart. It reminds me again and again of the power of a single act of love. It reminds me again and again of how a kind word can heal a heart and change a life. No writing review I have ever gotten has meant as much as that first one did. It put me on a path that I am still traveling today. It showed me that in this life the only thing that truly matters is love.

In our last review we will all be asked the same question: "Did you Love?" Start today to make sure that your answer to it is "Yes!" Love God. Love yourself. Love others. Make this world a better and brighter place with the love you share and the life you live.

**“O Lord you have given me so much,  
please give me one thing more, a grateful heart”**

**- George Herbert**



My heartfelt thanks to all of you dear Sisters and Friends for your prayers, solidarity and the encouraging support received in the last three months. Thank you to the 37 generous persons who have willingly donated their precious blood and the many others who have volunteered to do so. Thank you in a special way to Sr. Elizabeth George and the ING for their sisterly support and wonderful hospitality besides the prayers. To the many Animators and Sisters of the INS, ING and INC Province my sincere thanks for making me feel your sisterly presence, love and understanding.

*God bless you all.*

Sr. Rosina Susngi

# THINGS YOU SHOULD GIVE UP IF YOU WANT TO BE SUCCESSFUL

Sometimes, to become successful and get closer to the person we can become, we don't need to add more things—we need to give up on some of them.

You can give up on some of them today, while it might take a bit longer to give up on others.

## 1. Give Up On The Unhealthy Lifestyle

*“Take care of your body. It's the only place you have to live.” - Jim Rohn*

If you want to achieve anything in life, everything starts here.

- Healthy Diet
- Physical Activity

Small steps, but you will thank yourself one day.

## 2. Give Up The Short-term Mindset

*“You only live once, but if you do it right, once is enough.”—Mae West*

Successful people set long-term goals, and they know these aims are merely the result of short-term habits that they need to do every day. **These healthy habits shouldn't be something you do; they should be something you embody.**

## 3. Give Up On Playing Small

*“Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. It is not just in some of us; it is in everyone, and as we let our light shine, we unconsciously give others permission to do the same. As we are liberated from our fear, our presence automatically liberates others.” - Marianne Williamson*

If you never try and take great opportunities, or allow your dreams to become realities, you

will never unleash your true potential. And the world will never benefit from what you could have achieved. So voice your ideas, don't be afraid to fail, and certainly don't be afraid to succeed.

## 4. Give Up Your Excuses

*“It's not about the cards you're dealt, but how you play the hand.”  
Randy Pausch*

Successful people know that they are responsible for their life, no matter their starting point, weaknesses, and past failures.

Realising that you are responsible for what happens next in your life is both frightening and exciting.

And when you do, that becomes the only way you can become successful, because excuses limit and prevent us from growing personally and professionally. Own your life; no one else will.

## 5. Give Up The Fixed Mindset

*“The future belongs to those who learn more skills and combine them in creative ways.”  
Robert Greene, Mastery*

People with a fixed mindset think their intelligence or talents are simply fixed traits, and that talent alone leads to success—without hard work. They're wrong. Successful people know this. They invest an immense amount of time on a daily basis to develop a growth mindset, acquire new knowledge, learn new skills and change their perception so that it can benefit their lives. Remember, who you are today, it's not who you have to be tomorrow.

## 6. Give Up Believing In The “Magic Bullet.”

*“Every day, in every way, I'm getting better and better”—Émile Coué*

Overnight success is a myth. Successful people know that making small continual

improvement every day will be compounded over time, and give them desirable results. That is why you should plan for the future, but focus on the day that's ahead of you, and improve just 1% every day.

### 7. Give Up Your Perfectionism

*"Shipping beats perfection."—Khan Academy's Development Mantra*

Nothing will ever be perfect, no matter how much we try. Fear of failure (or even fear of success) often prevents us from taking an action and putting our creation out there in the world. But a lot of opportunities will be lost if we wait for the things to be right. So "ship," and then improve (that 1%).

### 8. Give Up Multi-tasking

*"You will never reach your destination if you stop and throw stones at every dog that barks." Winston S. Churchill*

Successful people know this. That's why they choose one thing and then beat it into submission. No matter what it is—a business idea, a conversation, or a workout. Being fully present and committed to one task is indispensable.

### 9. Give Up Your Need to Control Everything

*"Some things are up to us, and some things are not up to us."—Epictetus, Stoic philosopher*

Differentiating these two is important. Detach from the things you cannot control, and focus on the ones you can, and know that sometimes, the only thing you will be able to control is your attitude towards something.

### 10. Give Up On Saying YES To Things That Don't Support Your Goals

*"He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly."—James Allen*

Successful people know that in order to accomplish their goals, they will have to say NO to certain tasks, activities, and demands from their friends, family, and colleagues. In

the short-term, you might sacrifice a bit of instant gratification, but when your goals come to fruition, it will all be worth it.

### 11. Give Up The Toxic People

*"You are the average of the five people you spend the most time with." Jim Rohn*

People we spend the most time with, add up to who we become.

There are people who are less accomplished in their personal and professional life, and there are people who are more accomplished than us. If you spend time with those who are behind you, your average will go down, and with it, your success.

But if you spend time with people who are more accomplished than you, no matter how challenging that might be, you will become more successful. Take a look at around you, and see if you need to make any changes.

### 12. Give Up Your Need To Be Liked

*"The only way to avoid pissing people off is to do nothing important."—Oliver Emberton*

Think of yourself as a market niche. There will be a lot of people who like that niche, and there will be individuals who don't. And no matter what you do, you won't be able to make the entire market like you. This is entirely natural, and there's no need to justify yourself. The only thing you can do is to remain authentic, improve and provide value every day, and know that the growing number of "haters" means that you are doing important things.

### 13. Give Up Your Dependency on Social Media & Television

*"The trouble is, you think you have time"—Jack Kornfield*

Impulsive web browsing and television watching are diseases of today's society. These two should never be an escape from your life or your goals. Unless your goals depend on either, you should minimise (or even eliminate) your dependency on them, and direct that time towards things that can enrich your life.

Thank you for your life of Fidelity



**Sr. Erina Susngi**

Born : 24-02-1937

Professed : 05-08-1967

Died : 07-09-2017



# Congratulations!



First Year Novices

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