

Newsletter of the Salesian Sisters, Shillong Province

# FMA-INS INFO

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## Come let us adore Him!

Happy Christmas

### STRENNA 2019

"So that my joy may  
be in you' (Jn 15:11).

***Holiness for you, too!"***





# ***Congratulations!***



***Aspirants***



***Postulants***



***Sr. Deihok Mukhim***

**6th Rank**

**B.A. (hons) Education  
NEHU**



***Sr. Idearland Lyngkhoi***

**Paviotti Memorial Award Recipient  
for Highest marks in ITLR Studies at  
Sacred Heart Theological College, Mawlai**



# EDITORIAL

*Christmas* is all about sharing JOY, PEACE, LOVE and much more...

It makes one feels great to receive gifts however short-lived is our joy. Yet the scripture says "There is more joy in giving than in receiving." True joy lies in giving without expecting to receive anything in return. 'Joy multiplies when you share it! Dare to find new ways to share the faith', said Pope Francis. Everyone has the potential to give and share the resources God has given us. Things like our time, talent, smile, skills, knowledge, love and our possession. The question is how we give them.

Giving and sharing provide an opportunity to look beyond our own world and see beyond. Then sooner or later we realize that our worries and challenges may not seem as significant when compared to other people's situations. As the Chinese proverb says, "If you always give, you will always have" is also the assurance that God will never let the giver go exhausted of true happiness



and joy. If we want love, we need to give love. It is only in giving that we receive. No matter what our circumstances in life, we have the ability to give. Christ's coming will be meaningless and of void if we leave him outside our celebrations by remaining self-centered and individualistic. The season of Christmas encourages each one of us to look for opportunities where we can give and help others in need. Let us practice and commit our lives to giving joy to make this year's Christmas a memorable one.

The Strenna proposed by Rector Major for the Salesian Family members "So that my joy may be in you' (John 15:11). Holiness for you, too!" is a clarion call to lead young people to holiness according to God's plan and gift. I wish each and every reader of FMAinsinfo a grace-filled Christmas and a Prosperous New Year 2019. May the newborn Baby of Bethlehem inspire us to be givers and sharers of joy and love especially to the young for whom we have dedicated our lives to!

**Sr. Teresa Kamsuan**

# THIS IS THE FIELD WHERE YOU MUST WORK

(An extract from the talk of Mother General during the Triennial Evaluation for FMA PCI at Kolkata - India on 26 January 2018)

## ***A Synod on the Young*** (Continuation) *Sr. Yvonne Reungoat fma*

**Mother Mazzarello: Among the young girls with a feminine and Marian style**

Like Don Bosco, Mary Domenica Mazzarello decides, not only to **learn a new trade** because she can no longer work in the fields, but also **to be closer to the girls of the village and give them a dignified future** through sewing, so as to **“make them good”**, as she confides to her friend Petronilla. The purpose is in fact to help them to know and love the Lord through daily duty done with love: **every stitch of the needle an act of love of God**. Here we find the secret of daily sanctity: do well what you are doing and do it with love.

The language of Mary Domenica, like that of Don Bosco and, today, that of Pope Francis, is the **language of gestures**. These are the loving gestures of those who not only love, but demonstrate with facts that they love. And she does so with the **same solicitude of Mary of Nazareth**.

Mary Domenica hurries to where she understands she is needed. Like the Virgin of Nazareth, she hurries toward others. It is the hurry of the heart that is not agitation, but the activity of the Holy Spirit, since *it is the hand of God working in her* and making her courageous, full of concern for souls.

**This solicitude is a characteristic of the Preventive System:** arrive on time, intuit the deep needs of the young, and respond

to them without waiting for someone else to begin.

Apostolic love, just as relationships in the community, is characterized by the attitude of the **Salesian ‘I will go’** that moves the heart and gives wings to the feet, without anxiety.

Mother Mazzarello educates the sisters and girls with **limitless patience and sweetness**, but also with the certainty of direction. She reaches those who are farthest away, timid, or restless in the places of daily life. She listens, seeks to **understand the nature of each one** and adapts educational requests without ever losing sight of the finality: “make them all good” and bring them to Jesus.

**Re-awaken the Oratorian and missionary heart!**

In the second choice of pastoral conversion – *“Together with the young”* – GC XXIII asks us to **“assume an Oratorian heart as a criterion of renewal of our presence and our communities; organizing our times and spaces in relation to the mission of the community, in an atmosphere of family, faith, and Salesian joy”** (n. 61.1).

The **Oratory–Youth Center** is indicated among the **prophetic gestures** to implement at the Provincial and/or Inter-Provincial level (see No. 74). The oratory



is in fact, **the heart of our educational mission**, the field where the Spirit calls us even today to express the charism of predilection for the young.

Saying “Oratory” immediately brings to mind an informal environment, a courtyard with spaces where young people can feel at home. It should be noted that for Don Bosco the oratory includes all kinds of work and activities for young people. **More than a structure “it is a mental space, a heart that vibrates and loves**, an attitude that must inspire the whole of youth pastoral”.

**“Every FMA environment and educational institution is a home and, to be fully such, it must be able to offer the same pastoral experience of Don Bosco and Mary Domenica Mazzarello and present itself as the actual realization of the ideal reference that was the oratory”** (Oratory Building Site, ‘*Oratorio cantiere aperto*’, p. 10).

Let us not be afraid to present young people with high ideals like the Christian proposal, respecting those who have a different faith, but not renouncing to offer our vision rooted in deep human aspirations.

Where there is an Oratorian heart, **young people plan life, feel trusted, experience a group and, at the same time, perceive a personalized relationship**; they breathe an atmosphere of joy with simple and familiar relationships between young people and adults. **The pedagogy of environment** is a privileged path for formation to social responsibility (cf. *ibid*).

The passion of the *da mihi animas cetera tolle* animates our whole life as FMA and opens us to various collaborations in the Salesian Family, in the educating communities, and in the ecclesial and territorial realities of which we are a part.

As already mentioned, tomorrow I will offer some food for thought on collaboration with the laity, in particular with those who are co-responsible with us in the educational mission.

Instead, I relaunch a question, the same one I addressed in circular no. 921 (September 24, 2011): “What can be of greater importance in the educational field if not that of being aware that **we are called to be educators of holiness** in a reality that is ever thirstier for God?”.

## With the Young

“*Together with the young*”, we read in the Acts of GC XXIII. I would like to emphasize here the **protagonism of young people in the educational mission**. Together we are not only “for the young” but “with the young”. With this expression, we emphasize that education, as a **human awakening**, does not take place without the participation of young people, but requires their involvement and the assumption of their own growth process. **Not only does it not start *without them*, it can only take place *with them* at the center**. Moreover, young people are the **best missionaries of other young people**<sup>1</sup> and they are the **evangelizers of our life**.

Is it not a **lack of trust that keeps young people on the threshold of commitment**

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1 During the WYD in Brazil (28 July 2013) Pope Francis addressed the youth: “Do you know the best instrument for evangelizing the young? Another young person. This is the road all of you should take!”.

**without crossing it**, that makes them insecure and keeps them immature?

How can we think that they can channel their energies in a positive way without us betting on them, trusting them, allowing them to make mistakes?

How can we have the confidence of the young people if a climate of welcome and friendship is absent; if we do not stimulate their participation and responsibility?

**There will be 'no new society' without the active involvement of young people. They are the 'new'**, if we believe in them and offer them a context of hope in which they can experiment.

In India, we can count on the collaboration of young people who are culturally prepared and who want to take their life into their hands, who have confidence in the future, and in social betterment where they already see abundant fruit.

Women's self-help groups are multiplying, and attention especially to young women is increasing.

The promotion of women to which many FMA are dedicated (I recall for example, Sr. Nancy Pereira and the FIDES Association) has brought abundant fruit.

Now, there is a movement activated from within: women who help other women; women committed to get out of the situations of submission which for centuries has restricted their role; women managers, women leaders, etc.

As an educating community, we can contribute to give a soul to this movement of re-awakening begun some decades ago; give a spirit: the Salesian spirit, that is love for life, hope in the future, trust in the God of Jesus Christ who wants the salvation of every man and woman.

**Don Bosco**, in his intuition of regenerating society beginning with the young, **made them from the very start, co-founders of the Salesian Society**. He called some of the most trusted young men to his room and made them the pillars of the nascent Congregation. One of these boys, Michele Rua, will then be indicated by Don Bosco himself as his Successor. Even Indian society will be regenerated starting from the young!

How can we forget so soon after the celebrations of **the 140th anniversary of the first missionary departure**, the FMA sent to the land of America, some only 17 years of age? **Missionaries-girls** who laid the foundations of the Institute in geographical areas at *the end of the world*, with the scarce communications of that time and with the task of reinventing a way to make the charism sprout in places so far from the Center!

## **The Young, missionaries of other young people**

Looking again at Valdocco and at Mornese, we see Don Bosco and mother Mazzarello surrounded by young people, **all made responsible for each other**, collaborators in their own growth process: in each of them there is, in fact, a point accessible to the good, a chord to make vibrate.

When new young people arrived at the Oratory, they were immediately approached by other young people. **The young know how to find ways of closeness and of proclamation that are unthinkable for us.**

Think of Dominic Savio, Francesco Besucco, and many others, even Michael Magone, former head of a gang of friends who challenged Don Bosco.



Don Bosco does not deprive him of the protagonism which Michael, like all young people, needs so much, but accompanies him with love towards another type of protagonism; he is helped in this by more mature boys, until Magone himself accompanies other young people.

To all, with different modalities, a path of youthful holiness is proposed.

**The same happened in Mornese** with miracles of inner transformation that often flowered into the desire to serve, to follow the call to live consecrated life as FMA with Gospel radicality.

We do not want to simplify a complex reality or keep quiet about the poverty of strength we are called upon to deal with today. However, **we want to remind ourselves that the first human capital in education is the young themselves.** After all, many of our realities can be animated thanks to them.

There are many animators at different levels. **Many young people are engaged in social and missionary volunteer work, in defense of human rights and the environment.** We must stress this reality more, return to trusting them. We must “be alongside” the young, and also “learn from them”. They call reality by its name; they confront us with our weaknesses and poverty.

We must not be frightened. **Perhaps it will be with them and thanks to them**

**that we will realize within ourselves the change of mentality that we have been invoking for a long time.**

Young people can be **missionaries of our lives**, if we have the courage to listen to their cry, their difficulties and hopes, but also if we know how to offer an environment that allows them to experiment in the area of service, of proclaiming the Gospel.

We began with the Bishops' Synod on the young: I think our mission can receive further impetus and greater hope from this focus of the universal Church. **THANK YOU!**

### For Reflection

- How is educative passion expressed in our environments?
- How does the Synod on the young question us? Do we launch the young toward high ideals, or do we deprive them of meaningful experiences, perhaps by thinking we not ready?
- Do we trust the young and make them protagonists?
- How is the Oratorian heart present in the mission we carry out as educating communities?
- Do we let the young evangelize us?

***“When you are able to shift your inner awareness to how you can serve others, and when you make this the central focus of your life, you will then be in a position to know true miracles in your progress toward prosperity.” - Wayne Dyer***

# MISSION Ad / Inter Gentes Corner

*Sr. Tistabha Bareh*

I made my First Profession in 2011 and soon after I joined the Intensive Juniorate Course at Auxilium Convent, Nongthymmai. In 2012, I was sent to Jowai for three years. Looking back now at those years spent in Jowai they have really been a training ground for me. It was there that I learnt to mingle with the Sisters, boarders, students and people around. Another significant experience was the Sunday Oratory at Mihmyntdu village. The people I encountered were open and welcoming. During those family visits most often guided by the oratory children themselves I experience the trust people have on us religious. They also share their struggles and problems they faced to which I assured them prayers and also conduct prayer together in the family. Sometimes, poor as they are they would even gift us with some of their products from the garden. The faithful at Mihmyntdu Local Church were very supportive in all the activities we conduct for the children in the Oratory. They would support us both with kind and cash as well.

In 2015 another mission awaited me namely Umswai. At the beginning I



feel I was deaf and dumb, as I do not know the language spoken by the people over there. However, meeting people in the villages was always my joy; at times when I meet those who could speak in English they would translate to me or at times they purposely speak to me in their language so as to help me learn faster. The encouragement of the Sisters of my community was a great support to me; they always say: “learn the language so that you can help the people in a better way”, so in that way I managed my life and the mission. It took me almost a year to learn the language and I was able to converse with people during the family visits. It was a happy coincidence that the Parish Priest at that time was also new to the Parish and hence both Fr. Tomy Anikuzhikattil SDB and me visited every Catholic family in the entire Parish. I consider myself very lucky to reach to every family in the twenty villages that belong to Mary, Mother of God, Umswai.







To many villages we could reach by vehicle but to some we had to make our journey on foot climbing the hills and coming down the valleys. At times I wonder how people commute from one place to the other especially when they are sick. While going through from one village to the other one could breathe the fresh air and beautiful nature. On reaching the villages, I never felt out of place in their midst right from the start, I felt one with them and admired their simplicity and welcoming spirit. They usually offered sticky rice to us, which is one of their food habits. Working with Fr. Tomy, I have learnt the sacredness of things used for the Church, the tidiness and order in the surrounding, a very systematic and punctual person, which inspired me to be the same. It was almost like a novitiate experience again. Being minority, special care was also shown to a few Khasi Catholic families belonging to the Parish but situated in the very far off villages. Later on, Fr. Kerobin Minj joined the Parish as Assistant Parish Priest. He too does not know the language in which at times he felt I was better off than him. His kind and gentle nature made him loved by the people. From him I learnt to treat people equally; to accept and love the people with whom we work and encounter especially in the villages.

In August 2018, I came to Mawkyndeng. At the beginning I had some fear of how I would manage but on reaching there I found that I am in the midst of people known to me since I did my studies from Class VIII to XII at St. Dominic's H/S School Mawkyndeng. Presently, I am entrusted with the work of a Coordinator of the Catechetical Commission of the Parish. At this capacity, I have the fortune of visiting the villages, teaching Catechism, preparing the faithful for the various Sacraments, helping in the Sunday School in the villages and also the Basic Christian Communities (BCC). In these few months of my stay in Mawkyndeng I feel the need of attending some training programme on BCC so as to be able to help the faithful better. The people are welcoming and they long for the visit to their families.

The words of St. Paul, **"I can do all things through Him who strengthens me"** from the letter to the Phillipians 4: 13 is the motivating force that drives me to fulfill my evangelizing mission. I also turn to my Senior Sisters in the Province who have many years of experience in the field of Evangelization whenever I have any doubts and they would encourage me and exhort me the ways of meeting people.



## ***Training on SDGs in view of the Rights of Children***

**O**n the 16-18 September 2018, Sr. Merilyn Wahlang and Sr. Aitihun Lawai participated in the training programme on Sustainable Development Goals in view of the Rights of Children at Search Ashram Manivakkam – Chennai organized by the FMA National Development Forum (NDF) of Indian Provinces. 29 Participants from 6 FMA Provinces took part in it. The resource persons were Bro. Steve Rocha the Executive Director of NGO PRATYek and Denzil Basil the programme coordinator.

During the three days workshop, the resource persons Brother Steve and Denzil Basil equipped the participants on the followings topics: SDGs impact, Human rights, Advocacy, Development of children's Manifesto and the 17 goals of SDGs which was signed by the world leaders and brief information about NINE IS MINE. The three main focused areas were End Poverty; reduce inequality, Earth for all by 2030. To the existing 17 Goals, the NGO PRATYek has added Goal 18 - All Rights for all Children.

Prior to the sessions, Sr. Isabella Alphonse, the NDF Coordinator gave a brief explanation about the functioning of the Development offices of the seven provinces, which are under the umbrella of National Development Forum. She mentioned that our developmental work includes marginalized women, youth and children of our locality. Hence, the TOT is organized on sustainable development goals to enhance our work with children.

***Sr. Merilyn Wahlang***





## **141<sup>st</sup> Missionary Expedition: Basilica of Mary Help of Christians, Turin - Valdocco**

As it happened 141 years ago when our Founders Don Bosco and Mother Mazzarello and the First Sisters sent out missionaries to distant land, so too the journey continued this year and would surely be in the future. 30 September 2018 was that significant day for our Institute at the Basilica of Mary Help of Christians Turin when Sr. Aprilda Pasi of our province along with 9 other FMA and 25 Salesians from different parts of the world were bestowed the Missionary Cross pledging their “YES” as missionaries to other parts of the world.

The celebration began at 11 o'clock in the morning with the Holy Eucharist presided over by Rector Major Fr. Ángel Fernández Artime along with many Salesian Priests. The celebration was very meaningful with the participation of many brothers, sisters, young people, well-wishers and the faithful from different parts of Turin. During the homily, Rector Major spoke on the three important points; to be authentic missionaries of



the spirit, humble listening missionaries and courageous missionaries for the little ones and the least one. He mentioned some of the “Souvenirs” that Don Bosco himself did hand over to the missionaries of the first expedition in the very Basilica of Mary Help of Christians 143 years ago: *“Take special care of the sick, of the young, of the old and of the poor and you will win the blessing of God and the good will of people.”* Let the world know that you are poor in clothing, food and abode and you will be rich in the sight of God and will win the hearts of many. After the homily Rector Major blessed the missionary crosses and followed by the conferring of the cross by Rector Major for the 25 Salesians and Mother General for 10 Salesian Sisters. After the Mass there was a great joy and happiness in and around the Basilica because of these courageous men and women who generously offered themselves to spread God's Kingdom to where the Lord would send them through the superiors and to be witnesses of Christ through their joyful and happy life.

*Sr. Aprilda Pasi, Rome*



***“Life is really generous to those  
who pursue their personal  
legend.” - Paulo Coelho***

## **5<sup>th</sup> National Educational Conference of Don Bosco School (NECDBS)**

The grand event of the 5<sup>th</sup> National Educational Conference of Don Bosco Schools –India was held in Chennai at SRM Campus from 28 September to 01 October 2018. The focus of the gathering was on the beautiful theme “Committed to Accompanying the Young”. This conference saw the presence of almost all the Principals of Salesian Schools and in attendance were the Salesian Sisters from the seven Provinces, in charge of education. From our Province Sr. Lydia Pala and Sr. Joplin Suchiang participated.

The key speakers at the conference were the renowned personalities in different capacities who enlightened the participants on the theme and other related matters on education. This conference was organized by the All India Don Bosco Society hosted this year by the Salesian Province of Chennai and is an event that is being organized after every two years. The gathering was well arranged and planned and the Salesians of Chennai Province deserved a warm applause and appreciation for the hard work put in to organize such a mega event of world class standard.

***“Kindness is a source of relief to the soul of the giver, creating a sense of fortitude that is incomprehensible to those who do not know what kindness is all about.”***

***- Janvier Chouteu-Chando***

## **AINACS National Convention 2018**

The 51<sup>st</sup> National Convention of All India Association of Catholic Schools was held from the 18 to 21 October 2018 at City Montessori School, Lucknow. The theme of the convention was on “Emerging Challenges to Catholic Schools”. They were all together 476 school leaders from all the states of India. Participating in this event from our province were Sr. Lydia Pala and Sr. Joplin Suchiang.

It was indeed a huge gathering of educators who by their participation want to better the quality of education. The event was well organized spiritually and intellectually; the presence of the spiritual leaders from the Church and from the civil society have enriched the gathering greatly. All those present were enlightened on many matters related to Church, Education, Laws and Society.

***Sr. Joplin Suchiang***

## **Seminar for Animators at CRI House, Delhi**

From 1-7 November 2018 a Seminar on “Being a Religious Superior Today: The Essentials” was held for the New Animators at CRI (Conference of Religious, India) House, New Delhi organized by CRI National Office. It was participated by 54 Women Religious belonging to various Congregations of which 9 were from Shillong Province: Sr. Rosa Tusciano, Sr. Esther Marwein, Sr. Happyline Shadap, Sr. Ester Suting, Sr. Celestina Syngkli, Sr. Manoda Sangma, Sr. Irene Lalmuanpuui and Sr. Teresa Kamsuan.





Some of the key topics dealt with were: Basics, Key Functions, Styles, Emotions 'New Ministries' Medical Info, Financial Management, Religious Life Today; Self Care, Being a Superior Today, Law 'Celibacy' Models, Essentials in a Nutshell and much more. Fr. Joe Mannath Sdb, CRI National Secretary, Bro. Philip Pinto FSC, Former Superior General, Fr. Albert Johnson SDB, Rector & Secretary SPCSA, Mr. Martin Pinto, Charter Accountant, Fr. A.M Jose SDB, Executive Director DB Tech, Sr. Anastasia Gill PBVM, Advocate Supreme Court & Member State Minorities Commission and Dr. (Mrs) Y. Pande, Rtd. Gynecologist efficiently handled the above topics. The input sessions combined with interactive moments were enriching, educational and inspiring. All the resource persons shared their knowledge, views and opinions with great concern and competency in their respective fields. Some of the issues discussed and shared were eye opener for many of us.

The experience of living and sharing our life among the participants was something amazing. Everyone felt at home and at ease. The participants owe credit to Fr. Joe Mannath, the National Secretary and the main resource person for creating such a home away from home live-in experience along with his team. Our sincere thanks to Sr. Elizabeth George, Provincial and her Council for availing to us the unique opportunity as we assume our responsibility of animation.

***Sr. Teresa Kamsuan***

## ***10<sup>th</sup> National Conference on Education at DBI Guwahati***

**O**n 7 November, 9 FMA, set sail for DBI Guwahati to attend the 10<sup>th</sup> National Conference on Education for School Principals and Educational Administrators. The theme for the conference was "Leadership for a Vibrant School Culture". The programme began with the Inaugural Function in the beautiful Amphitheatre with various eminent personalities like Most Rev. John Moolachira DD, Archbishop, of Guwahati as the Chief Guest, Rev. Fr. Januarius S. Sangma SDB, Salesian Provincial, Guwahati as the Guest of honour and many other eminent persons like Sr. Alphonsa Kurisinkal, FMA Provincial of Guwahati Province, Dr (Fr) Stephan Mavely SDB, Vice Chancellor, Assam Don Bosco University.

In his welcome speech, Fr. (Dr) P.D Johnny SDB, the Executive Director of DBI expressed his boundless joy at the big number of participants numbering 138. Very effective and dynamic resource persons were invited like Mr. Anand Pillai, MD, a renowned speaker who is the Managing Director of Leadership, INC, who dealt on "Leadership Under Challenging Times and school Leaders Pole in igniting Mindset from Success to Significance", Mr. Sunny Mawlong, MD, from Hundredfold Academy from



Shillong lectured on “Leading with High Emotional Intelligence”. Another outstanding and senior speaker was Mr. Verender Kapoor who elaborated on “How to make Schools Vibrant through Effective Leadership in the 22<sup>nd</sup> Century” and Glorious Stephen M delved on “Administration and Management in a Digital World”. The topics selected for the conference were very much up to the mark in this present scenario of our schools. Above all what made this conference so unique was the students’ panel discussion, which included 7 outstanding schools of Guwahati and also the Principals’ panel discussion. Both the panel discussions were so lively and efficiently dealt upon by the selected personalities. The two days and half just flew away quickly that the participants could hardly believe that the meeting was over. Finally on the last day there was the closing ceremony where all the participants were given a certificate each and a memento as a sign of appreciation and gratitude for having attended the meeting. The 9 of us are extremely grateful to the Provincial, Sr. Elizabeth George and her council for having sent us to such programme, which have enriched us.

*Sr. Hunbih Mary Dkhar*

## **9<sup>th</sup> Annual Meet FMA Nurses**

The 9th Annual Meet of the FMA Nurses of the Province took place on 12 -13 November 2018 at FMA-Outreach with the theme “Nurses: A voice to lead – Health is a human right”. Sr. Elizabeth George, Provincial was the chief guest of the day and Sr. Gemima Pohrmen, Provincial Economer as guest of honour. 12 Nurse Sisters working in different centres of the Province took part in the meeting.

The meetings commenced with the Inaugural function led by Sr. Dorathy Kharduit. Sr. Elizabeth George in the Inaugural speech quoted Pope Francis who said, “Nurses are Promoters of human dignity, health and life”. She further exhorted the Nurses to be icons of love, compassion and patience towards the poor and less fortunate ones. During the meeting, the five functioning Health Care and Support Centre presented the Annual Report, successful stories and the documentation of Centre. The Sisters got a chance to share the pros and cons encountered in the Care and Support Centre with Sr. Elizabeth George. Sr. Elizabeth Thannimootil took session





on “Teens on Love, Sex and Paths of Life” and Mr. Antony Syiemiong, Director of Manbha foundation shared on “Drug Abuse”, which is an alarming situation in our region today. The Sisters also made an Annual Plan for 2019. Sr. Merilyn Wahlang the outgoing coordinator welcomed and congratulated Sr. Elizabeth Thannimootil who would take up as Health Coordinator along with Sr. Dorathy. Sr. Elizabeth too thanked Sr. Merilyn the out going Health Coordinator for the service rendered during the past 4 years. On the 14<sup>th</sup> of November all the participants went to Nongthymmai and learnt a little bit of herbal medicine from Sr. Lina Kharjana. All the Sisters were very contented and satisfied with the programme for they have been enriched a lot.

*Sr. Rihunlang Muthoh*

## ***Provincial Team Meeting***

**O**n 1 December 2018 the Provincial Team Members met together at Auxilium Convent, Nongthymmai. Thirty-seven Sisters formed part of the meeting. Sr. Elizabeth George, Provincial was present the whole day through and have inspired the group through her introductory talk, timely intervention and concluding remarks. Sr. Celine D’ Cunha, the General Coordinator animated the entire programme.

The meeting commenced with a Prayer moment making the words of the Synod on Youth our own. Firstly the Sisters had an input session from Sr. Celine wherein she dealt with the topic, “Organizational Structure of a Provincial Team. Then each sector worked on some questions, which helped them to identify their target groups and made appropriate action plan as a response to the need of the times. In the afternoon at the general assembly each sector reported on their group work and finally the day concluded with words of encouragement from Sr. Elizabeth George, Provincial.

*FMAinsinfo correspondent*





## Panel Discussion at Umpling

As part of the Quasiquicentennial Celebration of the St. Rose Catholic Church, Umpling a Panel Discussion was held on 6 December 2018 at the Church Campus. The theme was "Contribution of the Catholic Church over the years and the challenges of Social Media". Sr. Euginia Laloo, Provincial Coordinator for Social Communication was one among the panelists.

Other Panelists included Shri Ronnie V. Lyngdoh, Former Cabinet Minister Govt. of Meghalaya, Prof. A.K. Nongkynrih, HoD. Dept. of Sociology, NEHU, Dr. Veronica Pala, Dept. of Economics, NEHU, Dr. Fabian Lyngdoh, HoD. Dept. of Cultural Studies, MLCU, Fr. Pius Shadap, Director, Rympei ki Paidbah, Shri O. Linus Marbaniang, Senior Journalist and Shri Billy Domes, Retd. Deputy Director, DIPR as the anchor of the event. Sr. Euginia spoke particularly on the challenges of Social Media and ways to counter the negative effects on young people and the society at large.

*Sr. Euginia Laloo*



## Annual Inter - Novitiate Meet, Shillong

**15** November 2018 created a significant memory for the FMA Novices of Bellefonte - Shillong as they took part in the Inter-Congregation Novices Annual Meet held at the Mary Immaculate Novitiate Mawroh, Shillong.





The participants belonging to the five Congregations: Salesian Novices from Don Bosco Sunnyside, Jesuit Novices from Mawshohroh, MSMHC Novices from Mawroh, VSDB Novices from Upper Shillong and the FMA Novices from Bellefonte. Together with the Novices there were also the Formators of the different Congregations; their presence was indeed a very unique one.

The significant event commenced with a meaningful and prayerful moment animated by Sr. Rosa Pyngrope, the Novice Mistress of the FMA, on the theme of the day “The Challenges of Religious Life”. Fr. Richard Jaraiñ SJ, Novice Master took a session on “Challenges-both that exist within the Congregations and that of the world”. The second session was a group discussion in which the participants were split into twenty groups. During the presentation of group work many doubts and queries were clarified. An icebreaker was sandwiched between the two sessions, which was creatively animated by the SDB novices from Sunnyside. In the Post lunch session each congregation made a mesmerizing performance of their respective founder. The Holy Eucharist presided over by Fr. V. T. Jose SDB, Sunnyside Novice Master and concelebrated by Fr. Richard Jaraiñ followed this. Finally the day concluded

with Christmas Carols. The meeting was indeed one of the means to strengthen one’s vocation despite the challenges that come their way.

*Sr. Kyrkhulang Sutnga (1<sup>st</sup> Year Novice)*

## ***Seminar on “Village Touring and House Visits”***

**O**n 17 October 2018, Sr. Bernadeth Sangriang, conducted a full day seminar for the Novices at Mary Our Help Training Centre Bellefonte. The main topic dealt with during the seminar was on village touring and family visits.

Sr. Bernadeth narrated some of her personal experiences with great sense of humour. The practical tips she gave were very clear and understandable as she is well equipped with the systematic approach in this field. She strongly recommended us to **leave-not** the house without praying or reading the Scripture passages and also to keep records of all the families visited.

Through this seminar, the Novices had learnt something about the art of preaching the Word of God and visiting families and all of us were thrilled with enthusiasm to go out to the villages.



*Sr. Monaliza Kharnaioir (1<sup>st</sup> Year Novice)*

## ***Seminar On “Integrated Human Formation And Consecrated Life”***

From the 25-27 October 2018, the novices of Bellefonte had a Seminar on the theme “Integrated Human formation and Consecrated life” animated by Fr. Richard Jaraiñ SJ, Novice Master of the Jesuits. The three days were days of enrichment on some new insights on the integrated human formation and consecrated life.

Every class was preceded with a prayer followed by the interesting talk. The topics dealt with were the three terms i.e. Id, Ego and Super Ego, the document of Pope Francis “Gaudate et Exultate” and “love and its languages”.

One important teaching point was that one’s behavior should be like an Ocean:

O- Openness to experience  
C- Conscientiousness  
E- Extraversion  
A- Agreeableness and  
N- Neuroticism

The Novices expressed their gratitude to the resource person Fr. Richard and their Formators for such a unique experience.

*Sr. Sngewhun Nongtdu (1st Year Novice)*



## ***Month of the Mission***

To mark the month of the mission, the 41 novices of Bellefonte had Catechism Weeks from 8-20 October 2018. The theme for the presentation was the revision of the commandments especially the two greatest commandments which Jesus himself gave us, “Love the Lord your God with all your heart, with all your soul and with all your strength and Love your neighbour as yourself” (Mk.12:30).



The Novices were divided into seven groups and each group performed creatively in the form of singing, acting and explaining on the theme “The Ten Commandments”.

Everyone felt so enriched and resolved to strive to be missionaries who are well versed in the knowledge and in the doctrine of the Church in order to impart the correct message to our hearers.

We commit ourselves to pray and offer hidden sacrifices for missionaries all over the world throughout the month. We also prepared a detachment box where we put aside our things that can be given to the mission. In this way in one way or the other we have become missionaries in our own little ways like St. Teresa of Child Jesus.

*Sr. Lucy Ralte (2<sup>nd</sup> Year Novice)*



# FMA - OUTREACH

## ***Capacity building for the Animators of Children's Parliament***

**O**n 21 October 2018, Sr. Marilyn Wahlang organized a one-day programme on capacity building for the Animators of Children Parliament of the three regions of East Khasi Hills, West Khasi Hills and Jaintia Hills. 62 members participated in the programme.



The day began with the Holy Eucharistic Celebration presided over by Rev Fr. P.V. Joseph Sdb who spoke about Evangelization and Mission. Br. Edwin D' Souza a Christian Brother, the resource person of the day dealt with the following topics: Introduction to Children's Parliament, Process of Children's Parliament, Manifestos and duties of Ministers, Different levels of Children's Parliament, Election Process, Oath Taking and Procedure of the Parliament. During the post lunch session, they had group discussion in unit wise such as Mawkyndeng, Lad Nongkrem along with Umdang, Mawpat along with Umphyrnai,



Nongkrem with Umdohlun where Br. Edwin and Sr. Marilyn met the groups and clarified their doubts. The members also shared their successes and challenges they encountered. At 3:00pm the whole group gathered once again in the Hall for the conclusion. After tea they dispersed to their respective places. The participants were very grateful for organizing such programme and expressed willingness to implement the learning outcomes in their own areas.

*Sr. Mary Wanbok Lamare*

## ***Legal Awareness Programme***

**O**n 26 October 2018, Sr. Marilyn Wahlang organized a Legal Awareness Programme for the students of Lurshai Morning School in the morning hours and in the afternoon for the Trainees of Lurshai.





The resource person was Mr. Dominic Warjri, a lawyer who dealt with Legal issues on the following areas: Right to Information (RTI), Abuse cases and Domestic Violence. The programme was very interactive where many participants put forward their doubts and clarified them. Sixty-four participants were for the morning session and twenty for the afternoon session. The Students and Trainees were very happy and grateful for such informative programme.

**Sr. Marilyn Wahlang**



level competition first prize, a citation and a cash award of ten thousand, club member competition that is keeping good record of the handbook, report giving, in which they received individual trophy and a cash award of three thousand for Essay writing competition on power and energy conservation and many other consolation prizes. We are proud of the achievements of both Staff and Students on this success.

***Sr. Margaret Chhangte***



### ***Students' Excellent Performance***

**T**he Students of St. Thomas School Kawnpui, Mizoram was awarded the best School in the district level competitions under the power and energy conservation. There were 23 Middle Schools participants belonging to the Kolasib District. The School received various prizes such as the club



### ***Pre-Christmas Celebration at Siloam***

**O**n 1 December 2018 Fr. George Palamattam SDB Director of Siloam, organized a Pre-Christmas gathering for children from Ri-Bhoi District at the Siloam Campus. Fifty-eight children from Khapmara ranging from three to fifteen years of age formed part of the 3000 children for the gathering. Sr. Jenita Nongbri accompanied the group.

***“One who knows how to show and to accept kindness will be a friend better than any possession.” -***

***Sophocles***

The children of Khapmara were donned with a blue cap, which distinguished them from the rest of the groups. In fact they were called as the Blue cap group. During the registration each child was given a number and six coupons for games. Using the coupons the children could participate in the games and the winners were awarded prizes. Khapmara children were asked to sing before lunch, which they did quite well even without prior notification and preparation. In the afternoon the children witnessed various choir groups like Serenity Choir who performed the Christmas Carol and some schools performed skits. At the close of the programme snacks were distributed to all.



## ***Training for Women at Khapmara***

The Krishi Vigyan Kendra, Ri-Bhoi under ICAR organized a one day Training Programme on “Integrated Nutrient Management in Pea” at the campus of St. Mother Teresa Chapel, Khapmara. Twenty women took part in the training and the resource person was a Senior Soil Scientist, Popiha Bordoloi. Sr. Jenita Nongbri helped in translating the instructions given.



Each participant was given seeds for plantation. The liquid fertilizer could be used for both plants and flowers. Systematic instruction on the procedure how to prepare the nutrient was given by the resource person which was ably translated by Sr. Jenita. All the women expressed their joy and satisfaction at the input they have received. The women along with the help of the Sisters would venture in starting Self Help Group in the coming year.

***Sr. Jenita Nongbri***





## ***Bible Choir and Fancy Dress Competitions***

The Catechetical Committee of the Immaculate Conception Church, Mawkyndeng Parish, with Sr. Tistabha Bareh as Coordinator organized a Bible choir and fancy dress competition in two Sub-districts which was held on 20 October 2018 at Mawtyrshiah of Laskein Sub-district and the following day 21 October 2018 at Iawthymmei village of Iooski Sub-district with the theme "Launch out into the deep, and let down your nets for the catch." Luke 5:4. The winners of the two Sub-districts met together for the final competition conducted at parish level on the 2 December 2018 at Khonshnong village.

The competition started at 11.00 a.m after the Holy Eucharist. Mr. Raphael Rabon from Khliehriat was the chief guest of the day with Mr. Eliezar Dkhar



from Mowkaiaw as Guest of Honour. Other dignitaries too were present for the occasion. The boarding girls from St. Francis Convent performed a choreography on "you raise me up." Sr. Tistabha Bareh, the chairperson of the committee voiced out words of welcome to everyone present. Sr. Angelina Thyrniang, Sr. Stella Mary Pasi, animator of Saphai community, Sr. Rishailin Rongrin, Fr. Thiewbor Kharsyntiew, Sir Ioannis Shylla, Sir Genis Suchiang and Sir Justin Shadap were the judges of the day. The participants were well prepared by their teachers who took keen interest to make the competition a grand success.

The people were very happy with this kind of competition and gave good feedback of the event and expressed that they look up for some more animation in the near future.

*Sr. Aitihun Lawai*

***"Conquer the angry one by not getting angry; conquer the wicked by goodness; conquer the stingy by generosity, and the liar by speaking the truth."***

***- Gautama Buddha***



## ***Adieu to our dear Mrs. Lucy Kharsynteng***

**S**acred Heart Girls' Higher Secondary School, Mawlai experienced a deep sorrow at the passing away of our dear Mrs. Lucy Kharsynteng, our teacher in service on 19 September 2018, just two weeks after celebrating her Silver Jubilee of her dedicated service to the School. Mrs. Lucy expressed a wish to visit the School and the children two days before she passed away. Her wished was fulfilled when on 20 September, her mortal remains were brought to the school by her family members.



A short prayer service was conducted during which the Sisters, staff and students paid their last homage to Mrs. Lucy. Students from Classes VIII to XII along with the sisters and teachers represented the School at her funeral. Class IX 'A' gave a fitting honour to Mrs. Lucy, their Class teacher through their meaningful address. We will greatly miss our dear Mrs. Lucy but her memories will linger on in our hearts. We pray that the good Lord grant her the eternal bliss.

***Mrs. Ivorene Niangti (Teacher)***

## ***Royal Society of Chemistry***

**T**he Royal Society of Chemistry, UK under Dr. Yusuf Hamied Inspirational Chemistry Programme organized the Professional Development Programme for Science Teachers. This teachers' training programme was conducted in collaboration with the Department of Chemistry, North Eastern Hill University (NEHU), Shillong at Sacred Heart Girls' Higher Secondary School Mawlai, Shillong on 9 October 2018.

The programme aims at giving teachers new tools for effective and engaging chemistry lessons. Around twenty-four teachers from different schools of Mawlai area participated. It was really an enriching experience for all the participants as they were equipped with the use of teaching techniques in the modern generation. We are grateful to Sr. Lydia Pala, the Principal for availing the chance to attend the programme.

***Mr. Lambert Warlarpih (Teacher)***





## ***Boarders' & Pre-Aspirants' Retreat***

The Boarders and Pre-Aspirants had two days of Annual Retreat on 19 and 20 October 2018. Fr. Denis Lalfela SDB animated the same. In his talk, he spoke on how to make a correct and wise decision in their lives and to live by them. He emphasized on the importance of spending time before God in prayer and reflection, one of such moment is the time of retreat. Fr. Denis also helped them to experience God's healing through various moments of prayer and talk.

Ample time was spent in prayer, reading of the Word of God and reflection on it. The entire atmosphere facilitated the retreatants to come closer to God and deepen their Christian faith. It was a reminder for all the participants that there is joy and happiness if one gives time to be with God. The boarders and the pre-aspirants felt tangibly the blessing of God through the preacher.

*Celina Lalremsiami Class XII (Boarder)*

***"My religion is very simple.  
My religion is kindness."***

***- Dalai Lama XIV***



## ***School Concert "For Love of my Mother"***

Marking the Year of the Youth, Sacred Heart Girls' Higher Secondary School, Mawlai-Shillong staged a play entitled "For Love of my Mother" based on the life of Blessed Laura Vicuna, the Patroness of youth in the Auditorium of Sacred Heart Theological College. The play was staged for three consecutive days from 30 October to 1 November 2018.

The play related to the problems the youth face in the modern world where abuse is one of the forms of crime that is rampant. Laura Vicuna's life is an icon of courage and purity enabling the youth of today to deal with problems they encounter. The play is also a powerful portrayal of Laura Vicuna's faith in persistent prayer. The play stresses on the importance of family based on sacred roots and that marriage cannot be taken for granted. In this way, the play enacted by the students was a combination of valuable teaching and entertainment.

On the first day, the students of the Primary Section and Sisters of Bellefonte were invited for the show wherein Sr. Teresa Kamsuan, the Animator of Sacred Heart Convent, Mawlai was the Chief Guest. She said, "Laura Vicuna



stands today as a model of purity and that her persistent prayer is worth emulating by all especially the young people” as depicted vividly in the play.

The second day of the concert had Classes VII-XII as the audience with Shri P.T. Sawkmie, Local MLA as the Chief Guest. He was highly appreciative of the actors and the singers who personalized their different roles as witnessed the performance. In his speech, Shri Sawkmie highlighted on prayer as a powerful weapon for everyone who believes.

The climax of the concert was on the third and final day, which moved the audience to tears by the excellent performance of the actors on stage. The students, fathers and parents were the audience. Shri Adelbert Nongrum, MLA, North Shillong, the Chief Guest of the event was greatly impressed. Special thanks to Sr. Bertina Kurbah, the playwright, Mr. Andrew Lyngkhoh, Director and Sr. Lydia Pala, Principal, the Chief Co-coordinator, Mr. Rolingstar Kharumnuid, composer and musician, Mrs. Ivorine Niangti, choreographer and to the different characters for their spectacular performances.

*Miss Shiela Lyngdoh (Teacher)*



## ***Bible Sunday Celebrated***

On 26 August 2018 the community celebrated Bible Sunday as recommended by the Apostolic Administrator of Nongstoin Diocese. Morning Prayer for the Sisters and Boarders was specially animated bringing out the significance of the day wherein, Sr. Cecilia Ksoo, the Animator carried the Bible to the Altar accompanied by two children with the lighted candles.



In the evening, there was Adoration to the Blessed Sacrament animated by the Sisters during which the children participated with great enthusiasm. Finally, the day was brought to its fitting conclusion with the Bible Skit Competition, which the children performed with unique creativity. There was also sharing of Bible passages and interaction among the Sisters and children.

In the School too, Bible passages were read during the morning assembly throughout the week. The children were prayerful and attentive and they listened to the Word of God with great respect and love.

*Sr. Joycy Mary Nongbsap*

## **Boarders' Day Celebration**

The long awaited day dawned for the celebration of the Boarders' Day on 22 September 2018. The celebration began with the vigil Mass celebrated by Fr. Kevin Ward, Assistant Parish Priest of Nonbah Parish. The Boarders woke up that morning with so much of excitement being their special day and the Sisters with their various animations made the day a memorable one for them.



The Sisters animated a meaningful and prayerful Morning Prayer followed by the Holy Rosary. Their joy was re-doubled with the surprise visit of Fr. Lawrence Nongkse SDB who was on his way from Nongstoiñ. He addressed the children and encouraged them to be cheerful always especially to do well in their studies. At 1.15pm a common lunch was shared in the playground. In the evening the Sisters and teachers entertained the boarders with interesting items making everyone very

happy. The day ended with the goodnight thought from Sr. Cecilia Ksoo, Animator on the life and holiness of Blessed Laura Vicuña, the patroness of the Boarders.

*Sr. Christilin Marngar*

## **Feast of the Holy Rosary cum Drawing Competition**

Effort was made during the month of the Holy Rosary to make Mary known and loved by as many people as possible. To mark the feast of the Holy Rosary, a Drawing Competition was organized for the Boarders.

On the 31 October 2018 a Marian procession was taken out around the house and burning of letters addressed to Mother Mary. Before the goodnight talk, all gathered around Mother Mary singing Marian hymns and asking her to be always with them along the way.

*Sr. Cecilia Ksoo*





## **Annual Day Programme for Pre-Primary & Primary Students**

The Annual Day Programme for the pre-primary was held on 9 November 2018 and that for primary section was on 10 November 2018. The Chief Guests were Shri Mevar Kr. Jamatia, Hon'ble Minister and Shri Sudip Roy Barman, Local MLA who is also a Minister of Health and Welfare Department respectively. Smt Geeta Debbarma was the Guest of Honour of the first day. The common theme was to celebrate Girl Child; their power and immense strength.



The children of KG II from pre-primary portrayed the theme; 'unity in Diversity', 'we will care for Mother Earth' and 'celebrate Girl Children'. While the primary children performed Rajasthani folk, Modern Mix Dhamaka, Lavani and Glimpses of North-East which were full of light, colours and rejuvenating music. On both the days, Sr. Albrida Pyngrope, Principal gave words of welcome while



Sr. Celine D'Cunha, Director, gave a message on the theme.

The audience was highly impressed by the mesmerizing performances of the toddlers and was appreciative of the capability and smartness of the anchors. It was indeed a proud moment for Auxilium as Shri Mevar Kr. Jamatia, Chief Guest applauded the school for its all-round success and development. He also wished a better future for the confident and valiant students. Shri Sudip Roy, Chief Guest acclaimed Auxilium as a model School in Tripura; he added that it is a right place for the holistic development of an individual. The function came to its fitting conclusion with the vote of thanks and the National Anthem.

*Rasnati Reang & Ms. Debjani Biswas  
(Staff members)*

***"In essence, you are neither  
inferior nor superior to anyone.  
True self-esteem and true humility  
arise out of that realization. In  
the eyes of the ego, self-esteem  
and humility are contradictory. In  
truth, they are one and the same."***

***- Eckhart Tolle***





## **16<sup>th</sup> Annual Day celebrated at AGS**

Auxilium Girls' School celebrated its Sixteenth Annual Day Programme on Saturday, 17 November 2018 amidst great zest and enthusiasm. The function began at around 5.45 pm with the theme, "*Strong Girl, Strong World, Celebrate Girl Children*". Shri Jishnu Deb Varman, Hon'ble Deputy Chief Minister was invited as the chief guest for the programme, Rev. Sr. Elizabeth George FMA Provincial, was invited as the guest of honour. The grand event began with the lighting of the ceremonial lamp.

The cultural programme commenced with the welcome dance which is a fusion of Chinese and classical dance. The Guests and invitees were felicitated and welcomed by Sr. Albrida Pyngrope, Principal and Sr. Celine D'Cunha Director gave the message of the day. Sr. Elizabeth George, Provincial of Shillong Province gave words of wisdom and above all encouraged every Auxilian to soar high and achieve her goal. Then came the long awaited symphony of the evening; the items comprised of the cultural presentation, which highlighted the rich cultural heritage of Tripura. It also put forth some social responsibility by presenting themes such as 'Swachh Bharat campaign' and 'Say no to plastic'. The theme of the day's presentation were

well displayed through items such as 'Meri maa meri jannat', which focused on the importance of mother; their love and affection in our life, 'A tribute to pink' beautifully portrayed the essence of girl child in the society, Power girls-Karate dance, the life of the youngest noble laureate Malala Yousafzai, Pioneer of female education and finally the theme presentation '*strong girls strong world celebrate girl children*'. Everyone was highly appreciative about the performances. Being the only girls' school in the state, it has done justice to the theme wherein the items portrayed girls as being empowered, strong and outshining all the barriers in her way. The successful execution of the enthralling programme was the collective effort of each and every one at Auxilium Girls' School.

**Diya Debbarma (Class IX C)**



## **Deo Gratias Yadah: A Gospel Musical Concert**

1 September 2018 was a day of musical bliss when Auxilium Girls' Higher Secondary School, Nongthymmai organized a Gospel Musical Concert in aid of the Diamond Jubilee Celebration of the School. It was a day to be remembered for ages with the hymns and tunes of the concert still reverberating in our minds and souls. The theme of the Concert was "Deo GratiasYadah", a mix of Latin and



Hebrew words, which translated means “Thanks and Worship [be] to God”.

A wide range of artists, choir groups and bands assembled at this gathering to perform their melodies. The groups that performed were the VAUDEVILLES JUNIOR, Proclaimers Band, AHAVAH, FERMATA, KC Lights, Trinity Choir, Miss Blessy Valte & Friends and the Lyngdoh Family. The soloists include Ms. Ibapdianghun Mary Kharbithai, Ms. Badarinia Kharmujai, Ms. Daphisabet Gashnga and Ms. Cathrine Pyngrope.

The chairperson and host of the event, Mr. Elwin Kharshiing, set the stage on fire with his vibrant energy that had a domino effect on the cheering audience. It was a wide range of audiences with our very own, ever present, dear students, accompanied by their parents and family members, the past pupils of the school (who always make sure to be part of the School's celebration), other dignitaries and invitees. The Chief Guest of the event was Dr. Jemino Mawthoh, former MLA of Nongthymmai constituency.

***“You can influence, direct and control your own environment. You can make your life what you want it to be.” - Napoleon Hill***

## ***Teachers’ Day 2018***

**I**t was all fun and frolic when the teachers were pampered by the students during the Teachers’ Day celebration on 5 September 2018. The school students had organized a gala for the teachers to show their love, respect and admiration for them.

The event started in the morning, when all the teachers, dressed to the T, marched towards the gallery to the loud cheer of the students present. A multitude of acts performed by students of different classes added live and colour to the event. It was a short and a really sweet event, with the show getting over well before lunch time. A scrumptious lunch after the show was a perfect end to a perfect day.

## ***Celebrating The Diamond Years...***

**F**inally, the day we’ve all been waiting for the 13 September 2018 has arrived, and it did arrive with a big bang: The mega celebration of Auxilium School’s long journey of 60 years. A celebration of 60 diamond years, a celebration of the past achievements and hope for the even longer journey ahead, in tune with the theme of the Diamond Jubilee Celebration, “The Journey Continues...”.



The day's event started on an auspicious note, with the celebration of the Holy Eucharist, with Fr. George Maliekal SDB, former Provincial as the main celebrant. It was a joyous and heartfelt occasion wherein all the participants prayed and thanked God for His endless blessing showered upon the School. The afternoon celebration included entertaining programs: welcome song, theme song, cultural dance, speeches and addresses by the Chief Guest and the Guests of Honour. The Chief Minister of Meghalaya, Shri Conrad Sangma, graced the occasion as the Chief Guest. Shri Lahkmen Rymbui, the Education Minister of Meghalaya, and Shri Charles Pyngrope, MLA of Nongthymmai Constituency, were the other guests of honour at the event.

Sr. Joplin Suchiang, the Principal of the School, gave the welcome address, wherein she welcomed all the invitees and participants to celebrate the occasion together as one big family. Numerous items performed by the students of the school added glamour to the celebration. The other noteworthy mention of the day was the inauguration of the School Management System by Shri Charles Pyngrope and the release of the Jubilee Magazine by Shri Conrad Sangma.

As the old adage goes, "All good things must come to an end", it was bitter sweet when the day's celebration came to an end. Sr. Theresa Phawa, the School Vice

Principal, gave the vote of thanks on behalf of the school. This was followed by the lowering of the Jubilee Flag by Sr. Elizabeth Thannimoothil, the School Secretary. It was a sight to behold when all the students, staff members and everyone present sang the school anthem in unison to mark the end of the day's celebration.

*Mr. Gilbert Jyrwa (Teacher)*



## ***Until we Meet Again, Goodbye my Friend***

In loving memory of Late Mrs. Kakoli Dasgupta Dutta who left for the heavenly abode on the 2 November 2018, the School organized a memorial prayer service on Tuesday, 6 November 2018. The entire school fraternity was present on that day to mourn the sudden demise of our dear teacher, and reminisce the time when our beloved friend was with us.

A prayer service was held where everyone prayed for the eternal rest of the





departed soul. Eulogies poured in from the Sisters, teachers and students alike whose life were touched and inspired by her. Wreaths and bouquet of flowers were laid and candles lit by the students and staff members of the School. *"It always seems like we have all the time in the world, only to realize how fleeting it really is. Wish we had more time to do and say the things we saved for later which along with you is gone forever. You have touched the hearts of so many who owe you a lifetime of gratitude. You will always stay alive in our memories. May you rest in peace."*

## Thank You Lord

To mark the end of the scholastic year 2018, the School organized a Holy Eucharistic Celebration at the Parish Church on 14 November 2018 as a mark of thanksgiving to the Lord Almighty for His endless blessings showered upon the School and as part of the Children's Day Celebration.

Fr. Glorious Syiemlieh Sdb, the Parish Priest, was the celebrant. During the celebration of the Holy Eucharist, he blessed all the children for their upcoming examination and also held a special prayer for the Class X and Class XII students so that they excel in their board examination. A special prayer was also offered for the eternal peace of the departed soul of our beloved teacher, Late Mrs. Kakoli Dasgupta Dutta.

After the Holy Eucharistic, the students of the school assembled at the school playground to celebrate their special day: the Children's Day. It was a joyous occasion, albeit a little sober as our dear teacher had passed away a couple of days back. The teachers and Sisters sang a joyous melody to the wild cheers of the students. A special message was delivered by both Sr. Joplin Suchiang, the Principal and Sr. Marvella Shangpliang, the School Secretary. Both of them urged the students to work hard in their studies, as education is their future. Snacks and drinks, and a jam session by the students mark the end of an unforgettable day.

*Sr. Joplin Suchiang*



## East Khasi Hills Regional Tri-Montly Recollection

On 23 November 2018, the four communities namely Mawlai, FMA Outreach, Bellefonte and Nongthymmai set aside a day to encounter the Lord at Auxilium Nongthymmai for the Regional Tri-Monthly Recollection. The day began with a meaningful introductory prayer.

We were enriched a lot by the provoking talk of Fr. L. B. Anthony Sdb on the topic “The call to Holiness”. He stressed much that holiness is fulfilling our daily duties well. The prayerful atmosphere facilitated us to pray better. We thank God for the opportunity to experience His mercy and His love through the Sacrament of Reconciliation. The day ended with the Adoration to the Blessed Sacrament and Christmas wishes through the Nativity Scene enacted by the Pre-Aspirants. Sr. Marvella Shangpliang, Animator of Auxilium Nongthymmai, gave the goodnight talk and everyone dispersed to their respective communities with renewed enthusiasm.

*Sr. Vanisha Sympli*



## Entry to Postulancy

7 October 2018 was indeed a red-letter day for Auxilium Saiden. On this day the 23 Aspirants entered Postulancy. The theme of the celebration was “*You are in my hand just like clay in the potters’ hand*” (Jer18:6).



The 23 Aspirants were accompanied with the prayer dance of the Pre- Aspirants as they walked in procession carrying clay in their hands, symbolizing their readiness to be moulded and shaped by Christ in their vocational journey. After placing the clay in front of the well-decorated statue of the Sacred Heart, the calling of names by Sr. Phyllis Bamon and a generous response of the candidates followed. Sr. Elizabeth addressed the gathering by expressing her happiness to begin the first event in the Province with the young candidates who are signs of hope. She was impressed by the theme chosen and said that the potter needs not ordinary



clay for the pot but he goes to search from different places until he finds. He then shapes and moulds it into a beautiful pot. She encouraged and inspired them to forge ahead with joy and enthusiasm. After receiving the medal, the Postulants burst forth their joy in their melodious theme song, “*Lord You Are the Potter*”. The prayer service concluded with a *Magnificat*. This was followed by a short Felicitation Programme to congratulate the Postulants for their courageous YES to face the challenges of life.

Prior to the service of the day, the community was happy to welcome Sr. Elizabeth George, Provincial. The Candidates sang a melodious welcome song and presented a “Karbi Apongcho” and a bouquet of flowers. A prayer of thanksgiving was prayed by Sr. Celine Michael followed by a hymn entitled *Fear not I’m with you* as our sisterly wish, love, prayer and support as Sr. Elizabeth begins to animate, lead and guide our province.

*Dashailin Nongshli, Melinda Syngkon and Wandakashisha Wahlang*  
(Postulants)

***“I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy.” - Kahlil Gibran***

## **Annual Spiritual Retreat**

**31** September- 5 October 2018, were days of enrichment and spiritual fruitfulness for the Candidates of Auxilium Saidu, where the Annual Spiritual Retreat was held. They were fortunate to have Fr. Maria Arul Anthuvan SDB, Provincial Secretary of ING Province and Rector of Don Bosco, Provincial House, Guwahati as the Preacher. The retreat started with the introductory talk from Sr. Isabella Suja, the outgoing Provincial wherein she instilled in the candidates the importance of Silence and Prayer. The days of the retreat focused on the theme: “**God as Love**”.

He brought to the young minds the basic ideas and desire for integrating the ideas on Love of God. He confirmed that *God does not love us because we are good but because He is good*. The days were also enriched with his view on: **Accepting Realities with faith and hope in God**. He also highlighted about *spiritual plan* and insisted that, “**Failing to plan is planning to fail**,” where he brought many evidences and interesting facts on the topic about life’s plan, but heaven and hell session was the most interesting one. The time spent in prayer, reflection, meditation and the Holy Eucharist brought many blessings and graces. The Sacrament of Reconciliation was also one of the joyful and prayerful moments where the Candidates got the



opportunity to approach it with much preparation.

The candidates expressed their gratitude to Fr. Anthuvan and the community through a thanksgiving programme on 4 October 2018 and concluded the experience on the following day through a Thanksgiving Holy Eucharist.

*Jonaphia Kharbteng and  
Risylin Kharkongor (Aspirants)*

## ***Singing and Dancing Competition***

The 25<sup>th</sup> of November 2018 was a very exciting day for the community of Saiden wherein Sr. Elizabeth George, our Provincial had one day of her short visit. To make this day a memorable one, the community had put up a competition and its contents included singing and dancing held in Auxilium Hall itself.

The participants were divided into four groups namely the Liturgy, Marian, Don Bosco and Mazzarello groups, where each was to present a song and a dance. The chairperson was Wandakashisha Wahlang, Postulant, who beautifully aired an introductory speech, and the sequence of the programme to the Chief Guest and the judges. In addition, a number of entertainments were being performed by the guitarists which created that magic vibe in the abode of the audiences' hearts. The competition was a power-packed performance, as efforts were being made by them to create mind-blowing moves and stunts, coupled with a melodious song. The day was blessed with the presence of our Provincial, Sr. Elizabeth George, who addressed a memorable soul



stirring speech “The greatest success in life is HOLINESS”. She urged the candidates to uphold their talents and potentials and exhorted that as sisters, all should strive towards holiness.

The competition was concluded with the avowal of the winners. The result was fair and square with the Don Bosco group as the winner of the dancing competition and Mazzarello group as the 2<sup>nd</sup> runners up. In the singing competition the winner was the Marian group and Liturgy group took the 2<sup>nd</sup> place.

This competition had really created space for creativity in the life of each candidate. Thanks to the Sisters for making this day realized with joy and interest.

*Felinicia Syiemlieh (Aspirant)*



## Children's Day 2018

Children's Day was celebrated with fun and frolic at Auxilium Secondary School, Saphai marking the birthday of Jawaharlal Nehru, India's first Prime Minister who was a great lover of young students.

Our Sisters and teachers put up a short stage programme for us coupled with lots of interesting games. Some of the items were poem recitation, dance, comedy and skit. It was a memorable day, which left all of us in high spirit. Thereafter, sweets were distributed followed by a sumptuous meal.

### *Kynmoolang Passah (Class X) & team*



## Farewell to Outgoing Students

Class IX students gave a farewell party and felicitated the outgoing students of Class X on 12 November 2018. Present on the occasion were Sr. Provina Marwein, Sr. Rishailin Rongrin, Sr. Diamond Suja, teachers along with our Headmistress Sr. Stella Mary Pasi.

The special guests were accorded a warm welcome in the open auditorium with petal of flowers. Neha Langbang and Cherie Lamare gave a short words of welcome. The Class IX students presented the song entitled "Together we can change the World". It was followed by a traditional item by Verity Papang and Co. Sr. Stella Mary Pasi, in her address to the students of class X said that this type of programme would boost up the morale of all students. She expressed hope that students would cherish throughout their lives the character building lessons inculcated in them. Mementos were given to the outgoing students and all shared in the light refreshments.

*Sr. Rishailin Rongrin*

# TURA

## ***Awareness programme for Classes VIII to X***

A one-day awareness programme was organized on 28 July 2018 for the students of Classes VIII-X with Fr. Daniel S. Sangma SDB, Dean of study Bosco Mount, Rongkhon as the resource person. The programme began with a prayer service led by Class X. Sr. Elizabeth Vazhakalayil, Animator and Sr. Sonitha R. Marak, Headmistress were present at the inaugural function.

Fr. Daniel spoke on self-esteem and stressed on developing right attitude towards one's goals. He also highlighted some of the characteristics of people with high self-esteem as follows: Accepting responsibilities, Being Ambitious, Positive thinking, Understanding, Willing to learn and more...

The participants testified that the programme has helped them to be confident in whatever they do. They expressed deep appreciation to the Sisters for availing such opportunities for integral growth.



## ***Drugs: Cause of Mental Ill-Health***

On 8 October 2018, a one-day awareness programme was organized for the students of Classes VIII-X on "Preventing Substance Use and Abuse" by Ms. Nomitha K. Marak counseling psychologist from Maternity Hospital Tura.

Ms. Nomitha made the students aware of the use of drug in our society by young people. She added that poverty, illiteracy, unemployment and mental ill-health is the cause of all those who are addicted to drugs and alcohol. She encouraged the students to make the best use of their gifts and talents and dedicate more time on the development of the same as to be free from other vices. She also enlightened the students on choosing their career well. The participants benefitted much from the sessions and pledged to shun from such harmful substances and help others to do the same.

***"Kindness in words creates  
confidence. Kindness in thinking  
creates profoundness. Kindness in  
giving creates love."***

***- Lao Tzu***





## ***International Girl Child Day***

Joining the United Nation, Auxilium, Tura celebrated the International Girl Child Day on 11 October 2018. The day was made special with the posters being displayed on the school noticeboard and school verandah, prepared by the students of Class VII.

During assembly, the students of Class VI girls dressed in their colourful attire, expressed gratitude to God, the giver of life to a Girl Child by the offering of flowers. They recited a meaningful poem on a girl child and her role in the family. After the poem recitation they sang a song 'I am a child of God' followed by placing the flowers at the feet of Jesus seeking His protection on every girl child. Bambina D. Marak and Waldosa M. Sangma from Class X chaired the programme. Sr. Elizabeth, our Animator shared a few points on the importance of the day. At the end of the programme, Sr. Sonitha R. Marak, Headmistress proposed the vote thanks to everyone present especially to the organizers: Classes VI-X who made the day an eventful one.

## ***World Blind Walk Day***

Along with two teachers, the students of Class VII joined the Montfort Institution who took the lead to celebrate the World Blind Walk Day on 11 October 2018. It was for the first time that such programme was celebrated in Garo Hills. Fr. Joseph Mappilaparambul CMF organized the programme in collaboration with Fr. Bivan R. Mukhim SDB, Principal of Don Bosco College Tura, Lion's Club Tura and Mother's Union Tura. It was participated by many schools and colleges. The participants blind-folded themselves with a black cloth with the word written 'World Blind Walk Day'. They walked in procession from Deputy Commissioner's (DC) Park and around the market area in order to feel the suffering of the blind. Shri Ram Singh, DC of Tura, was the Chief Guest of the day. The students expressed their gratitude for this unique opportunity.

*Bambina D. Marak and  
Saniam A. Sangma (Boarder)*

## ***Tolling the Silver Bells***

Auxilium Secondary School, Tura celebrated the Silver Jubilee of the School on 24 October 2018. The two parts of the celebration consisted of the Holy Eucharist and the Jubilee Bonanza.



The Holy Eucahrst was presided over by Fr. Januarius S. Sangma SDB, the Salesian Provincial of Guwahati Province, and 5 other Priests. Fr. Januarius gave a fitting homily exhorting the staff members and students to be proud of the past and of the present. The pioneers who toiled have given their best unreservedly since its inception and now it is in the hands of the present members to make their work flourish and blossom. He quoted the word of Pope Francis "Look to the past with gratitude and to the future with hope" The chapel echoed with the beautiful singing of the school choir led by the school choir master Sir Palseng M. Sangma.

The second part of the programme was held in the school playground. Shri Rupert M. Sangma, MDC of Tura, was the Chief Guest of the day and Bishop Andrew R. Marak Bishop of Tura Diocese as Guest of honour. Other dignitaries present on the occasion were Sr. Isabella Suja, Former Provincial and Sr. Marcellina S. Sangma former Provincial Economer apart from many fathers, sisters and invitees. Everyone appreciated the excellent performance by the talented Auxilians. Shri Rupert, in his speech said that he could see many good leaders in our students. He added, "I can see the talented youngsters in today's programme". Mr. Rupert concluded with the following words to the students "Don't be balloons, flowing in the air without destination, have a destination". Bishop Andrew R. Marak thanked the FMAs for the valuable contribution in the field of education. Sr. Isabella Suja one of the speakers expressed her appreciation to the sisters and teachers for their dedicated services. Sr. Sonitha R. Marak, Headmistress thanked the Chief Guest and Guest of Honour for their support and presence. Sincere gratitude was voiced

out to the village people of Alotgre and to the Headman for the support they give to the school in many ways.

## ***Installation of the New Animator***

Sr. Isabella Suja former Provincial installed Sr. Marcellina S. Sangma as the Animator of Auxilium Convent Tura on 27 October 2018. A prayer service animated by Sr. Marylang Suchiang and Sr. Jemeritha Ch. Sangma on the theme chosen was "Fear not I am with you". During the prayer service Sr. Marcellina carried a flower vase on which names of the community members were written symbolizing a harmonious community formed by different types of people. Sr. Isabella, in her message assured Sr. Marcellina that God would be her guide and strength, and invited the whole community to co-operate in her work of animation. We thank God for the gift of Sr. Marcellina Sangma to the community.



## Conclusion of the Rosary Month

On 31 October 2018 we witnessed the solemn conclusion of the Rosary month by the beautiful prayer around the Grotto led by Sr. Amalia M. Sangma and her group. During the Rosary, different members of the community placed candles and flowers in front of the Grotto for every mystery. The Rosary was prayed in different languages. Sr. Marcellina, our Animator projected the video song of the mysteries through the LCD projector. At the end of the Rosary was the common good night for all. She reminded everyone that the Rosary is a powerful weapon for all those who believe and those who love Mary.



## 86<sup>th</sup> Birthday of Sr. Lina Marak

Sr. Lina Marak the oldest member of our community celebrated her 86<sup>th</sup> birthday on 15 November 2018. The main celebrant of the Holy Mass was Rt. Rev. Andrew R. Marak Bishop of Tura, concelebrated by Fr. Ignatius K. Sangma, Rector of Don Bosco Boys' Home, Tura. After the Holy Mass, the small girls greeted her with the song "Edelweiss" and



"Do Re Me" her favourite songs from the movie "Sound of Music". In the evening, we had a family meal together with the neighbouring religious communities, her friends and relatives.

*Sr. Sabina Mawrie  
and Sr. Sinjak R. Marak*



## Women Health Awareness Programme

On 27 October 2018 the Catholic Women Association of Umswai Parish took part in a one-day health awareness programme organized by the health sector of the Diphu Diocese. Sr. Celina Maslai the advisor of the association was fully involved in the programme.

This programme was one of the action plan taken for the year. Through the input sessions the women have learnt to take care of their personal health and that of their children. They were also given tips on how to take care of pregnant mothers and new born children. Besides this they also





learnt how to make herbal medicines with the help of available herbs and plants. The women have received some new learning from this programme.

### ***Inter School Catechism Quiz Competition***

**O**n 23 October 2018 Inter School Catechism Quiz Competition was organized in Umswai for the students from classes I to X from the two Parishes of Amkachi and Umswai. Sr. Philina Kholar was one of the judges for the competitions.

The motive behind the competition was to create in the young students the love for the Word of God. This was the initiative of Fr. Tomey SDB the Parish Priest of Umswai. The students took so much interest that the quiz masters and the judges found it very difficult to minus the marks. The most interesting round was the recitation of the Dioceses of North East India with its Bishop. Amkachi Don Bosco won two prizes while Don Bosco Umswai got one prize.

*Sr. Philina Kholar*

## **MEDIA matters...**

### ***Cyber Security Tips***

**N**o matter how effective or expensive the security tools protecting your network are, there's no way to predict the damage caused by a single careless user. The war against cyber criminals is fought each time a user decides to click an unfamiliar link or open an attachment and just a single mistake could be the reason for massive data loss.

Here is the list of things that you should be thinking about whenever you are using the Internet. If you take security seriously, you're already using Umbrella to protect your network from malware, botnets, and other advanced threats.

### 1. You Are A Target.

Realize that you are an attractive target to hackers. Don't ever say "*It won't happen to me.*"

### 2. Eight Characters Is Not Enough.

Practice good password management. Use a strong mix of characters, and don't use the same password for multiple sites. Don't share your password with others, don't write it down, and definitely don't write it on a post-it note attached to your monitor.

### 3. Lock It Up.

Never leave your devices unattended. If you need to leave your computer, phone, or tablet for any length of time no matter how short, lock it up so no one can use it while you're gone. If you keep sensitive information on a flash drive or external hard drive, make sure to lock it up as well.

### 4. Practice Safe Clicking.

Always be careful when clicking on attachments or links in email. If it's unexpected or suspicious for any reason, don't click on it. Double check the URL of the website the link takes you to: bad actors will often take advantage of spelling mistakes to direct you to a harmful domain. Think you can spot a phony website?

### 5. Beware Of Browsing.

Sensitive browsing, such as banking or shopping, should only be done on a device that belongs to you, on a network that you trust. Whether it's a friend's phone, a public computer, or a cafe's free WiFi—your data could be copied or stolen.

### 6. Back It Up.

Back up your data regularly, and make sure your anti-virus software is always up to date.



### 7. Physical Cyber Safety.

Be conscientious of what you plug in to your computer. Malware can be spread through infected flash drives, external hard drives, and even smartphones.

### 8. Share Less Sensitive Information.

Watch what you're sharing on social networks. Criminals can befriend you and easily gain access to a shocking amount of information—where you go to school, where you work, when you're on vacation—that could help them gain access to more valuable data.

### 9. Cut Out The "Middle Man".

Offline, be wary of social engineering, where someone attempts to gain information from you through manipulation. If someone calls or emails you asking for sensitive information, it's okay to say no. You can always call the company directly to verify credentials before giving out any information.

### 10. Stay On Top Of Your Accounts.

Be sure to monitor your accounts for any suspicious activity. If you see something unfamiliar, it could be a sign that you've been compromised.

# SECOND WORLD DAY OF THE POOR

18<sup>th</sup> November 2018



Bellefonte



Bishramganj



Chapahati



FMA Outreach



ITI Aizawl



Jowai



# SECOND WORLD DAY OF THE POOR

18<sup>th</sup> November 2018



Kawnpui



Khapmara



Lamyrsiang



Mandwi



Mawkyndeng



Mawkyrdep

# SECOND WORLD DAY OF THE POOR

18<sup>th</sup> November 2018



Mawroh



Nandan Nagar



Nongthymmai



Rambrai



Rangblang



Saiden



**SECOND WORLD DAY OF THE POOR**  
**18<sup>th</sup> November 2018**



**Saphai**



**Umdang**



**Vairengte**



# SALESIAN COOPERATORS



## *40<sup>th</sup> Annual Congress cum Ruby Jubilee*

Jowai Centre hosted the 40<sup>th</sup> Annual Congress and Ruby Jubilee of the Association of Salesian Cooperators at St. Mary Mazzarello Convent Jowai on 27 and 28 October 2018. All the delegates from the various Centres of the Province attended the Inaugural function. Among other dignitaries, present on the occasion were Sr. Elizabeth George FMA Provincial and Fr. Paul Olphindro Lyngkot SDB Provincial.

During the Meet the participants reflected in-depth on the Project of

Apostolic Life with the help of different resource persons. As part of the Ruby Jubilee Celebration, a Singing Competition was organized based on the theme: "Sir, give me this water" in which the Mawlai Centre bagged the first prize, Jowai Centre stood second and Nongthymmai Centre emerged third. On this occasion, Fr. Paul Lyngkot, Provincial released the Ruby Jubilee Souvenir entitled, "Relive and Proclaim". The 28 October saw the promise taking of nineteen new members to the Association during the Holy Eucharistic celebration presided over by Rt. Rev. Victor Lyngdoh DD, Bishop of Jowai at





St. Theresa's Cathedral, Jowai. The Congress cum Jubilee Celebration came to a fitting conclusion through a short but meaningful gesture, which included prayer, vote of thanks and lowering of the flag. Agartala Centre would host the next Annual Congress.

Sr. Euginia Laloo

## ***New Office Bearers for the Provincial Team***

The Annual Councillors Meet of the Association for Salesian Cooperators was held on 23 November 2018 at Bellefonte, Shillong. Ten Centres were present for the day's meeting and who supported and voted for the new Provincial team for the year 2018- 2021.

The New Team Members are as follows:

1. **Provincial Coordinator: Smt. Benita Marbaniang**
2. **Provincial Secretary: Mr. Nicholas Nongtduh**
3. **Provincial Administrator: Smt. Margaret Marbaniang**
4. **Formation in charge: Smt. Mildred Iawphniaw**
5. **Councilor- Family Ministry: Smt. Kerdalin kharsohtun**
6. **Councilor-Youth Ministry: Smt. Lucy Mawrie**
7. **Councilor- Pastoral Ministry: Smt. Meryline Jyrwa.**

Congratulations to the new team

Mrs. Bernadeth Mawkhlieng

***"Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again."***

***- Og Mandingo***

# INSPIRATIONAL STORIES

## *A Pound of Butter*

Once, there was a farmer who regularly sold butter to a baker. One day, the baker decided to weigh the butter to see if he was getting the exact amount that he asked for. He found out that he wasn't, so he took the farmer to court.



The judge asked the farmer if he uses any measure to weigh the butter. The farmer replied, "Your Honor, I'm primitive. I don't have a proper measure, but I do have a scale."

The judge replied, "Then how do you weigh the butter?"

The farmer replied; "Your Honor, long before the baker started buying butter from me, I have been buying a pound loaf of bread from him. Every day, when the baker brings the bread, I put it on the scale and give him the same weight in butter. If anyone is to be blamed, it's the baker."

**Moral of the story:** In life, you get what you give. **Don't try to cheat others.**



## *Happiness is within our Reach*

An old man lived in the village. The whole village was tired of him; he was always gloomy, he constantly complained and was **always in a bad mood**. The longer he lived, the viler he became and more poisonous were his words. People did their best to avoid him because his misfortune was contagious. He created the feeling of unhappiness in others.

But one day, when he turned eighty, an incredible thing happened. Instantly everyone started hearing the rumor: "The old man is happy today, he doesn't complain about anything, **smiles**, and even his face is freshened up."

The whole village gathered around the man and asked him, "What happened to you?"

The old man replied, "Nothing special. Eighty years I've been chasing happiness and it was useless. And then I decided to live without happiness and just enjoy life. That's why I'm happy now."

**Moral of the story:** Don't chase happiness. Enjoy your life.





# Happy Christmas and Christ-filled New Year 2019

Auxilium Provincial House  
Nongthymmai – Shillong  
16.12.2018

*Dear Sisters and friends,*

Loving greetings from Auxilium Provincial House, Shillong!

At the very outset, I would like to greet you a very Happy and Fervent Novena in preparation for the great solemnity of our Savior's birth. With the beginning of the Novena, the feast of Christmas is knocking at our doorstep. I take this opportunity to extend my warmest and affectionate greetings of a Happy and Blessed Christmas to each of you dear Sisters, Novices, Candidates, young people, the educating community, our collaborators, friends, benefactors and to everyone who shares our educative mission.

Yearly we are celebrating Christmas with great expectation, preparation and celebration. However, it is good to take a few moments of silence to ponder and reflect on the significance of this great event in the history of our salvation. As Pope Francis once said, it is important to stop and make time for silent reflection on the true meaning of the feast.

The Word, who found a dwelling in Mary's womb, today comes to knock on the heart of every person with singular intensity to allow space for Christ to be born again. The Word made flesh was born among us as a witness to the Father's Love for us. We in our turn are called to be witnesses of God's Love by the love we extend to others; by being precursors of his justice through our unfailing commitment to what is right and good; by reflecting the light of God through our forgiveness, mercy and compassion and by being harvesters of souls through our humble and dedicated commitment.

It is profitable at this period of time to ask ourselves: Are we willing to give space in our hearts for Jesus to be born in our lives? Are we ready to be the witnesses of God's Love to the world as did our Savior with His birth? Are we fully aware of why was Christ born on earth or why was he born in a human nature, poor, naked and fragile... born in a stable? Many human responses can be given to these questions which depend on our perspectives and attitudes but the Lord has no other but one reason which is none other than LOVE...

I would like to conclude my greetings with the following beautiful poem of Lambert Noben of why was Christ born:

I was born naked, Jesus says,  
So that you would know how to be stripped of yourself.  
I was born poor,  
so that you would consider me your only treasure.  
I was born in a stable  
So that you would learn how to sanctify every environment.  
I was born weak, Jesus says  
So that you would have no fear of me.  
I was born for love  
So that you would never doubt my love.  
I was born in the night  
So that you may believe that I am able to enlighten every reality.  
I was born a human, Jesus says,  
So that you would never be embarrassed to be yourself.  
I was born human  
So that you would be able to be divine.  
I was born persecuted  
So that you would be able to accept difficulties.  
I was born in simplicity so that you would stop being complicated.  
I was born in your life, Jesus says,  
In order to bring all into my Father's house!

With the authenticity of our lives and fidelity to our commitments, let us make a beautiful crib in our hearts and in our lives, in our activities and in our mission so that Christ may have a place to be reborn especially in situations of distress and pain- wherever there is war, wherever there is pain, wherever there is loneliness, wherever there is no hope, wherever there is boredom, wherever there is fear of failure, wherever there is temptation too strong to resist, wherever there is bitterness of heart and wherever there is lack of love and commitment.

Once again I wish each of you a very *Happy and Joyous Christmas* and a *Christ filled New Year 2019*.

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Facebook Page: <https://www.facebook.com/fmashillong>

Affectionately,

Sr. Elizabeth George FMA  
Provincial



# SILVER JUBILEE

*of Auxilium Secondary School, Tura - 24<sup>th</sup> October 2018*



## RUBY JUBILEE CUM 40<sup>TH</sup> ANNUAL CONGRESS

*Association of Salesian Cooperators*

*27<sup>th</sup>-28<sup>th</sup> October 2018*





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## DIAMOND JUBILEE

*of Auxilium Girls' Higher Secondary School  
Nongthymmai - Shillong  
13<sup>th</sup> September 2018*



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