

Newsletter of the Salesian Sisters, Shillong Province

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Congratulations

60 25
Years of Religious Life



Sr. Nerila Mukhim

Sr. Veronica Bepih

Sr. Bisilda Thyrniang

Sr. Helen Puwein

Sr. Maria Goretti Nongrum

*In Fidelity
we Journey on...*

Sr. Isabella Wahlang

50
Years of Religious Life

Sr. Fidelis Majaw

Sr. Percynia Synnah

SYNOD 2018

3-28 October



15th Ordinary General Assembly of the Synod of Bishops

"Young People, Faith, and Vocational Discernment"

Theme

Its aim is to accompany the young on their existential journey to maturity so that, through a process of discernment, they discover their plan for life and realize it with joy, opening up to the encounter with God and with human beings, and actively participating in the edification of the Church and of society.

Purpose

The Synod will "examine herself on how she can lead young people to recognize and accept the call to the fullness of life and love, and to ask young people to help her in identifying the most effective way to announce the Good News today.



Wishing
Sr. Aprilda Pasi
God's choicest blessings
as she offers herself
for the Missions





EDITORIAL

We are at the threshold of the Synod of Bishops 2018. The Youth Ministry Team under the leadership of Sr. Runita G. Borja, General Councillor for Youth Ministry have been preparing us for this big event through a series of monthly reminders. This was one of the ways in which our Institute has helped us to journey towards the Synod together with the Church. Each monthly reminder takes an expression of Don Bosco or of Mother Mazzarello and a phrase from the Preparatory Document. I am sure we have tried in our own and varied ways to arrive at the assimilation of the theme of the Synod: **“Young People, the Faith and Vocational Discernment”**. In this issue of our newsletter we also find in the second cover a brief explanation on the theme of the Synod and its purpose. Apart from this we also have the article of Mother General Yvonne Reungoat, **“This is the Field where you must work”** wherein she helps us to delve into the spirit of the origins and learn from our Founders the art of accompanying young people. It is also noteworthy to mention here that the Holy Father Pope Francis has chosen 13 Indians to attend the Synod of Bishops: Cardinal Oswald Gracias, Archbishop of Bombay, President of Catholic Bishops’ Conference of India (CBCI), will lead the Indian delegation which composed of three



cardinals, two archbishops, four bishops, two priests and two youth. Let us accompany the participants of the Synod which will commence on 3 October and conclude on 28 October 2018 with our prayers so that open to the promptings of the Holy Spirit and to the needs of the time particularly of the young people they may sought out effective ways and channels through which the Good News could be proclaimed and empower our Youth as ambassadors of the same. We have just renewed our commitment on 5 August the Foundation Day of the Institute and hence the Synod is a clarion call to recommit ourselves at the service of youth and striving together with them to become Missionaries of Hope and Joy. May God bless us and Mother Mary teach us in our endeavour to fulfill the educational ministry amidst our young people and all the people we encounter in our mission field.

Sr. Euginia Laloo

THIS IS THE FIELD WHERE YOU MUST WORK

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

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

Reflection on the Synod was also made in the Convention on the theme: “Vocational Pastoral and Consecrated Life. Horizons and Hopes” held in Rome on December 1-3, 2017 at Queen of the Apostles Institute and introduced by a message from the Pope. He invited reflection in a triple direction: *convictions, challenges, characteristics* of a vocational pastoral.

Among the convictions was the importance of inserting the pastoral care of vocations into youth ministry. An authentic youth ministry leads to the elaboration of a vocational project.

Among the challenges, the first was *trust*, in the young and in the Lord. The other was *clarity* in reading the reality of the world and of youth in particular. The Gospel of vocation must be proclaimed, beginning with the desire that our life witness must be able to arouse. We must not answer questions that nobody asks, but raise questions.

Lastly, *Gospel daring*: the young must be able to perceive that it is worthwhile to risk for something great, to spend oneself for the Gospel.

In regard to the vocational proposal, the Pope hopes that it would be *differentiated* relative to each young person; *narrative*, that is, witnessed to with the contagion of life; *evangelical* and thus, committed and responsible; neither only intimism, nor

only social commitment. The vocational proposal requires *accompaniment*, helping the young people understand what they are living, awakening the deepest desire they carry in their heart, and finally, leading them to Jesus. Those who make the proposal must be *persevering and patient*: give time for the seed to grow, even though others may reap the fruit. This proposal must be *dynamic, attractive, participative, and joyful*.

Dear Sisters, young people, adult laity, this Synod challenges us particularly as educators of young people. They are our “sacred ground”, as we reaffirmed in GC XXIII. But what does this actually mean? Let’s go back to the origins.

The young, our ‘sacred ground’

By stating that the young are our ‘sacred ground’, we intend to re-appropriate the **entrustment made by Mary Most Holy to Don Bosco in his dream at nine years of age**. To fulfill this dream, our Founder consumed his life, facing great difficulties with joy and love.

The same trust was received by Mother **Mazzarello** with the words: “I entrust them to you”. This entrustment was the motive of her entire life that was deeply in accord with the orientation of Don Bosco even before she knew him personally.

The young people are the preferential field that “commits us to become for them,

at the school of Mary, signs and mediations of the love of Christ, the Good Shepherd, through the Christian education of the whole person, according to the Preventive System". (Cn. 63).

They are the **heart of our mission**, "the Sacred Ground" where we meet the Lord, and with Him, we live out His dream for our Institute" (*Acts GC XXIII*, Presentation p. 6). The mission among the young is the **source of an ever renewed vocational fruitfulness**. But we must broaden the gaze of our heart to perceive the deep need for God that arises from their hearts and be available to find evangelical responses together with them (Cf. *Acts GC XXIII*, p.7).

It seems important to me that we do not only 'read' the youth situation, we must listen directly to the **voice of the young**. Their invitation to GC XXIII was: "**Do not be afraid of young people!**". There are **not only young people who are indifferent, resigned**. More and more, there are those who have "**nostalgia for spirituality**", are looking for truth and freedom, aspire to rediscover their personal originality, who want transparency in relationships, seek friendship and companionship, want to build a new society founded on the values of peace, justice, respect for the environment, attention to diversity, solidarity, volunteer work, and equal dignity between men and women. *Young people who do not want to look out from the balcony*¹, or just be outraged, but want to be busy, creative, full of hope and of the future.

Young people do not need new promises, but people who "stay with them", trust them, and accompany them on the way, or rather, walk with them.

People who not only give themselves to young people, but **also know how to learn from them**.

Don Bosco: Sign of God's tenderness among the young

The oratory, the schools, the geographical and existential peripheries are places in which to bring the proclamation of God-Love. The **method** is that indicated by Mary Help of Christians to Don Bosco: "**With persuasion and goodness you will earn these your friends**".

Don Bosco's experience with the youth of the juvenile prison in Turin and contact with others who roamed the outskirts of the city convinced him of the goodness of this method. "**If these young people had a friend out there** who could take care of them and instruct them, maybe they would not go back to prison," he commented with emotion. Taking care of young people through integral education, and doing it as a friend, heals the heart, gives prospects for the future.

Don Bosco decides to devote all his strength, his own life for these young people. He does so with the pastoral vision that is underlined today by Pope Francis, but which is proper to the Gospel, with the attitude of those who not only see, but look beyond, searching for the causes; who not only hear, but listen to the drama of abandonment and child exploitation; who do not hurriedly pass by the young, but stop to listen to their difficulties, their sadness; who not only say: "I'm sorry", but are moved to compassion (cf. Pope's homily, 13/09/2016).

Don Bosco is a friendly hand for young people, capable of redeeming, healing,

¹ Pope Francis during World Youth Day (13/7/2016).

rehabilitating, leading to a meaningful life. Thus, he gives witness to a God who is close; to a pleasant, accessible sanctity, with open and peaceful relationships. The God that He proclaims with the educational-preventive action has the face of mercy. He is a Savior God, benign and patient, close to each person as a loving Father who wants their good and

in whose presence live, give oneself, and realize their dream of happiness. Don Bosco **accompanies young people with love and wisdom; concreteness and planning.** They are the heart of his mission: “For you I study, for you I work, for you I live, for you I am also willing to give life” (BM VII 585).

(to be continued)



Orientation for the Boarders of West Khasi Hills Region

On 24 March 2018 the Boarders of West Khasi Hills had a one-day seminar at St. Peter's Convent Pyndengrei. More than 56 boarders from the four convents of Nongstoin, Rangblang, Rambrai and Umdang took part in the animation programme. Fr. Raphael Maiong SDB was the resource person for the day.



The programme began at 9.30 am with a prayer service animated by the boarders of St. Peter's Convent, Nongstoin then followed by their welcome song. The sessions revolved around the theme, “Leadership” wherein Fr. Raphael made the day very enriching and meaningful through vivid examples and group interaction. The boarders have benefitted from the day's animation on how they can be good leaders. The resource person also elaborated on the qualities of a good leader and cited some examples of great leaders. The day concluded with the celebration of the Holy Eucharist, presided over by Fr. Raphael at 3.00pm and the choir from Auxilium Convent Umdang added melody and devotion to the celebration.

Sr. Mary Marwein



Transmission of the Triennial Evaluation

The two days sharing of the Triennial Evaluation at FMA Outreach Retreat Centre, Lumshiyap, which was held on 21 – 22 June 2018 were days of enrichment for the 43 Sisters. The day began with a Short Prayer Service led by Sr. Rosa Pyngrope and Sr. Gemima Porhmen, the resource persons for the programme. The sharing commenced with the opening message of Sr. Isabella Suja, Provincial where she urged the participants with the words of Mother General, Yvonne Ruengoat:

*To have the gaze of Jesus in our outlook...
To let Jesus form and transform us...
To contemplate the Word of God... and
allow ourselves to be met by Him*

The sharing started with the presentation of the PowerPoint on the three different choices which falls under the four sub-topics such as, **Conditions, Attitudes and Mental Change, Weaknesses and difficulties, and Processes to be Strengthened**, which had been consolidated by the different Provinces of India during the Triennial Evaluation held at Kolkata early this year. The participants had the joy of interacting with Ms. Elena Kharkongor and Ms. Meboreen Mary Thongni the laity and

youth representatives respectively who shared their rich experiences during the Meeting. The participants thanked and appreciated them for their friendliness and openness in reminding the Sisters to live their religious life more authentically. In the evening sessions, the Prophetic Gestures in Action and Assumptions of the Constitutions and Regulations were projected in which there were also interactions from the participants for some clarifications on the different doubts and points to strengthen religious vocation. Having known the reality of the weaknesses also the Future Thrust of our Province, the Sisters felt the need to keep alive the charism of Don Bosco and Mother Mazzarello to the maximum, so as to bear good fruits in the mission of Christ.

Sr. Iahunlang Kyrsian

Sharing of the Mid-Chapter Journey GC 23

The last group for the sharing of the Mid-Chapter Journey GC 23 was held on 24 to 25 June 2018 at Auxilium Convent Nongthymmai – Shillong. The participants comprised of





the Animators, Provincial Team Members and few other Sisters.

The first day's session started with a short prayer moment invoking the Holy Spirit and the intercession of Mary, followed with a message, an excerpt from Mother General's message during the Triennial Verifica at Kolkata. Sr. Rosa Pyngrope and Sr. Gemima Pohrmen minutely transmitted the compiled study on the GC 23 Document done during the Verifica. On the second day Ms. Elena Kharkongor and Ms. Meboreen Mary Thongni the laity and youth representatives from the Province at the meeting in Kolkata impressively shared their unique experience. On both the days there was space for open discussion and clarification based on the compiled points and the concerns of the Province. The assembly was grateful for the opportunity given to them and committed themselves to continue living and journeying on the paths traced out by GC 23.

Sr. Celina Maslai

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."
- Thomas Edison

Impression of the Lay Representatives at the Triennial Evaluation

"Salesian is not sadness, Salesian is joyfulness" these words of Mother Yvonne were the curtain raiser for me at the Triennial Evaluation at Kolkata. The 7-day programme was like a journey where you're not sure of what to expect but I was looking forward to it. On reaching Kolkata we were made to feel immediately at home by the Sisters and our outlook changed completely because on day one itself all Sisters, laity and young people clicked and fitted one another like a jigsaw puzzle. It was an experience that got imprinted in my heart.

Mother Yvonne's session where she shared her beautiful messages with us was the highlight of each day. There was not a single day when I was not touched and impressed by her charm, determination, motherly love, positive attitude and her immense love for Jesus and her mission. She spoke to us about the beauty of our mission as believers. She requested us laity to continue collaborating with the FMAs and motivated and implored us to continue making Jesus known to the young people.



The Triennial Evaluation was an enriching, eye opening, thought provoking, soul searching and emotion binding meeting. The different sessions were all very interesting and interactive. The Triennial Evaluation made me realized the important role I play as a Salesian educator. I understood that it was not just collaboration but co-responsibility that was needed on our part. Mother's question to all of us on the final day left a lasting impression on me. She asked, "What do we carry within ourselves; what do we take back to our Provinces?" It was a soul-searching question and as we were reflecting on our answers, she said 'Personally, I think we are not carrying any additional tasks to do but only a treasure to live and to share and above all great joy!' Mother General started with her message of joyfulness and she ended her message also with joyfulness. I thought this was the perfect and most fitting way to draw the curtains on the Triennial Evaluation at Kolkata. What we had experienced at Kolkata is a treasure we are living and we are sharing it with others and we are doing it with great joy!

Miss Elena Kharkongor

To start with, the very first word I would like to utter is my gratitude to God the Father Almighty for paving the way to my life in different ways. One of His ways led me to the Salesian Family, the FMA Sisters. I cannot stop expressing how grateful I am to the Father Almighty for being the source of my life's journey. One of my memorable journeys with the Sisters is the Triennial Evaluation held at Kolkata from 24 – 28 January 2018. It is indeed one my best experiences till date.

The meeting took me closer to God and enriched my spiritual values. Can't

stop remembering the inspiring words of Mother General which reminds each one of us present at the meeting to follow the footprints of Jesus and to be like Him; whatever we do in our life we should always try to be like Jesus; to talk like Jesus, to speak like Jesus, to smile like Jesus and above all to live like Jesus.

What an experience it was for me to be able to express myself so closely with all the Sisters, they made us feel at home and of course they lived the motto- **"TOGETHER WITH THE YOUNG"** very efficiently. Those musical moments throughout the journey and the interaction with all the sisters, laity and other young people at the meeting was really a learning experience for me.

One very important thing I learned is to value not only faith - but even prior to faith comes life. And that is what I shared wholeheartedly by saying that if there is no life there will be no faith and faith and life's values should go hand in hand. We all demand and require faith formation values but it's high time to really understand that life is prior to faith and hence life formation values also should be considered as important; and



today's youth should be well guided in this subject about Life Formation.

In conclusion, I would like to end up by stating that my experience at the Triennial Evaluation has moulded me as a youth, as an educator and as a Christian to be a missionary of Christ by following his teachings which reminds us to be humble, to be dedicated to our work, to live truly the virtue of love and humility, to be the light and guide to everyone and guide everyone closer to Christ.

Miss Meboreen Thongni

Regional Quarterly Recollection Day of West Khasi Hills

The Sisters from the various communities of West Khasi Hills, namely Mawroh, Mawpat, Pyndengrei, Rangblang and Rambrai met at Umdang on 14 July 2018 for the Regional Quarterly Recollection Day. The day was spent in prayer and reflection.

Fr. Sebastian Tirkey SDB, Rector and Parish Priest of Sonapahar Parish gave a talk on "Community Life" which was very relevant and helpful for each one of us. He also presided over the celebration of the Holy Eucharist. The Sisters were grateful for his availability and spiritual enrichment shared with them. After lunch, the Sisters met together and discussed about the forthcoming events. It was also announced that the next recollection would be at Mawroh, Markasa. The Sisters thanked each other for the various contributions for the success of the Recollection Day and departed for their respective communities.

Sr. Merilyn Wahlang

Renewal Course for Young Sisters

On 28 July 2018 the house of Auxilium Nongthymmai was filled with joy to welcome the 67 dynamic and Young Sisters coming from all the communities for the Renewal Course. The theme that guided the meeting was "Living Monument of Don Bosco's gratitude to Mary Help of Christians." The programme had a solemn conclusion on 3 August 2018 with the Renewal of the Vows.



The enriching programme commenced with a Prayer Service animated by Sr. Rosa Pyngrope from the Formation Team. The Sisters were enlightened on "Preventive System and Salesian Assistance" by Sr. Christina Kharkongor, "The Living Monument" by Sr. Entilia Nongkynrih, Sr. Isabella Suja, Provincial also met the Sisters and encouraged them to live their religious life with authenticity and joy. During the course of the sessions the Young Sisters were reminded to live a witnessing life after the example of Mother Mary, precisely being her daughters. Through group interaction, discussion and sharing the Sisters have evaluated their way of life and sought out better ways in order to be



worthy of the name Living Monuments of Don Bosco's gratitude to Mother Mary. A day was set apart for prayer and recollection on 2 August 2018 which helped the Sisters to prepare intensely for the Renewal of the vows. On the morning of 3 August, 50 (fifty) Temporary Professed Sisters renewed their commitment to the Lord at the Eucharistic celebration presided over by Fr. Paul Olphindro Lyngkot SDB, Provincial of Shillong Province. With renewed energy, enthusiasm and determination the Sisters went back to their respective communities forging ahead to be missionaries of joy and hope.

Sr. Vanisha Sympli



Our experience at Bellefonte

We entered Bellefonte on 20th April 2018. We could say that it was the most amazing thing that had ever happened in our life. We were welcomed with great hospitality. On that day we felt that our big dreams started taking shape.

At first, we felt very difficult to adjust ourselves with the timetable, gradually as days passed by with the help of our Sisters and Novices, we were able to involve ourselves accordingly. We learnt several things during our stay at Bellefonte, which



included: Catechism, English, Computer, Stitching, Gardening, etc. We also get to know about ourselves better and needless to say the Sunday outings were the most welcomed moments. Meditations and conferences were moments of spiritual growth. Another important moment was the recreation where we even forgot all our little worries and tensions. Our stay at Bellefonte have benefitted us a lot for, we have become better people with better virtues. We could sum up our experience in the following:

B - Beautiful
 E - Experience
 L - Living and
 L - Learning
 E - Especially to follow the
 F - Footsteps of Mother Mazzarello in
 O - Obedience and
 N - Never forget to
 T - Treasure the
 E - Enjoyable and enrichment we received.

Aspirants 2018

Gratitude day observed at Bellefonte Community College

The Out of School Children Programme (OSC) of Bellefonte Community College celebrated the Annual Gratitude Day with full enthusiasm on 25 May 2018. The theme for the celebration was, "To be a living monument of Mary Help of Christians by loving and caring".



A festive song entitled "Come on let's celebrate our life together" opened the day's programme. On this day the students under the able guidance of their teachers showcased their talents through rhythmic steps in various dances; traditional as well as western, songs, fancy dress depicting the various personalities in the Bible and the most touching performance was the skit on the blind mother which was creatively and meaningfully displayed by the students of Class IX which focused on the ingratitude of the children towards the mother because of her blindness. It has a powerful message for all the students, which evoked tears in their eyes. On behalf of everyone, Fatima Rynjah and Barrister Khongjrem of Class X voiced out the gratitude of the Staff and students to Sr. Carmelina Sun, Animator and the community for the selfless service rendered untiringly and unceasingly for the education of every student. The students also expressed their gratitude by offering whatever gifts they could afford and presented them to Sr. Carmelina. Knowing well the background where the students come from, Sr. Carmelina encouraged them to focus on living their life with a difference no matter how difficult life situations could be and to remain grateful in life towards their parents and anyone who helped them.

Felicitation of Successful Students at BCC

On 4 June 2018, Bellefonte Community College (BCC) felicitated 6 Students of Out of School Children Programme (OSC) who have come out successfully at the Secondary School Leaving Certificate Examinations 2018 conducted by the Meghalaya Board of School Education.



The students who were felicitated were Rayan Denzel Kharbihkhiew, Diana Rynjah, Dakhmihlynti Lyngdoh, Larihun Shangpliang, Jasmine Mary Lyngdoh and Joycy Mary Mynsong. The Staff and students have put up some items for the occasion. The main purpose of the felicitation was to appreciate their success being drop out children and to encourage the other students, that they too could achieve their goal in life bringing glory to the family, the school and themselves personally. Sr. Helen Puweiñ the Principal of the College delivered a note of appreciation and encouragement to them and Sir Ignatius Lamin one of the staff members congratulated them on behalf of the School management. The

students were extremely delighted for the acknowledgement received and in turn thanked the school for the support they have received, which boosted their success.

Sr. Mildaris Marwein



New venture at Auxilium, Dholai

The free English coaching class open only for the children of the neighbourhood studying in Bengali Medium schools was inaugurated on 2 July 2018. It is the special initiative taken up by the community to reach out to the poor children and youth who are not having the opportunity to study in English Medium School.

The inaugural program began with a moment of prayer invoking God's blessing upon the students and this new





venture. This was followed by the lighting of the lamp and a welcome address by Mr. Prabash Laskar Das, member of the School managing committee. In his speech he accorded a warm welcome to all the students. He also encouraged them to make use of this opportunity offered by the school. Sr. Bhalang Dkhar, gave a short introduction on the aim and objectives of the course. There were 45 students from class II to X. We wish that this social commitment service launched by the community enable many children and young people to develop their knowledge in the language and along with it an integral formation.

Sr. Janicia Nongrum



World Gratitude Day 2018

Reminiscing the visit of Mother Yvonne the previous year, the celebration of the World Gratitude Day on 26 April 2018 evoked fervent prayer and enthusiasm in everyone be it Sisters, Boarders, Teachers and Students alike.

The community was guided by a practice from the circular 977 of Mother

Yvonne, which invited the members to esteem each other, value each other, look benevolently at each other and help each other to witness to the Gospel of joy. Apart from this, the Sisters prepared a spiritual bouquet in the form of a chain Rosary wherein each Sister dedicated two decades daily for the intentions of Mother General. Together with the Boarders the Adoration to the Blessed was well animated during the days of the Triduum with a special intention on each day. On 26 April the students along with their respective class teachers took turns and prayed for the intentions of Mother General. The Liturgy of the day was made solemn and finally the day concluded with an evening programme. In her goodnight talk Sr. Rosina Susngi, Animator reminded the girls once again of some of the counsel Mother left for them the previous year, the most important of which is to build strong convictions and to achieve happiness by making others happy.



Orientation Programme for the Boarders

On 28 April 2018, Sr. Madona Lytep, the Coordinator of Boarding Houses in the Province organized a one day Orientation programme for the four convents of Jowai region at St. Mary Mazzarello Convent Jowai. There



were 39 boarders who participated in this programme; 10 each from Mawkyndeng, Jowai and Lamysiang and 9 from Sutnga. The theme of the programme was 'Vision and Positive Mind'.

Mr. Terrence Sawian, teacher of St. Mary Mazzarello Girls' Higher Secondary School Jowai animated the entire programme, which began at 9:00 am with a welcome speech from Sr. Madona, the organizer and a message from Sr. Rosina Susngi, Animator. A welcome song followed this from the Boarders of Jowai and a short prayer service. Some of the topics dealt with were: What is a Vision – Why a Vision- and How that Vision, having a positive mind, impact and effect of a positive mind, how to develop a positive mind. There were a good number of games, interaction and power point presentation to drive the subject home, which kept the children alive and alert. The boarders were very happy to have learnt new things on how to be a leader with a vision.

"We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future."

- Robin Sharma

Celebration of the Feast of Mother Mazzarello

The solemnity of our saintly Mother and Co-foundress St. Mary Domenica Mazzarello was celebrated on the 12 May 2018 for the Community. The well-animated Morning Prayer together with the boarders, followed by the Holy Rosary set the tone of the day.

The climax of the day was the celebration of the Holy Eucharist presided over by Rt. Rev. Victor Lyngdoh DD, Bishop of the Jowai Diocese and concelebrated by Fr. Manbha Pakem. Joining in for the celebration were the Past Pupils, the Salesian Co-operators, all our workers and representatives of the MSMHC Sisters from Mooralong. The Prelate in his homily highlighted on the greatness of God, manifested in his chosen people



in the Church – ‘the Saints’; with a special mention on Mother Mazzarello. He stressed on her special characteristic traits with reference to her union with God and her love for the poor and orphans. Speaking about her physical strength that was weakened by typhoid, he said that it serves as an example of hope and complete confidence in God. She allowed God to make use of her weakness and made her strong for his glory. He therefore exhorted everyone present to follow her example. After the celebration of the Holy Eucharist, all joined in for the fraternal meal prepared at Vallino Hall.

Jowai Diary

The main work of the day was to do the fencing of the garden since it is open on all sides. All of them put their hearts and minds together with their tools so that they could finish the work on time. All were engrossed with the different works and since they were many they managed to complete one third of the work. They started the work at 9.30 in the morning and stopped at 3.30 in the afternoon. The community provided lunch and snacks for them for which they were grateful. May God bless the young people and their families for their generosity!

Sr. Evalynejoy Kympat



Act of Charity: Youth

On 20 March 2018, twenty youth of Saints Peter and Paul Parish, Kawnpui extended a helping hand to our community. The community is grateful for this kind gesture and did really experience the family spirit reigning supreme.



Celebrating the feast of our Co-Foundress

The feast of Mother Mazzarello was celebrated with great festivity and enthusiasm on 12 May 2018. A beautifully decorated statue of Mother Mazzarello was a reminder to everyone of the solemnity. Adding to this a new stage was inaugurated on the occasion. The Sisters and Boarders lived the days of the preparation and the solemnity with great fervour, which was the result of the month long spiritual animation that accompanied it.

The day started off with a meaningful Morning Prayer animated by Sr. Ba-i-thiang Sten, which was followed by the celebration of the Holy Eucharist. During the Holy Eucharist a symbolic



gesture of the incense was offered which signified the life and holiness of Mother Mazzarello. In his homily Fr. Gabriel Jalong SDB, Assistant Parish Priest underlined the two qualities of Mother Mazzarello namely hard work and trust in the Lord. The day concluded with a beautiful evening programme wherein the Boarders enacted a skit on Mother Mazzarello, which was directed by Sr. Aitihun Lawai. Other items like songs and dances too added colour to the show. At the close of the programme, Sr. Patricia Nongkhlaw, Animator shared some good thoughts from the life of the Saint.



Community Day celebration: Christ unites us...

The community of St. Francis Convent Mawkyndeng celebrated the Annual Community Day on the 2 June 2018 under the leadership of Sr. Melina Kharbani the Vicar of the house. This was a very special Gratitude Day as it was the last year for Sr. Patricia Nongkhlaw before completing her term as animator of the community. The theme for the celebration was "Christ unites us".



An intense one-month long preparation both spiritual and material brought success to the day of grace and mutual thanksgiving. The Liturgy of the day was well animated by the Sisters coupled with lively music and melodious singing. Fr. Sylvester Synrem SDB, Principal of St. Dominic Higher Secondary School presided over the Holy Eucharist. During his homily he helped us distinguish between a house and a home. He invited us to build a home where charity reigns and where everyone has a place to live and grow in love and unity. Soon after Mass, the boarders and Sisters exchanged festal greetings and wished Sr. Patricia in a special manner. The highlights of the day were an exhibition



showcasing the hand-made things and also some home production like ginger, rice, fruits etc. The front of the house was turned into a five star hotel, which hosted the common lunch. The day concluded with an Evening Programme presented by the various groups. A skit on the Six Blind Men prepared by Sr. Aitihun Lawai took the center stage and invited everyone not to be blind to the reality but to look with the eyes of love in dealing with one another in the community. Sr. Patricia expressed her sincere gratitude to all the Sisters and boarders for the wonderful celebration they all had. Prior to the day's celebration Sr. Marylang Suchiang creatively animated the Vigil Service through a power point presentation combined with some clips of the community activities and key moments of our togetherness.

Sr. Aitihun Lawai



Sanda-em-ki Dhar (Class X)



Leadership Programme for Boarders

On 15 April 2018, the Boarders of Sacred Heart Convent Mawlai Shillong had a one day Seminar on Leadership for Classes VIII – XII conducted by Bro. Milan and Bro. Paul from Sacred Heart College Mawlai.

This seminar has helped us a lot in which we have come to know more about the qualities to be a leader and specifically about self-confidence. In this seminar we watched some video clips and songs based on the theme. At the same time it gave us encouragement and inspiration. To make the programme more interesting Bro. Paul taught us some games based on the qualities of a leader after which the evaluation was done in groups. The programme concluded with a vote of thanks to the two Brothers and for the Sisters who have arranged the programme. Some commitments were taken for our growth and we concluded with the group photo.

Seminar on Bishop's Synod

On 26 April 2018, the students of Classes X and XII of Sacred Heart Girls' Higher Secondary School Mawlai had a Seminar on the Synod of Bishop with the theme "Young People, the Faith and Vocational Discernment" conducted by Bro. Jerry VM and Bro. Naresh Nilam, from Sacred Heart Theological College, Mawlai.

During the seminar the Brothers discussed with us about the challenges that the youth are facing in this world today. In order to overcome these challenges they exhorted us to be strong and bold enough to make a right decision. They also reminded us that life without challenges is boring. In life there is no magic but only logic. They also gave us some points for reflection as 'Who is great?' The result of the reflection made us aware that there is no one that is born great. We only become great by changing our attitude, become a good person, by discernment which in turn could transform our life. We have

benefitted a lot from this seminar though it is only for half day. We are grateful to Sr. Lydia Pala, our Principal who has arranged this programme for us, for the Brothers who conducted this seminar and for the Sisters and teachers who were with us during the programme.

Darisha Shylla (Class XII Arts)

Golden Years of Dedicated Service

The community of Sacred Heart Convent Mawlai celebrated the Golden Jubilee of the Religious Profession of Sr. Isabella Wahlang on 2 June 2018. Joining in the celebration were the family members of Sr. Isabella, neighbouring religious communities, our Sisters and Novices, friends and well-wishers.

On this God-given day, the climax of thanksgiving to God was none other than the celebration of the Holy Eucharist which was presided over by Fr. James Thyrniang SDB, the Provincial Economist of Shillong Province and sixteen other





Priests concelebrated. In the homily, Fr. James noted that Sr. Isabella has been one of the branches that always keep united with the tree, which is Christ Himself. Her motto, “Do whatever He tells you” has been her guiding principle all through her life. The Provincial, Sr. Isabella Suja too highlighted her qualities of simplicity, readiness to serve, sacrificing spirit and love for the poor. A short but colourful felicitation programme was put up in honour of the Jubilarian. Sr. Isabella in turn was grateful for all the celebration and Jubilation of the day which filled her heart with thanksgiving to God and to the community. Lunch was served for everyone who have come for the celebration.

Sr. Bertina Kurbah

World Environment Day Celebration: “Beat Plastic Pollution”

Sacred Heart Girls’ Higher Secondary School joined the rest of the world in celebrating the Environment Day on 5 June 2018. The theme, “Beat Plastic Pollution” were the keywords that resounded among the students and the Staff of the School.

Taking the lead, the Eco Club members of the School created awareness and emphasized on the importance and

necessity of preserving and conserving the natural environment. This was creatively done in the form of a skit and many slogans that focussed on the said theme. The students reminded the whole school to do away with the use of anything plastic as this has caused enough damage and has rampantly depleted the natural condition of our environment. The School community resolved to take this pledge of going organic and avoid the use of plastic.

Mrs. Leena Lyngdoh



Workshop on Thinking School Academy

A Four-day programme was conducted at Sacred Heart Girls’ Higher Secondary School that is from 4-7 June 2018 on ‘Thinking School Academic’ by Dr. David Paige and Madam Elizabeth Gayle, the experts on Education from USA.

The first two days were dedicated for the students of Class VII and the other



two days for the teachers. The students were introduced to a new way and idea on a different way of learning, in order to be able to learn better and never to forget what they have learned. The system of a 'Thinking School' is very appealing to the students as they were taken to a higher level of thinking. A very diplomatic way of teaching with this system was conducted by Dr. David Paige himself. A handout with many exercises was given to each student. Students were given time to study the text given, then optional questions which are very similar are given. Here is where the students have to make use of their thinking skill to be able to get the most appropriate answer. Each student was examined on their thinking skills based on their answers. Then a general discussion after comparing the work of their elbow partner was done. Think, pair share is the formula for this system of teaching. The students enjoyed and vouched that this system would really help to take them to a higher level of thinking. In other words it helps them to think before answering instead of a rote learning they are used to.

A study on the seminar given to the students was very satisfactory; therefore Dr. Paige felt that there is the need to outline the teachers on thinking school. The two days conducted for the teachers seminar brought out a lively sharing and solving of many problems faced on implementing the thinking school system. The teachers on the whole agreed that this system is very good, but certain problems

in our education system should be amended so as to allow thinking school to be fully implemented for the satisfaction of both teachers and students.

Amabilis Susngi (Teacher)

Talent Search 2018

The Talent Search was held on 26–28 June 2018. Prior to the Talent Search, auditions were held for some items.

On the first day i.e. 26th June, a Science Exhibition was held on the theme 'Exploring Science.' There were four categories for the Science exhibition. The first category was for Classes V and VI, the second category was for Classes VII and VIII, the third category was for Classes IX and X and the forth category was for Classes XI and XII. On the Second day, i.e. 27th June, the craft exhibition was held for both Junior and Senior students. The activities under craft exhibition included sketching, painting, rangoli, floral arrangement, make-up, poetry writing



and others. Cooking competition was also held for the senior students. On the third day i.e. 28th June, stage activities were held. The stage activities included singing and dancing. The Pre Primary and the Primary students took part in fancy dress, singing, dancing and drawing competitions.

Judges for the different competitions were teachers and some judges from outside were called for selected activities. The aim of this talent Search was to foster in the students the spirit of innovation and competition.

Sir Richmond Kharlukhi (Teacher)



Congratulations to you Esaranaki Kharjana!

The Sacred Heart Girls' Higher Secondary School congratulates Esaranaki Kharjana, a student of Class II from the English Section for winning a gold medal in the 26th Inter School Karate Tournament, held at Polo Indoor Stadium on 10 – 11 August 2018. We are proud of her and we wish her all success in her future endeavours.

Sir Norbert Kharkongor (Teacher)

Independence Day

The National Cadet Corps (NCC) and the Guides of Sacred Heart Girls' Higher Secondary School Mawlai took the lead in the celebration of the 72nd Independence Day to commemorate the freedom of our beloved country India from the British rule.



The programme started with the morning assembly and prayer moment animated by the NCC Cadets. Thereafter everyone stood in attention to sing aloud the National Anthem to show our love and respect to our Motherland India. Few items were showcased on the great day, which consisted of a short speech on Independence Day by Sgt. Phibanrihun Mawlong of Class X B, Medley Dance on Independence Day and A Demo on falling in and falling out on Parade by the NCC Cadets and finally a Patriotic dance performed by the Guides. The entire programme was compeered by the Guides.

Mrs. Kalpana Ganatra (Teacher)

***"The best way to gain self-
confidence is to do what you are
afraid to do." - Unknown***

Installation of Sr. Teresa Kamsuan

The community of Sacred Heart Convent Mawlai praised and thanked God for the gift of Sr. Teresa Kamsuan as the new animator of the community. The installation was held on 16 August 2018 in the evening, which was presided over by Sr. Isabella Suja, the Provincial.

The Sisters and Fathers from the nearby communities were present on this occasion. Sr. Lydia Pala, the Vicar of the house along with Sr. Nelia Shullai animated the Prayer Service on this occasion with its theme “Jesus the Good Shepherd.” During the prayer moment, Sr. Isabella Suja handed over the staff to Sr. Teresa in which she in turn placed it

in front of the altar. This symbolic gesture was done to remind us that Sr. Teresa is the leader and guide of the community will follow the virtues of Jesus. As a sign of our readiness to collaborate with her in the mission of the community, each Sister carried the virtues needed to build community life and placed them all in front of the altar, imploring the Lord to help each member of the community. After the prayer service, Sr. Teresa thanked everyone present especially the community Sisters for organizing the function very well.

Sr. Bertina Kurbah

MAWROH

Feast of Mother Mazzarello

On 15 May 2018, the community celebrated the feast of our Co-Foundress, Saint Mary Domenica Mazzarello since 13 May was a Sunday. The celebration began with the Morning Prayer and continued the whole day.

Firstly the celebration was with the Teachers and Students of the School. A skit on Mother Mazzarello was enacted by the Class X students to make her known to the students of the School. Different classes performed other items like songs, dance and poem, to honour our saintly Mother. On this day sweets were distributed for all the students while the teachers joined the community for lunch.





In the evening the community concluded the day with the Holy Eucharistic celebration presided over by Fr. Wilbert Marwein the Vicar General of the Diocese along with Fr. Kevin Ward. Priests and religious from the nearby communities, the Seng Rangbah, Seng Longkmie and the youth of Mawroh village were invited for the celebration. We were happy to see the Chapel fully packed with the invitees who came to participate with us for the day. The celebration was grand with the angelic voices of the boarders who formed the choir. In his homily Fr. Wilbert spoke about the saint and her virtues. He elaborated more on her deep love for Jesus in the Holy Eucharist, which was the center of her life. Before he concluded he recommended us to imitate her life and her virtues. After the Mass we had the cutting of the cake in the hall and the boarders voiced out in chorus a festal song followed by a family meal. We thanked all those who came to share our joy and celebration.

Seminar for the Teachers

Auxilium Lum Jingshai Secondary School, Mawroh West Khasi Hills organized a one day seminar for all the teachers on 17 May 2018. Fr. Kevin Ward Assistant Parish Priest of Nonbah Parish was the resource person. The programme commenced at nine o'clock in the morning and ended at three o'clock in the evening. At the outset Sr. Cecilia Ksoo the headmistress welcomed the resource person and the participants and exhorted the latter to benefit from it.



Fr. Kevin presented three sessions in all that is two in the morning and one in the afternoon. Through the sessions they have understood better their role and responsibilities, they have learnt some new ways of dealing with the students, it has also helped them to understand the students better, their problems and their behaviour and how to help them in a better way. They were very much enlightened and enriched through the expertise of Fr. Kevin an experienced educator. The resource person made their learning a fun-filled experience too, where everyone enjoyed the sessions. The Seminar was an eye opener for all the teachers and the first of its kind. At the end of the sessions in the afternoon, one of the teachers Sir Shanbor Lyngkhai proposed the vote of thanks to Fr. Kevin Ward. All together there were 16 teachers who took part in the seminar.

Sr. Bisilda Iawphniaw



Induction Programme to the New Beginning

The new academic session began with a three-day seminar for the teachers held at the school premises from 10-12 April 2018. Different resource persons animated the entire seminar. A Prayer moment seeking God's blessings opened the seminar. The School Principal Sr. Celine D' Cunha welcomed all the participants and guests.



The resource person for the first day was Ms. Anamika Sharma, Ratna Sagar. She dealt on the topic "Enhancing Skills and Building an Attitude". She emphasized on Listening Skill, Speaking Skill and Total Physical Response with lots of activities, games and presentation. An extremely learned person, Sir G. Balasubramaniam was the resource person for the second day. "The Future of Learning and 21st century Learning Skills" was the topic given to him. As he took over the stage, the teachers were captivated by his speaking skills, his stamina at the age of 72 and his vast knowledge. On the third day Sr. Celine took over the sessions and like in a family distributed the shared responsibility for the fruitfulness of the academic year. All the articles; notebook, school calendar, logbook, staff diary, student's diary were distributed among the teachers. Then they set out for the planning of the year's activities and received their daily timetable. The day's meeting ended in an optimistic note, as the teachers were full of energy and good vibes with this key message: *Yes! We can do it; we have the power to change the world of a child with accompaniment and presence.*

Ms. Ankita Sengupta (Staff Member)

Investiture Ceremony at AGS

The Investiture Ceremony of Auxilium Girls' School for the academic session 2018-2019 was held with great pomp and dignity in the school Auditorium on 20 April 2018. Shri Rajiv Kumar Sharma graced the event as Chief Guest. The special invitees for the day were Mr. Narayan Roy and Mrs. Sikha Paul, Parents of Romita Roy – School Head Girl, Mr. Bikram Debbarma and Mrs. Dropati Debbarma, Parents of Sayesha Debbarma – School Captain. Many other dignitaries were also present.

The ceremony was held with lots of zeal and zest. It commenced with the welcome song and the felicitation of the guests and invitees followed by the lighting of the lamp. Incessant mounting of the flames symbolizes virtue and knowledge. A number of dance items added even more colours of joy and happiness to the ceremony.

The Principal Sr. Celine then addressed everyone present especially the Captains with her inspiring and motivating words. She advised them to be role models and to extend a supporting hand to the School



authority for the smooth running of the school. The elected captains then took the pledge administered by the head girl. The captains pledged to hold the school motto of virtue and knowledge in high esteem. The Honourable guests and invitees conferred badges and sashes on the leaders. The Chief Guest in his short speech congratulated all of them and encouraged them to be impartial and honest in discharging their duties. He also exhorted them to uphold the values taught in the school. He reminded them that with position comes responsibility towards oneself, their school and peers. The function concluded with the National Anthem.

Ms. Romita Roy (Class XII B)

Celebration of World Earth Day

Keeping in view the burning environmental issues Auxilium Girls' School took a grand initiative to conduct 'World Earth Day' – the largest secular world event on 23 April 2018 with a myriad of educational and fun-filled activities. The morning of 23rd April reverberated with the excited chatter of the students who were there to create awareness on Earth.

The day started with an assembly where a special ritual was held to welcome the





resource persons and guests of the day. The event was commenced with a remarkable short message from our beloved Principal Sr. Celine D' Cunha where she explained to all the significance of the event.

Dr. Alind Rastogi, Secretary DST & E along with some eminent personalities Shri Ajoy Debbarma Scientist E. FRCLE, Shri Pranay Sahai Jt. Director DST & E, Shri Pawan K. Kaushik Scientist E. FRCLE, Shri Debashis Chakraborty, President DISA and Retd. CCF graced the occasion with their majestic presence.

The session was made more interesting through audio visual presentation and lecture sessions which showed how plastic is threatening and injuring marine life to disrupting human health. The talks and highlights of the event left an immense impact on the students. The chief guest Dr. Alind Rastogi delivered a motivational and inspirational speech, which touched all present.

Ms. Mirgkashi Saha (Class XII)



Celebration of the Feast of St. Mary Mazzarello

The students and staff of Auxilium Girls Agartala celebrated the feast of St. Mary Mazzarello on 15 May 2018. This year our provincial Sr. Isabella Suja graced the auspicious occasion and our former provincial Sr. Phyllis Bamon too came all the way from Shillong to witness the beauty of our home called Auxilium.

The programme began with a brief description about our beloved second home "Auxilium" one of the best English medium schools that caters to girls' education by imparting skill-based knowledge. Auxilium being a home away from home treats us as daughters in the hands of safe and vigilant teachers. The Staff and Students paid homage to our beloved Mother Mazzarello a woman who with Don Bosco took courageous steps in the foundation of the Salesian Sisters who are now continuing her legacy in our beautiful land of Agartala. A couple of outstanding performances by the Auxilians like the Classical Dance showcasing the classical dance culture of India, Tripuri dance exhibiting the vivid culture of Tripura, Women empowerment depicting the importance of women in the development of the nation were



some of the items showcased on that day. Sr. Phyllis Bamon, former Provincial shared her experiences of what Auxilium was 16 years back and applauded it for what it is today. She expressed her great joy to witness the growth and development that is seen during these few years especially for the education that is given to students in an efficient way making Auxilium the Best School in the state. Further, Sr. Isabella Suja, Provincial shared her valuable thoughts and encouraged everyone to strive for the best in whatever they do. She also thanked each Sister and all the staff members who have played an important role in lifting the name of Auxilium to the heights of its glory.

Miss Srestha Debnath (Class XII A)



Orientation Programme for Class XI

The 6th batch of Class XI had an interesting and exciting orientation programme held in the school auditorium on 18 June 2018. Ms. Shabnam Bhardwaj Rana a well-known psychologist and friend to everyone animated the program.

Through an extremely interactive way she drove home the message on various streams of studies that the students

were unaware of. She excellently held a counseling session, where she explained the importance as well as outcomes of the streams and career choices one makes. The students were told that many people would give them many career suggestions but one needs to know one's own capacities and capabilities well enough to choose the right career for oneself. Another amazing time spent was with the seniors wherein through a game of passing the ball we got to know each other and made many new friends. Sr. Rihun Sten, Vice Principal took up another session wherein she got all the students into action and spread happiness and warm vibes all around her. Finally the group had the last session from Sr. Celine D' Cunha, Principal where she emphasized on "FOCUS" – a vital key to success. The experience of the day could only make the words of Albert Einstein a reality in our midst, "The only source of knowledge is experience". Above all, the experience of being true Auxilians would help one to acquire knowledge and an all round development.

Ms. Aditi Ghosh (Class XI C)

International Yoga Day Celebrated

On 21 June 2018 Auxilium Girls' School, Agartala celebrated the 4th International Yoga Day. Prime Minister, Shri Narendra Modi initiated this day in the year 2015. During the morning assembly, all the students along with the teachers participated in it.

The students of the Yoga Club demonstrated the different forms of Yoga along with its benefits. Videos on Yoga were also shown in the different classes and the students were motivated to begin



the classes with the breathing exercises that would enable them to begin the day with more concentration. Auxilium believes that yoga should not be observed only on a particular day but should be devoted as a part of education on a daily basis, therefore students are given daily time to begin their day well with exercise for an all round development of mind and body.

Ms. Sagarika Sinha (Staff Member)

Student Development Programme: Managing Stress and Tough Times

A Student Development Program was held in the school for class IX – XII on 27 July 2018. The resource person was a renowned psychologist, Miss Paromita Mitra Bhowmik. The session was divided into two parts. The first half was for Classes XI and XII whereas the second half was for Classes IX and X. The session immediately started after the school assembly.

Miss Paromita Mitra Bhaumik started her session talking about Life Skills. She said that Life skills are needed in every aspect of life. Personal effort is needed to develop such skills and communicate with



everyone easily. It also helps one to take decisions, think creatively, and also solve problems easily. She enlightened the girls on Self-Esteem, which is an inevitable way to success and growth. She also reminded them that freedom and responsibility go hand in hand. Another aspect she dealt with was the use and misuse of social media. Other topics dealt with were Assertive Training and Relationship. There was also ample time for question time in which the young girls posed their different queries and were satisfactorily responded by the resource person.

Aditi Ghosh (Class XI, Arts)

Independence Day Celebration at AGS

The 72nd Independence Day was celebrated in Auxilium Girls' School – Agartala with great enthusiasm and spirit of patriotism. The auspicious occasion marked its beginning by seeking the blessings of Almighty God.

After the prayer moment our respected Director, Sr. Celine D'Cunha hoisted the flag and all burst forth with patriotic feelings to the tune of the National Anthem. On this day all the students pledged to live in peace and



harmony with each other. All over the campus the three colours of orange, white and green gave a glamorous and celebratory look which best suited the day's festivity. The musicians of Auxilium guided by Miss Khumpui enthralled the whole gathering with their musical bonanza and every girl waved the national flag to the tune of "*Sare Jahan se Acha*". All the items of the day spoke of gratitude to the freedom fighters and brave soldiers, patriotism and fighting against social evil. Katrina John of class 5 and Sr. Albrida Pyngrope, Principal delivered messages on the true meaning of being Independent. Finally the day's celebration concluded with a vote of thanks proposed by Mr. Ranjit Ghosh followed by the singing of "*We shall overcome*" by everyone present.

Ms. Debarpita Deb (Class XI B)



Come and See Programme

34 young girls who completed their SSLC Examination 2018 came for a one-month Come and See Programme at Auxilium Convent, Nongthymmai from 9 April to 9 May 2018.

During the month long experience they were animated with many activities. They had animated prayer and meditation separately with different Sisters who guided them everyday. Different classes namely Catechism, English, on Don Bosco and Mother Mazzarello and Good Manners by different Sisters were arranged for them. Apart from this they also had the opportunity to discover their skills on music, computer, reading, singing and

gardening. They also joined the Sisters for the daily Adoration to the Blessed Sacrament and Evening Prayer. Movies on the lives of different Saints were also screened for them. Another significant moment was the celebration of the World Feast of Gratitude through which they showcased their gifts and talents and was introduced to the family feast. On 9 May 2018 they returned to their families with the blessings of Mother Mazzarello.

Sr. Joplanglin Nongkseh





World Environment Day celebrated

On 5 June 2018 the school's Eco Club took the lead in highlighting the significance of the day and invited everyone present to combat the use of plastic. Present for the occasion were Sr. Isabella Suja, Provincial as Chief Guest, Sr. Elizabeth Thannimoottil, Animator as Guest of Honour. The Staff and Students commemorated World Environment Day in high spirit being as part of the Diamond Jubilee activities.

The Eco club members animated the Morning Assembly through which they initiated the Prayer and gave a reflection



on the theme of the celebration namely, "Beat Plastic Pollution". Following this was the skit presentation, which resounded the message of stopping the use of plastic. The programme ended with a motivating and encouraging speech by the Chief Guest, Sr. Isabella Suja, followed by tree plantation in the school premises. Sr. Isabella Suja planted "The Golden Pine" as a Jubilee memorial while the teachers and students planted the rest of the saplings.

Mr. Gilbert Jyrwa (Teacher)



A Unique Quiz Competition

With few weeks of preparation for this day, 19 August 2018 was indeed a memorable day for the village Church at Mawmuthoh, one of the Sunday Oratory Centres of the Sisters under Laitkor Parish. The faithful were all up for the Quiz Competition which was a very unique event in which the participants included the men, women, young people and children competing with each other.

The Sisters in charge of the oratory centre, Sr. Jacinta Sana, Sr. Khrispina



Syiem and the Pre-aspirants had given the questions before time for them to prepare for the quiz competition based on the Church and Our Lady. On the appointed day the time struck 11.30 am when all the participants were seated; 5 each from the teams of Men, Women and Children whereas the young people had only 3 representatives. Going through the many rounds of the Quiz both participants and spectators showed equal interest and dynamism. This was followed by the celebration of the Holy Eucharist presided over by Fr. Bensar Kharsati. After Mass the prize distribution was conducted in the presence of Fr. Bensar and two Brothers from Oriens Theological College Mawlai. *Seng Longkmie* (Women) bagged the coveted 1st prize, the 2nd prize went to the *Seng Rangbah* (Men), the Children won the 3rd prize and consolation prize was awarded to the Youth.

Sr. Jacinta Sana

"There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative." - W. Clement Stone

Orange Day 2018 celebrated in the School

The school observes Orange Day every year, with this year being no exception. To mark this day, the Heritage Club of the School organized a one-day seminar on the 28 August 2018, with the theme "Protection of Oneself and Others from Sexual Abuse". The Government of Meghalaya under the Voluntary Action Fund 2016–17 sponsored this year's event through the office of the Deputy Commissioner, East Khasi Hills.

The seminar started off with a Prayer animated by the Heritage Club members, followed by a narration from Ms. Paula Pakyntein, explaining to the audience from the school about sexual abuse, and the different ways to prevent oneself from sexual abuse and assaults. A short documentary film on sexual abuse, especially on children followed this. The club members too stressed more on the negative impact of sexual abuse, how to determine when one is sexually abused, and ways and methods to prevent and stop sexual abuse was enacted along with other acts and songs.

Sr. Elizabeth Thannimoottil, the School Secretary, gave the closing speech. In her speech, she reiterates the dangers that young children of our society face from sexual abuse, gender discrimination and human trafficking. She talked about the different ways one can protect oneself from these dangers. She ended the speech with hope, citing examples of different government and non-government organizations working together to prevent and stop the menace of sexual exploitation of women, especially children.

Mr. Gilbert Jyrwa (Teacher)



Inauguration of Vocational Training Centre at Mawpat

14 April 2018 was a red-letter day for the Sisters and the people of Mawpat for it brought the blessing of God to them through the inauguration of the Vocational Training Centre that would cater to the needs of the people. This project is a satellite presence of Bellefonte Community College, funded by North Eastern Council (NEC) Shillong through the Planning and Education Department, Government of Meghalaya. Present on the occasion were Shri Renikton L. Tongkhar, Chairman of Meghalaya Industrial Development and Local MLA as the Chief Guest, Director of HRD & E, NEC Shillong, Shri Kh. Silie Anthony and Sr. Isabella Suja, Provincial as Guests of Honour and many other prominent dignitaries.

Located in the remote village of Madansohphoh, Mawpat – Umdohlun,



South West Khasi Hills of Meghalaya the project aims to uplift the livelihood of the people through Skills Training. The Chief Guest in his speech reiterated the need of possessing additional skills for better living. Mr. Anthony the Guest of honour applauded the efforts and speed with which Sr. Helen Puwein works. The Sisters from St. Mary's Convent, Rangblang too worked might and main in achieving the objectives of the project and the success of the day. The day of inauguration brought together the people of the village, the Officials and the Sisters from West Khasi Hills communities and Shillong. The building was blessed by Fr. Wilbert Marwein, Vicar General of Nongstoin Diocese and accompanied by the Parish Priest of Mawpat Holy Cross Parish.

FMAinsinfo Correspondent



***"Take chances, make mistakes.
That's how you grow. Pain
nourishes your courage. You
have to fail in order to practice
being brave."***

- Mary Tyler Moore



Seminar on “We are called to be Missionaries of Joy”

On 17–18 April 2018, Sr. Agatha Shadap organized a seminar for the Postulants and Aspirants of Auxilium Saiden. The theme was “We are called to be Missionaries of Joy”. This seminar was specially conducted in order to help and impart the candidates the knowledge of knowing Christ better and how to give Christ to people.

On the 1st day itself, she started her session by projecting the document that was written by Pope Francis named “Gaudate et Exsultate” which means “Rejoice and be Glad”. The theme of this book is: “On the call to Holiness in today’s world”. This book composed of 5 chapters and each chapter was briefly explained in a very simple way, which helped the candidates understand without any difficulty. She also showed in brief about the missionary journey of the Institute of Mary Help of Christians, starting from the year 1800 till 2000.

The second day’s session was based entirely on the Word of God, the need of Evangelization and family visit. Here she imparted to the candidates on evangelization because Jesus himself commanded, “Go, then to all peoples...” To this she exhorted the candidates to be simple and positive in preaching and in all the preaching it should be Christ-centered.

As a whole the candidates enjoyed the seminar and were boosted to root their life in Christ, to cultivate the spirit of being missionaries of joy and great zeal to win souls. Above all, to have a spirit of predilection to witness and project Jesus through their simple life-style.

Ribhalin Suja (Postulant)



Media Orientation Programme

The 23–25 April 2018 were indeed days of enrichment for all the Candidates of Auxilium Saiden. A “Media Orientation Programme” was conducted by Sr. Euginia Laloo, Media Coordinator of the Province at Auxilium Training Centre Saiden. The main aim of this programme was to impart information to all the Candidates with regards to Media and Communication.

Right from the first session and all the other sessions, Sr. Euginia clearly and precisely dealt in her explanation on the importance of Media, its advantages and disadvantages. She based her topics on the Process of Communication, writing techniques by splitting it in different sub-



topics, such as news report and structure of news story, public speaking, portrayal of women in media and film evaluation. Besides these topics, she also made the candidates to be active and creative with the different group activities. To this the candidates themselves exclaimed that they had learnt to be inventive and creative. Over all, the seminar was well conducted where the young minds of the candidates were enlightened on the basics of Media along with its pros and cons.

Thanks to Sr. Phyllis Bamon our Animator and the Sisters of the community for arranging such kind of seminar for the candidates.

Lidiani Mary Sutnga (Postulant)

Celebration of the World Gratitude Day

On 26 April 2018, the Sisters, Postulants and Aspirants of Auxilium Saidu joined the whole FMA World in spirit to celebrate with utter solemnity the FMA World Gratitude Day.

The whole liturgical celebration helped everyone turn one's gaze to St. Raphael Archangel Province – Uruguay, where the celebration was held. It was a unique day of gratitude to Mother Yvonne Reungoat who is the bond of communion in the Institute. Fr. T. A. Jose in his homily

exhorted everyone on being grateful to the Superiors. He further added that it is the first and foremost duty of every Salesian candidate and sister. At the close of the day, the community gathered in the hall for a short stage programme based on "Remain in my love".

Prior to the day's solemnity the community took to heart the spiritual practices proposed by the community in connection with the theme and slogan, **"With the young, let the chords of life vibrate, witnessing to the joy of following Christ"**.

Credita Dkhar (Postulant)

Provincial Visitation at Saidu

With openness to the Spirit of God the community welcomed the Provincial Visitation of Sr. Isabella Suja from 27 April to 1 May 2018. "With faith and courage, let us re-commit to live the system of Educative love today" was the theme that guided the encounter.

Soon after the welcome song at the portico all went to Chapel and initiated



the experience with a short prayer led by Sr. Celine Michael based on the visitation of Mother Mary to her cousin Elizabeth and ended with the Magnificat. During the conference for both Sisters and Candidates she instilled in all, the spirit of being a good educator, bringing alive the pedagogy of Don Bosco's Preventive System. She then urged everyone that in order to be a good educator one must first of all educate the HEART, to be loving, forgiving, understanding and

compassionate; Secondly, to educate the THOUGHT like that of Christ and thirdly to educate the ACTIONS in solidarity. These were indeed thoughts for the community living, which would help everyone to remember with love and zeal. Being the last visit, the community thanked Sr. Isabella profusely by spelling out the different adjectives of the letters in her name and other items as well.

Wandakashisha Wahlang (Aspirant)



International Women day Celebration

On 8 March 2018 Sr. Sonitha R. Marak Headmistress, all the lady teachers and a group of students went to Dekki Bandi Stadium, Tura to participate in the 2nd All Garo Hills International Women's Day celebration. Bakdil in collaboration with Social Welfare Department West Garo Hills, Tura and Meghalaya Rural Bank organized the programme. The DC of Tura Shri Ram Singh was the Chief Guest of the day.

So prior to this day, on 7 March the School celebrated International Women's Day to honour all the Lady Teachers of the School. The Gents Teachers, Class and House Captains under the guidance of the Headmistress Sr. Sonitha R. Marak, organized a short programme. A flower and a small gift were presented to them as a gesture of love and gratitude. Sr. Elizabeth Vazhakalayil, Animator gave a message

through which she highlighted the value of a woman and pointed out the sacrifices of a mother for the family. On behalf of the school, Mr. Raphael Momin a teacher, read an address imploring God's blessings on the teachers and all the women of the world. In turn, Miss Bidan Grikchi Marak on behalf of all the lady teachers thanked everyone for the love and appreciation bestowed upon them.

Leadership Animation Programme

A one-day Leadership Programme was organized for the three boarding houses of Garo Hills Region at Auxilium Convent Tura on 24 March 2018. 119 girls from Chapahati, Garobadha and Tura took part in it and the theme that guided them was "Let your light shine" Mt: 5:16.

At the start of the programme the girls were welcomed by Ronisha M. Sangma and followed by a short prayer service led by Bambina Marak and Aidora Marak from the host community. The boarders from Garobadha and Chapahati presented a welcome song and thanksgiving song respectively. At the introductory session,

Sr. Sonitha R. Marak headmistress of Auxilium Sec. School Tura, Sr. Deihok Mukhim and Sr. Sinjak R. Marak spoke to the girls on "Education: the way to success". Bro Anthony Sangma SDB from Don Bosco Rongkhon took up two sessions on "Leadership Qualities". During the sessions he stressed on qualities such as honesty, commitment, confidence, dedication, good communication skills and accountability. He encouraged the girls to come forward, not to give in to shyness but to believe in themselves and build their self-confidence. In between the girls also learnt many short songs and action songs. The day concluded with the celebration of the Holy Eucharist presided over by Fr. Ignatius K. Sangma, Vice Principal Don Bosco Higher Secondary School Tura. Speaking on the theme, Fr. Ignatius said that goodness comes from the heart and if one has it within, it will surely spread and shine to others too. The participants departed from the venue with a great sense of gratitude and fervour to orient their lives with good values for a successful life.

Celebration of World Gratitude Day

The community joined in along with the rest of the world in celebrating the feast of gratitude to Mother General Yvonne Reungoat, the bond of communion in the Institute on 26 April 2018. The feast began the previous day with a vigil service imploring God's blessings on Mother Yvonne.

During the Holy Eucharist the community thanked God for the gift of Mother General and the presence of the FMA Sisters in the world. The School too gathered together for a short programme, which began with a Prayer Service animated by the students of Class X. Songs, speeches and floral tribute were the gestures of gratitude expressed by both the Staff and students. Sr. Elizabeth Vazhakalayil, Animator explained the significance of the day to all present and exhorted the students to always cultivate the habit of expressing gratitude even for the smallest favour received.

"The next time you feel slightly uncomfortable with the pressure in your life, remember no pressure, no diamonds. Pressure is a part of success." - Eric Thomas

Feast of our Mother and Co-foundress

On 12 May 2018 the community solemnized the feast of our saintly Mother Mazzarello through a Eucharistic Celebration presided over by Rt. Rev. Andrew R. Marak, Bishop of Tura and concelebrated by a good number of priests from the nearby Institutions.

All the neighbouring religious institutions were invited and many responded to the same. The teachers of our school too were invited and they also helped in the preparation of the delicious

meal, which was served for everyone. On the occasion of the birthday of Mother Mazzarello on 9 May a short programme in her honour was organized. The Class VIII students under the guidance of the Sisters presented the programme very well. There was a skit on the vision of Mother Mazzarello "I entrust them to you" then a song and a message from Sr. Elizabeth Vazhakalayil our animator, then Sr. Sonitha R. Marak Headmistress thanked everyone for their active participation.

Auxilians' Talent Hunt 2018

The feast day of the school this year was celebrated in a unique and memorable way through the Talent Hunt 2018 on 24 May. The Students came to the School with a lot of excitement and filled the campus with joy and cheer.

Opening the day's activities Sr. Elizabeth Vazhakalayil, Animator spoke on the reason why the school celebrated its feast day on May 24. She applauded the students for their eagerness to showcase their gifts and talents. On this day Singing and Skit competitions had its theme on Mary instead the dancing, essay, poem and drawing competitions were of varied themes. Through these activities one witnessed the variety of gifts and talents of the students, which made it difficult for the judges to make their choice of the winners. One could see the smiles on the faces of the parents when they saw their children on stage. It was a pleasant day with fine weather and everything that was planned went off very well.

Welcome to Fr. Januarius Sangma SDB, ING Provincial

On 9 June 2018 the community had the joy of felicitating the new Salesian Provincial for Guwahati Province in the person of Fr. Januarius S. Sangma. Responding to the invitation of the community he offered the Holy Eucharist with and for the community.

Prior to his appointment as Vice Provincial, he was Rector and Principal of Don Bosco Higher Secondary School, Tura and was a Chaplain to the community. He has been very kind to the community and hence the community also took the occasion of thanking him for his timely and brotherly help and support. During the Holy Mass the community offered prayers for him particularly in his responsibility as leader and guide of the Province and he too prayed for the needs of the community. After the Holy Mass all gathered together at the portico to welcome him and congratulated him with a bouquet of flower, a Garo traditional muffler and a welcome song. Fr. Januarius Sangma SDB is the first among the Garos to be elected as Provincial.

Sr. Sabina Mawrie



UMDANG

Celebration of International Women's Day

On 17 March 2018 Auxilium Convent Umdang hosted the celebration of the International Women's Day under the leadership of Sr. Marilyn Bahun Wahlang along with few Volunteers from the five localities of Umdang village. The theme for the celebration was "To lit the light". Mrs. Activina Rongrin, President of All Mother's Union, Umdang chaired the programme and was attended by 120 participants; a mixture of women, young people and children.

The Boarders welcomed the participants with a welcome song and a Prayer dance. Further in her words of welcome Sr. Marilyn Wahlang highlighted the value of a woman. At the outset, five representatives from the five localities



lit the five candles, a symbol of the five wise virgins from the Gospel through which the women were invited to be the light of the family and the society. The Guest of Honour, Fr. Gaspar Wahlang the Parish Priest in his speech pointed out that a mother is the heart of the family hence all women should live with dignity. The Chief Guest *Tymmenbasan* (church elder) Stingshon Tangsah noted that women are the ones who face most of the challenges in the family and therefore they should have the right to equality. The five localities performed different items such as dance, song, comedy and a debate on early marriage. The day ended with a speech from the Headman of the village Mr. Raisen Mawsor who exhorted the women of the village to forge ahead with courage like many other women in today's world who have come up in life in many ways. Mrs. Marlistina Rongrin voiced out the vote of thanks to everyone and a special mention of Sr. Marilyn was made who was the lifeline of all the activities of the day.

Mrs. Marlistina Rongrin (Teacher)

A Helping Hand at the Dental camp

On 19 March 2018 the solemnity of St. Joseph, Sr. Marilyn Wahlang felt privileged to collaborate with the Missionary Sisters of Christ Jesus (MCJ) for the Dental camp at Don Bosco Hall, Riangdo.

She had the charge of arranging the place and the medication before the programme. The programme began at 10:30 am with the inauguration and the short prayers and blessing by Fr. Francisco Dhar, the Parish Priest. This was followed



by the dental health awareness by Dr. Nitu Mawrie and Dr. Pearl Nengnong, with the theme “Think Mouth think Health”. The two Doctors demonstrated and explained clearly on how to take care of the teeth. After an hour of input session, the check up by the two Doctors began and assisted by Sr. Merilyn Bahun and the staff of Riangdo PHC. The participants were the School children, the people of the area and also from Umdein village. There were around 200 people who took part in the camp and the programme concluded at six in the evening.

Sr. Merilyn Bahun Wahlang

Mother General's Feast Day Celebration

On the 26 April 2018 the community celebrated the feast of World Gratitude Day with many activities all through the day. The decorated photo of Mother General, Sr. Yvonne Reungoat on the stage gave a pleasant reminder of Mother's presence among us.

Right from morning, Fr. James Anderson Syiemlieh, the Assistant Parish Priest, offered a Thanksgiving Eucharistic celebration for the gift of Mother Yvonne. The Salesian Cooperators, the young people and few faithful of the Parish

also joined us in the celebration. Fr. James in his homily spoke on the value of gratitude wherein he invited everyone present to be a grateful person. In the evening the Sisters and boarders with some young people expressed their love and gratitude to Mother General through songs, dances and an inter group dancing competition with Marian group bagging off the first place from the Senior group and Sacred Heart group from the Juniors. Fr. James, Mr. Alexander Puwein, the local coordinator of the Salesian Co-operators and Mrs. Shailin Lyngkhai, a teacher were the judges for the competition. Sr. Maristella Jyrwa in her concluding words congratulated Sr. Angeline Thongni the main organizer of the programme and enlightened everyone present on the feast of gratitude celebrated in the whole Institute. She also appreciated and congratulated the boarders and young people for their wonderful performance.

Sr. Virginia Wankhar



Honouring our Mother and Co-foundress, St. Mary Mazzarello

The Sisters and the Boarders celebrated the Solemnity of Mother Mazzarello on 12 May 2018. Prior to this the Triduum days were well animated in which each Sister took turns and made known of the life of Mother Mazzarello to the young girls.

The climax of the celebration was the celebration of the Holy Eucharist along with the Salesian Cooperators and representatives of the Catholic Men and Women Associations. Fr. Gaspar Wahlang the Parish Priest in his homily highlighted the simple life of Mother Mazzarello and spoke in depth on her prayer life. Commenting on her prayer life he said that Mother Mazzarello was always united with God and sought his inspiration at all times. Posing the following question, “Do we remember to pray like Mother Mazzarello or asking God only for physical needs?” He made everyone



reflect on the way one approaches God. Fr. Gaspar further invited all present to emulate Mother Mazzarello a great model of sanctity who lived a simple lifestyle. After Mass everyone exchanged festal greetings and picked up maxims of Mother Mazzarello for inspiration and guidance. In the evening the Boarders and Sisters gathered together singing hymns in honour of Mother Mazzarello and concluded with a goodnight thought from Sr. Merilyn Wahlang, Animator.

Sr. Angeline Thongni

SALESIAN COOPERATORS

Orientation Programme for Youth Leaders

Being a year dedicated to Young people, the Salesian Cooperators of Umdang Centre under the direction of Sr. Merilyn Bahun Wahlang organized a one-day programme on 15 April 2018 at Auxilium Convent for the youth leaders of Riangiong, one of the localities of Umdang village.





The programme began with a prayer led by Mr. Alex Puwein, the local coordinator followed by the words of welcome by Sr. Merilyn Bahun. The latter took the chance of introducing the Salesian Cooperators to the young people and invited them to join the association. Mr. Alex dealt with the first session on “the life of young people in the modern world and how to live as God fearing people”. The second session by Mr. Barnabas Mawsor, the secretary on “Youth in the society” and the last session was taken by Mrs. Srentina Mawsor, the treasurer on “How to build a good family in the future”. Sr. Merilyn took up the evaluation of the programme where three young people expressed that through this programme their faith was strengthened, they were enriched by the many values of life proposed to them and also expressed their desire to call many more young people to join this kind of programme. The nine youth leaders were very contented and desired to spread the message to many more young people of the other localities of Umdang.

Mr. Alexander Puwein
(Salesian Co-operator)

Promise taking of Salesian Cooperators at Umdang

The Salesian Cooperators of Umdang Centre received two more new members into the Association on 1 July 2018. The Promise taking ceremony took place during the Holy Eucharistic celebration presided over by Fr. A. L. Jose SDB the Delegate for Salesian Family and Fr. Gaspar Wahlang, Parish Priest of Umdang Parish concelebrated.

The two new members namely Mr. Jiligius Ryntong and Mrs. Letizia Riangshiang were well prepared for the day through regular meetings and instructions. A day earlier they spent time in prayer and reflection on the important step they would take in their life as full-fledged members. Mrs. Benita Marbianiang received the promise and other Provincial Councillors from Shillong too were present for the day along with Sr. Christina Kharkongor, the FMA Delegate for Salesian Cooperators. The new members were presented a certificate of membership and were felicitated after the Mass.

Sr. Merilyn Wahlang

MEDIA MATTERS



Now, 'Momo' game causes scare among Schools and Parents

Following the horror of Blue Whale, a game comprising of self harming dares that drew attention of a large number of youths especially schoolkids, schools and parents have got a similar reason to be worried as a new game called "Mom Challenge" has come to the fore.

The "Momo Challenge" is a form of cyberbullying that spreads through social media and cell phones. After phone users are enticed to contact a user named "Momo" through social media network WhatsApp, they receive graphic threats from the user and are instructed to perform a series of dangerous tasks.

The Momo Challenge consists of a variety of self-harming dares, which becomes increasingly risky as the game progresses and it finally ends with suicide challenge.

The game involves challenges that encourage teenagers/children/any other user to engage in series of violent acts as challenges. The game inspires users to add unknown contacts on 'WhatsApp' by the name of 'Mama'. Once the contact is added, the image of the terrifying Japanese 'Momo' doll with bulging eyes appears in contact. The game controller then entices the player to perform a series of challenges and even threatens them with violent images, audios or videos, if players do not follow instructions.

The Momo game refers to online challenge that had apparently started on Facebook, for which an avatar of a grotesque woman is being used. However, now it is spreading via whatsapp. The grotesque woman that is being used for the challenge is an artwork by Japanese artist Midori Hayashi, who has no association to

the game in any way. The artwork is known as Mother Bird and is also linked with Link Factory.

The image is horrifying and bizarre. It portrays a girl's face, which appears to be distorted. The eyes are popping out and bulging, appearing like two momos, only with eyeballs. The mouth is curved to the extent of being anomalous. The body appears much smaller than the face.

The horrific photo is being used to make teenagers take their lives, just like the blue whale challenge. Children are contacted through unknown numbers, the accounts of which have been associated to three numbers in Japan, Mexico and Columbia.

Children are sent a set of instructions and if they fail to follow those, they are threatened with violent images. However, cybercrime experts are calling it nothing but a hoax to steal information.

Till now, there have been no reports of the challenge reaching India. However, digital India can spread across the globe like wildfire by just a single click. Also, considering that the Blue Whale challenge reached the highest risk level in India, it is best to safeguard your kids and have an open conversation with them.

As parents (and educators), be open to your kids (and students) and monitor their online activity. Pay close attention to their behavior and have red-markers to any self-harming instincts. Most importantly, have an open communication with your kid. Keep him informed and tell him to talk to you if anything doesn't feel right.

As kids, one must be honest and open to their parents. Such threats only feed on teen's aloofness. You must communicate of anything unsettling reaches you on social media with your parents, friends or anyone you can confide in.

ADIEU! Sr. Liliana Marak

Brief Life History of Sr. Liliana Marak

Out of 93 years of life that Sr. Liliana Marak lived on earth, 66 years were spent in the Congregation of the Daughters of Mary Help of Christians (FMA). She was the eldest child of Mr. Simson G. Momin and Mrs. Oboni Luisa Kohnal Marak. She was born at Resubelpara, in the diocese of Tura, Garo Hills on November 1, 1925. After her there were two girls who died very young. Consequently, the family had three boys (John Michael, Raphael, Polycarp) and two girls (Liliana and Veronica). Both the girls entered the Institute of the Daughters of Mary Help of Christians. Unfortunately, Veronica the youngest of all died of Tuberculosis when she was a postulant on May 13, 1966 at Auxilium Nongthymmai, Shillong.

Sr. Liliana hailed from a good and well-known family who would welcome and look after the touring priests of the Resubelpara parish. They were not Catholics then. Being welcoming and open, the Catholic faith was sown into the family. However, initially only her father and she were baptized on November 7, 1933. Her mother, who was adamant not to be baptized, eventually yielded to the Holy Spirit's power when she and the rest of the family members embraced the faith and were baptized years later in the same parish.

Mr. Simson G. Momin, her father, was a well-known leader of the village, who was respected and feared by people around. He was made the Lascar of Garo Hills during the British period. He acquired a quasi-judicial post which was equivalent to that of the first class magistrate in those days. Stern and strict, he had a commanding

personality. Yet, he won the fear and respect of people for his non-partial ways of dealing with various cases and credibility of life. Being a just judge, he could settle any problem in the village and could control every situation. Mrs. Oboni, her mother, was a God-fearing woman. It was quite natural that she inherited from her father that commanding personality and credibility of life. From her mother, she imbued strong faith in God. Sr. Liliana lived a happy life at home in the company of loving people.

She completed her matriculation from St. Mary's High School, Shillong in 1950. It was during those years at St. Mary's that she came across the Salesian Sisters and got attracted to them. She discerned God's call and decided to join the religious life in the Institute of the Daughters of Mary Help of Christians. Accordingly, she was sent to Madras for the aspirantate and postulancy and entered the novitiate at Kotagiri, Tamilnadu on May 24, 1950. In the same house, she made her First Profession on May 24, 1952. Soon after, she was sent to Sacred Heart, Mawlai as an infirmarian, assistant and teacher. She made her Perpetual Profession in Nongthymmai, Shillong on August 5, 1959.

Sr. Liliana was a nursing student at St. Mary's Guahati from 1956-1960 and was trained in GNM and Midwife and Obstetrical Nursing from Ganesh Das Hospital, Shillong.



a course which she completed in 1957. In 1970 she completed the Nursing Course of Instruction from All India Institute of Hygiene and Public Health, Calcutta. Being a trained nurse, Sr. Liliana had rendered noble services in this capacity as nursing tutor and Matron at Ganesh Das Hospital for a good number of years. She also served as the First President of TNAI, Meghalaya State Branch back in 1976 [Trained nurses Association, India] and later the President of National Guild of Catholic Nurses, Garo Hills. The houses of Mawlai, Tangla in Assam, Nongstoin, Garobadha, and Tura were indeed blessed by her loving and joyful dedicated service as a nurse.

Throughout her life, Sr. Liliana was notable for her jovial and friendly ways. Everyone who knew her was attracted by her unique smiling face and jolly ways of dealing with all. Her commanding ways were blended with the credibility of life that she lived. That she was deeply religious, is attested by the Sisters and her family members. She was a person of deep faith who detached herself completely from anything that is temporal. These virtues in her were very evident in the way she detached herself from all family ties. After she joined the Institute and the death of Veronica, there was no one to help her mother in attending her then ailing father. Her mother then adopted Celine Marak, her first cousin and she later inherited the family property. Sr. Liliana would not speak about her right to the family inheritance nor did she get involve in its management. Instead, hers was a spiritual presence with her family. It was not heard that she regretted of the choice she made and did not look back to what she had left.

Certainly like for anyone of us, for her too, life had its difficult ways. Yet, she proved her deep faith in God. It was

tremendous amount of faith and self-abasement on the part of her family and she, to choose the better part at the time of her decision to become an FMA. She drew continual strength and courage from the daily Eucharist and Our Lady to live her life to the full. The 66 years of fruitful and joyful religious life is an evidence of her complete trust in God. The last two weeks that she was brought to Auxilium Nongthymmai from Auxilium Tura, for medical treatment were days spent in fun and laughter. Despite her pain, she would cheer everyone who visited her. Little did we know that those were the final days. On the night of June 27, 2018 her health condition worsened. The following day she was admitted at Nazareth Hospital, Shillong where the doctors and nurses did their best to revive her health.

Sr. Liliana had always wanted to return to Auxilium Tura, her last house where she lived for the past 21 years. However, the Lord wanted it the other way. Obedient and submissive as she always was, she yielded to God's plan. She was anointed on June 29 and at 06:45 am of June 30, 2018 she gave up her spirit resonating the words of St. Paul, "I have fought the good fight, I have finished the race, I have kept the faith" (2Tim. 4:7). When her family members were asked, how would they like to remember Sr. Liliana, promptly came the reply, "As a Lily of the Garo Hills." Truly, her untainted life like that of a lily flower faded into the heavenly bliss of the Father who had come to pluck it from the earthly garden to adorn the eternal home where she awaits us all.

May the Lord of all mercies grant her eternal bliss and we pray for comfort, strength and consolation for all those who mourn her passing away.

Sr. Isabella Suja, Provincial

MISSION Ad Inter Gentes Corner

Seminar at Mawiong

On 29 April 2018, the Catholic Women Association of Mawiong organized a one-day seminar as part of its Silver Jubilee celebration. Sr. Bernadeth Sangriang was invited as the resource person. She spoke on the theme “**Blessed are the merciful for they shall be shown mercy**” Mt: 5:7. The event commenced with the Holy Mass presided over by Fr. Dominic Jyrwa SDB.



In the afternoon the session began soon after lunch break wherein Sr. Bernadeth Sangriang spoke on the subject taken from the letter of Pope Francis ‘Call to Holiness’. After the in-put session, time was made available for open discussions and thought sharing. Around 250 parents and youths attended the lively seminar.

Sr. Idearland Lyngkhoi

Dkhar were invited to conduct the session at 1:30 pm. Sr. Bernadeth spoke on the theme ‘Mother’ and Sr. Hunbih spoke on the theme ‘Duty of the Mother’.



When the speakers had done justice to their allotted time, the participants around 220 of them were allotted time for discussions and queries about the importance of the role of women as Mothers. The group discussion enabled the participants to share their varied experiences as mothers. The day concluded with thanksgiving to God wherein Sr. Maria Gorretti Kharkongor VSDB animated the Adoration to the Blessed Sacrament and Fr. Zacheus Syngkli Parish Priest of Mawlasnai gave the Benediction.

Sr. Hunbih Dkhar

Mothers' Day Celebration at Mawlasnai Parish

The Catholic Women Association of Mawlasnai Parish celebrated Mothers' day on 13 May 2018. Sr. Bernadeth Sangriang and Sr. Hunbih

Mothers' Day Celebration at Mawlai Parish

The Mothers' day celebration of Mawlai Parish was postponed to the 20 May 2018 due to some activities of the Parish.



The commemoration of the event commenced with the Holy Mass at 10:00am presided over by Fr. Alistair Marwein SDB. In his homily, he spoke on the role of women as mothers. After the Holy Mass there was lunch break, which was soon followed by Benediction. The afternoon session began with a talk by Sr. Bernadeth Sangriang on the theme “Who is a Mother?” After the talk was over, participants were allotted time for discussions and sharing of experiences. Participants raised questions and answers were shared. 180 participants took part in the programme.

Mrs. Kelbusiness Warlarpih

Seminar at Nongkohlew

The sub-district of Nongkohlew organized a one-day seminar at Nongkohlew village for the whole sub-district on **27 May 2018**. Fr. Benedict Kharlyngdoh SDB and Sr. Bernadeth Sangriang were invited as resource persons. The theme of the seminar was **Eucharist and Media**.

Sr. Bernadeth led the gathering in prayer and the invocation of the Holy Spirit. Soon after she began the session on “The Holy Eucharist”. She also urged the faithful to cultivate a strong sense of belonging to the Church. Fr. Benedict specified his talks on the media and happiness in life.

The seminar concluded with the celebration of Holy Eucharist presided



over by Fr. Benedict. In his homily he spoke on the reading of the day and stressed about the importance of the Holy Eucharist. About 200 members attended the seminar. Each member left for his or her respective homes feeling satisfied with the day's beneficial function.

Mrs. Brigida Rynjah

24th Foundation Day of Catholic Women's Association

On the 12 August 2018, the Women's Association of Phudmuri CMC celebrated the 24th Anniversary of its foundation day at Sacred Heart Girls' Higher Secondary School. This day also saw the opening of the Association's Jubilee year.

The day commenced with the celebration of Holy Mass at 10:30am by Rev Fr. Alistair Marwein Sdb. At 1:30pm, Sr. Bernadeth Sangriang FMA conducted the afternoon session. She spoke on the theme ‘**Carry the burden of each other**’. Through anecdotes, PowerPoint presentation and personal experiences she enlightened the gathering and encouraged them to live their Christian vocation to the full. On this day, the former MLA, Mr. Embahlang Syiemlieh also spoke on the importance of the role of ‘Responsible Mothers’. Altogether 138 women actively participated in the event.

Mrs. Selina Kharbhih

Feast Day of the Women Association, Mawlai Parish

The Women of Mawlai Parish celebrated the Feast Day on 19 August 2018. The day began with the Holy Eucharist presided over by Fr. Marius Thongni SDB, the Parish Priest. The day also saw 560 new members inducted to the association and taking oath to work as active members of the Association.

Sessions and Benediction were held in the afternoon. During which Sr. Bernadeth Sangriang animated one session and the other by Mr. Embhahlang Syiemlieh. Sr. Bernadeth dealt on the theme 'God's Clinic'. Through which she focused on Jesus as the Doctor or Healer. She captivated the attention of the participants and brought home many valid messages for a happy Christian life. The day concluded with a short programme prepared and

conducted by the women members from different CMCs. The participants exhibited their talents and enacted biblical skits on stage to the delight of all present. The event concluded with light refreshments.



Rolina Mawlong (President Catholic Women Association, Mawlai)

Salesian Family Missionary Orientation Seminar

The Salesian Province of St. John Paul II, Shillong organized a two-day seminar on the 29 – 30 August 2018 at Pastoral Centre, Shillong. The theme chosen was "Called to be Creative Missionaries" and is an initiative of the Missionary animation team of the Province of Shillong. Eight FMA Sisters took part in it. Other members were the Salesians, Missionaries Sisters of Mary Help of Christians, Visitation Sisters of Don Bosco and Salesian Cooperators, which numbered 54 in all.



The renowned Archbishop Emeritus Thomas Menamparampil SDB delivered the keynote address for the event. Fr. T C George, Regional Delegate for



Missionary Animation South Asia Region dealt on the topic, “Becoming Out of Season Missionaries”. He underlined the captivity of Fr. Tom Uzhunalil as one of the examples of being out of season missionary. Sr. Maristella Ryngkhlem, Coordinator for Mission Adgentes of our Province presented on “Salesian Family’s Ministry of Education and the goal of Evangelization” which was very inspiring and informative. Fr. (Dr.) Manoj Churuliyl Abraham spoke on “Mission is based on Community” wherein he dwelt mostly from the Canon Law. Sr. Philomena Mathew MSMHC, Superior General spoke on “Mission Adgentes”. A call to the Salesian Family to be radical missionaries in modern times was her exhortation. “Challenges in Evangelization” was a topic that Fr. Jose Anikuzhikattil SDB elaborated and he did suggest some measures to cope up with them. On both days there was group discussion with relevant topics. A Vision Statement and common Action Plan was also drawn to carry forward the missionary activities in the region. In the

concluding message Fr. Paul Olphindro Lyngkot SDB, Provincial exhorted all the participants to fulfill their Mission based on the four points namely Proclamation, Worship, Building up Communities and Service. The Sisters who have taken part in the seminar resolved to rededicate themselves in their ministry and strive to become Creative Missionaries in their respective contexts.

Sr. Philina Kholar

“The greatest discovery of all time is that a person can change his future by merely changing his attitude.”

- Oprah Winfrey

Inspirational Stories

▪ *The Seeds*

Once upon a time there were four seeds who were good friends of each other. Taken up by the wind they finally landed in a jungle clearing. There they remained, hidden on the ground, **hoping they would be able to grow up and become beautiful trees.**

But when the first seed began germinating, they realised it wouldn't be such an easy task. In that clearing there lived a group of monkeys, and the smallest monkeys would amuse themselves by throwing bananas at any plant they noticed was starting to grow. Using this game, **the monkeys learnt how to throw bananas and they also kept the clearing free of vegetation.**

They threw so many bananas at that first seed that it was almost split in two. And when it told the other seeds what happened, they all agreed it would be better to wait for that group of monkeys to move on, before they attempted to grow.

Well, they all thought that, apart from one, **who thought she should at least attempt it.** And when she tried she was pelted with bananas, and was left folded over in two. The other seeds got together and asked her to stop trying, **but that little seed was completely determined to become a tree,** and time and again she would try and try. On each new occasion the little monkeys had slightly improved their aim, and so the little seed ended up doubled over yet again.

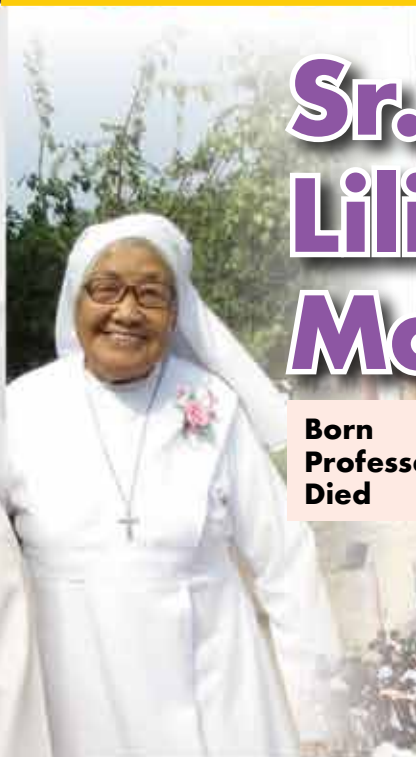
But the seed didn't give up. Every time they pelted her with bananas, she tried even harder, despite her friends begging her to stop, and telling her to wait until the monkeys left. And so, for days, **weeks and months the little plant was attacked by the monkeys,** and she always ended stooped and doubled over. For a few days she would manage to avoid the bananas, but then the next day some monkey would hit her, and it would all start over again.

And then, one day, she didn't double over. She was hit by a banana, and then another, **but none of them managed to make her stoop.** She had taken so many blows, and been doubled over so many times, that she was full of hard knots and scars that helped her to grow more strongly than the other seeds. So, **her slim trunk got thicker and more resistant,** until it could withstand the impact of a banana. And she was already so well developed that nor could the little monkeys uproot her from the ground. And there she stayed, growing, growing and growing.

Thanks to the extraordinary strength of her trunk she could continue overcoming all difficulties, until she became the most majestic tree in the jungle. Meanwhile her friends remained hidden in the ground, and they continued as ever, hoping that those horrible monkeys would abandon the clearing, never realising that those very same monkeys were the only ones capable of strengthening the seeds' trunks by their method of throwing bananas, something that would prepare the seeds for all the problems they would confront during their growth.



Rest in Peace



**Sr.
Liliana
Marak**

Born : 1 November 1925 at Resubelpara
Professed : 24 May 1952 at Kotagiri
Died : 30 June 2018



Newly Professed



First Year Novices



Perpetually Professed



CONGRATULATIONS

