

Newsletter of the Salesian Sisters, Shillong Province

FMA-INS INFO

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God gave us His best gift at Christmas: **Jesus**
May He shine brightly in your lives! Wishing you a Joyous **Christmas**



Celebration of Provincial Community Day
3 December 2022



Congratulations!



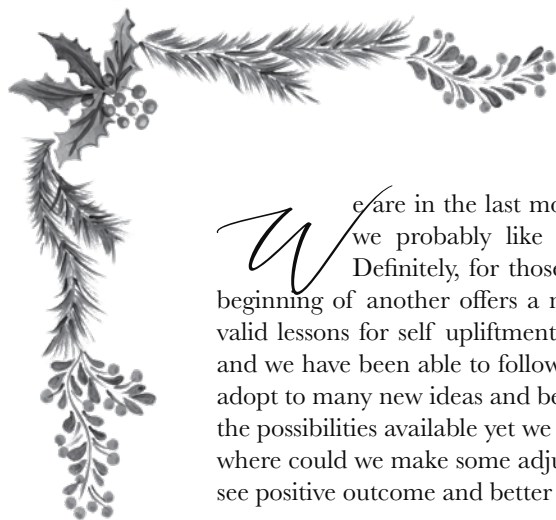
Visit of Rector Major Don Angel Fernández Artime : 29 October 2022



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EDITORIAL

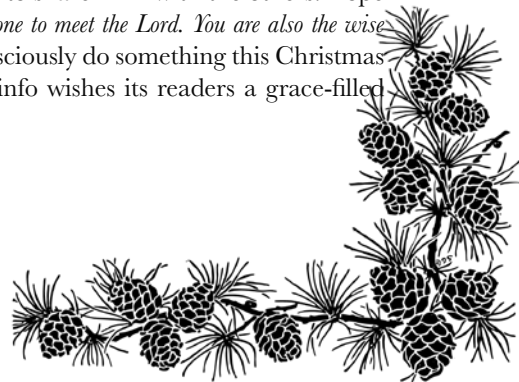


Sr. Euginia Laloo FMA

*W*e are in the last month of the year 2022; looking back at the months gone by, we probably like to examine and evaluate our performance of the year. Definitely, for those who believe in introspection, the ending of one year and beginning of another offers a natural opportunity to take stock of things and learn some valid lessons for self upliftment. Thankfully, the pandemic restrictions have been lifted up and we have been able to follow the planned activities. The pandemic has also taught us to adopt to many new ideas and behaviours; online schedule is one such development. With all the possibilities available yet we need to see what's working, what opportunities await us and where could we make some adjustments or improvements. Only when we do this, we would see positive outcome and better results.

We have just celebrated the centenary of the arrival of the 11 Salesian pioneers in Northeast India and the visit of Rector Major Fr. Àngel Fernández Artime to us. It has been a time of renewal and strengthening of our fidelity to the origins and spirit of our founders. It also calls us to a deeper introspection, as the FMA in Northeast India step into the hundredth year of the presence of the first foundation in the region initiated by the six valiant Italian missionaries namely Sr. Innocenza Vallino, leader of the group, Sr. Giulia Berra, Sr. Maria Bricarello, Sr. Clotilde Appiano, Sr. Antonietta Rosetti, and Sr. Cecilia Da Roit. May this centenary year bring about the desired spiritual renewal and apostolic fecundity as we strive to follow the footsteps of our pioneers in responding to the cry of children, young people and all those we encounter in our mission.

The month of December also brings in the spirit of Christmas. The season is a reminder for us that God, Our Emmanuel is with us and will be with us forever. The true meaning of Christmas is the celebration of God's ultimate gift: JESUS. Do we recognise him in our daily situations of life? Do we possess Him as to be able to share Him with the others? Pope Francis said, *"The Christmas star is you, when you lead someone to meet the Lord. You are also the wise men, when you give the best you have no matter who"*. Let us consciously do something this Christmas that would bring meaning to its celebration. FMAINSinfo wishes its readers a grace-filled Christmas and a Fruitful New Year 2023.





Auxilium Provincial House
Nongthymmai
Shillong

16.12.2022

Dear Sisters and Friends,

The great solemnity of our salvation is knocking at our door. The onset of the Christmas Novena today reminds us that our redemption is close at hand; a Saviour will soon be born to liberate the world and to bring everyone to salvation. At the very start I would like to extend my warmest greetings of Joyous and Grace filled Christmas to each one of you dear Sisters, Novices, Candidates, Young People, Members of the Salesian Family, the Educating Community, Benefactors and all friends and well-wishers. May the Love, Peace and Joy of our new born Saviour bless you and bring joy and fulfilment to our lives, our mission and to our communities and families.

The message of Christmas brings to us the good tidings that God has visited his people and enfolds us with his comfort and peace - a peace without limits, filled with great and untold Love. We have every reason therefore to rejoice, because Christmas is dawning, and with it we recover the meaning of life and the strength to face the challenges that it brings along, because God in Christ walks by our side. With Christmas Hope is reborn; with Christmas the Faith that dispels all darkness of the heart and mind is reborn; with Christmas the light of Love is rekindled.

Our Christian Faith tells us that Christmas is not a philosophy or a set of moral rules or a pious fable, but it is about the person of Jesus Christ! Pope Francis reminds us: *"If we take away Jesus, what remains of Christmas? An empty celebration. Don't take Jesus out of Christmas! Jesus is the centre of Christmas!"*

At Christmas, God enters the world according to man's measure, through our human nature, but not in the sense that God is the projection of the human soul, of the people's desires, expectations and needs. Rather, the reality is that God - at Christmas - conforms His own image with humanity, reaching us even in our own nature and immersing Himself in the concrete situation and history of humankind. The overwhelming message of Christmas preserves and recounts the unassuming nature of God who humbled Himself to enter the world as a human person and forms the heart and root of the history of salvation. In the chaotic environment of

Province of the Immaculate Heart of Mary Shillong- INS | Christmas 2022



our world today, when everyone is so busy with many external preparations and celebrations, God comes silently and humbly as a baby in the manger which significantly reflects His great generosity to immerse Himself in the life story of a human person that desperately needs Him. In the simple manger we can draw the limitless source of all God's Love, Mercy and Faithfulness that continues to enfold us notwithstanding our fragility, our sinfulness and our rejection of Him in different ways. During this Season of Grace, while we keep ourselves occupied with outward celebrations to rejoice at the birth of our Saviour, let us also take some time from our festive schedule to reflect on:

- The depth of the Father's love in giving His only Son to be the Saviour of the world.
- The humility and generosity of the Son of God to choose to be born poor.
- The vastness and profundity of God's plan of salvation of the human race.
- Our readiness to allow Jesus to be born in our hearts each day.

Let us pray for the grace that as we celebrate the birth of our Saviour, we may experience the inner peace of a perennial Christmas that establishes the Kingdom of God within us.

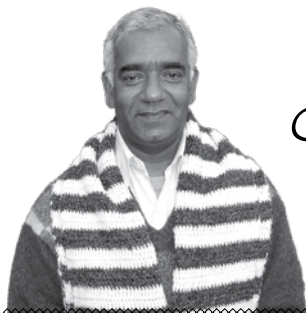
Once again, I wish you a very **HAPPY and GRACE FILLED CHRISTMAS 2022** and a **BLESSED NEW YEAR 2023** filled with many blessings of our new born Saviour.!

Affectionately,



Sr. Elizabeth George FMA
Provincial
Shillong Province





Something to Ponder Upon

Dr. Roy Anthony Parackal SDB

Homily on 1 December 2022

to the Provincial Councillors and Animators of the Province

Dear Sisters,

As you celebrate your Provincial community, and start this one-year of preparation for the celebration of the centenary of the arrival of the first FMAs to NE India, I assure you of my prayers. You have chosen a beautiful theme for this celebration: Guardians of a legacy, of a Memory and of Hope. Pope Francis in August 2014 when he was visiting South Korea, in his meeting with the Bishops of the area, this was exactly what he called them to: To be guardians of a Memory and to be guardians of Hope. To Memory you have added “Legacy”. But legacy is what is the object of the Memory. So let me place before you a few stray thoughts on being guardians of Memory and of a hope.

Guardians of a Memory: Every group has a past, a present and a future. To forget the past is to live a rootless present and head for a dispersed future. Something that was peculiar to the Jews was how they kept alive the Memory of their great history: the *meravigliae Dei* and their own response to the God of history. They kept the memory alive by recording it in the Sacred Scriptures and in their celebration of the Memories in their liturgy. Because of this they found their roots, the reason for their present and the hope for the future. No nation like Israel. They will never disappear from the face of the earth. Pope John Paul II in his last letter to the Priest on the occasion of Holy Thursday mentions “Spirituality of Remembrance”. Remembrance – memory becomes spirituality! It roots you on solid ground – the ground of your own experience. It explains your present and gives a meaning to it even in its confusion, and above all it opens you to your real future.

Dear Sisters, your province [FMA presence in Northeast] is completing 100 years! You are heirs to the generosity, daring, fidelity, perseverance and the martyrdom of every one who has been part of these 100 years. The Lord has blessed the FMA province of Shillong with a growth that should appear in its true face: a miracle. This provincial community day and perhaps the journey to the celebration of the centenary is a time to cherish the best elements, which have formed part of this long journey. The growth of the congregation is primarily from the Lord, but it is also the fruit of quiet and persevering labour, past and present. We do not want to be triumphalistic, but we want to be grateful. Being guardians of a legacy and of a memory means to discover the original inspirations once more, to return to the source of the river, to drink deeply from the delights of this beautiful fountain of life, to draw energy from the spiritual resources to confront with vision and determination the challenges of the present and the future. Your journey to the celebration of the centenary I hope will be a revisit of the heroism, the generosity, the commitment, the ‘missionariness’ of your predecessors particularly of the pioneers. You are the happy heirs of the fruits not only of the hard work of those who have gone ahead of you, but of their very lives. You hold in your hand a beautiful treasure: the history of these 100 years. Dear Sisters let this year be one in which you treasure what you hold in your shivering hands. A year of grateful recognition: I have been so blessed, so enriched because of the life and commitment of these hundreds who went ahead of me.

100 years from here what will those who will be in the congregation remember with

fondness and celebrate: will they remember with fondness our pettiness, our divisions, our laziness and missionary lethargy? Will the future generation record with gratitude our infidelities, our bondages, the smallness of our hearts, our seeming incapacity to launch out into the deep and that with enthusiasm? Are we leaving enough material for the future generation to remember with gratitude?

Guardians of hope: Hope held out by the Gospel, the hope which inspired the first generation of our Sisters: the new heaven and the new earth, the possibility of living radically the call of the Gospel, the possibility of sanctity even in our contemporary world today, the possibility of drawing thousands of youngsters to the love of Jesus. "I know the plans I have in store for you says the Lord, plans for your welfare, not for woe! Plans to give you a future full of hope" (Jer 29:11). Unfortunately the one thing that marks our generation and particularly our young people is discouragement, hopelessness, a resignation to what has been. The suicides so frequently reported today is a sign of this hopelessness. Why live when tomorrow is nothing but a repetition of yesterday. Our lethargy and lack of enthusiasm to reach the heights is nothing but another sign of our own hopelessness. We only don't dare to name it and admit it frankly, but we say it in other ways, "No use, nothing is going to change!" We condemn ourselves to be slaves of our past.

May I honestly propose three areas of hope which I passionately feel we must guard and propose to our future generations: 1. Guardians of the possibility/obligation of a Radical discipleship of Jesus. We hear so much today in religious circles: Primacy of God. Centrality of Jesus in consecrated life. He is the only reason for a life of consecration. The only reason why I chose to be a FMA and continue to be a FMA is Jesus alone. He has captured me. My only job in this corner of the world is not mere sanctification, but CHRISTIFICATION. Famous words of Dominic Savio "If I do not become a saint, I am a failure." And to adopt a lifestyle that gradually but decisively brings about this hope. It is no more time for half measures and mediocrity. If I am, I am fully so, if I am not, I am not at all. A

caricature can never replace a photo. The world does not need caricatures; they are only objects of ridicule.

2. Guardians of the hope of a radical community and communion. "This is how all will know that you are my disciples, if you have love for one another" (Jn 13:35). The one sign of disciples. So too the one prayer of Jesus for his disciples, "I pray [...] that they may all be one, as you, Father are in me and I in you, that they also may be in us, that the world may believe that you sent me" (Jn 17:21). What we need to hold out to the future generation is our resolute determination to build families and not mere institutions. We need to hold out our earnest hope of a radical communion in which there is not the least justification for any division on whatever basis. Least tolerance to divisive tendencies, to envy, jealousy, arrogance etc.

3. Radicality of Commitment to our Mission. We cannot dear Sisters to be guided by just fulfilling our duties. This will lead us to be minimalists. What this mentality has brought to us is a kind of destructive complacency, a satisfaction with oneself, a situation that does not supply us the force to forge ahead. We do not want to live our lives fenced in simply by our "duties". Human kind is constantly stretching itself to the beyond, the unreachable. Our pioneers did not simply come to our missions to live out their "rules" in the four walls of the convents here... they were missionaries! On the move! What more can we do to save souls! What more can we do to reach out to people! Nobody lamented the lack of facilities in the villages... they had greater things to pay attention to...no time for small concerns. We need to appropriate that mentality of our Sisters: attempt at the boundless horizons! Pope Francis warns us against a church that is turned inwards, constantly in a stage of "maintaining" "repairs". Duc in altum! Put out to the deep! There is so much more to be done than to be merely a "good religious".

The beauty and greatness of your congregation is within you. You belong to Jesus. You must live for Him, in order to bring souls to Him.



Sr. Jomita Sangma and Sr. Beronica M. Sangma took part in the missionary formation course held at Don Bosco Provincial House, Mawlai - Shillong and tour to the Holy Land from 31 August – 30 September 2022. This initiative of the Salesian Family, which fosters the study Don Bosco's mission in South Asia, was coordinated by Fr. Sunny Joseph sdb of Shillong province and participated by 28 participants from the affiliated members.

The month long programme consisted of input sessions, coupled with group study and reflection on the salesian perspective in the various setting namely formal and non-formal education, skills training, health care and community development among others. The group had the privileged of visiting Don Bosco Institute, Guwahati, some salesian family institutions in Meghalaya, Assam and Bodoland as well as interactive sessions with college students, and the two theologates in Mawłai: Sacred Heart and Oriens.

Thirty-four priests and religious embarked on the journey to the holy land on 19 September 2022. On reaching the destination, a luxury bus was at our disposal along with two tour guides for the pilgrimage. The guides led the group to places that were not typical tourist sites where one could truly see how things would have been as recorded in the Bible. We read the scriptures pertaining to each location, and we worshipped together. The readings of the daily mass reflected the places we visited each day.

Every Christian dreams to set foot on the holy soil on which our Lord Jesus lived and moved. In fact, we felt that Christ came





alive to us all during our 10-day trip when we saw and prayed in the holy places, which till then have been heard only through the Bible - Bethlehem, Galilee, Jordan, Capernaum, and Calvary. We also visited Dead Sea, Red Sea, Nazareth, Jericho, Egypt, the places of the temptations of Jesus and visitation of Mother Mary and Elizabeth. All these places brought the figures of Jesus vividly into our minds. For me personally, I had never thought that I would visit these places where Jesus walked. It is a marked difference from only hearing

and truly experiencing the place during the visit. I consider myself truly blessed and the love of God experienced through His people overwhelms my heart. I praise and thank God for the opportunity He had given me to visit the Holy Land: walking the places where Jesus walked, visiting the spots where He worked miracles and most of all visiting Golgotha where he died for us. I would like to express my sincere and heartfelt gratitude to Sr. Elizabeth George our Provincial for the opportunity given me.

Sr. Beronica M. Sangma

Regional Recollection Day: Jaintia Region

10 September 2022 was a day treasured by all the communities in Jaintia Region where the Sisters spent time in the presence of the Lord, responding to his invitation “Rest with me for a while”. Twenty-six Sisters from the five communities, gathered at Auxilium Convent, Saphai, West Jaintia Hills for the full day regional trimonthly recollection.

The day began with the prayer for a happy death, followed by a talk by Fr. George

Shining Lyngkhohi sdb, the Principal of St. Anthony’s College Extension, Byndihati. His reflection was based on the Gospel of Luke 22: 7-13 that speaks about the donkey on which Jesus sat on when He entered Jerusalem. Father highlighted the lowliness of the animal needed by the Master. He commented that we need to be untied of the knots, just like the colt, to be free, to be used for God’s work, because if we do not untie ourselves, Jesus will not be able to use us fully. After the thought-provoking discourse, the Blessed Sacrament was exposed for adoration and immediately followed by



confession, Mass and lunch. After thanking Fr. George and each other, some Sisters paid a visit to the aging mother of Late Sr. Rital Tyngkan while others went for sightseeing to the Kupli River.

Sr. Anita Dhar

Tri- Monthly Recollection - Tripura Region

The tri-monthly recollection of the Tripura Region was held on 5 October 2022 at Auxilium Pathaliaghat. All the three communities of Nandan Nagar, Mandwi and Pathaliaghat were supposed to meet together but unfortunately the Sisters from Mandwi were not able to make it as their house was flooded due to heavy rain the previous day.

The recollection commenced at 8.15am with the exposition of the Blessed Sacrament and the prayer for a happy death led by Sr. Rihun Sten the animator of Pathaliaghat.

The rest of the day was spent in personal prayer in front of the Blessed Sacrament, examination of conscience based on the community project and common adoration. Being the month of the holy rosary, the Sisters prayed the rosary before the beautifully decorated statue of our Mother Mary and animated by Sr. Martilin Nongkynrih. On this day the Sisters had the joy of receiving the sacrament of reconciliation and the grace-filled day concluded with the celebration of the Holy Eucharist. In the homily, Fr. Blasius Kujur sdb, rector of Don Bosco Pathaliaghat reminded the Sisters to be true to their vocation as religious. He said "if we as religious do not live as we should, how do we expect others to join us?" Having spent the day in prayer and in the company of each other, the Sisters returned to their community with gratitude and enthusiasm to live out the mission entrusted to each of them.

Sr. Aquila Makri

We are meant to keep focused for new life, for new beginnings, for new experiences, and to use our abilities to move beyond all those things that may serve as excuses to confine us to the now.

- Byron Pulsifer



Thank you and Best Wishes to Sr. Celine

The Province gathered together on 25 October 2022 for a thanksgiving Mass and wish well day for Sr. Celine D' Cunha before her departure for the mission assigned to her by Mother General in Italy. Around the hearth of a family at the Auxilium Provincial House, Nongthymmai, Sr. Elizabeth George, provincial, provincial councillors, Sisters and novices expressed their heartfelt thanks to Sr. Celine for taking various responsibilities in the province all through her years of religious life. In a very special way the assembly recounted her



tremendous contribution to the province as provincial councillor and general coordinator, the office she held when the mandate from Rome knocked at the door of her heart.

During the Holy Eucharistic celebration presided over by Fr. P V Joseph, he invited the Sisters to make the celebration a thanksgiving and not a farewell; he said that a member of the Institute could work in any place around the world while belonging to one's province. At the entrance procession, Sr. Celine brought to the altar the Bible while the congregation prayed that the Word of God be her light in her new mission.

After the Holy Eucharist all gathered in the hall for a felicitation programme in which gestures of gratitude were expressed in the form of an address, songs and dances. Speaking on the occasion Sr. Elizabeth George, provincial assured Sr. Celine of the prayerful support and best wishes of the province and thanked her for the valuable services rendered to the province. She also presented her a statue of Mary Help of Christians reminding her of the motherly presence of Mary wherever she goes and in what she does. Sr. Celine in her turn thanked the province for arranging the programme and expressed her openness to be at the disposal of the congregation, doing God's will at every moment of her life by walking humbly before the Lord. Sr. Celine also took the opportunity of releasing a hymnbook for boarding homes and hostels titled, "Praying" and presentation of a handbook for animators. The get-together concluded with a family meal.

Sr. Trisha M. Sangma

"I'm a pessimist because of intelligence,
but an optimist because of will."

- Antonio Gramsci

The Rector Major amidst us

The provincial house Auxilium Shillong was tremendously blessed with the second visit of the 10th successor of Don Bosco on the 29 October 2022 at 3:40pm. Rector Major was in Shillong for the centenary celebration of the arrival of the eleven Salesian pioneers to Northeast India. The Sisters from various communities of the Province, the School Band, hostellers, pre-aspirants and the co-workers of Auxilium Convent Nongthymmai gathered in the campus to welcome the Rector Major Fr. Àngel Fernández Artime SDB. Along with him, Fr. Biju Michael Pulianmackal, Regional Councillor for South Asia, Fr. Paul Olphindro Lyngkot the Provincial of Shillong and the other Provincials and dignitaries were warmly welcomed.

The welcome ceremony commenced from the school campus led by the School band, where they played to the tune of “We thank you O Lord for Don Bosco”. The pre-aspirants through a Khasi dance then ushered the Rector Major into the residence. On reaching the portico of the house, a Khasi medley called “Phawar” was chanted

by Sisters of Nongthymmai community. The revered guest was then taken to the Chapel for a prayer and blessing song “I am so blessed was sung by the Pre-aspirants”. In his short message to them, Fr. Angel invited them to daily ask the Lord in prayer: What is your plan for me? He encouraged them to always carry Jesus in their heart.

Meanwhile, all the Sisters gathered in the hall for a meeting with the Rector Major. In the hall, Sr. Elizabeth George, provincial gave an official welcome and thanked him for his timely encouragement, and in particular for the gift of the yearly Strenna. At the outset of the talk, Rector Major invited the Sisters to thank God with humility for the many vocations received and exhorted that they must have a broad vision and big heart for the mission. The Rector Major was not hesitant even in expressing his fears if his confreres and Sisters look for a life of comfort and security. An important exhortation for vocation campaign the Rector Major said is a happy and cheerful life. Recalling





the words of Pope Francis, “Do you have the ardor of the sheep?” The head of the Salesian Family as speaking to his own children immediately explained that getting the smell of the sheep means that the Sisters need to feel the sufferings of the poor, of the single parent, of the young people. Lastly and most important he recommended the Sisters that fraternity should be lived in the community adding that it is the greatest evangelical witness which needs to be lived earnestly. A blessing of Mary Help of Christians was imparted upon the Sisters and novices present and the entire Province.

After the session, the Rector Major conferred the Lifetime Achievement Award for Sr. Linda Horne presented by FMA India since she was not able to receive it at the centenary celebrations of FMA India at Auxilium College Katpadi (INM).

The Sisters deemed the visit as a moment of grace having Don Bosco amidst them in the person of Fr. Angel Fernandez Artime, the tenth successor of Don Bosco. The first visit of Fr. Àngel Fernàndez to the community was on 30 October 2019.

Sr. Ribhalang War

Celebration of

December 2022 • FMA-INS.info

Provincial Community Day

The Immaculate Heart of Mary Shillong Province celebrated its Provincial Community Day on 3 December 2022 at FMA Outreach Shillong. In line with the numerous thoughts, reflections and remembrance of the centenary year of the presence of the FMA charism in India, the theme that guided the celebration was: We are Guardians of a Legacy, of Memory and of Hope.

The day brought together the provincial councillors, animators of the communities, representatives of Sisters from the nearby communities, candidates in formation and young people. Various communities of the province shared the liturgy animation, which made the celebration meaningful and memorable. At the Holy Eucharist presided over by Fr. John Zosiama, Salesian vice provincial of Shillong, three symbols were brought forward at the entrance procession namely the lighted candle, Bible and FMA constitutions. The presentation of these symbolic gestures invited the members of the province to be illumined by the light of Christ, to listen and live the Word of God and be authentic in living the holy rule. In his homily Fr. John applauded the Sisters for being faithful to such a practice of coming together as a province, a sign of adherence to a family. It also manifests a sign of unity and solidarity he added. He exhorted the Sisters to support one another in the mission entrusted to them particularly by sharing their God given gifts and talents.

After the celebration of the holy Eucharist, few items were staged by the different representatives of the province as a sign of an external expression of gratitude and appreciation towards Sr. Elizabeth George, the provincial, bond of communion in the province. The programme included



an address, felicitation, choreography, songs and above all the theme presentation by the Temporary Professed Sisters who are undergoing their Intensive Juniorate at Auxilium Provincial House, Nongthymmai. In her message to the Sisters, Sr. Elizabeth reflected on “a tree that bears fruit is exposed to many risks”. She encouraged the gathering to bear fruit that will last and thanked them for the wonderful expression of love and unity.

The celebration of the provincial community day was preceded by a one month long preparation in which every community took upon themselves the spiritual practices suggested by the Vice Provincial, Sr. Carmelina Sun. Each community celebrated a day of reconciliation in the community prior to the feast; they studied on the history of their respective communities and the growth and development since the beginning of the community. The study also reveals the impact of the FMA presence in the community and the society at large. Apart from this, a chain of prayer for each community and the various members of the educating community was allotted each day during the whole month of preparation.

Prior to the feast of gratitude at the provincial level, the animators had a two full day animation programme coordinated by Sr. Elizabeth George, Provincial and the sessions were shared by her and the members of the provincial council.

Sr. Euginia Laloo





150TH ANNIVERSARY OF FMA FOUNDATION

150 Anniversary and Thanksgiving: Saphai

17 September 2022 marked a red-letter day in the history of Auxilium Convent Saphai, for the community celebrated this day as a bundle of celebrations: 150th Anniversary of the Institute, the 100th year of FMA presence in India, the 99th year in Northeast India and the Thanksgiving Mass for the Perpetual and First Professions of Sr. Lucy Sangriang and Sr. Felinicia Syiemlieh respectively.

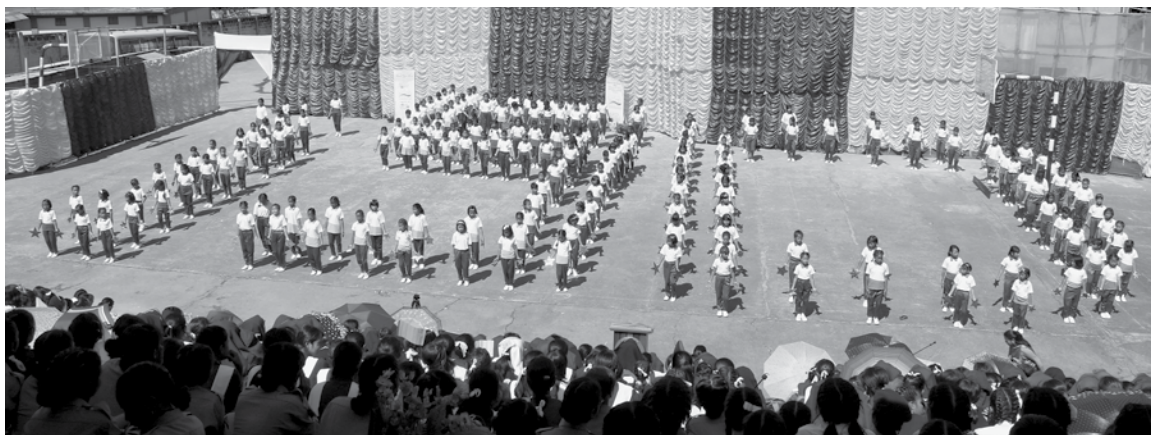
The occasion was solemnized with the presence of Fr. Henrie Warbah sdb, the Parish Priest of Mawkyndeng, Shri Valentin Gino Synnah the Headman of Saphai, the Church leaders, the Salesian Co-operators, representatives of the various associations, teachers, students of Sacred Heart Saphai and the Auxilians. The Holy Mass was at the village Church that commenced with a solemn entrance of Sr. Lucy and

Sr. Felinicia led by Sr. Marvella Shangpliang the animator while the introduction was being read. The choir and musicians composed of teachers and students of classes IX and X helped the gathering pray better with their melodious and prayerful singing.

The stage program followed immediately after the Mass. The teachers and students acted out the different scenes from the life of Mother Mazzarello – her recuperation from her sickness, beginning of the workroom, orphanage, the first profession and the sending off of the first missionaries to India. The simple yet meaningful program reminded the gathering of the day when the FMA Institute was born. The two Sisters were felicitated and presented with songs, gifts and good wishes. All the speakers thanked and appreciated the Sisters for their presence in the village and for the good that they are doing in and around the area. Sr. Lucy thanked the assembly for the beautiful and successful day. Fr. Henrie imparted the final blessings to everybody present on the occasion, after which a delicious lunch was served for everyone at the convent.

Sr. Anita Dhar





Celebrating 150 Years of God's faithfulness: Nongthymmai

On 15 October 2022, Auxilium Girls' Higher Secondary School Shillong celebrated the 150 years of the Foundation of the Institute of the Daughters of Mary Help of Christians in the true spirit of Salesian joy. The Spirit of celebration filled the air as students and Sisters performed songs, skits and dances.

In attendance at the celebration, were Shri Charles Pyngrope, MLA, Nongthymmai Constituency as Chief Guest, Sr Elizabeth George, Provincial as Guest of Honour and other dignitaries as special guests. The celebration began with the lighting of the ceremonial lamp a symbolic gesture of welcoming the presence of God in the celebration. The invited guests were presented a memento, which carries the logo of the 150 with the slogan *Maria walks in this house*, specially made for the occasion.

On this happy occasion, the School Band of Auxilium Girls' Higher Secondary School was inaugurated. The band members spectacularly and harmoniously played five songs to the great admiration and applause of the audience. Another significant performance was the theme song where everyone sang out loud and clear, melodiously and happily waving pink and

blue flags of joy and celebration. The Sisters of the community performed a skit on the birth of the congregation and performed a dance to the tune of the theme song of 150th Anniversary: *Caminando Con Maria*. The speakers at the Jubilee function were Shri Charles Pyngrope, the Chief Guest, and Sr Elizabeth George, Provincial of Shillong Province. The Chief guest in his speech appreciated the contribution of the Salesian Sisters in different fields to the society. While, Sr Elizabeth George narrated the beginning of the Institute, the beautiful role played by Don Bosco and Mother Mazzarello.

To thank God for all the blessings the Institute has received for the past 150 years, the community organized a thanksgiving Holy Eucharistic celebration in the evening. Religious men and women from the neighbouring communities took part in the celebration. In his homily, Fr. Barnes Mawrie SDB, a past-pupil of the institution, highlighted on the accompanying and active presence of Mary in the life and mission of Jesus, in the Church, in the life of Don Bosco and especially for perpetuating his gratitude through the foundation of the Institute of the Daughters of Mary Help of Christians. After the celebration of the Holy Eucharist the guests were invited for a festal meal.

Sr. Joplin Suchiang



Together we celebrate God's wonderful works: Mawroh

On the occasion of the 150th anniversary of the Institute of the Daughters of Mary Help of Christians, Auxilium Lum Jingshai Convent Mawroh kept a day of thanksgiving on 10 November 2022. The event was graced by the honorable presence of Sr. Isabella Suja the former Provincial as the Chief Guest and Mrs Sistina Lyngdoh Peinlang from whom the Sisters bought the land of Mawroh as a special guest.

The day's event opened with an introductory words of welcome from Sr. Albrida Pyngrope, animator and headmistress, which was followed by a welcome song by students representatives from different classes. To add grandeur to the celebration,

a fusion of skits was put up depicting the story on the foundation of the FMA Institute. An enthralling remix song coupled with a dance on Don Bosco and Mother Mazzarello, added festivities to the occasion. Sr. Isabella Suja the Chief Guest, in her speech appreciated and thanked the pioneers of this community and highlighted few points from the life of St. Mary Mazzarello. The event ended with a melodious rendition of a 150th anniversary song sang by the whole school, which was composed by Sr. Risalin Kharkongngor. The school campus had a rare sight to behold of many young girls dressed up as FMA. Sweets were served for everyone present and lunch was served for teachers and other invited guests.

Sr. Risalin Kharkongor





AIZAWL - 

Silver Jubilee Celebration

Holy Trinity School ITI Aizawl celebrated the silver jubilee of its existence and of its services on 13 and 14 October with the theme 'To God be glory'. The first day of the celebration was with the parents, past-pupils, faithful from the local church and some other invitees. The guests for the second day were the Bishop, priests and religious from the institutions of Aizawl diocese.

The items performed on both days were cultural dances of the Mizos, Khasi-Jaintia, prayer dance, speeches and choreography. The founder of the school Fr. S. Michael was the chief guest on 13 October. In his speech he recalled the beginnings of the school with a special mention of Mr. Jerome Sawilaia and few church leaders through whose instrumentality the school was initiated. A parent representative, Mr. R. Lalduhawma appreciated the Sisters and staff who worked hard to bring up the education standard of the school. He too reminisce the genesis of the school, which was later taken up by the Ursuline Sisters Ranchi and at present by the Salesian Sisters of Shillong Province.





On the second day of celebration, Bishop Stephen Rotluanga of Aizawl diocese expressed his sincere thanks to Sr. Rosa Pyngrope, the then provincial, who accepted the mission of Holy Trinity School ITI Aizawl in 2010. He recounted the contribution of the pioneering members: Sr. Luigina Duia, Sr. Celestina Thyrniang and Sr. Rosa Mylliem Umlong. The prelate expressed that there has been a marked difference from the time the Salesian Sisters took up the management of the school. Everyone at Holy Trinity felt contented at the success of the celebration.

Mrs. Elizabeth Vanlalpari (Teacher)

BELLEFONTE

Orientation programme

On 17 September 2022, St. Joseph's Higher Secondary School, Pynthorumkhrah Shillong organised a half day Orientation Programme for the students of Classes VI and VII on "Life Education". The resource person was Sr. Merilyn Bahun Wahlang who dealt with the topic competently.



Sr. Bahun began the programme with a warming up session through interactive games. She ably brought the attention of the group to the said theme and highlighted on the topics such as - learning to grow, physical changes, emotional growth, special characteristic of the age group 9-14, knowing oneself and accepting oneself – glad to be me. The students were also given time to clear their doubts and queries during the question and answer session. At the end of the programme, all the students were contented and expressed that it was the first time they attended such programme, for which they were grateful to the principal Sr. Madona Lytep. They appreciated the availability of Sr. Bahun the resource person and Wantiplang Lyngkhai the class captain of class VII voiced out the vote of thanks.

Arwaka Pasi (Class VI)

Children's Day Outing

The Out of School Children (OSC) of Bellefonte Community College (BCC) and Lurshai Morning School celebrated Children's Day on 14 November with a day out along with the Sisters and teachers. BCC took the students to Connell's Park in Umsning Ri-Bhoi District, while Lurshai Morning School went to Rapleng, Laitlum, and Chandra Park in Smit.





The children were in high spirits, singing and dancing all along the way. The day was well spent in the lap of nature, surrounded by green hills and valleys, tall trees, deep gorges, and plains that contributed to the joyous moment in everyone's hearts. It was enchanting to see every child sharing their food packages amidst laughter and joy with their friends. One was thought to be more exciting than the other, ranging from rock climbing to basketball, see-saw, swing, football, swimming, boating, and roaming around the hills and plains, among other activities. All students were allowed to come for the picnic, even though some were not able to pay. Before returning from the picnic spots, snacks were served for all. The children expressed that it was indeed a memorable day for them.

Sr. Beltiful Kharsnar

BISHRAMCANJ

Maiden Display – Annual Day Celebration

The first annual day of St. Xavier Pre-primary section Auxilium Pathaliaghat was held on 11 November 2022 at Auxilium hall which was illuminated with decorative lights, flowers and display of the creative arts of the little ones. Parents and guardians of the students were the guests of the event.

The 137 kids of Nursery, KG I and II decked in their colourful attire enthralled the audience with their performance. Through the items displayed, they sent across thought provoking messages, bringing to mind the essence of positivity, celebration of love and unity in the family, love for one's

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou



culture and care for God's creation. In her message to the gathering, Sr. Rihun Sten in-charge of the school acknowledged the support and collaboration of the parents and guardians and highlighted much on the smartness of digital kids. She also recommended that parents besides providing their children with material things, should also take care about inculcating in them values and ethics and to accompany them in their crucial episode of learning. On behalf of the parents, Mr. Baithang Debbarma expressed few words of appreciation to all the Sisters and teachers for taking commendable steps in organizing such colourful and heartwarming programme. Everyone was served snacks at the conclusion of the celebration.

Sr. Stability Nongrud

FMA OUTREACH

Celebration of World Day of the Poor

The community of FMA Outreach, Shillong celebrated the 6th World Day of the poor on 12 November 2022. Guided by the theme, "For your sake Christ became poor" (2 Cor. 8:9) the community took an opportunity to live the message of Christ by serving Him in the poor with love, respect, justice and joy.

Ten needy families were selected from the neighbourhood for the occasion. The get-together commenced with a prayer moment guided by Sr. Happyline Mary Shadap, animator. During the prayer service, special prayers were offered for these families. As a



gesture of sharing, blankets were distributed to them all. The celebration concluded with light refreshments. These families were appreciative for the act of kindness shown towards them and expressed their gratitude to the Sisters.

Sr. Garnet Sutnga

Celebrating Life in the Boarding

The feast day of the boarders was celebrated with various competitions from 28 -30 September 2022 organized by the Sisters.

The event began with the flag hoisting ceremony by the Chief Guest Sr. Albina Phangchopi, animator followed by March past from the four groups in the boarding, prayer and pledge taking. In her address to the boarders, Sr. Albina encouraged them to excel in their activities in a spirit of joy and enthusiasm. Every evening various competitions like dancing, rhyming, painting, flower arrangement, traditional poems and songs were conducted to the joy and satisfaction of everyone. On the eve of the feast the Sisters put up their simple programme with much love and joy and the most exciting was the announcements of the winners of the different competitions. On the concluding day there was animated Morning Prayer by the Sisters and holy Eucharist celebrated by Fr. C. L Jose sdb. The whole event came to a conclusion with the festive song performed by the Sisters to all the boarders followed by fellowship meal.

Marian month

The community fervently took part in the Marian month from 1 October with the animated Rosary in front of the Grotto. The four groups in the boarding animated the whole month long assisted by their assistants. On the conclusion day, 31 October a Marian Nite was organized in which each group made their presentation in the form of a song or poem to Mother Mary. These were indeed reflective, creative and inspiring; inviting everyone to imbibe the virtues of Mary. It has helped the young girls to increase their knowledge and love



for Mother Mary. Finally, the animator Sr. Albina encouraged the boarders to have more devotion and trust in the intercession of Mary.

Sr. Elisha Sangma



A Visit from USA

Daniella Desnoyers a representative from the Meldrum Foundation visited the community and Training Centre from 16 – 18 September 2022. During her visit, she gave special attention to the skills training namely: tailoring, fashion designing, art and craft and computer department. She had a personal chat with the trainees and spent her time taking photos of each member of the community, the trainees and the surrounding. She visited the faithful of Nongtraw village and had the joy of experiencing the simple lifestyle of people in the village.



In her honour a football match was organized for the trainees of the Home of Hopes and a presentation of cultural show. One most significant milestone witnessed by the visitor was the certification of the first batch of tailoring and computer training.

Sr. Mejitha Marak

We should certainly count our blessings, but we should also make our blessings count.

- Neal A. Maxwell

Inauguration of the Tailoring and Fashion Designing Skills

The Auxilium Skills Training Centre Khapmara, on 20 September 2022 inaugurated the Tailoring and Fashion Designing programme sponsored by Meghalaya State Skills Development Society (MSSDS).

At the very outset, Sr. Jubil Mary Dkhar the Director of the Centre welcomed everyone with a khasi shawl. The trainees of the Centre presented a welcome song, prayer dance, song and cultural dances as an act of felicitation to the guests. The chief guest Shri Marbhabok Nongbri, Skills Development Officer (SDO) Ri- Bhoi District Meghalaya MSSDS, in his talk briefed out to the Youth about the Skills provided by the government through MSSDS. He further explained about the details of the Tailoring and Fashion Designing programme and encouraged them to complete the course. Sr. Carmelina Sun, the Vice Provincial of Shillong Province motivated the youth to be sincere in their efforts so as to have a brighter future. A brief explanation on the different schemes available in the block development office was shared by the representative of the Block Development Officer (BDO) Bhoirymbong C&RD Block, Shri Driti Syiem. Concluding the programme, Sr. Linda Horne, the pioneer of the centre





proposed the vote of thanks. Other guests present were Shri Damanbait Lamare, son the MLA, the Sisters, trainees, teachers, friends, benefactors and special invitees.

Sr. Manosha L.Nonglait

Celebration of **Season of Creation**

The community of Auxilium Khapmara together with the young people celebrated the season of creation from 1–4 October 2022 with various activities. With the consciousness of the need to care for the earth, the community created a kitchen garden behind the house. From cleaning the place to preparing the land, sowing and caring for the plot was done with much interest and care in order to make the environment clean and green. On 2 October awareness programme on how to conserve environment was imparted to the youngsters by Sr. Jubil Mary Dkhar, animator and Sr. Linda Horne. Having completed the planting and beautifying the



surrounding with greenery, a prayer service was conducted on 4 October based on the encyclical of Pope Francis Laudato Si. The activities done have prompted in the mind of the youngsters of the importance and responsibility towards caring for the mother earth.

Sr. Mejitha Ch. Marak

Mission Sunday Celebration

Keeping in mind the theme for Mission Sunday: “You shall be my witnesses” the community fervently animated the liturgy of the hours and the holy Eucharist on 23 October 2022. On this day the Sisters and trainees greeted Sr. Linda Horne the great and enthusiastic missionary in our land.

In view of contributing the widow’s mite of the community, a housie game was organized for the trainees. A humble sum was collected which would be shared for the poor through the mission Sunday collection. The day concluded with a meaningful adoration together with the trainees.



Forget yesterday--it has already forgotten you.
Don't sweat tomorrow--you haven't even met.
Instead, open your eyes and your heart to a truly precious gift--today.

- Steve Maraboli

A Marian Nite

The month of October dedicated to the Holy Rosary concluded in a fitting manner through the three categories of singing competition (solo, duet and group). The whole month long the rosary was well animated by the Sisters and the trainees.



The Marian singing competition aimed at motivating the trainees towards self-confidence and above all, devotion to Mary. It is note worthy to mention that these young girls coming from the remote villages are first timers in the convent and the occasion gave them the opportunity to also discover their hidden gifts and talents.

Exhibition at State Central Library

3 November 2022 marked an historic event for Auxilium Skills Training Centre Khapmara since it was the first time they participated in the Exhibition at State Central Library Shillong. Coincidentally, it is also the first ever collaboration of the District Commerce and Industries Centre, East Khasi Hills and Meghalaya State Skill Development Society (MSSDS), Labour Department with an aim to promote and support local Ministry of Micro, Small and Medium Enterprises and Entrepreneurs.

Entrepreneurs from 45 units of East Khasi Hills District participated in the 35th District Level Exhibition held at the premises. The



budding centre of Khapmara too showcased their products and was represented by Sr. Jubil Mary Dkhar, Sr. Monica Kharkongor, Mr. Kamailang Suchiang (Project Manager) and Damonsngewbha Mashli a trainee. During the closing ceremony, the Centre received a certificate of participation, which would enable them to participate in exhibitions for the next three years.

Sr. Monica Kharkongor

LAMYRSIANG

Season of Creation 2022

The community organized various activities to enthuse environment consciousness among the Sisters and young people. The theme, "Listen to the voice of creation" echoed in all corners of the campus. Inaugurating the month long celebration on 1 September 2022, symbols of water, rice, seedling and fertile soil were used for the prayer moment which facilitate thanksgiving. The community resolved to take care of the garden and the entire campus and inculcate in the young minds the love and care for environment.



Meditation on the creation of God was another factor that helped the Sisters to appreciate even better the gift of nature and the greatness of God. The students were also motivated to care for creation through a creation walk conducted for students of Class X and XII on 2 September 2022. Sr. Celibon Maslai the vice principal guided this unique initiative in which she helped the young people to listen to the surround sound, admire the beauty of nature and offer thanks to God. On reaching the finishing point the students had some questions for discussion. This was interrupted due to the rain and they all returned to the school and continued the session in the school hall. Some resolutions they came up with were: say no to plastic, stop killing birds, stop pelting stones at dogs and cats, to keep the rivers clean and to plant more vegetables in the garden. The programme concluded with

thanksgiving prayer to God for the gift of mother earth, our common home.

Children's Retreat

On 4 – 5 October 2022, 169 children from Lamyrsiang village participated in the children's retreat in the convent hall. The Sisters under the leadership of Sr. Maria Wanpyntngen Sariang and Sr. Marvellous Syiem animated the entire programme.

The children from class IV to XII both boys and girls were helped to pray better, prepared for confessions and listened to inspirational talks by Fr. Henry Warbah sdb. His vast experience in the mission and his liveliness has helped the children to draw up some lessons for better Christian living.



Conclusion of the Rosary Month

Together with the faithful of the village, the rosary was prayed fervently in the village church as a conclusion of the month



of the Holy Rosary. It was animated by the class IX catechism students of the school under the leadership of the Sisters who are in charge of the Sunday school. Mr. Jeremiah Bareh of Class IX gave a short and beautiful speech on the power of the holy Rosary. He was appreciated for his courage to stand amidst the gathering and spoke fluently about Mother Mary. The church was filled with men, women, young people and children as well. At the end of the prayer, the chairman of Lamyrsiang village church thanked the Sisters who trained the young one so well and he praised the children for the beautiful evening.

Sr. Sabina Mawrie



MAWKYNDENG

Congratulations Dear Sisters!

With grateful hearts and a song of praise to God, 22 October 2022 marked a memorable day for the community of St. Francis Convent Mawkyndeng where our two Sisters, Sr. Mary Lamare and Sr. Lina Wanniang celebrated their Silver Jubilee of Religious Profession at Immaculate Conception Parish Mawkyndeng.

Before the celebration of the Holy Eucharist, Sr. Jurilin Lyngkhai read a brief biography of each of them. Fr. Ferdinand Dkhar the diocesan Administrator of Jowai Diocese along with four other concelebrants solemnized the holy Eucharist. In his homily Fr. Ferdinand thanked the Sisters for the services they rendered in the Church and encouraged all religious to have Christ as their priority and remain faithful to Him even in the ups and downs they encounter. Present on the occasion were the family members of the jubilarians, the Sisters from the different communities of our



Province, the people of our Parish and the invitees from different places. After the Holy Communion, representing the two Sisters in thanksgiving, the boarders in their gentle and rhythmic movements danced to the tune of the magnificat. After the holy Mass all joined in the jubilee meal at St. Francis Convent hall.

Sr. Bestonia Warjri



School Week

The 6th annual school week of St. Francis Secondary School Mawkyndeng was held from 26 - 28 October 2022 with the theme "LEARNING TODAY... LEADING TOMMORROW". The Chief Guest at the Inaugural Function was Smt. Trinity Saioo, Padma Shree Awardee 2021. In her message to the students she stressed on the importance of being part in the team and also how to make use of the gifts and talents that God has given them.

During the days of School week different activities were conducted for the students:

juniors as well as the seniors. The activities included Story Telling, Spelling Bee, Lip sync, Singing, Dancing, Football Match, and the Prince and Princess Competition. Through these activities the students showcased their talents and confidence. They manifested the spirit of teamwork in their different houses and worked hard for the success of their respective houses. The Sisters and teachers too put in their share and played their role satisfactorily well towards the success of the enriching and inspiring programme.

*Mrs. Rida Chympha and
Mrs. Ribha Passah*





Celebration of Creation

On 14 October 2022, King of Kings Higher Secondary School Mawkyrdep had the celebration of creation. The chief guest for the day was Shri Cosmos Ramshon, professor of Women's College Shillong and also the first benefactor of our school. The headman, Shri Jibansius Ramshon, SMC member Shri Michael Lyngdoh and other headmen from the nearby villages were among the guests for the celebration. During the prayer moment a lighted candle which symbolized Christ was placed along with other gifts such as rice, water, mud, fruits, vegetables and plants, products of mother earth, as an invitation to thank God for the natural resources He bestowed upon the earth.

Sr. Celestina Thyрниang, animator welcomed everyone present. Sr. Wismary Kharbinkhiew gave the introductory talk on the care for our common home. As part of the celebration the school committed itself to making its campus a plastic free zone. Further, the boarding girls acted out the theme of the day beautifully and meaningfully spreading out the message of care for creation. The chief guest in his

speech appreciated the initiative taken by the Sisters and exhorted all the young minds not to destroy the earth which is God's greatest gift to humankind. Eco-friendly bags were distributed to everyone present.

Centenary Pilgrimage with Don Bosco

The community of St. Mary Mazzarello Convent Mawkyrdep made a pilgrimage on 15 October 2022 to the relic of Don Bosco, which was opened for public veneration at Don Bosco Technical School Laitumkhrah, Shillong marking the centenary celebration of the arrival of the Salesian missionaries to Northeast India.

On reaching their destination, the Sisters spent an hour's time beside the relic and prayed for various intentions. The holy Mass along with the Sisters from FMA Outreach was presided over by Fr. Raphael Tham SDB. In his homily, he gave a brief history on the works of the Salesians of Don Bosco and the life of Don Bosco. The Sisters expressed that they were spiritually enriched and also nourished by a delicious meal offered by Don Bosco community. A Sister exclaimed, "It was truly a beautiful and unique experience in the company of Don Bosco to encounter Jesus throughout the day".

Sr. Hunda Mary Marwein



Boarders & Pre Aspirants' Annual Retreat

The community of Sacred Heart Convent Mawlai organized the Annual Retreat for the Boarders and the Pre-Aspirants from 3 – 5 October 2022. Fr. Devasia Vazhayil sdb gave the retreat talks while the Sisters animated the prayer moments.

The girls were duly prepared for confessions and were helped in encountering God in a deeper way. Fr. Devasia through his talks based on the scripture reminded and encouraged the young girls to read and reflect on the Word of God daily. The healing service was another moment of liberation and great joy as expressed by some of the boarders. There was also time given to meet the preacher for clearing their doubts or spiritual counseling. In all, one could see the seriousness with which the young girls took upon themselves to grow spiritually by benefitting from such an occasion.



Fund Raising Day

Sacred Heart Girls' Higher Secondary School Mawlai organized a Fund Raising Day on 7 October 2022 in the School premises. The intention for organizing this occasion is for the extension of the school building. Parents and friends were invited to the school so that the cause would be a fruitful one. Everybody was eager to contribute something towards this noble cause. Different food stalls and other amusement and entertainment stalls were the main attraction for the students as well as parents who came to witness and took part actively in the event.

First Holy Communion of Boarders

After a due preparation, five boarders received the first Holy Communion on 7 November 2022. These girls are from different parishes Alfinia Lamare Class VI from Jowai Parish, Ibansabet Thabah Class VI from Nongthymmai Parish, Sheree Nongbri Class VI from Nonghyllam Parish, Michel Marwein Class VII from Nonghyllam Parish and Shisha Mary Wahlang Class X from Mawbri Parish.

Sr. Christina Kharkongor, the Vicar of the house took keen interest to prepare these girls through special catechism classes and instruction every day. They



were very happy and grateful to her for all the minutest details she has seen for the whole function of the day along with a group of Sisters in order to make this day a memorable day for these five boarders. The holy mass in the convent was presided over by Fr. Telesphores Nonglang sdb, the Parish Priest of Mawlai Parish. The parents and few relatives of the first communicants were present sharing in the joy of their children. While the introduction was being read the five girls dressed in white approached the altar holding in their hands a lighted candle symbol of the presence of Christ in their life. At the homily too the priest highlighted the importance of the sacrament they were to receive and encouraged them to always keep Jesus the center of their life. After Mass, there was the cake cutting and family meal.

Thanksgiving & Reconciliation Day

Sacred Heart Convent Mawlai had chosen the day of thanksgiving and reconciliation on 18 November 2022, an initiative of the province as a preparation for the provincial community day. The day was well animated starting with Morning Prayer and Meditation based on Lk. 17: 11 – 19.

In the evening, the altar was well prepared with lighted candles and flowers fitting for the occasion. The reconciliation service cum adoration animated by Sr. Teresa Kamsuan, the Animator and Sr. Christina Kharkongor, the Vicar of the community began at the entrance of the chapel with words of introduction then each one proceeded to the altar and received the blessing from Christ. At the close of the service, Sr. Teresa Kamsuan the animator presented each Sister a sapling as a reminder of one's call to be a life generating presence in the community.

Sr. Bertina Kurbah





Food Fest in aid of School

Venturing out new ways of upgrading the Auxilium Secondary School Mawpat Madan Sohphoh, a food carnival was organized on 20 October 2022. Being the first time for such an event the Sisters and teachers worked hard for it and also placed their trust in the intervention of Mary, the patroness of the school.

The different stalls put up were Indian, Chinese and traditional cuisines. To the amazement of everyone, it was difficult for the stalls to provide the high demand of the consumers and by half day everything was sold out. The students enjoyed the day and the Sisters and staff members were satisfied with the outcome of the programme.

Maiden Staff Picnic

On 12 November 2022 the staff of Auxilium School Mawpat Madan Sohphoh including the community Sisters had a great privilege of refreshing themselves through an outing to Mawphanlur, West Khasi Hills District. This was the first ever Staff Picnic



arranged by the community in collaboration with the school committee.

After travelling a distance of two hours and a half, the group reached the picnic spot. The day was spent in admiration of the beauty of nature in that particular place, enjoying the company of one another and thanking God for His greatness in creating this beautiful world. Each one prepared some food items as allotted earlier and all enjoyed the shared lunch. Through a moment of sharing and togetherness, the Sisters could feel the family spirit being imbibed by the teachers as well. The teachers in turn thanked Sr. Regina Nongbri animator and headmistress for the chances offered freely to them and in turn Sr. Regina too thanked their availability and co-operation.

Youth Touring Programme

The youth of Holy Cross Mawpat Parish organized a touring programme from 19 – 20 November 2022. Sr. Iarikmen Rynjah and Sr. Baloritha A. Sangma represented the community with fervor and zeal for the sake of God's Kingdom. This programme was held in the village called Umsaw under the supervision of the youth director, Fr. Marbilus Kharakor CSC, the assistant parish priest.



During the two days touring programme, the Sisters were constantly present with the young people staying along with them in the village. They rendered their services generously from decoration, to cooking and further to giving sessions. In her session titled, “Young people today and its challenges” Sr. Iarikmen lighted the fire in their hearts attuning them through her thought provoking messages. While commenting on the theme of the World Youth Day 2022, “Mary arose with haste to visit her cousin Elizabeth” (Lk 1: 39), she encouraged each one of them that like Mary they must cultivate the feelings of self-forgetfulness and immediately respond to the needs of others and that of the Church. Family visits were done in groups where they went in search of young souls, to instruct, to heal, to save and comfort, in short, to manifest God’s love for them. A surprise Bible Quiz competition was also organized for the young people

and the programme concluded on Sunday with the celebration of the Holy Eucharist and the afternoon session. The two young Sisters feel privileged for the opportunity given them to be with the young people.

Sr. Iarikmen Rynjah

MAWROH

“Parents: Excellent Guides and True Friends”

21 October 2022 marked a red-letter day as Auxilium Lum Jingshai Secondary School, Mawroh celebrated the first ever Parents’ Day with the theme “Parents: Excellent guides and true friends”. The Chief Guest of the day was Smt. R. Kongwang, Joint Director DSEL and Smt. L. Syiemlieh DSEO, Nongstoiñ as the Guest of honour.

The day took off with a note of welcome and felicitation of the dignitaries by Sr. Albrida Pyngrope, the Headmistress of the school. The theme presentation took the center stage; it depicted on how children today need wise and understanding parents, excellent guides and true friends. Other





items performed by the students with the help of their teachers were a prayer dance, cultural dance, mass drill, care for nature and songs. The parents were wonder struck to witness the mesmerizing performance of their children. The Chief Guest Smt. R. Kongwang exhorted the students, to respect their parents not just by these fancy items

but also by their behavior and attitude that would bring them glory. At the close of the celebration Sr. Nildalin Kharkongor proposed the vote of thanks and all stood in attention for the national anthem. What brought success to the day was the one month long preparation and cooperation of the Sisters, Staff and students.

Sr. Risalin Kharkongor

MAWNUM

Teachers' Day Celebration



The teachers Day was celebrated with great zest. The senior students were excited and happy to teach the small ones. A dinner set was presented to all the teachers as a sign of love and gratitude from the students. The students performed beautiful items and a delicious lunch was served for all the teachers.



Wildlife Week Celebration 2022

Wildlife Week Celebration is being observed during the first week of October every year. The Government of Meghalaya, Department of forests and Environment, Ri Bhoi District, Nongpoh organized the same on 14 October 2022. The activities conducted were Treasure Hunt for class XI – XII and the debate for Class IX and X on the topic: Wildlife are important for human survival. The Auxilium students were the only participants for this event.

Auxiprime 2022

Athree-day school fest christened as Auxiprime was organized for the students of the school from 25 – 27 October 2022. The first day was kept as a day of Gratitude and other days were set aside for various competitions.

Unfortunately due the Sitrang cyclone that affected the state the first day was declared as holiday but just the same about hundred neighbouring students came for the celebration which included the Holy Eucharist and felicitations for the Sisters. Each Sister was gifted with a bouquet



of flowers and Ilaker Noami Syiem and teacher Michael Lamare sang songs while Ibanrishisha Warjri presented a dance. The following days saw the teachers and students busy with competitions like quiz, spelling bee, singing, dancing and fancy dress and on the last day was a mini food fest and lucky dip to the joy and entertainment of everyone. At the closing ceremony the school received a grant under the Chief Minister's Special Development Fund (CMSDF) 22-23 for the construction of the Basketball court from the Chief Guest Shri Jason S. Mawlong MLA of Umsning Constituency who admired the march past competition of the four houses and wished the school for a brighter future in the educational mission.

A Day of Educational Tour

The class XII students, three Sisters and the teachers had the joy of a one-day trip to Don Bosco School Sashipur, Assam and then to Bhutan on 11 November 2022. It was a great learning for the students to witness another school in another state. As soon as the group entered Bhutan one was fascinated by its peaceful nature along with the cleanliness of the whole area visited. They were delighted to enter the Buddhist Monastery for the first time and had an experience of the serenity of the place. The early rising and the late return was nothing compared to the happiness and satisfaction of all.

Sr. Bashisha Massar



Teachers' day Celebration

Auxilium Girls' School Agartala celebrated teachers' day on 5 September 2022 at the school auditorium. Students of class IX took the lead of organizing the day. On this day only students of Class V to XII were present as the smaller classes of nursery to Class IV celebrated the teachers' day on the 2 September due to lack of space in the auditorium.

Students warmly welcomed teachers as they line up in their beautiful and colorful attire. A token of frame with their picture in it was given to the teachers as they enter in. To mark the day, students prepared a series of cultural programme as a note of gratitude as well as entertainment.

The welcome song "In this moment" set the tone for the celebration and made the atmosphere homely for everyone. Supriya Debnath the school head girl voiced out words of appreciation to the teachers on behalf of all the students. On behalf of the school, each teacher was presented a sapling and pressure cooker. Sr. Merciful Nongsiej in her message thanked the staff members for

their tireless dedication and hard work for the good of the students. She also exhorted the students of the need to show respect to the teachers not only on big occasion like teachers' day but everyday through good behavior and respect. Mr. Suman Chakraborty proposed a vote of thanks on behalf of all the teachers for the stupendous programme. As a sign of togetherness a sumptuous meal was served for all the teachers.

Creativity Week

Auxilium Girls' School Agartala held three days competitions from 20-22 September 2022 known as the "Creativity week". As its name signifies, these were days of experience where students were immersed with their creative work. Every student took part with lot of excitement and enthusiasm after a break of two years due to the pandemic. The series of events rejuvenated the young minds. It offers them numerous competitions for each day.

In a compulsory participation every auxilian took part in the article writing and poetry composition on the first day of the event and was supervised by the teachers of literary and sports club. Another day was dedicated for Book Mark Making,





Friendship Band Making, Puppet Making, Greeting Card Making, Clay Modeling and Pot designing. In a stipulated time of an hour and fifteen minutes the students worked earnestly under the supervision of Science Club and Maths Club teachers in charge. On the last day the teachers of Guitar, Guides as well as Fine Arts Club organized Rangoli designing, best out of waste, Paper Wall Hanging, Flower Making, Flower Arrangement and Salad Making. Whereas the teachers of DNT (Design and Technology) organized a nature-based competition on Green shot with caption, Collage Making, PPT and one minute video on "Save the earth" for the students of higher classes. Winners of the different competitions of each day were chosen and the names were submitted to the coordinators. In all, the event brought about lot of enthusiasm, creativity and self-affirmation.

Auxiplore 2022

In a continuous strive towards quality education, the school for the first time took 40 students for a study tour to Delhi and Mussoorie from 25 September – 2 October 2022. A group of four teachers along with Sr. Marylang Suchiang vice principal accompanied the students.

The tour was arranged in collaboration with Rocksport (Asia's largest adventure programme Mussoories). Every detail was arranged to ensure the safety of the students including the consent letter signed by the parents and the meeting

with the parents and the guardians prior to the journey. The purpose of the tour was to provide opportunity to the students to experience and explore the world and thus widen their vision. The group left the school at 1:30pm on 25 September. Sr. Merciful Nongsiej the Principal gave few instructions to the students exhorting them to play their part well, making good use of the opportunity given them by the school and the parents. Sr. Maristella Ryngkhlem, animator led the prayers in the presence of the parents who had come to accompany their daughters. With this blessing, the team left in two buses for the airport. The group reached the destination on the same day and started the activities the following morning itself. The campsite is 315kms from Delhi, and 12kms from Mussoorie. There were 25 cottages where the students stayed during the days of exploration. For many of them it was a first time of being away from their cozy home yet they tried their best to adapt to the cold weather and the difficult yet interesting activities.

Some of the activities included tent pitching, scrambling and knot making, zip lining, river trekking, raft building including night trek, rock climbing and rappelling. All the students took part in these adventurous activities with much enthusiasm and joy. On completing the task in Mussoorie, the group returned to Dehradun where they spent the night in a hotel. Students were taken to Manav Rachna University for interaction and observation and they daily





record their personal journal and evaluation. Having enriched with various experiences, the group returned to Agartala on the 2 October thanking the teachers who accompanied them and the School authority for the arrangement.

Starting afresh with the Lord

The community animated a full day recollection for the boarders on 13 October 2022 with the thought of preparing them to start afresh for another session of the academic year and giving them chance to experience prayer.

The day with the Lord commenced at 9am with the reflection animated by Sr. Kanrisha Thangkhiew the Head Assistant. The reflection was based on the Gospel according to St. John 5:8: "*Take up your mat and walk*". After the reflection, girls were asked to find the mats of their life that bar them from being the person God wants them to be and put in writing their resolution. At 11.30am they gathered in the chapel for the penitential rite and the reflection based on the ten commandments of God. A bowl of water was placed in front of the altar and a symbolic gesture of immersing their shortcoming in the mercy of God was conducted. In the evening another reflection was given to them by Sr. Merciful Nongsiej, which was followed by the sacrament of reconciliation. The day concluded with the Holy Eucharist at 6.30pm where the Sisters of the community joined for the celebration.

Sr. Aquila Makri

Career Counseling Programme

Auxilium Girls' School Agartala organized a career Counseling programme for the students of Class XII in the school auditorium on 24 November 2022. Miss Priya Basumatory from Ashoka University was the resource person of the day.

The speaker of the day provided the students with lots of information about Liberal Education. They were given information about liberal arts and the procedure of getting admission in Ashoka University or any other Liberal Universities. Besides these, insights on subject choices major and minor, course duration, fee structure and the recruitment process by various companies was shared with the students. They were thrilled to know that Ashoka University for example has partnership with companies like Microsoft, Google as well as International University of YALE. The students were most amazed to learn about the sponsored influential people who could provide students with absolutely free of cost education especially for students from poor background. At the end of such meaningful day laden with information, one of the participants proposed a vote of thanks to the resource person as well as the school authority who always provides Auxilians with the best at their disposal.

Ankita Sinha (Class XII A)

Marian Quiz - Umphyrnai Oratory

A Marian Quiz was organized for the Umphyrnai Block of Laitkor Parish on the 22 October 2022. There were 4 teams who took part in the quiz ranging from classes V - VIII. The children were all well prepared since the questions and answers were given to them two weeks before the competition. It was a joy to see their competitive spirit. The quiz had five rounds and the most interesting one was the Puzzle round where they had to paste the pieces of the picture of Mary Help of Christians on a paper. Sr. Sandra Mary Diengdoh, Sr. Sngewhunlang Nongtdu, Sr. Fulljoy Nongsiej, and three Pre-aspirants along with two Brothers from Oriens Theological College, Mawlai organized the entire competition.

Sr. Sandra Mary Diengdoh

Marian Day at Nongkrem Oratory

On 6 November 2022, Sr. Kyntiewlin Kurbah, Sr. Ribhalang War and Sr. Sandra Diengdoh went to Nongkrem



for the Marian Day celebration. The celebration began with a fervent praying of the holy rosary. Present on the occasion were the church leaders and parents of the oratorians.

The four groups competing with each other were the St. Dominic Savio, St. Maria Goretti, Bl. Laura Vicuna and Bl. Carlo Acutis groups. Singing, dancing, decorating of Mother Mary's statue and fancy dress were the competitions conducted for them. The children participated with a true competitive spirit and gave their best performance. At the end of the competition, the church leader gave a talk appreciating the children's performances and the efforts of the Sisters to put up the program, while the judges Sr. Kyntiewlin and Sr. Sandra were busy arranging the names of the winners. This was followed by the prize distribution and vote of thanks from one of the oratorians.

Sr. Ribhalang War





SAIDU

Reception to Postulancy

Auxilium Saidu witnessed the joyous response of 19 young women who officially entered the Postulancy with the reception of the Postulants' Medal. The ceremony was officiated by Sr. Elizabeth George, provincial on 7 October 2022 at 10:00am.

"Do not be afraid, you are my chosen one whom I love" Isaiah 44:2 is the accompanied theme that has prepared the candidates spiritually and mentally for their journey of vocational growth. It made them reflect upon the possessiveness of God for His chosen ones whom He loved and His assurance to be their shield in their journey. As a fruit of their reflection and centering on the word of God that they have taken as their theme and to mark this special day in their life, they came up with a beautiful hymn "Don't be afraid" composed by them. The function was homely but significant

for the candidates. The presence of Sr. Elizabeth George, many Sisters from other communities of the province added joy and meaning to the celebration and especially to the lives of each of the Postulants.

Pioneers' Week

Auxilium Saidu celebrated the Pioneers' week from the 18 to 24 November 2022 to mark the 100 Anniversary of the arrival of the Pioneers to India at Tanjore on the 24 November 1922. Prior to the Pioneers' week, the Aspirants and Postulants had a long preparation through an in-depth study and assignments on the life of each pioneer and the history of their arrival in India, in fact, a short biography on their life and mission was compiled and presented on the concluding day.

The inaugural function on the 18 November kicked off the weeklong celebration in which Sr. Luigina Duia, the animator cut the ribbon in the presence of the Sisters and the Candidates. The Aspirants and Postulants infused a right tone to the celebration with the lively rendition of the



anthem of the FMA centenary. During the week, each pioneer's life and mission was highlighted and creatively presented through prayer animation and stage programme. The enthusiasm and creativity - a combination of originality and modernity with which our Aspirants and Postulants presented each Sister was an enriching experience for the whole community as we traced back the

origin of the Salesian Charism in India brought by our six courageous Pioneers. A weeklong celebration of the six Pioneers left in our hearts and minds an indelible mark of their courage, zeal, generosity, selfless dedication, enormous sacrifices and above all their supreme love for God and our people.

Sr. Maria Roibok Suchiang

SAPHAI

Oath Taking Ceremony: NCP

The 30 September 2022 marked a significant day for the Auxilium

Community Saphai and in particular for the locality of Saphai 'A' where the 31 members of Neighborhood Children's Parliament (NCP) took the oath as full fledged members of the "İatyllilang Saphai 'A' Neighborhood Children's Parliament." This is the first of its kind in the village.



The oath taking ceremony started at 5pm in the village hall located at Saphai 'C' in the presence of Sr. Marvella Shangpliang the animator of Auxilium Convent and other Sisters. The Chief Guest, Shri Salan Swer, Forest & Environment Officer Lumshnong, Guest of honour, Shri Valentin Gino Synnah the Headman of Saphai village, other guests and some parents of the children too were present on this great occasion. The programme commenced with the theme song: "We shall overcome" followed by the welcome speech by the Prime Minister of the Parliament, Mr. Shitlang Tyngkan. The Chief Guest, administered the oath of the Prime Minister while the headman administered for the other ministers. Finally, the Prime Minister administered the oath of the members of the parliament. A message from Sir Gino Synnah followed this important event. Sir Gino expressed his appreciation and congratulated this new venture in the village through the Children's Parliament under the supervision of Sr. Lucy Sangriang. Sr. Marvella Shangpliang too in her message encouraged all the members of the parliament to work hard in unison with

one mind and heart as children to better the village and locality to which they belong. The Chief Guest, Sir Salan Swer in his talk, showed the importance of how children should help their peers in their daily life and to work together with the village authority to better the village and the society. He also said that the children were fortunate to have this kind of Children's Association through which they come to know the different rights and to help if there is anything that does not go well in the village. Entertainment was not lacking from the members of the NCP. Special thanks to Sir Salan Swer, Sir Valentine Gino Synnah and the parents for the financial support and the donation contributed for the program of the day.

Sr. Lucy Sangriang

Educational Tour

Keeping in mind the all-round development of the students, Auxilium Secondary School Saphai organized an Educational Tour for the students of Cl. X on 22 October 2022. The fourteen boys and girls accompanied by Sr. Rakhelna





Thongni, Sr. Felinicia Syiemlieh and Sr. Anita Dhar visited the Don Bosco Museum for Indigenous Cultures (DBCIC) Mawlai, Science Centre and Planetarium in North Eastern Hill University (NEHU), the Air Force Museum and Elephant's Fall at Upper Shillong. In each of these sites, the children had something new to learn. They enjoyed much when they got to experience the scientific games provided in the Science Centre and the game of flying a plane at the Air Force Museum where they could do it themselves and learn. There was a lot of joy, excitement and admiration for the new things they have seen. Although it was just for a day, the students have many fond memories to cherish for the rest of their life. We thanked Sr. Marvella Shangpliang, the animator and Headmistress for the necessary permission and arrangement and all the teachers for their prayerful support.

Sr. Anita Dhar

3rd Parents' Day Celebration

It is God's great benevolence and providence that Auxilium Secondary School Saphai celebrated the 3rd Parents' Day Celebration on 8 November 2022. Keeping to the time, the Chief Guest, Shri Dweni Tariang, Executive Engineer of PWD West Jaintia Hills and his followers arrived at 10am and were warmly welcomed at the school entrance by Sr. Marvella Shangpliang, teachers and some students.

The parents decked in beautiful attires, hailing from in and around the village, poured in with pride and excitement and gradually filled the school campus. The celebration started with a welcome address given by Sr. Rufina Suting the Bursar, welcoming everyone to the festive gathering and urging the parents to continue supporting their children with their unbounded loving presence. Sr. Anita Dhar felicitated the Chief Guest - Shri Dweni Tariang, the Executive Engineer of PWD West Jaintia Hills, Guests of Honour – Shri Hubert Thyrnang, Sub-Inspector of schools, West Jaintia Hills, Smt. Auxiliadora Niang – Monitoring Health Officer, Laskein block, Shri Gino Synnah – Headman of Saphai, Shri Pradip Shulet – Electrical Engineer, Shri Salan Swer – Engineer of Environment and Forest Department Lumshnong and other dignitaries including Heads of Schools, Village council members and the parents. The entire event aimed at highlighting gratefulness and appreciation of the students towards their parents. "Gratitude, one of life's glowing miracles" was an accolade read by one of the students and also the main theme of the program, starting from the beautiful symphonies of the choir, the perfect and splendid march past parade, rhythmic movements of the dancers, the graceful, creative and artistic fancy dress of the lower primary students and the most heart-rending mime presentation of the

Class X students. The grateful attitude of the students was so evident that it made a strong emotional impact on parents.

The Chief Guest and Guests of Honour, in their discourse highlighted the self-sacrificing presence of parents through thick and thin, sunshine and rain and yet remained undeterred. They also exhorted the students to treat their parents with great respect, for they are too precious to deprive them of what they deserve. With enthusiasm, the parents promised to support the school for the better upbringing of the students. The day concluded with the presentation of the appeal to the chief guest and the vote of thanks by Sr. Marvella Shangpliang, the animator and Headmistress.

Sr. Felinicia Syiemlieh

AUXILIUM TURA

Community picnic to Chibrage

Knowing a fun and relaxing way to build memories and enjoy the presence of each other the community set out on a picnic on 6 October 2022. The 2 buses were just enough to ferry the overjoyed and jubilant boarders and few hostellers who did not go home for the Puja vacation.

They were all over the moon when the buses landed at the Chibrage picnic spot



known for its scenic surrounding affording an interesting view all around and a free swim in its clean waters. The day was bright and sunny and the blue skies signaled to our bodies to take a deep breath and relax letting go of all stress. The house staff along with some Sisters and girls were seen busy in preparing the tea which was served not long after their arrival with some snacks which gave them additional energy to enjoy the day. The same group joyfully prepared the delicious dishes for lunch. Sr. Lina Marak, the veteran FMA and the oldest member of the community did not want to be left out of this joyful event. She and Sr. Lucy Marak joined the group later in the afternoon. Alighting from a vehicle, Sr. Lina walked down to the picnic spot with the support given. She enjoyed the warm sunshine and the beautiful surrounding and above all the attention she received from all. Most children enjoyed shaking their legs to their favourite tunes, playing water games, diving for fish in the shallow waters and posing for the different cameras. A sumptuous lunch with mouth-watering dishes was a final delight, which everyone enjoyed to their hearts content. Before leaving the picnic spot, without compromising on fun and frolic of the day but keeping in mind our own share of duty to keep environment clean, we collected the waste in two heaps and burnt them making the gorgeous picnic spot welcoming for the next group. All returned home contented and satisfied for having spent the day well.

Mission Week 2022

The days leading to Mission Sunday from 18 - 21 October was kept as 'The Mission week' in the community and in the school. On 18 October, we had the solemn opening for which Fr. Alex Manakattumatam, the Parish Priest of Araimile Parish who is also the Chairman of the Bible Commission

in Tura Diocese was the Chief Guest. The programme began at 10.45am with the enthronement of the Bible solemnly carried by Fr. Alex. The lighted candles and banners with the different continents emblazoned on them were carried along which were indicative of the command of Jesus to proclaim His message to the whole world. During his talk, Fr. Alex spoke about the need to contribute our widow's mite to spread the Word of God. He said that the Lord would reward abundantly the good we do even in little ways. He spoke at length about his experiences and the joy and satisfaction he continues to get in making Jesus known. He invited the school children to love the Bible and to make it a habit to read it daily. At the end of the inaugural function Fr. Alex declared the Mission Week open.

In the afternoon and on the following days different competitions based on the Bible such as Gospel song competitions, drawing, painting and Fancy dress on Bible personages, Bible Skit and Bible Quiz truly augmented their knowledge of the Bible and increased their love for the Word of God. The students of the smaller classes on the other hand were delighted with the Bible animated movie on October 20. On the final day of the Mission Week, which was on 21 October, the four houses of the school displayed their well researched and beautifully prepared exhibits on the Missionaries of Garo Hills. Through charts and artistic models, the house members explained how Christian Missionaries mainly Catholics and Baptists brought Christianity to Garo Hills. It was indeed enlightening to all and we remain grateful to the wonderful and endearing missionaries who made Jesus known to us and gave a solid foundation to the Christian works in our land. Today most Garos are Christians of different denominations. After the exhibition, the most exciting part of the mission week, the food fest began. The

teachers and students prepared delicious items to be sold so that they can give more contribution for the Mission Sunday collection. Everyone enjoyed the day and the curtain came down on the Mission week of 2022.

Retreat for young people

As a fitting preparation to the Centenary celebration of the arrival of the Salesian Missionaries to North East India, on the days leading to the actual celebration in Guwahati, the Hostellers and Boarders of the FMA and SDB communities of Tura had a well-animated spiritual retreat on 22-23 October 2022. Being a Mission Sunday, the theme chosen was: Be my Missionary. Around 400 young people from Don Bosco Junior College, Don Bosco Boys Home, Margaret Bosco and Auxilium, Tura congregated at Don Bosco Junior College on 22 October to begin the Retreat. Fr. Kishor Mushahary SDB of Bosco Mount, Rongkhon spoke passionately about the zeal and enthusiasm with which the first Salesian Missionaries spread the faith in the entire Northeast India. In the span of 100 years, the fruit of their hard work is visible in the entire region. With the intention of inviting the young people, he pointed out that the first missionaries were 11 in number. They could have been 12, signifying the apostles of Jesus. But the 12th one could be anyone who would follow them to be a



Salesian or FMA. An hour of adoration led by Fr. Alex Manakattumatam, the Parish Priest of Araimile Parish enabled them to experience the divine presence of Jesus in the Blessed Sacrament, to contemplate His awesomeness and to lovingly adore Him.

On 23 October, Sr. Marcellina Sangma helped the group to meditate on the theme: Be a Missionary. She told the young people that being a missionary is a work of every Christian and therefore they must readily answer the Lord's invitation and live as a missionary in their own humble and simple ways. Fr. Andreas Panna also shared his missionary experiences in different African countries. Apart from the talks, the young people had a chance to approach the Sacrament of Reconciliation. The sing-song led by Sr. Lona Mary Sangma in between the talks enabled them to focus and listen carefully. The Retreat ended with a concelebrated Holy Mass with Fr. Zachary Varickaseril SDB as the main celebrant. It was a unique experience and the young people were truly happy and were grateful to all the organisers especially to Fr. Jogesh B. Sangma for hosting it and to Sr. Marcellina Sangma for being the person behind the successful event.

Sr. Rosa Mystica Myllem Umlong

90 Birthday of Sr. Lina Marak

Nine decades is a very long time, yet it seems that quite many are reaching this birthday benchmark these days with relative ease! Thanks to God's grace, good genes and healthy and holy living we now have one of our own who has joined the "ninety club!" She is none other than Sr. Lina Marak whose 90 Birthday was celebrated on 15 November 2022.

Having the opportunity to grow older and to age is a total privilege worth celebrating.



The community had an elaborate plan to make the day meaningful for Sr. Lina. The day began with a beautifully animated Morning Prayer where we raised a hymn of praise to God for the 90 years of life. During the day, Sr. Lina was extremely elated as many family members visited her at different times. They were instrumental in making the day momentous as they generously supplied a big pig along with chickens and other food items, which they brought on the previous day itself. In addition, they also brought a beautifully decorated birthday cake, which was shaped 9 and 0 to indicate the 90 birthday.

The Holy Mass at 6pm was the best and most appropriate way of thanking God for the life of Sr. Lina. Rt. Rev. Bishop Andrew R. Marak, the Bishop of Tura was the main celebrant along with 16 other priests from around Tura. As Sr. Lina placed the candle at the altar at the beginning of the Mass, she also made a prayer of thanksgiving. During the homily, Bishop Andrew recalled the goodness of Sr. Lina's parents who generously contributed for the growth of the Church especially in Damra parish and were very faithful to the Church. The beautiful singing and a well-animated liturgy added to the solemnity.

After Mass, during the cutting of the cake, our budding guitarists led the crowd for a Birthday song and a Song of blessing following which Sr. Marcellina Sangma, the animator felicitated the nonagenarian thanking her also for achievements and works in the past years. The highlight of the celebration was the scrumptious meal with culinary expertise, exceptional service and aromatic menu which everyone enjoyed to their heart's content.

At the age of 90, Sr. Lina continues to have a sharp mind and a robust health even though her knees are failing her. She still has her quick wit and the ability to tell funny or interesting stories. Being completely wheel-chaired does not stop her mind from roaming the universe. Sr. Lina is a pure joy, asks for nothing and is grateful for everything. She takes care not to miss the community moments such as community prayers, meals, gatherings etc. Her day is interspersed between personal care and rest, praying the Rosary, watching news, games and movies etc. Playing carrom and defeating her opponents gives her a simple joy and she does not like to miss the opportunity. Sr. Lina does not merely get older but increases in nobility to the edification of everyone young and old. Her 90th birthday offers us a welcome reminder that it is nothing but a total miracle to be alive yet for another year.

Sr. Marcellina Sangma

UMDANG

Family Cell Programme

A two-day programme from 3 – 4 September 2022 for parents, youth and children of Umdang Block was held at Don Bosco Secondary School Umdang for



160 participants. The Sisters of Auxilium Umdang took an active part in animating the group.

Sr. Meristella Kharthangmaw animated the prayer moments whereas Sr. Dorathy Kharduit took a session on “Alcoholism and Early Marriage - its effect on health and family life”. The Sisters always made themselves available for the needs of the faithful in the parish.

Mobilization for NCP

Sr. Meristella Kharthangmaw conducted the Children's Parliament programme at Don Bosco Secondary School Playground, Umdang on 11 September 2022 for 52 boys and girls. She started first with the games in order to get more children. When a good number of children had gathered, she explained on the formation of neighbourhood children's parliament (NCP) and invited them to be part of this children's association. The children listened to her attentively.

Sr. Meristella Kharthangmaw





XXX Youth Touring Program Zone - V

The Nongstoin Diocese Catholic Youth Movement (NDCYM) organized the XXX Youth Touring Programme for the youth of Zone V from 1 – 2 October, 2022 at St. Mary's of the Angels, Nongri Parish. The zone consisted of four parishes namely Umdang, Shallang, Sonapahar and Nongri. On this occasion Sr. Dorathy Iohdahun Kharduit FMA was invited as the resource person.

The 302 youth gathered for the programme were given a variety of exposure like talent show, quiz competition, taize prayer moments and reception of the sacraments. The theme of the convention, "Mary got ready and hurried to a town in the hill country of Judea" was reflected and deepened. Sr. Dorathy animated the youth with two sessions on 'Early Marriage' and 'Importance of Education'. She helped the youth to understand these topics through PowerPoint presentations. While speaking on early marriage she pointed out the causes and negative effects, which hampers the growth of the individual and the family

at large. Highlighting the importance of education she motivated the youth to have the objective of education clearly in their mind and hearts. She explained that education is to help a person live his life with dignity while contributing his part to the society but above all, to put God the priority in their life.

Sr. Dorathy I. Kharduit

First Holy Communion

The Parish Ministry of Divine Mercy Umdang organized a four-day Catechism class from 12 – 15 October 2022 for the first communicants in the parish. The organizers were Sr. Meristella Kharthangmaw, Fr. Ditendar Lyngkhai, Bro. Baselius Thyrniang and Catechist Elias Dkhar. 97 boys and girls from different villages came for the special catechism classes and among whom were three girls from the boarding. All the resource persons took various topics related with the sacraments and Christian faith. Sr. Meristella spoke to them on



Mother Mary and exhorted the children to have great love and devotion towards her and to imitate her virtues as well. She also taught them the basics of life especially good manners. On 16 October the Holy Eucharist for the first communion was held at Nongriangba village where the Sisters from the community too joined in.

A similar preparation programme was also done in Langshonthiang village on 1-2 October 2022 where 76 boys and girls received Jesus for the first time in Holy Communion.

Marian Procession

Sr. Meristella Kharthangmaw organized the conclusion of the month of the Holy Rosary through a Marian procession on



31 October 2022. Many children, men and women and Sisters took part in the same. Each one had a lighted candle in their hand, which made the surrounding of the grotto illuminated and devout. This was concluded with the celebration of the holy Eucharist presided over by Fr. Cosmos Jyrwa, parish priest.

Sr. Meristella Kharthangmaw FMA

UMSWAI

Cleaning Drive

On 30 September 2022 Auxilium Convent Umswai organized a Cleaning Drive on the occasion of Season of Creation. All the Sisters and boarders participated in the programme with great enthusiasm. The programme started with the instruction given by Sr. Celina Maslai the animator where she reminded everyone that "Cleanliness is next to Godliness". Soon after they started cleaning the whole surrounding, cutting the grass and keeping the place tidy. Some of the boarders did the scrubbing of the veranda and dusting



the rooms. Others collected the rubbish and incinerated the same. It was indeed a sight to behold of both the Sisters and boarders cutting and splitting bamboos skillfully to fence the tender plants. Everyone was happy to be part of this cleaning drive that concluded with lips-smacking snacks for everyone.

Food Fest for the World Mission Sunday

On 23 October 2022 the community of Auxilium Umswai held the food fest in order to collect some donation to support the churches and to show love and solidarity with our brothers and sisters in faith. The members of the community had prepared different items according to their own creativity. All the fathers, boarding boys and girls had come and enjoyed the togetherness and they too were part of this great event by way of their contribution for the cause. The community was happy to contribute some cash for the mission Sunday, which is the responsibility of every baptized person.



Children's Day Celebration

On 14 November 2022 the celebration of Children's day began with Morning Prayer and followed by the Holy Eucharistic celebration. Keeping to the theme of the day, soon after the communion Fr. Jose Perunneparambil Rector and Parish priest and Fr. Nicodim Aind blessed each child on their forehead. After the mass, the children were greeted with bunch of flowers, a festal song and Fr. Jose distributed sweets, which brought smiles on the faces of the children.

In the evening, all the Fathers, Sisters and the boarding boys and girls gathered together for the Holy Rosary animated by Sr. Pdianghun Suja. Soon after, Fathers, Sisters, Deacon and teachers entertained the children with well-prepared dances, songs and fancy dress. Sr. Celina Maslai the animator of the community distributed children's day special gifts to them all. After the programme few hostel boys and girls spontaneously expressed their gratitude for the surprise given them. To conclude the programme, Fr. Jose gave the goodnight talk to the gathering. A fellowship meal was shared among the inmates of both the community in Father's residence.

Sr. Sinjak R. Marak





7 ways to prevent Android from Hackers

1. *Keep your Mobile up to date:* Ignoring the system and app updates on a smartphone is a quite common thing. There are many reasons to do so... You might love the current version.

Internal Storage Issues.

Not caring your Mobile Phone.

2. *Double Check While Installing:* There are tons of applications to get our work done, only a few of them are original and official. The rest of the app is not dangerous but there is no use of them as well. The app which stood first in a play store search is not always the official Application. Follow the below measures before installing an application.

Check the creator of the application.

Check Reviews.

Double check the terms and conditions displayed before installing an application. It seems legit and agrees with them to install the app.

3. *Have a Look at Internal Apps:* One needs to know the working of the existing applications and their status.

Head on to Settings-> Privacy and check the relevant information regarding the particular apps.

4. *Never Connects to Public Wifi:* These things are becoming scarier. We generally get connected to the free wifi available in the location. Public wifi is the wireless networks which are not protected with any passwords and if connected, they are accessed by thousands of people. These networks are easily identified as they are not represented by a lock symbol during connection. Try to avoid such networks in any case.

If you have to connect with a public network, make sure not to open banking applications with that Wifi.

Use VPN so that your data will be encrypted.

5. *Use VPN service:* This is one of the best methods to protect your mobile from hacking. VPN services encrypt your data so that no one cracks or hack

your online activity. Even your Government can not track your online activity. You should not go with the free VPN services. They might harm your PC or Mobile with the unnecessary ads.

6. *Make it difficult for physical Access:* Use all the security features provided by your mobile such as setup a passcode and all. This is the only way to prevent data theft. However, you can avoid them logging in to your applications by changing the password. So these are the steps to follow when it was lost.

If there is a chance of accessing it through smartwatch or something else, erase data or track it.

Change passwords for all of your accounts which are logged in your phone.

7. *Some Other Simple Tips:* Apart from the above ones, you need to follow these simple well-known steps to keep your mobile safe.

Never show notifications over the lock screen.

Don't install apps from external sources by rooting the device.

Never save the passwords on the device or don't even keep a file of passwords list.

Lock other banking and individual apps apart from homescreen lock.

Backup your data frequently.

Using security apps works to some extent.

Disable the Bluetooth and GPS services when not in use. However, GPS services can be used to track the location of the phone.

Never use auto logins

Don't keep much of your personal and financial data on phone.

Change the passwords frequently.

Use passwords which are hard to guess for brute force attacks.

Do remember, no one can steal one's data without victim approval in one way or other.

Source: <https://whatvwant.com>

PAST-PUPILS' Corner

Junior Past Pupils' Meet

- Nongthymmai Unit

On 17 September 2022, the Past Pupils Association of Nongthymmai Unit organized an Annual Meet for batches 2000–2021 in Auxilium Girls' Higher Secondary School. The meeting started with a prayer service led by Ms. Rosetta Garod, Ms. Moureen Kharkongor and Ms. Zeena Kharbuli. During the prayer moment, candles and flags were the symbols carried as a sign of respect to the association. The President of the Federation, Mrs. Amabilis Susngi was also present for the occasion.

Josephine Wahlang and Epifania Shangpliang hosted the stage programme, which consisted of the welcome song, cultural presentation and inspirational speeches from two past-pupils, Amika War 2013 batch and Shweta Raj Kanwar 2007 batch.

Sr Joplin Suchiang the Delegate of the Past Pupils Association Nongthymmai Unit gave the introductory speech and gave a brief history of the FMA Past Pupils Association acquainting everyone with the logo and the theme "Hands in the world, Roots in the heart". Sr. Carmelina Sun the animator of Auxilium gave her words of wisdom, love and exhortation to everyone. The secretary of the unit, Candida Kharpdah 1992 batch, shared the activities report of the unit in the gathering. A request was made to everyone who attended the programme to reminisce and walk down the memory lane and to give their valuable suggestions and feedback. They were of the opinion to continue the educational sponsorship programme. The program concluded with a vote of thanks proposed by the Secretary of the Past Pupils Association Nongthymmai Unit, Morziana Dkhar Batch 2012. After the programme, light family refreshment was served to everyone.

Morziana Dkhar (Secretary)



COOPERATORS' Corner

44th Provincial Annual Congress of the Salesian Co-operators

The Association of the Salesian Co-operators of Shillong Province organized the 44th Provincial Annual Congress on 15 October 2022 at Laitkroh-Mawjrong Parish. Sr. Esther Marweñ accompanied the Salesian Co-operators and the Aspirants of Umdang unit to Laitkroh – Mawjrong.

On this day three aspirants Mr. Alfred Lyngdoh Kynshi, Mrs. Marlistina Rongrin and Mrs. Philin Hashah from Umdang unit took promise and became full-fledged members. The promise taking took place during the Holy Eucharistic celebration presided over by Fr. Tobias Kharngapkynta, the parish priest of Upper Shillong. Each of them received a certificate of membership to the association. The strenna of the year, “Do all through love, nothing through constraint” was the point of reflection during the annual congress.

Sr. Dorothy I. Kharduit



MY USING

*L*ife is a mystery
That can create a history.
Everyone has to face it,
Rather a challenge that one should not quit.
Everyday our life is a miracle,
Journeying along with it like a vehicle.
In fact, the Almighty Himself is our driver,
Our perfect mentor and guide forever.

Life...

Sr. Risalin Kharkongor

Sometimes our roads of life is gentle,
At times cold wind blows a little.
But one thing let us remember,
Destination should be our focus
even if it gets tougher.

However, once we learn the struggle,
Life will not be occluded by mountains and hills.
This will be our greatest achievement,
Contented and happy in each single moment.

Youth Pastoral

Salesian Youth Leadership Day

Activities

The Province Youth Pastoral team organised the leadership day for the members of AYM -Shillong Province on the 31 October 2022 at FMA-Outreach, Bellefonte. The 53 active Youth leaders from the 7 regions of the province which comprises of Youth from East Khasi hills, Ri Bhoi, Jaintia hills, Garo hills, Dholai, Mizoram and Tripura

and Sr. Celestina Thyрниang representing the Animators of communities, Regional and some local Youth Animators.

Sr. Elizabeth George addressed the youth, exhorting them to live the message of the WYD in the places and situations in which they live and like Mary to move in haste to those in need, those in difficulty, those who are lonely, those who undergo various types of sufferings. With her message, she inspires the AYM members as a team of young mind to get involved in the



gathered together and enthusiastically participated in the day's programme which commenced with a grand welcome and a short prayer moment in the presence of Sr. Elizabeth George, Provincial, Sr. Gemima Pohrmen, Provincial Economist, Sr. Helen Puwein, member of the Provincial Council, Sr. Teresa Kamsuan, Sr. Happiline Shadap

life of the Church and Society and become leaven, exerting a positive influence. Sr. Wismary Kharbihkhiew, the Youth Pastoral Coordinator presented the FMA-Youth Ministry and highlighted the Salesian youth spirituality and the call to every member of AYM to live the Salesian spirituality as a way of life and share it with other youth wherever they are.



The primary purpose of the day was the election of the Youth Leaders at the Province level. Hence, a special time was dedicated for this and a brief orientation and prayer moment had fittingly set the atmosphere for the election of the Youth Leaders.

The newly elected Youth Leaders are as follows:

President: Ms Kaniwanroi Diengdoh
(Lawyer and Assistant teacher at Bellefonte Community College)

Vice President: Mr. Salanbor D. Kamar
(District Coordinator for Inclusive Education, East Jaintia Hills, Kliehriat)

Secretary: Mr. Samuel Lalfakzuala
(Coordinator at College of Veterinary Science and Animal Husbandry Salesih)

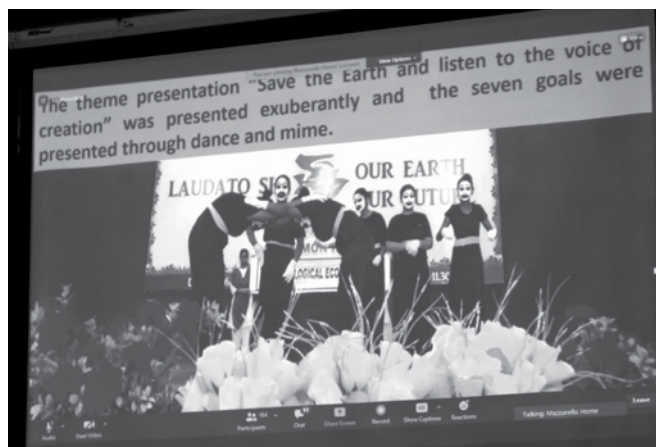
Treasurer: Mr. Royal Shadap
(Student of Kiang Nongbah College, Jowai)

The day's programme was concluded successfully with a note of thanksgiving to God for the wonderful day of togetherness and enrichment and everyone returned to their respective places with renewed enthusiasm to live their call as Salesian youth.

Sr. Wismary Kharbihkhiew
Province Youth Pastoral Coordinator

Online celebration of Season of Creation

The Salesian Youth from the 7 FMA Provinces of India assembled virtually for a celebration of the 'Season of Creation' on 5 November 2022 at 5:30pm organised by the PCI- Youth Pastoral team, coordinated by Sr. Wismary Kharbihkhiew, the National Coordinator for Youth Pastoral. The programme was graced with the presence of Sr. Nirmala Maria Lazar, the Provincial of Chennai province who is also the PCI President, Sr. Annie Lolia Pfozhumai Neli, and Sr. Ulate Ana Victoria (Vicky) from



Youth Pastoral team, Rome, Sr. Ning Sian Vung Nicolas from Myanmar and Sr. Sirirat Maria Anuwatprakit from Thailand, Sisters from the different communities of the seven Provinces and a big number of young people from hostels and as individuals from their own homes.

It began with a note of welcome by Jenney Nongbet, a youth from Shillong which was followed by a special moment of prayers, connecting with God, the creator and His creation through a video song and symbolic prayers which reminded the participants of the bountiful gifts of God to sustain our existence on the earth, after which followed the elevating messages of Sr. Nirmala Maria Lazar and of Sr. Runita Borja, the General councillor for youth pastoral which was presented by Sr. Annie Lolita. It was a family event, unique and memorable during which the Youth Representatives from the respective provinces presented a consolidated report on how they have responded to the invitation of our Holy Father Pope Francis on "Care for our common home". All the presentations reverberate the huge efforts made at different levels to care and preserve God's creation and its fruits being manifested in the life of the individuals who are beneficiaries of the mission. What is even more beautiful is that through the young people the message of the 'Laudato si' is transmitted to their respective families and neighbourhoods. The journey on the path of the Church's

concern for Humanity and God's creation was trod by every youth in a small and big way along with the Daughters of Mary Help of Christians (FMA). The consciousness began way back in 2015 when the Church Document 'Laudato Si' was published and circulated, read and reflected in the FMA communities and educating communities. The seed of love for the Planet and the strong-felt need to own the responsibility to care for our Common Home is deeply rooted. These attitudes manifested itself in the life of the Salesian Sisters and Youth in the mission. Every Province has made a long-term project of life that enables its members to deepen the document and translate it concretely in life and daily activities. This celebration reflects the depth of the attitude of care and responsibility. After the presentation of a collective effort and journey made as a group, some youth shared their personal experiences and commitments how they have individually adopted a sustainable new lifestyle in favour of saving the Environment. There was a conviction from the participants that the journey has not ended with the celebration but an ongoing commitment to be lived with more enthusiasm. The programme was concluded with a note of gratitude to God and to one another expressed by Sr. Aruna Kispotta of Kolkata province on behalf of the PCI Youth Pastoral team.

Sr. Wismary Kharbihkhiew

FMA-PCI National Coordinator for Youth Pastoral

The opposite of love is not hate, it's indifference.
The opposite of art is not ugliness, it's indifference.
The opposite of faith is not heresy, it's indifference.
And the opposite of life is not death, it's indifference.

- Elie Wiesel



Commitment to Save Nature

In their commitment towards a green and clean environment the Auxilium Youth Movement Jaintia Region, gathered at St. Mary Mazzarello Convent on 5 November 2022 to share this message to all. Forty-one members turned up for this noble venture.

The youth of the region have taken some commitments on how to take care of our Common Home as encouraged by the Pope by practicing the following:

1. Reduce, Re-use and Recycle
2. Create kitchen garden, plant trees and flowers
3. Save water, Save energy, Save life

The day began with the Holy Mass, which was presided over by Fr. Donbor Jyrwa Sdb from Bosco Pnar community, Jowai. At offertory time, a flex carrying the message: "To listen to the cry of the Earth and of the poor." Was offered along with

other gifts. After the Mass, the flex was tied at the roadside wall of St. Mary Mazzarello Girls' Higher Secondary School for all to see and to remind the public of our duty towards Mother Earth. After the meal provided for all present, the members gathered for a short meeting to elect an E.C member to the AYM Provincial Team and Ms. Sheba Mary Bareh was unanimously elected. The young people expressed thanks to Sr. Sylvestra Khonglah, the animator of Jowai for sponsoring the lunch and the place and Sr. Marvella Shangpliang, the animator of Auxilium Saphai for her motherly presence as a source of encouragement for the youth. The group also recounted the hard work and arrangements made by the office bearers of the region in making the day a reality. All present committed themselves to make wise choices in living a simpler lifestyle to save Earth.

Sr. Anita Dhar

Meeting of AYM Garo Hills Region

On 27 November 2022, the Auxilium Youth Movement (AYM) of Shillong Province, Garo Hills Region had its meeting at Mazzarello Convent Garobadha under the leadership of Sr. Elisha Sangma, the regional youth coordinator. The young people numbering 72 from the different parishes and communities in Garo Hills gathered for the event along with their assistants: Sr. Rosa Myllem Umlong from Tura, Sr. Beronica Sangma from Chapahati and Sr. Amalia Sangma from Garobadha.

The day began with the celebration of the Holy Eucharist at the parish Church. Soon after Mass, all came to the convent for the gathering where the youth were warmly welcomed by the community and the boarding girls. In her words of welcome Sr. Albina Phangchopi, animator exhorted the youth that each of them could be a little light in their respective places and villages. Ice-breaking session conducted by Sr. Beronica Sangma and Sr. Amalia Sangma



opened the day's session. Fr. John Paul Tirkey, assistant parish priest of Garobadha too gave a message to the youth in which he invited them to be spiritual leaders. The main session of the day on salesian spirit and explanation on AYM was done by Sr. Elisha Sangma. On this day, there was the election of the regional office bearers and inauguration of Eco Garden. This was done to create and promote and to care for our common home as envisaged by Pope Francis. After the inauguration, each received a sapling to carry home to mark the celebration of season of Creation.

Ms Bambina B. Marak

You get what you give

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

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

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

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

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



RIP
Sr. Hilda Barragan

I am
the Resurrection
and the Life (Jn. 11:25)

Born: 15 February 1933
Profession: 05 August 1953
Died: 18 September 2022





Salesian Family Meet, Shillong - 28 October 2022



2023 **STRENNA** of the Rector Major Fr. Ángel Fernández Artime
Salesian Centenary Youth Expo : 27-29 October 2022



**AS THE
 YEAST
 IN TODAY'S
 HUMAN
 FAMILY**

The LAY DIMENSION
 the family of Don Bosco

