

Newsletter of the Salesian Sisters, Shillong Province

FMA-INS INFO

Vol. XXIII
No. 1

April
2019

Provincial Office, Auxilium - Shillong 793014 - Meghalaya



Joyous Easter Greetings

May Christ the Risen Lord
bring tranquility in your heart, serenity in your mind
and renewal in your life!

*Welcome
to
The Formation Team
from Rome*



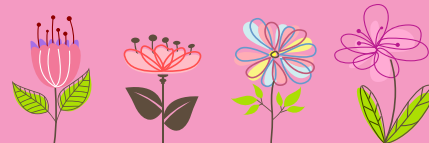
SR. ANELFRED A
MIRANDA

SR. MARIA NIEVES
REBOSO

SR. MARIA
FISICHELLA

General Councillor for
Formation

8-17 April 2019





EDITORIAL

FMAINSinfo is here again unfolding to you dear readers the vibrations of the Immaculate Heart of Mary Province, Shillong. The first three months of the year have gone to eternity... many of us must have accomplished many activities already and yet there may be some who wonder how these months passed by without realization... it is time to take hold of everything that come our way and make our life worth living for. The month of April is yet another crucial month for India when the country is set for the general elections 2019. It is a time to exercise one's franchise with responsibility and integrity. As we await this day, we send ahead our prayers for good governance in the country; that the Constitution of India be upheld in both letter and spirit. We hope that the citizens would choose leaders who will work for the growth and development of the country and address issues that are detrimental to harmonious living.

The Province extends its warm welcome to the Formation Team from Rome namely, Sr. Maria Nieves Reboso, General Councillor for Formation, Sr. Maria Fisichella and Sr. Anelfreda Miranda. We are sure that the programme they would conduct for us be an enrichment in the vocational journey of every FMA thereby be beneficial for the mission we are called to serve. Another yearly event yet always a significant moment is the World Feast of Gratitude to be celebrated on 26 April 2019 at Bellflower, California in the Mary Immaculate Province, United States. The theme that would guide the celebration is **"Give me your tired, your poor, your huddled masses yearning to breathe free"**. These words are inscribed at the base of the Statue of Liberty, symbol of the people of the United States and the slogan chosen for the feast is **"I entrust them to you"**. Every year this feast evokes in us to strike our note of gratitude for the wonderful gift of



the family spirit shared among all the FMA communities all over the globe. In unison we too want to reach our grateful prayers and fidelity to our Beloved Mother General, the tangible sign of our bond of communion.

The year 2019 is marked with the convocation of the General Chapter 24 through the letter of Convocation, dated, Rome, 24 February 2019, Letter No. 985. This historic event that would take place from 18 September – 08 November 2020 is a first step of preparation towards the celebration of the 150th Anniversary of the foundation of our Institute in 2022. The theme for the Chapter, **"Do whatever He tells you"** (Jn. 2:5) **Communities that generate life in the heart of Contemporaneity** would be the guiding principle for us to respond to the dire needs of youth in our situations. Heeding to this invitation, let us allow ourselves to be guided by Mary and like her be open to the Holy Spirit as we strive to make our Salesian religious life relevant in the world today.

Another note of joy and hope that comes knocking at the door of our hearts is the solemnity of Easter. It is a time that brings us new life in Christ and because of His death and resurrection, you and I have the hope of eternal life with Him. FMAINSinfo wishes all its readers **A Joyous Easter**. May Christ the Risen Lord bring tranquility in your heart, serenity in your mind and renewal in your life!

Sr. Euginia Laloo
(Chief Editor)

MISSION Ad / Inter Gentes' Corner

A TESTIMONY OF GOD'S UNFAILING ACCOMPANIMENT

Sr. Mildred Wahlang

As a child I had the joy of the presence of the Sisters or Fathers who usually visit our village at Umyiap Mawkynbat and would always stay in our house. Through these visits the love of God was infused in us little children even with a simple gesture of treasuring the holy pictures distributed by them. Later on when I was admitted at St. Peter's Convent Pyndengrei I encountered the Sisters in close quarters. I was so inspired by the life of Late Sr. Agnes Kurkalang and Late Sr. Felicita Syngngoh who visited the villages those times in the late 70s in the Parish of Nongstoiñ. At that time the Parish of Nongstoiñ consisted of the whole of West Khasi Hills. Looking at them, deep within my heart I too wanted to be like them.

It was a practice at that time that the senior girls from the boarding would go to the different villages and conduct the Oratories on Sundays. Though I was younger but somehow I too was given the chance to accompany these girls where I had the opportunity to guide the prayers and hymns at Mass without a Priest. So



these experiences deepen in me the thirst for evangelization. At times, I used to accompany the Sisters for village touring during holiday time. I have witnessed their hard work and their thirst for souls even walking long distances with no conveniences for basic needs but what was most striking was that they always had a joyful face and was contented to mingle with the poor people around.

"From far, you look like a Sister", these were the words from Sr. Isabella Wahlang to me which I thought paved the way for me in pursuing my vocation as an FMA. At that time I was reading in Class VIII.

In my twenty-seven years of religious life I spent the most of these years in the touring ministry. I had the privilege of working in Umswai for three





years, Rambrai for ten years, Mawkyndeng for three years and presently running six years in Rangblang. I am truly grateful to the Superiors who gave me this opportunity of sharing in the evangelizing mission of the Church. When in the village I made it a point to visit every Catholic family particularly in the mornings and evenings. The daytime would be spent in visiting the sick and the elderly in the village, at times we would teach children prayers and songs or journeying to the next village on foot normally accompanied by a Head Catechist. This was mainly done in the earlier times and would spend almost a week or more in a village. Nowadays, with an easier access to the villages since many Parishes have come up and the children are not in the villages during the daytime because they go to school, a winter programme like retreat for children, preparation for sacraments and catechism classes are conducted for them. In many occasions I help in guiding the faithful for Church services and give talks and instructions to the faith. Encountering villages where disunity prevails was another important and challenging mission, which many times with continuous help they come over and a priest is called for the sacrament of reconciliation and Eucharist.

I can testify that at different times God continually inspires me in my mission and

have made use of many means in order to share the Word of God to the people. I would like to share an effective means, which I personally experience during family visits. I have made a collection of Bible quotations for all occasions: some consoling words, some for admonishing wrong ways, words of blessings, on forgiveness, mercy, encouraging words and so on. These I have typed and stuck on a hard paper and stored in a small box; we could call it Word-power Box. I have witnessed that many families were helped according to their own needs; some families have turned over their life after such experiences. What inspired me to do this is the openness to God's grace which when my words fail the Lord has every word for all situations. At an instance, there was a village that harboured misunderstandings and disunity but this initiative of praying with the Word of God was a powerful means of making them understand the situation they were in and soon they have come to terms with each other. Another significant experience on receiving such messages from the Word of God was that we witnessed the withdrawal of persons who had an evil intention on the others. Many times without knowing the family background or the difficulties of the family but in prayer using the Word of God, which the member of the





family picked up, from the box, they start revealing their problems and difficulties or at times even their bad habits. This has brought consolation to the families and to some it has helped them to repent and start anew. In all these, I have realized the importance of being in the grace of God and therefore I make it a point to receive the sacrament of reconciliation often and also participate in the prayer convention at the Holy Redeemer Renewal Centre, Mawkhlam Parish. Usually whenever I go to the Centre, I always go with a group of faithful and we could see that they have received the taste for prayer and the Word of God. Not only this but the faithful have expressed a desire of starting a prayer group in which I have helped the group to come together once a week and animate them. Even if only a few turned up we are not discouraged but continue doing the same. As of now it's been almost two years of this initiative and is slowly gaining momentum and more people have joined and understood the value of being close to God in prayer and worship.

In my mission of evangelization I have powerfully experienced the presence of God who gives me the strength and inspires me at every moment according to the needs of the time. I also thank God for the good health He gives me which never prevented me from exercising my touring ministry. He preserved me from many dangers and I can really say that even my family is blessed abundantly and they too have not disturbed me in fulfilling the mission the

Lord has given me. I truly acknowledge the unfailing support of the community members who take interest in the mission and would always assure me their prayers. It gives me great joy when I am able to be with the people, teach them and help in the various programmes of the Parish. Most importantly through family visits, when it looks like they were not receptive to the visit but later on they have turned a new leaf and start living better lives.

Even in carrying out my mission not everyone is for us. At times I hear sarcastic remarks, people resent from visiting their family or they are not even willing to allow their house to be blessed but in all these at the end of the day they turned out to be blessings when people have understood and changed their ways.

My humble sharing with you my Sisters who are directly in the mission of evangelization is that we should not worry of what to do or what to say as Jesus himself has said, at the right time He is the one who will inspire and guide us in this mission. The only requisite is to be happy and joyful in sharing this work of spreading the Gospel values. God is the one who will strengthen us when we do not know what to say or do, provided we are open to him in prayer and life of grace. I am personally convinced that if I do not have the grace of God within me I feel handicapped and all what I do is fruitless.

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing" from the Gospel of St. John 15: 5 is the Bible verse that strengthens me in my mission. I strongly desire as much as my health permits me to continue in this mission and wish many others to join in this particular mission, which is so unique and dear to our Province.

MESSAGES FOR THE WORLD COMMUNICATION DAY

Opportunity and Challenges faced by the Church Today ●



Sr. Rodalin Kamar

Communication has now become part and parcel of one's activity and has a great impact in our life and the society. The rapidity with which technologies, devices, applications and digital environments are developed also challenge the Church, engaged in proclamation, evangelization and witness to the love of God for every man and woman of every time and place. The Church has always been questioned and it has been almost challenged by the launching of every new technique and technology. It has always tried to grasp the true meaning of communication and the positive aspects for its mission and at the same time the Christian communities recall the limits and risks in the use of the media.

Convinced that these means can help and facilitate evangelization, we can ask ourselves in this society of communication, what are the opportunities and challenges that the Church must face so that the Good News of the Gospel can be permeated to the ends of the earth and thus become the soul of the modern era.

Messages for the World Communications Day

Pope Paul VI, responding to a request from Inter Mirifica, starting from 1967, mentioned that "the World Communications Day" is to be celebrated annually around a theme. Therefore, every year, the Pontiffs choose a theme and write a Message, addressed to the media and communication operators and to the

whole Christian community in its different components. Over the long period of time, the matters highlighted the need for adequate communication on crucial issues such as the family, the young, the elderly, peace and justice, human freedom, the proclamation of faith, the evangelization, the relationship between faith and culture, reconciliation, the media as an instrument of dialogue, unity, peace and development among peoples.

The Messages of the Pontiffs that have followed one another in these decades are Paul VI (1967-1978), John Paul II (1979-2005), Benedict XVI (2006-2013) and Francis (2014- 2019).

Through the contents of the Messages, it is possible to take hold of in a diachronic way, the development and influence of the media and in a synchronic manner, the critical confrontation and open dialogue that the Church invited to undertake and deepen with the culture in order to make it present, but above all to make the announcement of the Gospel of Jesus authentic and effective.

The first message of Paul VI in 1967 opens with a breath of hope and aimed at the good of the human family: The Church, which is truly and intimately linked with humankind and its history intends "*to draw the attention of her children and of all men of good will to the vast and complex phenomenon of the modern means of social communication, such as the press, motion pictures, radio*

and television, which form one of the most characteristic notes of modern civilization”

The themes of his Messages starting from 1967 to 1978 reveal of his being attentive to the evolution of culture and society and also to the increase of mass media. Paul VI offers to Christians and to every people of good will, a clear, deep and pastoral reflection for a wise and effective use of the modern instruments. He considers the media as “*marvelous techniques*” through which “*man’s social life has taken on a new dimension: time and space have been conquered, and man has become as it were a citizen of the world, sharing in and witnessing the most remote events and the vicissitudes of the whole human race*”.

His teaching regarding communication is deeply rooted in his Magisterium. The Apostolic Exhortation *Evangelium Nuntiandi* of 8 December 1975, at the conclusion of the Synod of Bishops on Evangelization in the Modern World, dedicates Chapter IV to the ways, the methods and means of evangelization, including the media. Paul VI addressed the Church by saying that *he would feel guilty before his Lord if he did not use these powerful means*. It is a call to all pastoral agents to give answers, to become competent and be aware of this necessary duty.

John Paul II was a great communicator with words and gestures. His pontificate spans two millennia. The passage of his pontificate is not only chronological but also cultural. He began over the years that saw the development and dissemination of mass media and he concluded it at the time of online communication, with the Internet now widespread. Those years were characterized by many significant events also in terms of organization of ecclesial Communities that surrounded the realities of the mass media. In 1981 the Local Free Radio television Consortium was founded, in

1982 the Rooms of the Community began to be structured; in 1983 the Vatican Television Center started up and in 1988 the Society for Religious Information was also set up.

In the years of John Paul II some documents and others that contain important references on social communication are published. One of these is the Encyclical *Redemptoris Missio* of 1990, whose theme is the “Missionary mandate of the Church”. In the text, social communication is indicated as one of the areas of the ecclesial mission. At n. 37 we read: “The first areopagus of modern time is the world of communications, which is unifying humanity by making it - as they say - “a global village”. The media is now a new space for the Church to evangelize.

John Paul II urged us not only to use the means in spreading the Gospel but also to insert the Gospel message into the “*new culture*” created by modern communication. He has repeatedly recalled that the positive development of the media at the service of the common good is a responsibility of each and every one. From one year to the next, his Messages for the World Communications Day have focused their attention on the different means of social communication, on public opinion, on how to promote peace, justice and personal freedom. A particular reference is made to the family, which lays the foundations of education and has the great responsibility to educate about media in order to understand its value, to have the conscience to select quality content, to become responsible and autonomous in using it. Another aspect on which the Pope invites us to reflect is the relationship of social communication with peace, culture and faith. The last document of John Paul II on this topic was his Apostolic Letter *The Rapid Development* of 2005. The document talks about the development of technologies in the media field as one of the “signs of progress” of today’s society.

Benedict XVI surprised everyone by showing lot of interest and openness towards the media and in particular to social networks. It is during his Pontificate that Facebook and Twitter are invented, of which he opened his profile on 12 December 2012. A man of wide humanistic culture and a deep and discerning theologian, Benedict XVI very well understands the strength, development and incidence of digital culture on the lives of people and on the announcement of the Church. His Messages lead the Christian community to consider not only that new media can be used but also that it is urgent to enter into it with pastoral attention. In the 2011 Message, with the theme *Truth, announcement and authenticity of life in the digital age*, invites us to be present in the digital arena, in social networks, as witnesses and evangelizers. At the same time, it warns against the very serious risks that derive from the abuse of communication and reaffirms their potentiality, which marks the difference between today's generation and the previous ones.

On 24 April 2010, in the speech to the participants of the National Convention with the theme *Digital Testimony: Faces and languages in the cross media era*, promoted by the National Office of Social Communications of the Italian Episcopal Conference, he drew attention to the risk of the digital divide and the need for a communicative justice. Although his pontificate lasted a few years compared to the previous one of John Paul II, Benedict XVI left a profound and appropriate message for our days when new technologies are developing rapidly.

Pope Francis is a great communicator and seems to know very well the strategies of communication. Testified by simple and direct language, his gestures and his way of relating to people without barriers and without many intermediaries is a powerful tool of communication. His success on

digital media is not occasional: it derives from knowledge of the nature of these instruments and he makes the media context a personal meeting place. In his Apostolic Exhortation *Evangelii Gaudium* he urges us to be bold and creative in language and be aware of the influence of the media in the life of the people especially the young.

In his message of 2014, entitled *Communication to the service of an authentic culture of encounter*, the Pope pushes us to be present in digital networks bearing in mind two objectives: the search for an authentic encounter with the other and the search for truth through the questions about the authentic meaning of life.

Pope Francis indicates the risk of a distracting use of the media, of a disordered access to information which offers people an excess of answers to unsolicited questions, while it weakens the ability to ask questions about the authentic meaning of doing and living. He writes that if "*The speed with which information is communicated exceeds our capacity for reflection and judgement, and this does not make for more balanced and proper forms of self-expression. [...] the communicative environment can disorient us*".

The Messages of the World Communications Day invite us year after year not to be passive but rather to become active protagonists, "good Christians and honest citizens" of this time. Social communication is a pastoral commitment, because it involves us all, as communicators, to become critical and responsible for what and how we communicate.

Opportunities

The development of the means of social communication offers a great opportunity for our mission and facilitates the way we communicate. They are considered an important means for the new evangelization, for the proclamation of the

Gospel, to do what matters most, that is, the good of the other. In the Apostolic Letter *Rapid Development*, John Paul II affirms: *“Communication permeates the essential dimensions of the Church, called to announce to everyone the happy message of salvation. This is why it assumes the opportunities offered by the tools of social communication as data paths providentially given by God in our day to increase communion and make the announcement more incisive.”*

The Church is aware of the responsibility entrusted to it to spread the salvific message of Jesus Christ through the means of communication, with the old and new technologies, today especially with Internet resources.

A source for Evangelization

The great mandate of the Lord to the Church is to evangelize, that is, to proclaim to the world the Gospel and the coming of the Kingdom of God and of his love. It is interesting to note this insistence on the means of social communication as means for evangelization. Paul VI in his Message of 1974 writes: *“Evangelization is an integral part of the mission of the Church, sent by Christ into the world to preach the Gospel to every creature (Mk 16, 15). The Church carries out this duty above all in her liturgical life, but she is constrained to fulfill it also in all the ways and by all the means which are available to her to use as she abides among the people of each continent”*. The Apostolic Exhortation *Evangelii Nuntiandi* also underlines this importance for the journey of faith: *“The first proclamation, catechesis or further study of the faith cannot do without these means”*. It is John Paul II who, in an attempt to give an answer to the new challenges, emphasizes that we could now speak of “new evangelization”. Convinced of the precious usefulness of the means of communication, in his Message for the 35th World Communications Day he invited all

Christians to go and *“Preach the Gospel of Christ from the housetops”*. In today’s world, a forest of transmitters and antennae sending and receiving messages of every kind to and from the four corners of the earth almost always mark housetops. Thanks to the means of social communication that His message can be reached everywhere, even in the places where public preaching is prohibited.

With the coming of the Internet, considering the increasing powerful influence on people’s lives and aware of their strength and their weakness, John Paul II invites us to pay attention to this new communication technology which, he expresses it in his message of 2002, with the theme *“A new forum for proclaiming the Gospel”*.

Benedict XVI expressed this conviction very clearly: in the time of the so-called social networks, especially because of the spread of Facebook and Twitter, in the Message of 2009, he recognized that one of the ways that evangelization facilitates in this age of history is the use of the new media that technology has brought to the world, especially to this generation, which he calls *“the digital generation”*, and which calls for the introduction of human and Christian values in the culture of this new communicative and informative environment.

Pope Francis deepens this reasoning on communication in a more effective way. In his first Message of 2014, he introduced the concept of “proximity in networks”, with a question: *“Who is my neighbour in the digital world?”* This is an evangelical question. The concept of communication we are talking about is not just about the techniques and technologies, but also especially about the people who communicate.

Therefore, the Church cannot distance itself from this new call for mission and for evangelization, because this is its fundamental vocation.

(To be continued)



15TH FMA NDF Annual Meet

Sr. Bahun Marilyn Wahlang, Social Development Coordinator (SDC), Sr. Happyline Shadap, animator of FMA Outreach, Sr. Aitihun Lawai, Sr. Dorathy Kharduit, and Sr. Lucy Sangriang attended the 15th FMA- NDF Annual Meet at Guwahati from 16 - 19 December 2018 with the theme “Education for Social Change and Nation Building” at Auxilium Reach Out (ARO) Guwahati. The Sisters from all the seven provinces including the lay staff from some provinces numbering 30 Sisters and 5 lay collaborators formed part of the meeting.

The Meet opened with the Inauguration in which Smt. Ishanu Shah Deputy Commissioner of Assam was the Chief Guest. Other dignitaries present were Sr. Alphonsa Kurisingal, Provincial of Guwahati Province, Smt. Ananya Goswami, ISP Specialist UNICEF Assam,

Fr. Joseph Xavier SJ, Consultant of NDF and Deputy Director of the Jesuit Refugee Service, Rome. Sr. Isabella Mary Alphonse, the NDF Coordinator welcomed everyone to the gathering. The meeting had four objectives:

1. Exploring opportunities on Education for Social Change and Nation building
2. Amendments in FMA Child Protection Policy
3. Sharing and learning from Annual Reports of provinces and revisiting new Annual Report format
4. FMA-NDF plan 2019

From the sharing of Fr. Joe and from each province one could say that a lot had been accomplished by every province involving the provincial council and other ministry sectors and yet there is still more that FMA India could explore and be more relevant in responding to the needs of the times. A day was also set apart for sightseeing, which helped the participants appreciate the richness of the place and its contribution to India's diversity. We thank Sr. Elizabeth George our Provincial for this opportunity and no doubt the meeting was enriching and a learning ground for all of us who are first-timers to such kind of meeting.

Sr. Dorathy Kharduit



Village Touring to Christ the King Parish Sonapahar

Sr. Lini Fenylla Shabong and Sr. Jacinta Sana felt privileged to be part of the team of ten Sisters from the three congregations, namely Daughters of Mary Help of Christians (FMA), Visitation Sisters of Don Bosco (VSDB) and the Missionary Sisters of Mary Help of Christians (MSMHC) who spent their Christmas evangelising mission in the different villages of Christ the King Parish, Sonapahar. The programme was systematically arranged by Fr. Raphael Maiong SDB, Assistant Parish Priest. The people were all aware of the visit of Sisters and waited eagerly for their presence. The Sisters reached the Parish on 16 December and on the following day in a group of two all left for their different destinations.

In the company of the Catechist, Mr. Francis Diengdoh, from 17 - 25 December 2018 Sr. Lini and Sr. Jacinta walked from one village to another. Despite the long distance they felt such joy and satisfaction. They visited the villages and families in the Nongkyndang Sub-district of Sonapahar Parish. They covered five villages - Mawstieh, Mawkhmkha, Mawjij, Upper Nongkyndang and Nongkyndang. The nine days were spent in visiting families and teaching catechism for children, youth and the parents particularly helping them to prepare well for the Sacraments of Holy Eucharist and Reconciliation. The

Catholic faithful were very few compared to other denominations, yet their thirst for God was very inspiring. For the catechism class they would sit many hours without any hesitation and would hang on every uttered word. During those days they visited more than hundreds families in all the five villages. The people were so simple, welcoming, and appreciative and had great faith in the prayers of the priests and religious.

On Christmas eve, the faithful from the nearby villages came to Nongkyndang village. From 6.30 in the evening they started with Holy Rosary, Christmas Novena and Confessions. Another striking thing was the Christmas concert and a moment of praise and worship before the Vigil Mass. On Christmas Day the celebration opened with morning prayer and one hour of Adoration where everyone got the chance to be prayed over by Father and the Sisters; people came with their pain, difficulties, sickness and with all their intentions some even with tears but after the prayer they felt relieved and reconciled with God and with one another. The Christmas Mass was then celebrated with great devotion and fervour. In the





evening all the ten Sisters came back to the Parish happily after having shared the joy of Christ to the people. During dinner Fr. Sebastian Tirkey SDB, Parish Priest addressed a vote of thanks to Fr. John Zosiama SDB, Vice Provincial and the Sisters who had come to help the Parish. In his goodnight talk, Fr. John appreciated Fr. Sebastian and Fr. Raphael for taking the initiative of involving the Salesian family in the endeavour and expressed gratitude to the Sisters for their availability and generosity. The following morning after the thanksgiving Mass all returned to their respective communities.

Sr. Jacinta Sana

Come and See Programme

The Vocation Pastoral team of the Province conducted a three-day Come and See Programme at Sacred Heart Convent, Mawlai from 17 - 20 December 2018 for the girls who opted for FMA life during the various diocesan level vocation camps. 128 girls from the various Parishes of Shillong, Jowai, Nongstoin and Agartala dioceses took part in it. The girls were of Classes VIII onwards. On 18 December, Sr. Elizabeth George Provincial met the group and delivered her message to them.

These three days of animation were packed with various sessions like Charism of the Institute, Impact of Media on Youth, Missionary Activities of the Institute and Hygiene Tips. Each day the Holy

Eucharist was given a center stage with various Priests as celebrants who spoke convincingly on the call to religious life. Sisters of the Team creatively animated the various prayer moments with the help of audio-visual presentation. Action songs, Activities and games formed the integral part of the programme through which the girls got to interact, share and participate actively in every bit of it. To inculcate love and devotion for the Sacred Heart of Jesus the girls were taken for a pilgrimage to the Shrine of the Sacred Heart of Jesus at Sacred Heart Theological College, Mawlai. Another interesting part of the programme was an interaction of the girls with the Novices at Bellefonte; during which the Novices acted on the life of Mother Mazzarello and gave a clear picture on the life and mission of the Institute. At the close of the programme the girls made a presentation on what they have learnt during the three days in the form of short skits based on the call from the Bible. If the programme was successful the team owe its gratitude to Sr. Teresa Kamsuan and the Sisters of the community who were very supportive and went out of their way to see to the minutest detail of everything. Thanks to the communities who have taken keen interest in preparing and sending the girls for the programme.

Sr. Carmelina Sun



Local Media Coordinators' Meet 2019

Twenty-two Sisters took part in a one-day Local Media Coordinators' Orientation Programme on 5 February 2019 at Auxilium Girls' Higher Secondary School, Nongthymmai – Shillong. The Social Communication Team of the province took up the various sessions based on the theme, "Towards Reading of Reality through Visuals".

The day began with a prayer moment orienting all the activities of the day towards God and mission. The day's sessions focused mainly on photography. Sr. Teresa Kamsuan took the first session on "Importance of Photography" while Sr. Euginia Laloo dealt with the other two sessions "Camera Techniques" and "Hands on Experience". The group also had some time for discussion and planning for the activities of the year. The day concluded with a prayer and all felt renewed and reenergized to be communicators of hope and joy in their respective field of work.

Sr. Euginia Laloo



Seminar on "Drug Addiction is a Social and Family Disease"

The Youth Ministry of Salesian Sisters' Shillong Province in collaboration with Bombay Teen Challenge organized a one-day seminar on "Drug addiction is a Social and Family Disease" on 21 February 2019 at Mary our Help Training Center Bellefonte. A prayer moment seeking God's blessings opened the seminar and Sr. Elizabeth George; Provincial gave a message, which set the right tone for the day's proceedings. The Coordinator of Youth Ministry Sr. Helen Puweiñ welcomed the resource persons Mr. K. K. Devaraj South Asian Director Teen Challenge and Mr. Emmanuel Project Director Shillong Teen Challenge and all the participants including the Animators of all the Communities, Principals, Headmistresses, local Co-coordinators of the youth and all the young people of different Parishes belonging to Shillong Archdiocese, Nongstoin and Tura Dioceses. The main aim of the seminar was to impart basic information about drug addiction along with the introduction of some techniques to help out the victims.

"If we are genuinely concerned about engaging young people, particularly those that are vulnerable or at risk, we must listen to them properly." - Libby Brooks



Mr. K K Devaraj presented the first session; he started with an introduction about “Teen Challenge” Organisation also emphasizing on the 3 Ps necessary for anything to happen i.e. Passion, People and Programme. He further showed a video clip that gives a global view of the witness; testimonies and functions of the organizations in different countries. An inspiring man himself a recovered addict Mr. Emmanuel presented the second session in which he had spoken with facts and research done stating the effects of drugs, providing a clear presentation of the current situation of drug addiction in Shillong. He also introduced a testimony of Mrs. Aiti Tongwah a mother of an addict who moved everyone to tears with a heart-whelming story of her son being an addict facing many tantrums in life but with the grace of God she found Teen

Challenge and her son is recovering. In the third session Mr. KK Devaraj with a great stamina briefed out the different programmes available in Teen Challenge, which was followed by the interaction round in which he responded to the different queries that the participants had. Concluding the program, Sr. Helen Puwein took over the interaction session to get the desired expectations and the target areas from the participants to initiate action. The most important approach which is practiced successfully by the Teen Challenge Organization was the Word of God and Prayers simultaneously with medication and physical activities for the Residential addict whereas for the Non-residential a method called ‘Free Living Programme’ proved to be very effective. All the participants expressed the great desire to make a positive movement in reaching out to those who are caught up by this addiction as well as to prevent potential victims.

*Angelica Lyngdoh Mawphlang
(Youth Participant)*

Meeting of Vocational Training In-charge

On 2 and 3 March 2019 the Sisters in-charge of Vocational Training Centres of the Province came for a two-day meeting in view of the up-gradation of the course in Sewing and Embroidery. Ten participants took part in it at FMA Outreach Lumshyiap, Shillong.

In the first session, Sr. Igina Kharjana through a PowerPoint presentation enlightened the participants on all the trades of work, which fall under the category of Vocational line. She emphasized that vocational training is





not limited to sewing and embroidery alone. In reality VTC envelopes all types of categories that develop skills and gives knowledge that will cater job employment to anyone in search of livelihood. In the afternoon session the group discussed on ways to go forward. Everyone agreed that a Fashion Design Centre should be set up and Computerized Design would be the target of the real FMA-VTC in the near future. They also came up with a plan of having Income Generating Programmes assigned to every Centre. On the second day the group spent time in learning simple Photoshop tools for designing and flower making. At the close of the programme the Sisters had a brief evaluation and expressed their gratitude for the two days well spent in order to be effective in their mission field.

Sr. Igina Kharjana

***"You've gotta dance like
there's nobody watching,
Love like you'll never be hurt,
Sing like
there's nobody listening,
And live like
it's heaven on earth."
- William W. Purkey***

Echoes from the Houses

AIZAWL ITI

Cultural Day Celebration

As part of the Co-Curricular Activities, the Holy Trinity School, Aizawl, I.T.I. conducted the Cultural Day Programme on 25 January 2019. The day began with great zest and enthusiasm. The programme was held in the School Hall at 9:30 a.m. Mrs. Lalengkimi, M.H.I.P President of I.T.I., Veng was invited as the chief guest of the programme.

Sr. Lydia Paliar, Headmistress commenced the programme with a prayer. Everyone was welcomed to the programme with the welcome speech by Mr. Michael Sailo, a teacher. The different cultural items of the students dressed in their traditional costumes according to their respective classes that included songs and dances followed suit. Through this program the variety of culture of the North-east region and its richness was highlighted. Mrs. Lalengkimi, the chief guest in her speech appreciated the school for taking such initiative which becomes a means to help the students value and treasure their cultural heritage. Sr. Lydia Paliar too in her message reminded the students of being grateful to God for the beautiful culture inherited to them by their great grandparents.

She also emphasized that it is the duty and responsibility of each one to preserve the uniqueness of one's culture. The successful execution of the event was the collective effort of each and every one at Holy Trinity School.

Sr. Dalanglin Mary Rynjah



A Day of Multiple Events

Bellefonte Community College witnessed a chain of events organized on 7 December 2018, which included the Result Day, Pre-Christmas celebration, Parents' Meeting and Food Fest. Each event followed one after the other in sequence.

The day began with a short prayer service led by Sr. Beltiful Kharsnar with her team on the joyful waiting and birth of Jesus the Saviour at Christmas. On this day Sr. Helen Puweiñ, Principal gave the introductory speech whereas Sr. Christina Kharkongor, Animator spoke on the responsibility of parents towards their children. In between the



speeches Christmas Carols and greetings were integrated. The presentation of Awards to the students of Out of School Children (OSC) who excelled in various performances and the class rank holders was an exciting moment for everyone. The school management congratulated all of them for their best performance and collaboration with the school authority. While the Parents meeting continued on, the students had their leisure time outside meeting friend and exchanging greetings of the season. The mini food fest in aid of the school though a drop in the ocean, was like an icing on the cake. This venture was the combined effort of Class X students both of MBOSE and NIOS sections under the leadership of Mrs. Biona Syndor, Miss Anastasia Sariang and Sir Ignatius Lamin their teachers. The day's programme concluded with a note of contentment for the success of the day and at the same time a sigh of relief as everyone would break off for winter vacation.

Sr. Beltiful Kharsnar

***"It is time for parents to teach
young people early on
that in diversity there is
beauty and there is strength."***

- Maya Angelou

Apostolic Experience of the Second Year Novices

Like the disciples, the Novices went out to the different destinations and experienced life in the mission. Having spent more or less than forty days out of the Novitiate this is what they have to say:

- **GAROBADHA COMMUNITY**

It was a unique privilege to live, interact and share our life with the Sisters and Fathers at Garobadha. Observing their dedicated life in serving God and His people and having seen the vibrancy of the mission through village touring and different animated programmes like blessing of the churches, Sobha, youth convention and ordination we could really exclaim that all was done with one thought of sharing in the salvific mission of the Church. Thus the different experiences that we had were very profitable for they showed us the reality of life and broadened the horizon of our knowledge about our future mission.

*Sr. Evangelica Suja, Sr. Matilda Klein
and Sr. Wanplisha Pyngrope*

- **MAWKYNDENG COMMUNITY**

Village touring, family visits, participation in the Convention of the young people, Popular Mission Retreat and the other programmes of the diocese held at the different Parishes were enriching moments for us. These experiences have helped us increase our love for our vocation, the Institute and zeal for souls. Above all we have understood the challenges and demands of religious life a little better. We appreciate the family spirit that reigns in the community expressing love, care and concern for one another notwithstanding their hectic schedules.

*Sr. Eudashisha Sohshang,
Sr. Mary Pariah Iangjuh
and Sr. Meldaris Syiemlieh*

- **UMDANG COMMUNITY**

We were enriched and inspired very much by the simple life of our Sisters and the people in the villages. In them we experienced the love of God. We did witness the Mornese's spirit of prayer, cheerfulness, forgiveness and hard work practiced by our Sisters in the community. It was indeed an encouragement for us to prepare ourselves for the mission with enthusiasm and to strive towards our goal in following Christ in the footsteps of Don Bosco and Mother Mazzarello.

Sr. Marbel Pasi and Sr. Medalin Mashli

- **UMSWAI COMMUNITY**

The Apostolic experience was the most awaited occasion for us and true indeed it had been a wonderful experience. We feel so blessed to have had the opportunity to encounter the enthralling beauty of community living, family visit and village touring, as they were the most remarkable and enriching means for us. Our Community experience has left an indelible mark in our life and

***"The only people to whose
opinions I listen now with
any respect are people much
younger than myself. They seem
in front of me. Life has revealed
to them her latest wonder."***

- Oscar Wilde



created memorable impressions and nostalgia as we witnessed the reality of life of the Sisters at Umswai. Harkening to the call of the mission, we are inspired to go ahead and we feel spiritually alive to carry out the charism of Don Bosco and Mother Mazzarello. Most importantly, through it our love for our vocation and congregation increased much more than before.

*Sr. Nancy Merry Rongpeit and
Sr. Lucy Zoramawii Ralte*



71 years Martyrdom of Mahatma Gandhi and Feast of Don Bosco

On 30 January 2019, celebration of 71 years martyrdom of Mahatma Gandhi and anticipation of the feast of Don Bosco was organized for the delegate of Children's Parliament from Nongkrem, Lad-Nongkrem, Umphyrnai, Mawpat, Lumphira and the boarders of Lurshai. Six Novices joined along for a learning

experience and giving a helping hand to the Sisters. Seventy participants registered for the day's programme.

With much joy and enthusiasm the delegates arrived at the venue and the day had a fitting start with the celebration of the Holy Eucharist presided over by Fr. Arcadius Puweiñ SDB. After lunch they all gathered for the stage programme in honour of Don Bosco and 71 years martyrdom of Mahatma Gandhi where Sr. Gemima Pohrmen, Provincial Economer was the Chief Guest. The children Parliament of Lad Nongkrem chaired the programme and welcomed the gathering in a creative way through a "Phawar" (chant). The main item of the day was the depiction of the freedom struggles of Mahatma Gandhi enacted by the Lad Nongkrem Children Parliament group. Other items were a tribute to Don Bosco, patriotic dance, song and addresses.



Sr. Gemima in her speech compared the life of the two giants Don Bosco and Mahatma Gandhi and commented that both gave up their life for the sake of others. She further exhorted the children and young people to be helpers in all the ways possible in their families and society at large.

“We feel privileged to be among the young people and looking at them we know that there is hope for our country” commented one of the Novices. Thanks to Sr. Happyline Shadap, animator of the community and Sr. Merilyn Bahun Wahlang the organizer of the programme for this golden opportunity.

Sr. Credita Dkhar (Novice)

Training on Flower and Wedding Crown Making

On 4th and 5th of February 2019, the Social Development Office of the Province organized a two-day vocational training programme for women at FMA Outreach Lumshyiap, Shillong. Thirty-five participants took part in it and the resource persons were Mrs. Monica Wahlang and Sr. Merilyn Wahlang. The training focused on flower making and wedding crown making.



The first day was dedicated for flower making; one could see how the participants put their hearts and minds and were able to reach the target of the programme where they were able to learn 3-4 four types of flowers. Other learning outcomes were the importance of proper utilization of time, efficient and economical management of resources and creative thinking. The second day saw all the trainees engrossed in making different designs of wedding crown. At the concluding function of the training programme, Mr. Lumlang Lyngdoh Mawphlang, a successful entrepreneur shared his life experiences with them. He gave a brief explanation on the scope of flower and crown making business. He also shared with them some useful skills in business and the rightful attitudes to deal with customers. Finally, Sr. Merilyn interviewed few of the participants who said that the programme had been a great help for them and that it will definitely become a source of income generation for them.

Entrepreneurial Development for Women on Bee-Keeping

An Entrepreneurial Development for Women on Bee-Keeping was organized by Sr. Merilyn Wahlang; Social Development Coordinator of the Province at Madansohphoh, Mawpat – Umdohlun on 12 and 13 February 2019. The resource person was Mr. Yalman Marngar a staff from the Mawkyrwat District Commerce and Industries Centre, South West Khasi Hills District. 35 participants took part in the Bee-keeping Training.

All of them were daily wage labourers and hailed from the seven villages of



Umdohlun, Lawsiej, Mawpat, Nongrim Mawpat, Umsaw, Mawkhaitngap and Wahkaji. The training aimed at empowering the women on income-generating activity. The resource person briefed them on the Market, capital, knowledge, placement and reporting. The sessions on the first day concentrated on the theory part in which he incorporated lecture, written work and visuals. The second day was dedicated to practical sessions through which they have learnt the 40 bee plants. Apart from this an exposure trip to Demngar was conducted to witness the very own bee farm of Mr. Yalman, the resource person. He assured the women of his help and guidance whenever needed.

Sr. Marilyn Wahlang

Thanksgiving Mass of First Religious Profession

The community joined Sr. Tengme D. Sangma and her family in the thanksgiving Mass for the gift of her Salesian religious vocation on 3 January 2019 at her home Parish in Dalu, West Garo Hills. She is the first FMA from her parish.

It was a means of promoting vocations to the Church and the Institute. The Priests of the Parish, her parents and relatives, friends from near and far were present for the occasion. The gathering congratulated Sr. Tengme for her courageous yes and also prayed for many more good and holy vocations in the Church.



Annual Sobha of the Parish at Monabari

The annual Sobha of the parish was held from 24 – 27 January 2019 at Monabari village with the theme, “Go and proclaim the Word of God to the whole world”. The four-day event began with the inaugural function in the presence of Rt. Rev. Andrew Marak, Bishop of Tura Diocese, the Priests working in the Parish, Sisters and representatives from the different Church associations.

The Sisters and the Novices were actively involved in the preparation of the faithful and children for the different sacraments. The timely visits of the Sisters to the village have been a spiritual preparation towards the celebration. It was indeed a moment of great joy to behold many families being drawn to the faith and renewal of life. On 26 January the Holy Eucharist was presided over by Rt. Rev. Andrew Marak, Bishop of Tura Diocese. There were 126 children who received Jesus for the first time, 300 received confirmation both young people and adults, 7 couples rectified their marriage and two men received baptism. Singing and dancing competitions were



conducted during these days and the Salesian Cooperators organized the Quiz Competition. On the last day after the thanksgiving Mass the Sisters and Novices returned home with much joy and happiness after having spent four fruitful days in the village.

Annual Youth Convention at Selsella



The 28th Annual Convention of Tura Diocese Catholic Youth Movement (TDCYM) was held at Selsella Parish from 4 -7 January 2019 with the theme “I am the servant of the Lord, may it be done to me according to your word” (Lk 1:38). Sr. Jomita Sangma and Sr. Evangelica Suja, novice represented the community and along with them were 38 youth delegates



from Garobadha parish. On this occasion Rt. Rev. Thomas Pulloppillil, Bishop of Bongaioan was a special guest.

The Sisters presence with the young people was a matter of great joy to the youth. They also extended their helping hand in whatever was needed during the programme. The National charismatic Team animated the various sessions through which the youth have received many insights and new ideas in renewing their youthful life in faith and values. The concluding day saw a huge number of faithful at the Holy Eucharistic celebration presided over by Rt. Rev. Andrew Marak, Bishop of Tura. Among the other dignitaries former Chief Minister Dr. Mukul Sangma too was present at the closing ceremony.

Twin Celebration

The 31 January 2019 witnessed a two-fold celebration for the community - the feast of Don Bosco and thanksgiving Mass of Sr. Beronica M. Sangma at Wategre village belonging to Garobadha Parish.

Prior to the feast, the days of the triduum were well spent with meaningful animation, which helped the community to reflect on the life and mission of Don Bosco. It was a renewed call to dedicate one's life for the welfare of youth. The feast day Mass was celebrated in the morning at the Parish Church after a well-animated morning prayer. After Mass all the Priests, Sisters, Salesian Cooperators, Past-pupils and all those who came for Mass were served tea. The external celebration was sober due to a robbery that took place in the parish just two days earlier. The second part of the celebration was the thanksgiving Mass of Sr. Beronica after



her final profession. Three days earlier Sr. Jomita Sangma, along with Sr. Matilda Klein a novice went to Wategre village and prepared the faithful in religion teaching, training of children for reception of first communion and others for the reception of the Sacrament of Confirmation. There were 30 first communicants and 50 confirmands. Rt. Rev Andrew M. Marak, Bishop of Tura presided over the Holy Eucharist and 5 priests concelebrated. After the Holy Mass there was a short felicitation programme prepared by the Church leaders in honour of Sr. Beronica followed by lunch in her house.

Bible Camp for Youth

On 15 -17 February 2019 the youth from the 11 circles of St. Dominic Parish, Garobadha had three days of Bible camp at Wategre village. Sr. Jomita Sangma was present in all the days and instructed the youth on religion and faith formation. She was also instrumental in the preparation for the various sacraments.

Every evening they had the Holy Mass where the people of the village joined in. Mr. Raju A Sangma conducted sessions in the morning while Mr. Ronion T Sangma in the evening. During the celebration 13 new members received the sacrament



of baptism both adult and children and five couples rectified the marriage. The Bible Quiz conducted by Fr. Denis T. Sangma was one of the highlights of the event.

Sr. Embahlang Dhar



The Annual Teachers Orientation Programme 2019

On 18 February 2019 St. Mary Mazzarello Girls' Higher Secondary School, Jowai conducted the Annual



Teachers Orientation Programme for all the teachers in the school hall. The theme of the programme was "Influencing a paradigm shift to effect a transformation in teaching." The resource person was Dr. (Br.) Albert Longley Dkhar SDB, Principal of St. Anthony's College, Shillong.

The programme commenced with an inaugural function and prayer. The topic dealt were 'The professional Ethics and Accountability of Teachers', 'teaching the whole person and Don Bosco's method of education', 'Devising your methods of Teaching and Strenna of Rector Major' and 'Traditional Versus constructivist principles of Teaching'. During the four sessions the teachers were kept busy with lot of group work and activities. Some lessons learnt from the day were the role of teachers in moulding and shaping the students, personal attention be given to the taught, developing skills in giving instructions, using creativity in the class to make it interesting and interactive and above all to impart value based lessons that would shape many good qualities in the young persons and build their life's principles on them. Thus, the orientation programme concluded with lots of knowledge on teaching methods and instructions to be implemented on a daily basis in the school.

"Empower yourselves with a good education, then get out there and use that education to build a country worthy of your boundless promise."

- Michelle Obama

Opening of Scholastic year 2019

20 February 2019 was a remarkable and memorable day for the Sisters, Staff and Students of St. Mary Mazzarello Girls' Higher Secondary School, Jowai where they had a solemn opening of the academic year 2019, with a Holy Eucharistic celebration.



Rt. Rev. Victor Lyngdoh, Bishop of Jowai Diocese solemnized the Holy Eucharist. Before the Holy Mass Sr. Madona Lytep Principal, gave a warm welcome to Bishop and to all the sisters, staff and students. A symbolic gesture of a tender plant was brought forward and placed at the altar which reminded everyone of the tender mind, heart, docility and readiness of the students to be touched and nurtured by God through their teachers. The Prelate in his homily stressed on the preciousness of time and hard work that students should cultivate so as to be able to reach the goal and above all to be 'cheerful always' which is also the exhortation of St. Mary Mazzarello the patroness of the school. The presence of the HSSLC and SSLC students who would appear for their board examinations added joy to the gathering. At the end of the Holy Eucharist, Rt. Rev. Victor Lyngdoh, in unison with the whole

school prayed and blessed the HSSLC and SSLC students and wished them best of luck for their exams and their future endeavours.



Peter Durkee Meldrum Remembered

A memorial Holy Eucharistic celebration was organized in Khapmara mission for the soul of Mr. Peter Durkee Meldrum on 16 February 2019 in gratitude for his contribution towards the initiation of the mission. It is noteworthy to mention that just after few days of his consent to aid the Khapmara mission he passed away on 20 December 2018 in an accident. The Meldrum Foundation came into the picture through the instrumentality of Mr. Paul Wilkies.

Sr. Jenita Nongbri





New Scholastic Year 2019

The playground was full again with lively children who returned to school with great eagerness to start anew. St. Francis Secondary School Mawkyndeng marked the first day of school on 15 February 2019 with an inaugural function in the convent's playground.

Sr. Sandra Diengdoh and Mrs. Niawki Dkhar animated a Prayer Service invoking God's help and guidance upon the management, staff and students for the new academic year. Sr. Rufina Suting, the Headmistress welcomed everyone back to school and Sr. Maria Goretti Nongrum, the animator gave a message. In her speech, Sr. Maria Goretti brought out the qualities of light and exhorted everyone to be like light that shines in the midst of darkness and stressed especially for the teachers that they must be lights that enlighten the minds of the students through the imparted knowledge and learning process.



She also exhorted everyone to give helping hands for one another in order to achieve more. After the function the students went back home while the management and staff had a meeting and planned out the activities for the whole year.

Sr. Sandra Diengdoh



Staff Enrichment Seminar

A one-day seminar was conducted for the teachers on 12 February 2019 in the school premises. The resource person was Dr. (Br.) Albert L Dkhar SDB, Principal of St Anthony's College Shillong. He began the day with a prayer after which the other sessions followed.

Some of the important points that were highlighted during the seminar were: **Holiness:** A holy person is a joyful person. He quoted from Don Bosco and Mother Mazzarello's life especially their



total gift of self to God and their passion for learning.

Creativity: Creativity is essential in order to make learning interesting and fun. Brother encouraged the teachers to think outside the box and be creative by using puzzles and games, role-play etc.

Exemplary life: Examples speak louder than words; the best way to teach others is through examples.

Developing student's trust: To be effective as educators one needs to build up confidence among the students by respecting them individually not as a group.

The sessions were very inspiring and thought provoking that gave the teachers enough push to begin the academic year. There were lots of interaction during the sessions and each one did their best in contributing towards the success of the seminar.

Seeking God's Blessing on the School

On 15 February 2019 the staff and students gathered together in the school hall for the Holy Eucharist to implore God's blessings upon the new academic year. Fr. Glorious Shullai SDB from the Salesian Aspirantate, Nonglakhiat presided over the Holy Eucharist.

At the introduction before Mass different representatives of teachers, students and parents brought to the altar the materials that are used daily by students like books, pen, pencil, uniforms, games material etc. and a prayer was made over each material asking God for His blessings and guidance. During the



homily Fr. Glorious stressed on the first reading about the disobedience of Adam and Eve and he advised the children that they should obey their elders. He encouraged them to work hard from the beginning if they want to be successful. The children participated well and prayed fervently. We firmly believe that centering the search for knowledge in God would be amply rewarded.

Sr. Joplanglin Nongkseh

***"It's entirely on our children
to build their best futures.***

Not on us, parents.

***And we should be imprinting
this message on
our children's brains
from as early as possible."***

- Lukasz Laniecki



Community Awareness Programme: Save the young, build a better Future

The community of Sacred Heart Convent took an active involvement in the half-day seminar on the ill effects of drugs and alcohol organized by the youth association of Mawlai Phudmuri on 9 February 2019. It was held in Mawlai Phudmuri Presbyterian School. Present on the occasion were Mr. Silvester Kurbah, the headman and all the other office bearers of both adults and youth associations of the locality. The participants were mostly the youth and the parents of the addicts.

Sr. Bernadette Sangriang led the prayer at the beginning of the seminar. Sr. Elizabeth Thanimoothil gave a session and Sr. Rosa Mystica Myllichemlong was the translator. The topic dealt was on 'Early marriage'. In her talk, Sister stressed that early marriage leads to many vices including drug addiction. She, as a nurse and a spiritual mother urged the adults to take special care of the young people. "The young people deserved to be cared for and loved" she said. The people of the locality were grateful for the contribution of the Sisters towards the development of the society. Mr. Silvester Kurbah, headman and Hambert Rani, youth president on behalf of the locality expressed their deepest appreciation for the involvement of the Sisters. They requested the Sisters



to participate in more of such programs which would surely enhance the locality in various spheres.

On this day the resource persons from A.A. Foundation Don Bosco, Laitumkhrach gave their testimony and enlightened the people that it is possible to overcome this bad habit. They spent ample time for counseling the youth and encouraging the parents of the victims.

Sr. Rosa Mystica Myllichemlong

Inauguration of the New Scholastic Year

Sacred Heart Girls Higher Secondary School, Mawlai re-opened on 11 February 2019. The students entered the schooling phase of their lives with much hope and aspiration after a long and rejuvenating winter break. The school held a special assembly in order to welcome the students, the staff and the Sisters. A Prayer Service was conducted and led by the Sisters along with some of the boarders in the presence of Sr. Teresa Kamsuan, Animator and Chief Guest of the day.

On 15 February, the school once again implored God's blessing through the Holy Eucharistic celebration at



St. Dominic Savio's Church, Mawlai Parish. Fr. Marius Thongni SDB, Parish Priest presided over the Holy Eucharistic celebration. The celebration was made meaningful and solemn with their joyful hymns and fervent prayers. It was also a happy coincidence that the teachers and students of the Sacred Heart Boys' Lower Primary School Mawlai were together in the celebration.

Pledge Taking Day

The hundreds of students of Sacred Heart Girls Higher Secondary School Mawlai on 15 February 2019 at 1pm took the pledge in the school assembly ground as a sign of self-dedication and obedience and to abide by the rules and regulations of the school. Present on the occasion were Sr. Elizabeth Thannimootil Chief Guest, Sr. Lydia Pala, Principal and other Sisters.

After the pledge taking was completed there was the March past performed by the eight contingents of students belonging to the different houses. The Chief Guest of the ceremony, Sr. Elizabeth took the salute of the march past. She then addressed the students with a wise and constructive message and wished the staff and students the very best for the academic year 2019. Singing of the School Anthem in unison concluded the solemn pledge taking ceremony.

Mr. Rollingstar Kharumnuid
(Teacher)

Annual School Sports

Fr. James Thyrniang SDB, Provincial Economist, inaugurated the Annual School Sports of Sacred Heart Girls' Higher Secondary School, Mawlai on 28 February 2019 in the school campus. The sporting events was conducted at the Savio Juniorate ground and spanned on two days till 1 March 2019.

There were three categories for the various events. The categories were Seniors, Juniors and Sub-Juniors. The events included 100m race, 200m race, 400m race, 800m race, 4x100m relay race, 4x200m relay race, three legged race, sack race, marble race, obstacle race, potato race, musical chair, cock fight, shot put, javelin throw, long jump, tug of war, basketball, volleyball and March Past.

The Chief Guest on the concluding day of the Sports Meet was Shri O. Syiemlieh, the Officer In-Charge of Mawlai Police Station. Sub-Inspector Christine Fanai took the salute as the contingents of the four houses took part in the March Past. Head Constables R. Nongspung and L. Lyngkhai were the judges for the March Past Competition. The Blue House was



adjudged the winners in the March Past competition. The guests present were entertained with a dance presented by the primary section and a drill display by the Juniors.

The Yellow House won the best discipline award. The Blue House got the overall championship trophy with a score of 125 points. In second place was the Red House with a score of 90 points followed by the Yellow House with a score of 87 points. In fourth place was the Green House with a score of 82 points.

The sports meet had taught the students the spirit of sportsmanship. It also developed in them the spirit of healthy competition and helped them to develop an overall sound mind, body and spirit.

Inauguration of the Play Room for Small Children & School Bus

The local MLA of Mawlai Constituency, Shri P. T. Sawkmie inaugurated the School Bus sanctioned to the school under the SRWP Scheme 2018-19 on 4 March



2019 in the school campus. The Principal of the school, Sr. Lydia Mary Pala, gave the welcome address. The primary students of the school and the juniors presented a dance and a drill display respectively in honour of the MLA.

The MLA inaugurated the school bus by cutting the ribbon in the presence of the sisters, teachers, non-teaching staff, parents and students. He also inaugurated the Play Centre of the school, which was meant for the Pre-Primary and Primary students.

The school bus would surely serve the need of the children of the school as they come from different parts of Mawlai. Gratitude was expressed to the MLA for his kind gesture.

Mr. Richmond Kharlukhi (Teacher)

“The most lively young people become the best old people, not those who pretend to be as wise as grandfathers while they are still in school.”

- Hermann Hesse



Oratory Day Celebration

16 December 2018 was a special day for all the oratorians of the four centres as they had the joy of celebrating the Oratory Day at Auxilium Mawtnum. At 8 o'clock in the morning the two school busses went to fetch them from the different villages. A good number of them turned up. They came along with the teachers who were helpers in the oratory.

The Sisters together with the aspirants and postulants conducted some competitions for them. They were so excited as they took part actively in all the games and sports. At 11.30 am lunch was served for all of them and at around 1pm all gathered together in the hall for the celebration of the Holy Eucharist which was presided over by Fr. Augustine Kootala SDB assistant parish priest of Nongpoh Parish. He was so happy to see so many children and he encouraged them to be faithful in attending the Sunday oratory. After the Mass the children from different oratories presented few items each. They also presented some gifts to



Sr. Mary Lamare for the community. We could see the joy in the heart of everyone as they enjoyed watching the different items. After the programme the busses went to drop them again to their respective villages.

Christmas Carol of the Parish

On 23 December 2018 the community was blessed in a very special way as it welcomed the hundreds of the parishioners who had come for the Christmas carol. They started from Assumption Parish Church, Nongpoh and concluded at Auxilium Mawtnum. The faithful came in procession with many decorated vehicles along with Christmas songs and dances heralding the birth of Saviour Jesus Christ.



When all had arrived, there was a few minutes adoration to the Blessed Sacrament and after that the boarders presented one Christmas dance and greeted each other for a happy Christmas. The Santa Claus danced to their hearts' content. After the programme tea was served for all of them by the members of the parish council, then they went back home with so much joy and happiness.

Teachers Seminar

On 12 February 2019 the Sisters and the staff took part in a one-day seminar organized before the start of the new scholastic year. Br. William D'Souza a Christian brother from Erpakon was the resource person for the day.

The programme began with a prayer invoking the Spirit of God for enlightenment. Immediately after the prayer a short break was given and the first session followed. The sessions were very interesting and enriching. The central theme of the seminar was "What makes great teachers great?" He stressed on some important points like

- the need to know the students individually, walk the extra miles to understand their deepest interests and desires
- become passionate learners
- Know the subject matter thoroughly
- Think outside the box, be creative and innovative

The sessions were very interactive. The participants were given many practical points on classroom management. Group work was also given to instill in them a spirit of teamwork. Though the seminar was short, it helped everyone to understand better about their role as teachers and to take up our task with love and dedication. The seminar concluded with a short evaluation.

Inauguration of the New Academic year

Once again the school campus is filled with the noise and laughter of the children. The new academic year was inaugurated with the celebration of the Holy Eucharist on 14 February 2019 in the school hall presided over by Fr. Augustine Kootala SDB.

At the beginning of the Mass an introduction was read out and one representative each i.e. a student, a teacher, a parent and one sister offered to the Lord the Bible, School uniform, Books and games materials symbolizing the materials that would be used during the year and prayers were said over each gift. The children participated actively and prayed fervently during the Holy Eucharist. During the homily Father exhorted all the students to work hard right from the start in order to become successful in their studies.

Sr. Mary Lamare

"It is better to be hated for what you are than to be loved for what you are not."

- Andre Gide

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

- Albert Einstein



Annual Sports 2018 at AGS

A week-long from 13-19 December 2018 the school dedicated its time for games and sports. Weeks prior to the event, the students were divided into their respective sports groups such as senior, junior and sub-junior.

The sporting events started off with an inauguration ceremony guided by Sr. Bashisha Massar and teachers in a colourful flag-pitched playground of the school. The Annual sports flag was hoisted by Sr. Celine D'Cunha, Director and immediately the Sports Torch was lit for relay, after which the whole crowd of students took pledge under the leadership of Ms. Romita Roy the School Head Girl. This marked the opening of a week long event and without any delay the various events for different categories were carried out accordingly.



The closing ceremony of the annual sport meet was graced with the august presence of Mr. Uday Sinha, Director Youth Affairs and Sports, Mr. Saraju Chakraborty, Sports Journalist and Mr. Chandan Sen, volleyball coach. In her welcome speech, Sr. Celine D'Cunha, the Director elucidated the values and importance of games and sports in the lives of all students for a healthy living, for wholeness and wellness. Tiny toddlers to teeny bopper's clad in their colourful house uniforms equally shared the enthusiasm and joy of the sports events which was coming to a close. Colourful items performed with perfection and gaiety fended much pleasure to the eyes. A short message from the honourable Chief Guest, describing the importance of participating in different games and sports gave a fitting conclusion to the day. Coveted trophies were then awarded to the most deserving individuals and groups respectively. The day was a solemn witness to the splash of sportsmanship spirit, fun and frolic that had dyed each and everyone's heart with hues of joy. The curtains of the sports meet fell only to be raised the next year to intimate and explore the Auxilian vigour once more.

Mrigakshi Saha (Class XII A)

Professional Development of Teachers: Making an Impact

A three-day Staff Enrichment Programme was conducted for all the teachers of the school from 10-12 January 2019 in the school premises. The resource personnel for the programme were Sr. Celine D' Cunha, Director and Mrs. Renu Anand, an author who had



come from New Delhi. During the three days the teachers were oriented to many essentials that would enhance their skills and in turn help young Auxilians reach for the stars.

With a whirlwind of discussions, activities, lectures, queries, exchange of ideas, fun-filled activities, video clips, group work and personal work, the days of seminar have brought home many lessons like hard work, to think ahead, to dare to be different, to touch others lives meaningfully, to strive walking an extra mile and bring about a change in the society.

Intricate topics like societal changes, importance of STEM (a curriculum based on the idea of educating students in four specific disciplines — science, technology, engineering and mathematics), the new age classrooms, new learning strategies, new content for the new age students concentrating in skill-based learning, identifying key skills for the new millennium and 4 pillars of learning were dealt with by Mrs. Renu Anand.

Imparting Salesian spirit in the teachers the Strenna 2019 was explained to the teachers. It helped them reflect on the call to Holiness and happiness, in all their endeavours. Ample time was also given for planning of activities and subject wise discussion for syllabus. The teachers expressed that the programme was

extremely productive; they were armed with lots of information and enriched with soft skills. Thanks to Sr. Celine D' Cunha Director, Sr. Albrida Pyngrope Principal and the management for taking keen interest in the making of competent teachers in this modern world.

Ms. Sagarika Sinha

Rally for Kokborok Day

Auxilium Girls' School was part of the celebration of Kokborok Day organized by the Government of Tripura on 19 January 2019 through a rally at Umakanta Maidan. More than 250 students of classes VIII & IX accompanied by some teachers and Sisters took part in the same. Chief Minister Biplab Deb Kumar along with some other special invitees led the rally.

After the speeches of Chief Minister Biplab Deb and Educational Minister Shri Ratan Lal Nath the rally commenced from Umakanta Maidan. They took the route to TRTC and from there towards Rabindra Bhavan then in front of Ujjayanta Palace, then took a turn and went towards Kaman Chowman and from there to paradise



Chowmani and finally back to Umakanta Maidan. Refreshments were served for all and the students came back to school.

In the school too the day significantly celebrated during the Morning Assembly conducted by a group of Kokborok speaking students under the guidance of Mr. Pohor Debbarma and Ms. Khumpui Jamatia. Ms. Khumjar Debbarma of Class VI gave a speech on the importance of preserving the local language, which would also lead to preservation of the culture. The morning assembly ended with a Kokborok song dedicated to the beauty and joy of the people of Tripura. We are grateful to the school for showing keen interest in promoting the indigenous language of our people.

*Diya Debbarma & Sneha Das
(Class IX C)*

Feast of Laura Vicuna cum Boarders Day

Auxilium Agartala happily celebrated the Feast of Blessed Laura Vicuna patron saint and model of the Salesian youth on 22 January 2019. The morning assembly in the school the was animated



by the Vicuna House with joy and enthusiasm. They presented a brief history on the life of Laura Vicuna, which was followed by a floral tribute to their patron saint. Every Auxilian joyfully joined in the celebration singing praises to this young saint.

In the Boarding, the day began with a well-animated prayer moment by Sr. Ibansara Kharkongor where she highlighted the deep and solid sanctity of this very young and teenage saint who reached the heights of sanctity in a very short span of life. This day was remarkable as the community celebrated it as the Boarders Day. Nandan Nagar is among those few communities who are blessed to have the presence of boarders on this day. In the evening there was singing and poem composing competition among the different groups based on the life of Laura Vicuna. The children took part with great enthusiasm. The summit of the celebration was the Holy Mass presided over by Fr. Sunny Joseph SDB. During his homily he highlighted the path of sanctity lived by Laura Vicuna as a young girl in the boarding of the Salesian Sisters; it was her great love for Jesus that led her to joyfully offer her life for the salvation of her mother. After the celebration of the Holy Mass the boarders were given a sumptuous dinner prepared with love by Sr. Isabella Wahlang and the girls.

Sr. Manosha Lyngdoh

***“In three words
I can sum up everything
I’ve learned about life:
it goes on.”
- Robert Frost***

Celebration of National Girl Child Day

National Girl Child Day was celebrated on 24 January 2019 at Auxilium Girls' School with great zest and colour. The theme of the celebration was "Empowering Girls for a Brighter Tomorrow". The students came up with self-made placards bearing motivating thoughts on Girl Child.



First of all, the day started with the morning prayers seeking the blessings of the Almighty. Then, the students sang the song "WE CAN ACHIEVE" a motivational song to realize one's dreams and aspirations. On this day some students delivered short speeches. The speeches exposed the real power of a woman to change the world in a better way. It also highlighted on the difference between the primitive and the modern way of educating girls. Another significant gesture was the honouring ceremony wherein roses were distributed to the Sisters and representatives of lady teachers, students and support staff as a token of love, respect and gratitude. Sr. Celine D' Cunha, Director in her speech boosted up the self-esteem of every girl with her inspiring and motivating words. She said, "You are smart, classy and empowered, future

generation needs empowered and strong girls like you... it's your day, celebrate it, be a woman of strength!" The whole day was spent in appreciating the gift of a girl child expressing this sentiment to one another in the school.

Barsha Deb (Class VIII B)

Fancy Dress Competition

The entire campus was filled with colourful students on 1 and 2 February 2019 heralding a fun filled learning day through the Fancy Dress Competition. The competition was a moment when students brought forth their inner talent, a platform in building their self-confidence and explored their inner strength.

It was a joy to watch the students who dressed up so creatively and confidently presenting themselves for the competition. Different themes for different classes were given like animals, flowers, fruits, famous personalities and culture. The competition was exceptionally unique and it gave the jury a tough time to judge and award the best. The best part of the competition was the joy of the students from small to big ones in being part of the competition.

Sayesha Debbarma (Class IX B)



Achievement Day Celebration

The Achievement day of Auxilium Girls' School was held on 8 February 2019 a way of recognizing the efforts and achievements of students. The Chief Guest of the day was Shri Subhashish Talapatra, Justice, High Court of Tripura and Shri Abhijit Samajpati, Shri Pranab Sarkar and Shri A. K Reang as Guests of honour.



Special Award for the day included the Best class, Best House, Best Club, Best Notice Board, Best Leaders, Best writers, Best Orator. Other prizes to mention a few were Quiz competition, story writing and story-telling competition, essay writing competition, inter class singing and dancing competition, news reading competition, poetry composing competition, flower making and flower arranging competition, salad making competition, drawing and poster making competition, club demonstration competition etc. The different guests and invitees who were present for the celebration gave away the different prizes. One of the most awaited moments of the day was the declaration of the student of the year from Class XII and Class

X. This year the school was proud to have Romita Roy of Class XII and Sayesha Debbarma of Class X as Students of the Year. The program was made colourful and delightful through a few cultural items like Tripuri dance, Bengali dance and the Karate performance, which added taste to the celebration. The Chief Guest appealed to all students to keep the values that are enshrined in the Constitution and to uphold its beauty and the richness and diversity of India.

The memorable day concluded with the dance drama on "The Father of Our Nation - Mahatma Gandhi" on his 150th birth anniversary this year. The celebration of the Achievement day of the academic year 2018-19 concluded with positive vibes of striving for the best in all aspects of life.

Nilashma Choudhury (Class XI C)

Wish Well Day Celebration

The auditorium of Auxilium Girls' School echoed with blessings on 14 February 2019 when the students of class IX welcomed the chief guests of the day; the outgoing 2018 batch of class X students for a wish well day. It was a morning of mixed emotions for all the students and teachers at the school auditorium who witnessed the official send off of the Class X students.

The sun shone brightly as the batch of 2018 showed up, dressed in their finery; coloured saris and suits. They offered each one of them a flower and a booklet as a sign of love and appreciation. The day was a fiesta devoted to the years spent together with friends and teachers to reminisce joyous moments. The auditorium was decorated with balloons and ribbons.



Students of class IX organized the wish well party with great enthusiasm and of course with great love and affection for their seniors.

The students organized some games to make the event extra lively, where the seniors participated openheartedly. A beautiful and a memorable video presentation was displayed in front of them to make them reminiscent the fun and enjoyments they had in Auxilium their second home. Songs, dances and speeches followed in sequence honouring the outgoing students. Last but not the least it was the time for the most awaited moment of the celebration the announcement of Miss Auxilium for the academic year 2018 -19. Sr. Celine and Sr. Albrida together with some teachers crowned Sayesha Debbarma, a student of class X as Miss Auxilium. The class captains of class X along with the class teachers contributed a small amount as a token of gratitude, love and respect for the school.

The day ended with lots of fun and joy, which was followed by a delicious lunch provided by the students of class IX for the seniors, teachers and the pillars of Auxilium our beloved Sisters.

Priya Debbarma (Class IX C)

Students' Blessing Day

On 17 February 2019 the boarders took part in a one-day Divine Mercy Retreat organized at Shantir Rani Parish, Mariamnagar. The theme of the retreat was "You gave them your good spirit to instruct them" (Neh. 9:20).

The retreat gave the girls a chance to know and experience more about the love of God. Different Priests gave talks on various topics, which would enable the participants to cope up with everyday challenges as well as to face the different obstacles in life. Adoration to the Blessed Sacrament was a special time where one deeply felt the presence of God.

The Holy Mass presided over by Fr. Lourdhu Sahaya Raj, CSC was a lively and holy experience for them. They spent their time praying and singing hymns along with some action songs. They placed before the altar their books and other materials for a special blessing and each and every one was presented a photo of the Divine Mercy picture of Jesus. Special blessings was given to each individual during the exposition of the Blessed Sacrament. This Retreat gave them a sense of hope, which brought along new energy to do things and accomplish goals. It made them realized the strength they possessed within to encounter obstacles and chase dreams, despite defeat, to be



ultimately successful. This experience had increased their faith and love for God. The Retreat ended with great hope and confidence that God would be with them especially for the Class X & XII who would be writing the board exam. Thanks to Sr. Celine D'Cunha and all the Sisters for the unique opportunity.

Maria Darlong (Class XII Boarders)



Oratory Day at Auxilium Nongthymmai

The children and young people of the various oratories under Auxilium Nongthymmai gathered on 8 December 2018 at Auxilium Convent Nongthymmai for a day of thanksgiving and celebration. It was a happy coincidence being the commemoration of the first establishment of the oratory by Don Bosco, Father and



Friend of the young. Around 600 children and young people took part in the gathering.

The day started off with the celebration of the Holy Eucharist being the solemnity of the Immaculate Conception of Mary. Fr. Henry Pyniaidbha Warbah SDB, the celebrant recalled his childhood days in the oratory and exhorted the gathering to frequent the oratory in order to be guided in the faith and values of life. After Mass, the Pre-Aspirants enacted the episode of Don Bosco and his first meeting with Bartholomew Garelli, which marked the first beginning of the oratory of Don Bosco. Soon after this the children assembled in the playground for games and lunch. In the afternoon each oratory presented an item expressing their gratitude to the community and greeted each other for Christmas and New Year. At the close of the programme the oratorians expressed their gratitude to the Sisters, Pre-Aspirants and to everyone who made the day a grand success. With joy and happiness in their hearts they all left for their respective villages accompanied by their leaders and some parents.

Sr. Vanisha Sympli



Children's Retreat at Mawmuthoh Oratory

The Sisters in charge of the oratory at Mawmuthoh organized a maiden two-day Children's retreat from 9 – 10 February 2019 in collaboration of Mr. Reginal Warbah the Church Leader. The purpose of the retreat was to help the children deepen their love for God and seeking God's blessings before they begin their schools for this year.



The retreat began with Morning Prayer led by Sr. Jacinta Sana and followed by the introductory talk by Mr. Reginal. Sr. Krisphin Syiem took up the first session and spoke on "God's love" while Sr. Jacinta spoke on the three loves namely "Love of God, Love of neighbour and love of oneself". The second day was dedicated to the preparation and reception of the sacraments namely Reconciliation and Holy Eucharist. During the course of the retreat, video clips, interaction and demonstration were used in order to bring home the messages to the children. Apart from this, Bible action songs and praise and worship were some other means that made the children get connected with God.

Sr. Krisphin Syiem



Seminar for Students of Sunday School & Oratorians

Immense was the joy at the dawn of 10 February 2019 for it was a day of animation for the Sunday School Students and Oratorians of Lad-Nongkrem village. The Sisters in charge of the oratory organized the programme at Vendrame Institute of Rural Training and Animation, Mawpdang. 154 children took part in the same.

At the outset, the Sisters animated a Prayer Service, which was followed by a warming up session of action songs and games. The children were then divided into three groups according to their age. Sr. Jurilin Lyngkhoi animated the age group of 15 and above which numbered 61, age group of 10 - 14 were with Sr. Rishalin Warbah and they numbered 51 and 41 of them between the age of 6 and 9 were animated by Sr. Risalin Lyngdoh Marshillong. It was a happy scene to witness the Church leader Mr. Rodriques Marbaniang along with some parents and Sunday school teachers who saw to the food and other needs of the children.

The afternoon programme began with a lively recreation for all the participants followed by the acting out of the



Pre-Aspirants on the life of Don Bosco. The Seminar concluded with the celebration of the Holy Eucharist presided over by Fr. Alphonse Rongrin Sdb, Assistant Parish Priest of St. Joseph Parish Laitkor. Everyone went back home with joy and satisfaction in their heart having a spent a unique and meaningful day.

Sr. Jurilin Lyngkhoi

New Scholastic Year 2019

The 11th of February 2019 was a day of joy and excitement for the Auxilium Girls' Higher Secondary School. The School campus once again looked colourful with the presence of the exciting parents, teachers and students after a break of two months. The academic year 2019 kick started with a prayer service led Sr. Regina Nongbri and students' representatives. They invoked God the Father for His wisdom, blessing and knowledge in all the year's endeavours. Sr. Marvella Shangpliang, Secretary of the School gave a short and beautiful message to the students and teachers and Sr. Joplin Suchiang, the Principal, highlighted a few important points to be noted.

Centering their search for knowledge on God on 12 February 2019 the School



organized a Holy Eucharistic celebration at the Divine Saviour Church, Nongthymmai Parish for all the Staff and Students. A solemn procession of girls carrying 7 flags Red, Pink, Green, Yellow, Gold, Orange, Blue and Purple was a meaningful gesture at the start of the Holy Mass. Each colour symbolizes one or two virtues, which the school aspire to acquire this year. The flags were placed at the foot of the altar as petition to God and a symbolic note of self-offering. Being spiritually energized the school forges ahead adopting virtue and science as their guiding principle.

Pledge Taking Ceremony

In the afternoon of 12 February 2019, the captains' pledge taking ceremony marked the school's first significant event of the academic year 2019. The school captain, school vice captain, house captains, house vice captains and class monitresses took their pledge to dutifully carry out the responsibilities entrusted to them. The school captain of 2019 is Euniki Jones Nongrang and the school vice captain is Cecilia Lalruatfeli. The chief guest of the event was Sr. Marvella Shangpliang, animator of Auxilium

Convent, Nongthymmai. In her message, she highlighted the importance of teamwork and generous contribution of one's life to the society. Sr. Joplin Suchiang, the Principal, congratulated the new leaders and motivated them to give their best in carrying out their duties. The event was concluded by the vote of thanks proposed by Sr. Theresa Phawa, the Vice Principal, followed by the school anthem.

Mazzarello Club



Children's Retreat in Eight Villages of Rangblang Parish

Sr. Mildred Wahlang along with the two Novices Sr. Kmenlang Pasi and Sr. Martha Ranee, went from village to village animating the Children's Retreat 2019. In all 944 children both boys and girls benefitted from their teaching and animation.



The villages and number of children they encountered were on 8-9 January at Nonglwai village with 136 children, at Pombriew village from 15-16 January with 116 children, at Mawiong village from 17-18 January with 69 children, on 23 and 24 January at Ngundilang village with 105 children, from 29-31 January at Rangblang itself where 285 children were present, at Pydenkseh village from 5-6 February 93 children, on 10 and 11 February at Mawsaw village 74 children came and finally 140 children took part in the retreat at Laitphlang village from 13 - 14 February.

During these days the children learned prayers and were taught the catholic faith. The presence of the Novices in the six centres was of a great help; the children were kept busy with lively action songs, games and catechism classes. At the end of every retreat Fathers from the Parish came to hear confession and celebrated the Holy Eucharist. The retreat has helped them very much in knowing God and the faith. The Sisters too realized that there is a great need for catechizing the children especially those who do not have the chance of being taught catechism in the school. The teachers and parents requested the Sisters to continue this

good practice every year by going from village to village than calling the children to the Parish in order to give chance for the smaller children too to be part of it. We thank the Fathers from the Parish for the transportation to the villages whenever we were in need and for facilitating the success of the Children's Retreat.

Sr. Mildred Wahlang



SAIDEN

Put Christ back into Christmas

On 8 December 2018 the Religious and Candidates from different Communities and Formation Houses of Ri-Bhoi District Unit had the joy of coming together for a day of Annual Meeting cum Pre Christmas Gathering 2018 at St. Francis of Assisi School, Umbir. The five Postulants with Sr. Celine Michael, Sr. Iahunlang Kyrlian, together with Sr. Ethelda Laloo and Sr. Monica Sangma from Auxilium Mawtnum took part in this one-day programme.

At the outset, Br. Placid Henriques CFC, Secretary of the CRI Ri-bhoi Unit, welcomed all the participants with his short welcome speech. On this day, Br. Conrad D' Souza CFC, gave a session on *Mary the Handmaid of God*, where he shared the meaning of Advent by taking Mary as the role model of Adventure. After this the candidates were given a

break while the religious men and women had their meeting. The main celebration was the solemn Holy Eucharist presided over by Fr. Richard Jarain SJ, the Novice Master. In his homily he underlined the preparation of Mary for the birth of Jesus. After a sumptuous meal an afternoon programme with the theme, "***Put Christ back into Christmas***" followed. The candidates of the different Formation Houses, the young people and children of the nearby villages performed songs, skits and dances. The programme concluded with a vote of thanks proposed by Bro. Orlando Wanniang, Franciscan Brother, followed by tea for everyone and each departed to their own destination.

Dashailin Nongshli & Wandakashisha Wahlang (Postulants)

Oratory Day at Umjarasi Centre

The community of Auxilium Saiden organized an Oratory Day for the five oratory centres consisting of Umjarasi, Nongthymmai, Makoibari, Mawdiangum and Pahamringai at Umjarasi playground on 13 December 2018. There were around 450 children present for this day.

The day began with the registration of all the oratorians and welcome ceremony. Fr. Pala Bernard SDB the Parish Priest of Nongpoh Parish celebrated the Holy



Eucharist for the Oratorians at Sacred Heart Church Umjarasi. In his homily he shared a Christmas story in which the children took home a message for themselves. On this day the Candidates animated many games for the children. Sr. Iahunlang Kyrasian and Sr. Deihok Mukhim our Assistants were with the candidates and children in the field while the Salesian cooperators of Umjarasi village, helped in the cooking. After having ample time for games, the Candidates gathered the children for Christmas greetings and Sr. Phyllis Bamon, animator and Sr. Michael Celine too arrived. All the five Oratory centres presented their item and soon after the programme, meal was served for all. Before departing to their respective villages Christmas gift was distributed to all the Oratorians. Thanks to Sr. Phyllis for organizing the programme and with the cooperation of all, everything went on well.

*Bansara Kharsyiemiiong &
Jonaphia Kharbteng (Aspirants)*

Advance Christmas of Nongpoh Area

On 14 December 2018, the Postulants were privileged to participate in the 8th Pre-Christmas gathering organized by the Ri-Bhoi Christians Christmas Committee (RBCCC) under the leadership

of the President Mr. Donald Rymbai along with his team and the youth of Nongpoh which was held in the campus of MUDA complex, Nongpoh. The aim of this celebration was to build 'Communion' among Christian denominations.

The programme started around 6:00 pm where the leaders of different denominations, Government officers, MLA of Umsning Constituency Mr. Jason Sawkmie Mawlong, MLA of Nongpoh Constituency Mr. Mayralborn Syiem, Deputy Commissioner Mrs. R.M Kurbah, Deputy Superintendent of Police of Ri-Bhoi Mr. Dangsang Khyriem and a good number of people were present. Mr. Anthony Kharnaier in his welcome speech mentioned that this programme was initiated by the youth of Nongpoh. The function began with a prayer led by one of the Pastors followed by the talks of different Resource Persons present for the programme. In their talk, each conveyed a Christmas message to the people, that to celebrate true Christmas is to have the spirit of love, forgiveness and to build a good relationship without any discrimination. The celebration was solemnized with the melodious voices of CE society of Presbyterian Church, Oratorians of Our Lady of Assumption Church, Nongpoh and the Candidates of Auxilium Saiden. To encourage the Laity, the RBCCC gave the award to the winners of the competition in decorating their

houses, offices and shops with beautiful lights and glittering stars. A vote of thanks was given by one of the members of the committee followed by delicious refreshments and wishing one another happy Christmas and prosperous New Year in advance.

Dafflin Sutnga (Postulant)

Christmas Celebration with the Faithful

Auxilium Saiden celebrated the feast of Christmas 2018 with much joy and happiness joining in every Christmas event of the Parish. The celebration began with a Christmas Carol in the afternoon of 23 December 2018, which began from the Parish and concluded at Auxilium Umpohliw Jingstad, Mawtnum with Benediction.

On 24 December, after a fervent celebration of the Christmas Vigil Mass a short programme was performed by different groups in which the Aspirants too presented their item. On Christmas Day the community joined the village of Umjarasi for the Holy Mass. On this day too the different associations of the village including the Aspirants gave an item each honouring the birth of Jesus, our Saviour. At the close of the day the community gathered in front of the Crib as one family to sing Christmas carols for Baby Jesus.

*Iarikmen Rynjah & Rina Nongkynrih
(Aspirants)*

***"To make an elderly person happy
is the noblest act a young person
can ever do!"
- Mehmet Murat ildan***

Celebration of Don Bosco's feast

The feast of Don Bosco was celebrated in a unique way this year on 31 January 2019. What was special about it was the contribution of the community towards the celebration of the Oratory Day at Assumption Church Nongpoh.

Inaugurating the centenary celebration of the arrival of the Salesian Missionaries to North East, Fr. Bernard Pala SDB the Parish Priest organized a gathering of all the oratory centres around the Parish. Five hundred children registered for the day. The Sisters and Candidates gave their helping hand in animating the children with action songs, assisting them during the day's events, while some played the role of Martha and helped in cutting vegetables, serving food and cleaning the pots and pans. The highlights of the day were the drawing competition of the portrait of Don Bosco, the Holy Eucharistic celebration and homage to Don Bosco with various items in the afternoon. The Aspirants and Postulants too presented a song in honour of Don Bosco.

Back in the community the feast concluded with animated adoration followed by stage programme. The items acted were based on the life of Don Bosco coupled with songs from the group of guitarists, dancers, advertisements and skit based on his work. Thanks to all the participants for making this day outstanding and shining with Don Bosco our Father and Founder.

*Melinda Syngkon & Yonaris Lyngdoh
Marshillong (Postulants)*

In solidarity with the Pulwama Martyrs

Even when I walk through the darkest valley... you are close to me. Psalm 23:4. The words of the Psalmist seemed to re-echo in the 40 martyrs of our country who laid down their lives for a great cause. Lois McMaster Bujold would say: "The dead cannot cry out for justice. It is a duty of the living to do so for them." With this same sentiment, the community of Auxilium Saidu joined the whole nation in mourning the death of the 40 martyred CRPF personnel, who died in the suicide bomb attack in Pulwama at Jammu and Kashmir on 14 February 2019.

In solidarity with the victims and their family, a candle light service was held in our community in the evening of 16 February. As a mark of respect to the slain martyrs, a moment of silence was observed before the Evening Prayer. Sr. Phyllis Bamon, our animator made a short prayer and the hymn "Abide with me" was sung with devotion. May their souls rest in peace!

***Lidiana Saio & Daplin Kharmuti
(Postulants)***



An Act of Charity: Beautifying the Bride

With hearts pulled by love and charity the community heeded to the need of the poor family of Mrs. Teli Mawsor and Mr. Dominic Sharbri in dressing up their daughter for her wedding on 8 February 2019 at Nongryngka village of Umdang Parish.

Sr. Maristella Jyrwa, Sr. Dorathy Kharduit and Sr. Mejitha Marak were fetched from the community for Nongryngka village a distance of half an hour by vehicle. As soon as they reached the house they started their mission in earnest. Sr. Dorathy took up the initiative and did her best to beautify and dress up Ms. Silina Mawsor, the bride, while Sr. Mejitha and Sr. Maristella for the bridesmaid and the flower girls. The Sisters joined in for the prayers of blessing for the bride in the house and proceeded to the village Chapel for the wedding ceremony. Sr. Josephine Rynksai arrived for the wedding Mass with the main celebrant Fr. Johnny Nongkynrih, the Assistant Parish Priest. The couple and the parents of the bride were very satisfied, happy and grateful to the Sisters for the goodness and kindness showed to them.

Sr. Dorathy Kharduit

UMSWAI

New Members to the Church

On 3 February 2019 one Presbyterian family received baptism, in Pantalu village. The parish priest Fr. Tomey Anikuzhikattil welcomed them to the Catholic Church. Sr. Melina and the two novices Sr. Lucy Ralte and Sr. Nancy Merry Rongpeit prepared them for this great day.



providential that Sr. Elizabeth George, Provincial could address them too. She spoke to them on formation of a Salesian cooperator. Fr. Tomey Anikuzhikattil spoke to them on “who is a Salesian Cooperator”. The two and half hour meeting resulted in the election of office bearers namely Coordinator - Mrs. Lucia Sten from Amkachi Parish, Secretary - Mr. Sibanus Kholar, Treasurer- Mrs. Angela Teronpi both from Umswai Parish and two councillors Mr. Prakash Puma from Umswai and Mrs. Jacinta Puma from Amkachi Parish.

Sr. Melina Kharbani

Aspiring Centre for Salesian Cooperators formed

Agroup of lay faithful that would like to know and join the Salesian Cooperators gathered for enlightenment on the Association on 14 February 2019. Thirteen from Amkachi Parish and nine from Umswai Parish were present for the programme.

As it was during the Provincial visit to the community of Umswai, it was

***“Life is like riding a bicycle.
To keep your balance,
you must keep moving.”
- Albert Einstein***

MEDIA matters...

Know Your Gadgets

PROJECTOR

Projectors are popular and effective presentation tools for classroom and business, church and community groups and for home entertainment use. Before you buy a projector, consider the intended use and audience size and learn about the types of projectors sold. This will help you to choose a projector that is right for your application.

The technology used in projectors can generally be broken down into two types: transmissive or reflective. Because LCD (liquid crystal display) projectors pass light through the LCD panels rather than bouncing it away, they are considered a transmissive medium. A DLP (digital light processing) projector uses mirrors to direct the light in an image, so it is considered to be reflective. The third type of projector discussed, an LED (light emitting diode) projector, is named for the light source, not the type of projection technology.



Types of Projectors

DLP projectors

DLP projectors require less maintenance than LCD projectors because they have a filter-free and sealed chip design, which means dust cannot settle on the chip and cause an image spot. They are effectively immune to colour decay. Furthermore, they are not subject to the misalignments that can occur in LCD projectors with a three-panel design, which require each panel to be in perfect position to combine the image at the proper angle. However, DLP projectors with slower colour wheels may give off a rainbow effect, which is when bright flashes of colour appear on the screen, like rainbows. Also, although the chip is sealed, other components are not, so dust can settle on the colour wheel and affect image quality. Another disadvantage may be the poor viewing range. Most DLP projectors are not readily compatible with zoom lenses or lens shift functions, which

means they are best suited to smaller environments.

LCD projectors

The technology in LCD projectors is more established and reliable than film projectors. However, they may still require maintenance, as pixels can burn out and dust particles can interfere with image quality. On the other hand, LCD projectors have no moving parts, as DLP projectors do, and they are generally less expensive than their DLP counterparts. They also support setups in larger rooms where a greater projection distance is needed, because they are compatible with zoom lenses and lens shifts. This makes them great for larger, at-home cinema projects, as long as there is a smooth projection surface available.

LED projectors

LED projectors are defined not by the display technology used, but the lighting. In fact, some DLP projectors with “solid-state illumination” technology are actually LED projectors. Another type of projector, the Pico projector, commonly uses LED technology as well. Pico projectors are essentially handheld devices that use LCoS, or liquid crystal on silicon, which is similar to an LCD panel but reflective

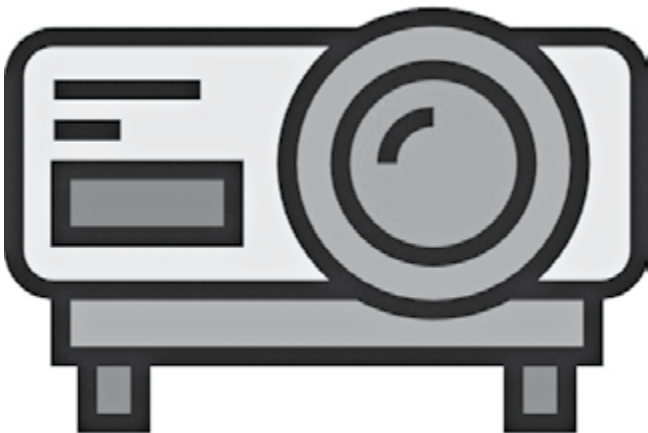
rather than transmissive. In these cases, the projector replaces the traditional lamp with longer-lasting and more efficient LEDs, coloured in red, green, and blue. In DLP projectors, this also replaces the colour wheel technology, instead letting the red, blue, and green LEDs shine directly on the DMD chip.

The LEDs in an LED projector have a much longer life than traditional projector lamps, rated at 10,000 or even 20,000 hours as opposed to 1,000 hours to 5,000 hours. As such, the LED light source is meant to last the entire life of the projector without ever needing to be replaced. This is a big advantage in multimedia setups because replacing traditional lamps can be a major expense in projector maintenance. There is no warm-up or cool-down time needed because the LEDs are much more energy-efficient than traditional light sources, and they are also much quieter. This reduces maintenance and operating costs.

Some of The Factors Used to Categorize and Evaluate Projectors

Resolution

Resolution is a major factor. Projectors for viewing videos in a large room or auditorium, for example, will require a higher resolution than projectors used for PowerPoint presentations in an office. You need to choose a projector with a high enough resolution for its most frequent use. A resolution of 800 x 600 DPI (dots per square inch) is generally adequate for basic PowerPoint presentations in an office or conference room. 1024 x 768 or higher allows for more detail and 1280 x 1024 and more for an even higher quality image.



Brightness and contrast

Brightness and contrast are important elements of image quality. Projector brightness is measured in lumens. Projector usage and surroundings determine the type and brightness of projector needed. When used in a small room projecting on a small screen, an LCD or one-chip DLP projector with a lumen rating of 1,500 to 6,000 may be used with appealing results. In large venues using larger screens or when ambient light may affect the image, a three-chip DLP projector with a lumen rating of 10,000 to 28,000 should be used. The higher the lumen value, the higher the potential brightness of the image.

Lenses

Different types of lenses are available. If the projector is to be placed close to the screen, a short-throw lens may be needed. If the projector will be in the back of a room or large arena far away from the screen, a long-throw lens may be necessary. Distance from the projector to the screen and screen size must both be taken into account.

Lamps or Bulbs Life span

The lamps used in projectors have a limited life span. Just like any light bulb, projector bulbs have an expected operating time, called lamp life span. This value is expressed in hours and represents the number of hours before the lamp is at half its original brightness. Some projectors use special light bulbs to create light, while others use LCD or LED lamps that, like any light source, will eventually wear out and need to be replaced. Most bulbs or lamps will last for about 2,000 to 5,000 hours, though some projectors can be expected to last considerably longer and LED lamps last for about 10,000 or even 20,000 hours.

AN INSPIRATIONAL STORY

The Four Smart Students

One night four college students were out partying late night and didn't study for the test which was scheduled for the next day. In the morning, they thought of a plan. They made themselves look dirty with grease and dirt. Then they went to the Dean and said they had gone out to a wedding last night and on their way back the tire of their car burst and they had to push the car all the way back. So they were in no condition to take the test. The Dean thought for a minute and said they can have the re-test after 3 days. They thanked him and said they will be ready by that time.

On the third day, they appeared before the Dean. The Dean said that as this was a Special Condition Test, all four were required to sit in separate classrooms for the test. They all agreed as they had prepared well in the last 3 days.

The Test consisted of only 2 questions with the total of 100 Points:

1. **Your Name?** _____ (1 Point)
2. **Which tire burst?** _____ (99 Points)
 - (a) Front Left
 - (b) Front Right
 - (c) Back Left
 - (d) Back Right

Moral of the story: Take responsibility or you will learn your lesson.

**Laying of Cornerstone at
Auxilium, Khapmara - Umroi, Ri Bhoi District, Meghalaya
13 March 2019**



World Feast of Gratitude



Thank You Beloved Mother!

26 April 2019

Bellflower, California
Mary Immaculate Province
United States

Theme: "Give me your tired,
your poor, your huddled masses
yearning to breathe free"

Slogan: "I entrust them to you."



Chief Editor :Sr. Euginia Laloo Associate Editor : Sr. Teresa Kamsuan
Published by : Auxilium Provincial House, Nongthymmai, Shillong - 793014
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Facebook Page: <https://www.facebook.com/fmashillong>

