

FMA-INS info

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Thank You Beloved
Mother Yvonne
for your Visit

3-9 April 2017







Editorial

The recent visit of our beloved Mother General to our province has brought indescribable joy to the Sisters, young people, Past-pupils, Salesian Cooperators and our well-wishers. We recall the beautiful experience and cherish the moments with our beloved Mother. We could say that the visit has rejuvenated and enthused us in our commitment to be Missionaries of Hope and Joy together with the young people.

To our beloved Mother General, our deepest love, appreciation and gratitude. We feel closer to you now than ever before. We know we have a mother who loves and cares for us, and who closely journeys along with us in our religious commitment.



TOGETHER WITH THE YOUNG

The theme of this first issue '*Together with the young*' is an apt theme to begin with. Firstly, it calls us to retrospect on how far we have been committed to journey together with the young people, and secondly, it invites us to strengthen our commitment to be with the young people...

Walking the path of *Salesian Joy*, which is 'Holiness' with the young people, is our call and mission and embarking on this journey should be our priority. To realize this, first of all we have to make our communities a *home* where the young people feel welcomed, accepted and then, facilitate them to have an experience of God and together seek His loving plan for them.

Journeying together with the young is no easy task. We have to overcome our fears and pride in order to understand their present reality, to like their taste, to speak their language and frequent their familiarities. Indeed, it takes lots of courage to do this, but this generous act will surely bear abundant fruit of holiness and fruitfulness of the apostolate. We generate wonderful result of apostolate fruitfulness, if we are

willing to involve the young as co-partners in our mission because we can reach out to the unreached young people easily. This is possible because our young protagonists are brimming with creativity and energy and have the magic and power to influence their friends; they can also understand better the path the young people are in, their fears, anxieties and worriers. So, partnering with the young people in our mission therefore is very important.

We reminisce the huge gathering of the young people around our dear Mother on 8 April 2017; a great manifestation of love and gratitude to Mother. This also speaks of their willingness to walk together with us, as young, Missionaries of Hope and Joy.

Let us then commit ourselves to walk together with the young people with love, mercy and compassion; overcoming inconveniences and hurdles that we might encounter in our journey to shape the destiny of our people; walking with them with joy and cheerfulness.

Sr. Joplin Suchiang



Provincial Community Day Celebration 2016

15 December 2016 saw the coming together of Sisters, Candidates in formation and Young People for the celebration of the Provincial Community Day. The theme of the day's celebration was *"Missionaries of mercy and compassion"*.

The day was enriched by the different liturgical animations by the nearby communities where the celebration of the Holy Eucharist was the crowning event. Fr. James Thyrnang, Administrator Salesian Province of Shillong the Celebrant of the day spoke about the 3 Ws' namely *'Worshipping Community'*- To become aware of our divine life and continual conversion, *'Working Community'*- To realize that our work is to build up the kingdom of God and to perform creatively the work of Christ and *'Witnessing Community'* – To live a life as



disciples of God based on the Gospel and to live well our Salesian charism, thus enkindle others to join the congregation through the exemplary life of the Sisters. The melodious and angelic voices of the choir solemnized the celebration.

At noon there was a short programme staged out by few selected communities based on the proposed theme, which reminded everyone to be credible witnesses of Christ's mercy and compassion to all. The different items were performed beautifully and meaningfully and everything was up to the mark. Sr. Isabella Suja the Provincial delivered a message appreciating all the items followed by the vote of thanks from Sr. Marvella Shangpliang, the Vice Provincial.

A month long preparation went ahead of the celebration of the provincial community day. During the whole month the communities have been preparing for this celebration by building community communion through prayer, forgiveness, love, understanding and generosity.

fmainsinfo correspondent



MISSIONARY ANIMATION SEMINAR: A Strong Missionary Impulse



As part of the celebration of the 140th year of the first Missionary Expedition of our Institute, a seminar was conducted for Sisters from 29-30 December 2016 at FMA Outreach. Sr. Agatha Shadap coordinated the programme.

A symbolic presentation and Prayer Moment at the inaugural function gave a fitting start to the seminar. Sr. Isabella Suja, Provincial carried the flag with the emblem of the celebration of the 140th anniversary; six sisters carried the lighted lamps, which symbolize the first group of Missionaries who spread the light of the Gospel and Charism in the mission land. This was followed by the introductory talk by Sr. Isabella Suja.

Various resource persons took the sessions. Fr. Jose Varickasseril SDB dealt on Family visit from the Biblical perspective, Sr. Rosa Pyngrope on missionary identity as traced out in the FMA Constitutions, Sr. Agatha Shadap presented on



the missionary journey of the Institute highlighting the birth of the charism in Asia and the FMA mission in India and Sr. Euginia Laloo gave an audio-visual presentation on the comparative study of the growth of the FMAs in the world. The group was fortunate to have listened to a testimony of missionary life and mission by Sr. Christina Laloo who has come for her home holiday. She shared with the participants her personal experience and the challenges of the mission at Malamulele and South Africa at large particularly about their faith life.

After the two days' programme the group came up with some initiatives, which would mark the significance of the 140th year of the First FMA Missionary Expedition.

The second group of Sisters was animated on the same themes from 15 - 16 January 2017 with the same resource persons except for the theme Family Visit from the Biblical perspective, which was taken up by Fr. Gedwin Warbah SDB.

Sr. Margreth Kharmuti



Sister Nurses as Community Health Enablers

The four nurses of our province Sr. Celestina Syngkli, Sr. Mary Concepta Pasi, Sr. Dorathy Kharduit, and Sr. Marilyn Bahun Wahlang were privileged to have attended the Three Months Training for Sister Nurses as 'Community Health Enablers' held at CHAI Training Centre, Secunderabad from 5 January – 4 April 2017.

The Training Programme began with the Inaugural Function. In his Inaugural Speech, Rev. Fr. Dr. Mathew Abraham the Director General of Catholic Association of India (CHAI) highlighted the urgent need for the training. He said that in the context of increasing commercialization, health care has become an expensive commodity and not available to those who cannot afford it and medical expenses have become the second common cause of debt among the rural population. He also pointed out the sad situation of 2000 nurse-run health centres that reach out annually over 13.5 million most marginalized people has been forced to close down because of the legal requirement of a doctors' presence and to places such as these Doctors are not readily available in most of their hard-to-reach location. Quoting Pope Francis' Encyclical *Evangelii Gaudium* "I prefer a church which is bruised, hurting and dirty because it has been out on the street, rather than a church which is unhealthy from being confined and from clinging to its own security", he said that the Sister Nurses are called as prime witnesses; the 'visible faces' of his mercy and compassionate care.

The three months training has equipped the Nurses for a paradigm shift in their role as 'Community Health Enablers'. The training program consisted of the following:

1. Church's Healing Mission.
2. Herbal Remedies
3. Alternative modes of healing/Drugless therapies. Naturopathy Yoga Acupressure & Acupuncture, Sujok & Reflexology, Massage & Cupping
4. Family and De-Addiction Counseling & Provision of Psychological First Aid
5. Holistic Palliative Care (One month certificate course accredited by Telangana Govt.)
6. MNCAH (Maternal, Neonatal, Child & Adolescent Health)
7. Community Outreach services & use of Low Cost Point of Care Diagnostic devices as part of health promotion.
8. Advocacy & Lobbying

We are highly indebted to Sr. Isabella Suja, Provincial and her council for giving us this golden opportunity to be part of this training programme. We also express our deep sentiments of gratitude to all the communities where we belong for shouldering our responsibilities during our absence. We have been equipped, empowered and energized.

**Sr. Celestina S., Sr. Mary C.
Sr. Dorathy K. & Sr. Marilyn W.**



Seminar organised for Community Chronicles In-charge

Thirty Sisters from the different communities of the Province took part in a one-day seminar on 6 January 2017 at Auxilium Convent, Nongthymmai – Shillong. The main objective of the programme was to create awareness of the importance of Salesian Historical memory and records of the life experience of the FMA communities with their achievements, limitations, difficulties and successes. Sr. Wismary Kharbihkhiew Provincial Secretary animated the said programme.

At the outset Sr. Isabella Suja, Provincial communicated the message of Sr. Piera Cavaglia to the participants. She also exhorted them to take the responsibility to the best of their ability. The input sessions and practical instructions highlighting on the indispensable and significance of the same was taken care the whole day by Sr. Wismary. She very clearly explained in detail on the importance of documentation and the great love and deep sense of belonging to fulfill this task from the part of each one.

We are grateful to Sr. Wismary for the great love and deep sense of belonging to the province and Institute in organizing such a programme for the sisters, to make the Salesian Charism alive. The seminar would have surely increased the desire of the sisters to pass on the history to the next generations by leaving behind a concrete legacy of documentation. The participants were happy and felt fortunate to have this opportunity to attend the same and promised to do their best in this important and delicate task.

fmainsinfo correspondent



Orientation Programme for Media Coordinators



A one-day Media Orientation Programme was conducted for the Local Media Coordinators (LMC) of the Province on 11 February 2017 at Auxilium Convent, Nongthymmai - Shillong. Sixteen of them were present for the programme and were also joined by the ten Sisters of the Intensive Juniorate. Shri Thomas Lim, Editor of Meghalaya Times, an English daily of the state was the resource person for the day.

An inaugural function opened the one-day orientation program. Sr. Agatha Shadap, General Coordinator of the Province presented to the group the gist of the message of the Holy Father for the 51st World Communication Day 2017. The theme that led the gathering was “Being Today Responsible Communicators”. During the morning sessions, Shri Thomas Lim dealt on the topic, “Role of Media Persons in the Society, Church and Family” Through powerpoint presentation and video clippings the resource person discussed with the



participants on how to be effective communicators; being instruments of change in the Society, Church and Family.

The afternoon session was chaired by the Coordinator of Social Communication Sr. Euginia Laloo. During the session the sisters had ample time for discussion, sharing and clarification on the way media activities could be conducted in the respective communities. The group

also came up with some concrete programmes for the beneficiaries of their mission and the preparation of the animation kit for the World Communications Day.

Concluding the day, the participants had a short prayer moment in which they surrendered to God their plan and activities to be carried out during the course of the year.

Sr. Euginia Laloo



★ BISHRAMGANJ

On 31 January 2017 the community celebrated the feast of our beloved Father and Founder St. John Bosco. A solemn and meaningful Holy Eucharist was celebrated at St. Xavier's School Hall together with the Salesian Fathers, Brothers and boarding boys from Bosco Boys Home Pathaliaghat Bishramganj.

During the Holy Eucharist 18 (eighteen) boarding girls and 7 (seven) boarding boys who had expressed many times to receive the Sacrament of Baptism were baptized on this occasion by Rev. Fr. Blasius Kujur SDB the Parish Priest of Bishramganj Parish. On this occasion, three boarding girls received the First Holy Communion. For one week they were instructed and prepared by two catechists Mr. Chandon Debbarma and Mr. Dipu Debbarma. We admired and congratulated the boarders for their courage and readiness to become Catholics even alone from their respective families.

Sr. Embok Suchiang

★ BELLEFONTE

Maiden Experience of God in the Mission

The second year novices had the privilege of experiencing life at the mission centres from 2 January – 2 February 2017. What they have seen and experienced could be described in the following impressions:

Unforgettable memories at Garobadha

The simple life of the Sisters and good examples has encouraged us to forge ahead in our vocational journey with



strong determination. Though it was only for a short time but the experience has a great impact in our life which will serve for our future mission. The chances that were given like village touring with Sr. Lona Mary Sangma and being in the workroom with Sr. Albina Phangchopi have taught us how to adapt with the people we encounter in our life. We can say that we learnt and profited a lot from there both spiritually and physically. We will cherish all the beautiful experiences of Garobadha in our hearts and for the rest of our life.

Lamyrsiang calls...

Lamyrsiang is a Catholic village and it consists of 160 houses. The lifestyle of the people rich in faith; their openness, hospitality, generosity was a stimulus for us to be committed Daughters of Mary Help of Christians. Although there was no frequentation of the Holy Eucharist we lacked nothing spiritually since the Sisters of the community were there to edify us with their life of prayer and availability. Moreover, the house visit experiences spurred us to learn the language and custom of the people whom we serve. "One month in the community flew just like one day. It was an amazing and enriching experience" states Sr. Sandra

Echoes from Mawkyndeng

Don Bosco said, "It is enough that you are young for me to love you very much". We were indeed privileged to have had the chance to encounter the young people both in the Convent and the youth of the Parish who are very alive and active. We were edified to witness the enthusiasm of the young people who participated in the Youth convention of the Diocese and of the Parish. Our interaction with them and their competency spurred us on to be more skillful and knowledgeable in our journey of

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."

- Steve Jobs

following the Lord. We also had an enjoyable time touring the different villages of the Parish where we had a chance of visiting around 304 families and organising retreat for the children. All these experiences have helped us to know and understand the faith of the people.

Voices from Rangblang

We enjoyed our visit to different families under the guidance of Sr. Mildred Wahlang and learnt from her the knack of spreading the 'Word of God' through different Bible quotations. We also had a chance of experiencing the spirit of Mornese in Mawpat sub-centre. In spite of many inconveniences encountered, the sisters cheerfully dedicate themselves to the mission entrusted to them. We prepared and took part in the Women's convention of Nongstoin Diocese which was held in Rangblang. We also had a chance of being with the children who had their retreat in Rangblang and in Mawpat sub-District. In all we can say that we really had an enjoyable mission experience in Rangblang.

Memories of Rambrai

We have launched into another enriching moment “The apostolic experience at Rambrai”. During our stay there, our mission was visiting the villages, parish work and catechesis for children. In the convent we were helping in the household works and assisting the boarders. We also had an enjoyable time in the garden preparing the fields for plantation. We are grateful to God and to the sisters for having offered us the opportunities of exploring our gifts and talents, which helped us to learn and enrich ourselves in a better way.

Recalling Umdang

Touring the different villages and visiting the families of Umdang parish we have seen the simplicity and the generosity of the people. Having seen the life of the sisters who are full of joy and enthusiasm to work for the people of that area in spite of the challenges they are facing we are encouraged to go ahead in our vocational journey. We were strengthened to be more committed in our future mission.

Sewa Pangai from Umswai!

We can proudly say that we have visited almost all the villages of Umswai Parish during our stay there and in some villages we organised the oratory for the children and some games and competitions. We had a chance of participating in the Sobha and witnessed the faith of the simple people. Another spiritual experience was the testimony of Mr. Mario Joseph at Khetri Retreat centre. All these experiences have reinforced us to build the spiritual dimension of life.

Sincere thanks to Sr. Isabella Suja, Provincial, Sr. Rosa Pyngrope, Mother Mistress and all the Animators and Sisters of the communities where we were sent for our apostolate for their prayers and support.

Second Year Novices-2017

Days with the Lord

A Prayer Experience was conducted for the Second Year Novices from 3 – 8 February 2017 at the Holy Redeemer Renewal Centre at Umroi. They were accompanied by the Mistress of Novices, Sr. Rosa Pyngrope and Fr. Reji K. Mani MSFS was the animator of the Encounter.

Having returned from their Apostolic Experience the previous day the Novices like the Apostles heeded to the call of Jesus to rest with Him. The Bible verses that guided them all through was “Come to me all you who are weary and are carrying heavy burden and I will give you rest”. Most of the time was spent on Personal Prayer and Adoration to the Blessed Sacrament. There was also an opportunity for Counselling through which the Novices received spiritual guidance. Another special moment of the Experience was the daily Way of the Cross at the Calvary which helped them partake in the Passion of the Lord Jesus. On the last day all had the joy of experiencing the merciful love of the Father through the Sacrament of Reconciliation. The Novices exclaimed that they did have a deep encounter with God and it has boosted their spiritual and vocational journey as they aspire to dedicate themselves totally to the Lord.

Sr. Bisilda Iawphniaw (2nd year Novice)

A trip to Guwahati

A memorable day for the Novitiate Community dawned on 21 February 2017 when Sr. Rosa Pyngrope, Novice Mistress, Sr. Habathmulang Dkhar and Sr. Elisha Sangma, Assistants set out for a trip to Guwahati. It was indeed a long awaited dream that has come to realization. In fact, a Novice expressed that the delay was not a denial rather it brought a

pleasant surprise to all and the destination in Guwahati was none other than the coveted and majestic scenic beauty of the Don Bosco Institute, (DBI) Kharguli.

At DBI the group was welcomed by Fr. Johnson Parackal SDB, Director, Fr. Bivan R. Mukhim SDB, Deputy Director and Sr. Anna Molly FMA, Director of Education Department. Fr. Johnson gave them a short but life-driven message placing before them the need to be Good as well as Competent. He elaborated his message exhorting everyone to achieve certain qualities such as Knowledge, Skills and Attitudes in order to be able to lead and guide the young people. The group then had a guided tour of some of the levels of DBI under the direction of Sr. Anna Molly. The Novices also had the joy of visiting the Auxilium Provincial House, Christian Basti where they were given a warm welcome by the Sisters. To their surprise they also met Sr. Crescentia D' Almeida, the outgoing Provincial of Bangalore Province.

On the way back home they stopped at Auxilium Saiden and greeted the Sisters, Postulants and Aspirants and visited the new extension of the building.

Sr. Lepchi Sangma & Sr. Camelia Wahlang
2nd Year Novices

Catechism Month Celebrated in the Novitiate

2 March 2017 saw the Novices at their best performance marking the conclusion of the Catechism Month which was celebrated from 1Feb - 2 March 2017. The sole purpose of the initiative was to deepen their knowledge about God and the Catholic Faith through the intense study of the Catechism of the Catholic Church.

The entire month of February was spent in thorough study of the Catechism which included personal studies, group discussions and sharing of ideas about the catechism

which have enriched everyone in different ways. The four groups presented the result of the studies to the community in the presence of Sr. Rosa Pyngrupe, the Novice Mistress, Sr. Habathmulang Dkhar and Sr. Elisha Sangma the Assistants. The Novices were grateful for the opportunity given to them and it has indeed increased their love for God and the Church. Moreover, they felt that they are more equipped to face their future mission.

Sr. Therisia Kongwang (1st Year Novice)

★ GAROBADHA

Diamond Jubilee cum Sobha

The community of St. Mary Mazzarello Convent, Garobadha had the joy of giving their wholehearted collaboration in the Diamond Jubilee Celebration of the Parish under the patronage of St. Dominic. The celebration commenced from 19-20 January 2017 at Watkantagre village and was also considered as the Annual Sobha. It is also noteworthy to mention that the Parish has chosen the local Church St. Theresa, Watkantagre for the venue of the celebration as it celebrates the Golden Jubilee of the coming of faith.



The Jubilee Celebration was marked with the blessing of the Memorial in the form of a Cross by Rt. Rev. Andrew R. Marak, Bishop of Tura. The pioneers of the local Church Late Mr. Naken Kenta Marak and Gni Roda Sangma were remembered as they were the ones who sowed the seed of faith in the village. On this joyful occasion more than three hundred children received the First Holy Communion. These children were prepared and catechized by the Sisters, teachers and some collaborators. The Sisters felt happy for having been able to share their time and strengthen the faith of the faithful.

Sr. Lepchi M. Sangma (2nd year Novice)

✦ JOWAI

JOTTINGS FROM JOWAI DIARY

Financial Awareness Programme

An awareness program on Financial Banking was given to the Class X of St. Mary Mazzarello Girls' Higher Secondary School, Jowai on 24 November 2016. The Officers of the Reserve Bank of India, Shillong Branch - Mr. T. Lungdin DGM [Deputy General Manager], Mr. Anirban Chakraborty Manager, Mr. Augustine Syiemlieh a retired SBI Officer and Mr. Ambrosius Lyngdoh representing the NGOs formed the Animating Team.



The officers were very happy with the active and intelligent way the girls interacted with them. At the close of the programme, they presented Sr. Rosina Susngi with a set of books meant for Class V to X on financial banking. They also gave two basket balls for the school and snacks for the girls.

Welcome to the New Bishop



The Parish of Jowai organized a very solemn welcome to its new Bishop Rt. Rev. Victor Lyngdoh, DD. on Sunday 27 November 2016. On the occasion the boarding girls presented a beautiful choreography entitled "I'll hold on to Him"; done with such grace and perfection that it won the praise of the Bishop and the admiration of the crowd.

During the solemn Eucharistic Celebration at 10 am the Sisters were taken by surprise when the Bishop recalled beautiful experiences he had at Jowai Mazzarello when he was a newly ordained priest. It was a moment of pride when he publicly said that the discipline and order of Mazzarello School was what made the Church in Jowai popular. At the same time, they felt obliged to continue keeping up this reputation and expectation.

Prior to this on 17 November, the Apostolic Administrator, Most Rev. Thomas Menampampil SDB, DD brought the new Bishop of Jowai Rt. Rev. Victor Lyngdoh,

DD for lunch to the Community. The girls through their declamation, song and presentation welcomed the new Prelate and also expressed their gratitude to Archbishop Thomas.

Republic Day Special

On 26 January 2017, a group of officers from the office of the Jaiñtia Hills Autonomous District Council [JHADC] visited St. Mary Mazzarello Orphanage and presented a gift packet each to the twenty-four orphans of the Centre.

The officers namely Mr. Soomon Passah, Joint Secretary, Mr. Boimi Mulieh, Land Record and Land Settlement Officer and Mrs. Luna Laloo, Assistant Licensing Officer were present for the short programme and was accompanied by Mr. Paul Synnah, Assistant Engineer PHE [Elec]. After the initial words of introduction and welcome by Sr. Rosina Susngi, the 24 girls under the guidance of Sr. Lytep Madona welcomed them with an address, a welcome song and a theme song - Let's build India. Mr. Paul spoke to the children making them understand the great opportunity they have in being cared for by the Sisters. He urged them to obey, respect and be grateful to the Sisters and the Institution, to study well and work hard so that they become great Indians in the future. Mr. Soomon Passah too voiced



out his appreciation for St. Mary Mazzarello Convent and exhorted the girls to be worthy of the Institution. At the close of the meeting, Sr. Lytep Madona on behalf of the community gave the vote of thanks and followed by group photos. This is a customary practice arranged by the District Administration on every Republic Day.

Community Outing



The community had a wonderful full day outing on 1 February 2017 to Lakadong-Borghat at the invitation of Mr. Dillon Lyngdoh, a Salesian Cooperator. Mr. John Zaidi, Contractor, who came along with his wife and son accommodated four of the Sisters in his car.

The Sisters visited the Bataw lake and then the newly opened mission centre at Ladlakadong where two OMI Fathers, Fr. Anthony Peter OMI and Fr. Rajesh Kumar OMI are doing pioneering work in Evangelization and setting up of a parish.





The Sisters were all struck with admiration at the utter poverty, joy and enthusiasm of the two missionaries. They did not even have a house of their own but lived in a small house which Mr. Dillon had vacated to make room for them. After remaining with them for some time, the group moved to the village of Borghat. The scenic beauty seen all along not only captivated the eyes but refreshed the mind and heart. At the village of Lama where the group stopped to admire the gorgeous banyan trees, they were surprised to hear the voices of children shouting 'Our Sisters! Our Sisters! These came running with great joy and familiarity - they were our students at Mazzarello. At Borghat, Mrs. Glorinda Pala, past pupil had prepared lunch for all, although the group had carried their lunch. The Sisters also visited a very ancient temple where, in those very early days before British times, the king of Jaiñtiapur would annually offer a human sacrifice – the victim being a firstborn son who was chosen by casting lots. The altar where the victim was beheaded is still intact. The head was then thrown into a pool close by where the king would also wash the sword used for the sacrifice. It is a matter of wonder that no fish can survive in that pool even today.

The Sisters were filled with thanksgiving to God for the wonderful day they had and still more for His loving care and protection. Sr. Provina Lyngkhai who could not travel stayed at home and another Salesian Cooperator Mrs. Bianka Suchiang came to help her to look after the house.

Teachers Orientation Programme



An orientation programme was held for all the teachers of the School with Fr. Michael Makri SDB from Savio Juniorate, Shillong as the facilitator on 13 February 2017. Fr. Makri conducted three sessions on "An effective Salesian Teacher following the Don Bosco way". The topics dealt with were: [a] Who is a Salesian Teacher; [b] Helpful tips to teach effectively using different skills to create interest in the students; [c] 'The saintly tips on how to discipline a child in the Don Bosco way'. These include educating the students to love themselves; avoid public punishments and to discipline a child with love and kindness, never allowing the shadow of anger to darken the teacher's countenance. The teachers were very much motivated by all that Fr. Makri dealt with. Mr. Terrence Sawian voiced out the teachers' sentiments of appreciation at the end of the third session. In the afternoon the teachers had their own workshops and planning for the year along with Sr. Esther Marwein, the Principal.

A Special visitor in our midst

At 4.20 pm on 17 February 2017, a call from a well-wisher informed that Mr. Conrad Sangma, the Meghalaya Member of Parliament from Tura would visit Mazzarello Convent at 5 pm. Frantic



preparations were made quickly, with the boarders to receive him. At 5.10 pm the escort vehicle entered in followed by the MP's car and another escort vehicle. Mr. Conrad was quite at ease, he even seemed relaxed after a hectic day of travel and meetings. He was accompanied by Dr. Wanweiroi Kharlukhi, State President of the Nationalist People Party [NPP], Mr. Octomwot Lamin, NPP West Jaiñtia Hills District President [both these gentlemen are past pupils of the school] and Mr. Jedsing Kurbah, NPP East Khasi Hills District President. After the girls have greeted him with a short welcome declamation, a song and a bouquet, he gave them a short but very practical message – Do your best to become some one great in life, it does not matter if you cannot achieve high positions, what is important is that you do your best in whatever situation you find yourself in. After this he spent a few minutes before the tabernacle then walked down the basketball court to have a look at the new school building. After having spent a few moments interacting with the Sisters over a cup of tea he left the house reassuring the girls once again that he would remember them and asked them to work hard at their studies.

Feast of Laura Vicuna Celebrated

Since the feast of Laura Vicuna falls on 22nd January when all the boarders were at home for their winter vacation, this little saint was commemorated on 22 February 2017. The boarders under the guidance of their General Assistant, Sr. Lytep Madona put up a small but very meaningful programme to honour their patroness.

The programme consisted of three songs in honour of the Blessed and two skits from the life of Laura. The lessons from the skit on the importance of being in the grace of God [Laura fainting during the Catechism class on the Sacrament of Matrimony] and the need to be obedient, kind and humble [a scene from Laura's boarding life] were driven home, as also the ideas contained in the three songs they sang to Laura praising her virtues and invoking her help. During the goodnight talk after the programme Sr. Rosina once again emphasized on the lessons conveyed by all the items. A picture book on Laura Vicuna was distributed to all the girls with an exhortation to read, reflect and imitate the little saint.



First Death Anniversary of Niwanchwa

On 26 February 2017, the first death anniversary of our saintly deceased boarder Niwanchwa Shylla who the community consider as their little Laura Vicuna, Sr. Rosina Susngi along with seven classmates and friends of Niwanchwa attended the anniversary Mass in her village at Sohmynting.

Being a Sunday the family had arranged with the Parish Priest to have a priest celebrate the Holy Eucharist in the village.



The parents of Niwanchwa as well as her grandmother were very much consoled to see the group. Sohmynting was a village frequented by our early missionaries; in fact, the faith was established there by a certain Maria Ryngkhlem who had been a boarder at St. Mary Mazzarello more than eighty years ago. Because of ecclesiastical arrangements, our Sisters do not go there regularly except on occasions, the village apostolate being handed over to the MSMHC Sisters in the early 1980s. The older people however still cling on to St. Mary Mazzarello Convent, Jowai and they fondly call us *“ki sta wa maia iong-i”* [our beloved sisters]. Soon after the Eucharist they went to the village cemetery. A small service was organized by the Catechist and Sr. Rosina was asked to say a few words on the scripture passage on the resurrection. This was followed by the blessing of the grave by the Catechist and Sr. Rosina said the final prayer. The group went back to the house of Niwanchwa where they partook of the first anniversary dinner and then left for Jowai. We pray that our dear Niwanchwa will not only bless her family, our Community and the School but will infuse her wonderful spirit into each of our boarding girls.

Pledge Taking Day in the School

After two weeks of intense preparation the school had the annual ceremony of the Pledge Taking on 16 March at 1.30 pm. Mr. Andrew Shullai, Deputy Chief Executive Member [CEM] of Jaintia Hills Autonomous District Council [JHADC] our local Member of the District Council [MDC] was the Chief Guest for the occasion.

After the initial March Past by the various contingents and presentation of the School Flag to the Chief Guest, the School Captain took her pledge and was followed by the pledges of the Captains of the four houses and then by the class Captains. Two dance items – the traditional Chukra dance and another dance item were part of the programme. On this day the school also expressed its gratitude to Mrs. Candida Nonghuloo who retired in February after 26 years of service. Besides an address the school offered her token gifts of gratitude. Mrs. Candida reciprocated with a short thanksgiving speech. Sr. Rosina Susngi, the Guest of honour congratulated the girls who have made their pledge and reminded the rest of the students that they too have simultaneously made their pledge through the symbolic gesture of raising their right hands towards the house flag while their captain said the words. In this way the pledge was binding on each one of them. In like manner, Mr. Andrew, the Chief Guest, congratulated the girls and asked them to continue to keep the flag of St. Mary Mazzarello flying very high through their diligence.



St. Joseph did it again!

It was on 17th March 2016 that Sr. Sylvestra Khonglah came to Mazzarello Jowai to divine the correct spot for digging a tube well. Thanks to the generous offering of our MDC – Mr. Andrew Shullai. The work started in earnest on 29 March 2016 and went on without interruption for the whole of the following months. It was a very grueling task breaking the very hard rocks right down to a depth of more than 54 feet. Right from the start of the work the community had entrusted it to St. Joseph through the



intercession of our dear Mother Catherine Mania. It was quite disheartening seeing that more than 11 months of work seemed to produce no result and the Community turned to St. Joseph asking him to give them this gift for his feast. St. Joseph did it! On the vigil of St. Joseph's feast - at around 10.30 am as the men were still breaking the rocks a streak of clear water oozed out from one side and another seeped from the opposite side. Could anyone doubt St. Joseph? He did it and proved that he would never let our prayer go unheeded.

★ LAMYRSIANG

Community Day cum Pre-Christmas Celebration 2016

On 2 December 2016 the Community of Auxilium Convent, Lamysrang celebrated the Community Day cum Pre-Christmas Celebration on the theme "Peace". The Celebration began with the Vigil Service animated by Sr. Rishailin Rongrin the previous day.

The festive day began with a solemn Procession each one having in their hands a lighted candle and they proceeded to the Chapel for the Morning Prayer animated by Sr. Therina Mallai. During the Prayer each one was invited to be Christ like bringing peace wherever one is called to be. The center



of the celebration was undoubtedly the Holy Eucharist celebrated by Fr. Arcadius Puwein SDB from Khliehriat Parish. The Boarders who were the Choir sang melodiously under the leadership of Sr. Rina Kharthangmaw and Sr. Rishailin Rongrin.

In the afternoon a friendly meal was shared in the playground. Then each one took turn to reveal their Christmas Friend. With so much of fun and excitement the boarders wanted to know who was praying for whom. The day concluded with a stage programme. The main item staged was a skit which depicted the love of a mother towards her children. At the end of the show, the boarders were given a Christmas gift. They too presented a token of love and peace to the animator. We thanked the boarders under the help of Sr. Evalyne Dhar their assistant for the amazing stage items.

A Picnic to Sohra

On 5 December 2016 the Teachers, Sisters and Cl. X students of Sacred Heart Secondary School, Lamysiang went for an outing to Sohra. Sr. Jubil Dkhar, the Headmistress took a keen interest and organized this time of being together after a hectic School Year. This rare occasion brought peace and relaxation to both mind and heart. All enjoyed to the full on reaching the picnic spot. For many of them it was a first time to



have been at Sohra, the wettest place on Earth. They admired the nature's beauty over there and their hearts were filled with a sense of awe at what God has made.



Coalminer's Experience

On 6 December 2016 Sr. Therina Mallai, Sr. Evalyne Dhar, Sr. Rina Kharthangmaw, Sr. Rishailin Rongrin with some girls made an exploration to the coalmine. They made this experiment in order to have a feel at the experience of those who dedicate themselves to risky work. Yet, with love and joy they earn their livelihood through this tough and dangerous work. We were taken up by the beautiful and at the same time pitiful words that those people who work inside expressed – “We don't bother for our physical pain, it doesn't matter, provided we get something and just to survive our lives here on earth”.

Sr. Rishailin Rongrin

FMA Tri-monthly Recollection Day

On 10 December 2016 the FMAs of Jowai Region gathered together at Auxilium Convent, Lamysiang for the Tri-monthly Recollection Day. There were 12 sisters coming from the four communities of Jaiñtia Hills District. Rt. Rev. Victor Lyngdoh, Bishop of Jowai animated the group.

During his talk to the sisters he brought the example of Mother Mazzarello – why was she so great a person and the reason was that she was so fervent in her love for God. This in turn has helped her to love everyone



especially the poor and the marginalized. He invited the Sisters to do likewise for the present world is so much hungry for love. The Sisters feasted on the Sacraments of Reconciliation and Holy Eucharist (Adoration and Holy Mass).

On behalf of all the Sisters of Jowai Region, Sr. Rosina Susngi the animator of Mazzarello Convent Jowai welcomed Bishop and assured him of being messengers of God's Love in the Diocese. A Christmas gift contributed by the four FMA Houses was presented to Bishop. We prayed for God's blessing upon him and his new mission in Jowai Diocese.

10th Annual Youth Congress of Sutnga Parish held

The 10th Annual Youth Congress of Sutnga Parish was held at Khahnar village of Jowai Diocese on the 16 – 18 December 2016. 35 youth of Lamyrsiang village both boys and girls along with Sr. Evalyne Dhar and Sr. Rina Kharthangmaw participated in the Youth gathering. The program was held in the village hall at Khahnar.

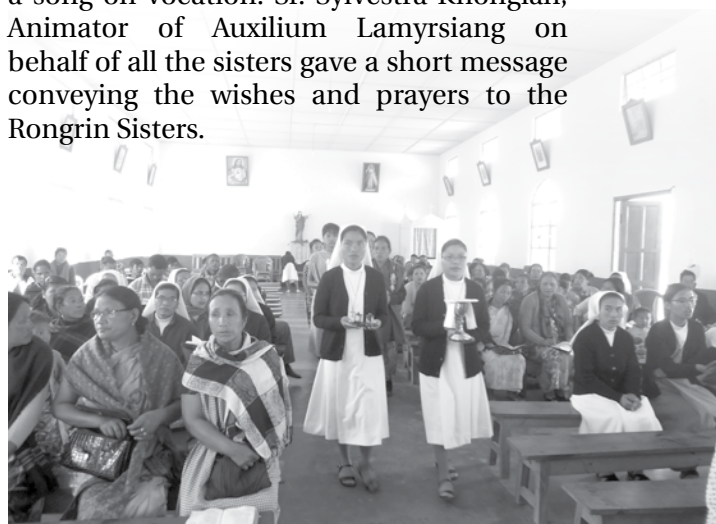
On 17 December Sr. Rina Kharthangmaw animated the Morning session for the 150 Youth on the theme - "Walk on his Way". In her speech she invited them to make a wise and shrewd decision to choose the correct way for their life. During the Meet

there were many competitions organized among which the Lamyrsiang Youth won the first prize in Gospel Dancing Competition. While the Youth renewed the Office bearers for the Parish, Sr. Rina Kharthangmaw was welcomed as the Youth Animator in the Parish. The young people expressed their joy in having the Sisters among them and the Sisters in turn offered their help in the Youth gathering.

First Profession Thanksgiving Day

The community joined the parents and relatives of Sr. Rishailin Rongrin and Sr. Elinda Rongrin in thanking God for the gift of their Salesian vocation on 21 January 2017 at Umdang Parish Church. Fr. Gaspar Wahlang, Parish Priest was the main celebrant and concelebrated by Fr. Charles Syiemlieh, Assistant Parish Priest and Fr. Alphonse Rongrin SDB.

Fr. Alphonse being the uncle of the two newly professed sisters gave the homily and advised them to be faithful and to be persons of prayer. After Mass all were invited for lunch in their house. The Sisters who have come from Auxilium Convent, Nongthymmai, Lamyrsiang and Umdang congratulated the two sisters with a congratulation song and a song on vocation. Sr. Sylvestra Khonglah, Animator of Auxilium Lamyrsiang on behalf of all the sisters gave a short message conveying the wishes and prayers to the Rongrin Sisters.



Republic Day at Latyrke Village

A remarkable 68th Republic Day celebration was held at Latyrke Village, on 26 January 2017. Sr. Rina Kharthangmaw and Miss Krinita Bareh our teacher along with the 33 students from Sacred Heart Secondary School, Lamysiang participated in the celebration.

On this occasion various Competitions were organized by the Block Development Office, Saipung C & RD Block. The students brought name to the school by winning many prizes; A Certificate of Appreciation, Memento and a cash award of One thousand five hundred rupees was received for securing 1st prize in the March Pass. Daniel Bamon, Chital Parajuli of Class X and Benjomen Limbu of Class IX received the Certificate of Appreciation and Medal for securing 1st, 2nd and 3rd prize respectively in the 100-meter race, Julie Mary Manar of Class IX won the 1st prize in Senior Girls Musical Chair and the 1st and 2nd prize Senior Boys Musical Chair received by Hepmon Suja and Daniel Bamon respectively. The School thanked the village Headman, Mr. Dominic Pala who gave free transport for the students.

Champions at District Level Football Tournament

The Football Teams of both boys and girls from Sacred Heart Lamysiang brought laurels to the School in a Tournament held



at the District Level Competition on 28 February – 1 March 2017.

Both the teams of under 12 category displayed their talent in games and performed splendidly well. The girls emerged as the winners and received the Gold Medal, trophy and certificate of participation whereas the boys completed with second position and were awarded the Silver Medal and certificate of participation. The School is proud of the teams and wished them many more successes in the days ahead.

Sr. Rina Kharthangmaw

MAWKYNDENG

Awareness Programme for Members of Children's Parliament on CPP



The community of Mawkyndeng with Sr. Aitihun Mary Lawai as the newly appointed in-charge of the Children's Parliament of Mawkyndeng unit organized a half day awareness programme on CPP (Child Protection Policy) on 25 February 2017 at St. Dominic RCLP School Hall. 119 participants ranging from six to fourteen years old participated in the programme.

The day began with a prayer moment animated by Sr. Aitihun and soon after Sr. Anita Dhar the resource person took over the session. The points which she stressed most were on: Identification of comfortable

and uncomfortable spaces, Personal bill Rights, Various abuses, Responses in difficult times, Safe and Unsafe touches and Good and Bad secrets. The children participated actively and whenever asked to go forward to share their feelings and viewpoints everyone wanted to be the first to volunteer. The parents and elders expressed their gratitude to the Sisters for organizing this kind of important programme for the benefit of the children and society. Sr. Gemima Pohrmen animator of FMA Outreach Shillong as well as the Social Development Coordinator of our province sponsored the programme. Sr. Happiline Shadap from FMA Outreach too was present to see to the food of the children and other requirements along with the community Sisters.

Sr. Aitihun Lawai

1st Annual Sports Meet for Auxilium, Saphai

On 15 and 16 March 2017 the Sisters, Staff and Students of Auxilium Secondary School Saphai witnessed the first ever Sports Meet of the School. It was also combined with the Pledge-taking Day for the Captains of the School and the various Houses. The Chief Guest was Shri Gilbert Sten, former MDC of 13/Mowkaiaw Constituency, the Guest of Honor, Mr. Willingson Dhar, former Secretary of Saphai village and many other special invitees. All the events were held at the Catholic Church ground of Saphai village.

Being first of its kind, crowds of people; parents of the students and other on-lookers



poured in and filled the ground as spectators. Sr. Marvella Shangpliang welcomed the guests and all present to the event. The solemn Pledge-taking ceremony initiated the day's events and rest of the sports events followed suit. The Chief Guest, Mr. G. Sten, in his speech spoke about the importance of Sports and games and he encouraged the students to take part in them as they would help them stay fit. Soon after his speech he inaugurated the School Sports which was accompanied by a thunderous applause and cheers of the students. Another exciting moment was the lighting of the torch by the 2 athletes – a boy and girl representatives who took a round on the 200m playground. With a burning torch in hand, they pledged to keep up the spirit of sportsmanship and determination.

The concluding day of the sports saw another colourful array of performance by the students. The Headman of Saphai village, Shri Anthony Bareh was invited as Chief Guest and Mrs. Diligent Langbang as the Guest of Honour. A special item which would remain in the records of the school was the beautiful Plate dance performed by the parents of the students, who had voluntarily offered themselves to be part of the day's programme. The day concluded with Prize Distribution in which the Green House emerged winners. They were awarded the best March Pass contingent, Best Discipline and Best House and best Athlete of the year went to Mr. Dahun-i Tyngkan of Class VIII.

Sr. Deimon Dhar

★ MAWKYRDEP

Seminar on Child Protection Policy

On 17 March 2017 a one-day Seminar on Child Protection Policy was held for the students of King of Kings Hr. Sec School, Mawkyrdep. Over 400 students from 7 to 12 standard attended the seminar. Sr. Gemima Pohrmen, the CPP in-charge of Shillong Province was the resource person.

When speaking about CPP she enlightened the students on the problems faced by them in dealing with the present day world. She made special mention on the various lists of Children's Rights which every child ought to know. Few video clips were also shown to make them understand better of the dangers and obstacles they could face if precaution is not taken. She stressed on the point that they are being trusted by their parents; therefore, the parents need to hear from them and to be sincere to give proper explanation whenever asked for.

After the lunch break the teachers attended the meeting with Sr. Gemima. She strongly urged them not to have recourse to physical punishment and should be strictly prohibited and if corrections are required they should be done in private to avoid humiliation. She also explained to them on the various rules and regulations to be adopted by the teachers. At the end of the very interesting and enriching seminar Sr. Provina Marwein, Principal proposed a vote of thanks to all the participants as well to the resource person.

Miss Dolaris Mukhim



★ MAWLAI

Lectio Divina taught to Boarders

On 17 – 18 February 2017 the boarders of Sacred Heart Convent Mawlai were animated by Sr. Melina Kharbani FMA on how to make use of the Lectio Divina while praying the Word of God.

The session began in the evening of the first day with a hymn to the Holy Spirit followed by the veneration of the Word of God which was brought to the altar in procession along with flowers and candles bearers. Sr. Melina explained to them on the value of the Word of God in a creative way with few action songs in between. On the following day, the programme started at 9 in the morning. In the first session, a game with balloons was conducted in order to send home the message on the preciousness and the beauty of the creation of God and the need to treasure it rather than destroy it. The girls were then divided into eight groups and Sister explained to them how to guide the prayers and how to be a leader in the group. Even though it was a short programme, yet all the boarders have enjoyed and have learnt a lot from it. The boarders were grateful to Sr. Maristella Ryngkhlem, the animator for organizing this programme.

Dariakor Syiemlieh Class X (Boarder)

Seminar on Aspects of Psychology for the Staff

Sacred Heart Girls' Higher Secondary School Mawlai, organized a one-day seminar for all the teachers on 28 February 2017. Bro. Sunil Britto of St. Edmund's College was the resource person and the topic was on Aspects of Psychology. The programme commenced at nine o'clock in the morning and ended at three o'clock in the evening.

The session began with an activity. Pieces of papers were provided to which the participants could fold to whatever way they wanted with their eyes closed. The different shapes that appeared after folding and tearing each corner of the pieces of papers showed the uniqueness of each individual. They were made aware of a term called “Writing hand” when they were asked to sign their names. This was done to create a sense of equality between the left handed and the right handed and the need to give freedom to use their respective potentialities. A student should never be forced to use only the right hand if he or she cannot but accept however one feels more convenient to put whichever way he or she chooses to use or think.

The sessions stressed entirely on Personality Types and Learning Styles which was based on the MBTI methodology (Myers Briggs Type Indicator). To abbreviate the matter, the heart of the session, the main and dominant theme of the programme was to discover the different types of students or people. The different types of people or students are the Extravert (extrovert) students, the Introvert students, the Sensing students, the Intuition students, the Thinking students, the Feeling students, the Judging students and the Perceiving students. Based on the performances,



reaction, action, creative skills, behavior and thinking capacity of a student, a teacher or a guide is able to discover what type of a student a child is. By means of this method one is easily capable of leading a student to what a student is good at, hence a good improvement and development is seen if a guide follows a student closely by using this method.

The seminar has no doubt boosted the teaching skills of every teacher as to how to integrate these learnings in the day to day classroom situation.

Mr. Andrew Lyngkhoi (Teacher)

Training on Writing Techniques

On 13 March 2017, a session on ‘Writing Techniques’ was conducted for the boarders at Sacred Heart Convent Mawlai and animated by Sr. Euginia Laloo from Auxilium Convent Nongthymmai. At the start of this session, Sr. Mildred Kharsyiemlieh, the boarding assistant, introduced the resource person to all the boarders present.

During the session the girls learnt lots of things; the ways and techniques of writing or reporting news. They interacted with the animator by answering to her questions and also by volunteering when asked to. With the help of Power Point presentation, Sr. Euginia showed us the qualities of a news reporter,





the structure of the news story, how to write the lead and the body of the news etc. She also taught us the use of the 5 W's and 1H and also reminded us to keep the tag line in writing. At the end of the programme the participants were made to write a report, based on the session held. Lastly, it has to be noted that the coming of Sr. Euginia to the Convent to teach us about these things is indeed a great blessing for us and we hope that we would make use of these techniques in the coming days.

Dafi Alma Timung Class XII Arts (Boarder)

★ MAWTNUM

Auxilium Umpohliew Jingstad Secondary School Mawtnum celebrated the 8th



Annual School Sports on 16– 17 March 2017. This was the second time the school could organize the Sports in its own campus.

The opening ceremony of the Sports saw the enthusiastic students with their March Pass, Mass Drill and Pledge-taking which delighted the hearts of many. The Chief Guest, Mr. M. Marbaniang, District Sports Officer of Ri-Bhoi District in his message encouraged the students to give ones best in all fields and to be smart in sports.

The different events consisted of Race, high jump, Javelin throw, discuss throw, shot put, Relay Race, Tug of war etc. Educators and students of respective houses took part in making every event successful. The second day had special events in which teachers too took active part wherein Miss Sunita Lamare and Miss Shidalin Syiemlieh collected medals as winners of the interesting run out and musical chair respectively. In the concluding programme, Fr T.A. Jose Assistant Parish Priest of Nongpoh as Chief Guest gave a beautiful message on the narration of the Olympic games for the disabled children where one of the participants in the 100m race had a fall and the others stayed back with him without accomplishing their tasks. Here the message was conveyed as to always have a sports spirit, a good heart and to work together.

Sr. Monica Kharkongor



❖ NANDAN NAGAR

Journeying with Our Students: Staff Enrichment Programme 2017

After days of Christmas holidays the staff of Auxilium Girls' School participated in a three-day Staff Enrichment Programme from 12 -14 January 2017. On this occasion the Principal Sr. Celine D' Cunha introduced the two new teachers who joined the school namely Ms Hamari Debbarma and Ms Sagarika Sinha.

The first session of the first day was taken up by the Principal Sr. Celine D 'Cunha. She discussed at length on the upcoming events in the School. Later, the teachers according to their department wise did the planning of the exam pattern to be followed in the following academic year as CBSE was going to change the Exam pattern. The Principal together with the teachers discussed on the pros and cons of the given suggestions and this was followed by the demonstration of the modification made in the extra Marks taken by Mr. Subrajit Saha. The first day ended, with a session on 'Road Safety Week' conducted by Atanu Ghosh Dastidar from Hubert and Ebner Pvt. Ltd coordinated by the Transport department of Agartala.

The second day was dedicated to the theme "Child Psychology" with Mrs. Sumita Banerjee, an eminent psychologist, from Kolkata. On this day three other Schools joined the programme namely Monfort School, Bishramganj Auxilium and three teachers from the school we adopted that is Twimairang School. Many relevant topics on Child Psychology were covered by the resource person like – teacher's role in the development of the child, aims and objectives of Child Psychology, Nature vs Nurture etc. she also dealt with Sigmund Freud's Human Triad and Freudian stages.

The third day of the program was extremely interesting and was conducted

by Dr. Pulak Bhattacharya. He has been an educator in the school, college and university for several years and is the founder of Cambridge International school – the only school in the northeast to be affiliated to the University of Cambridge (International Examination), UK. He started with the Golden Rules for Motivation and dealt with problems of children and how to tackle difficult behaviors in class. He covered different topics like 'Top 10 Worst Things a Teacher can Do'. The teachers had great fun when he conducted the selective Attention where the maximum teachers were defaulters.

Overall the sessions were enriching and productive. We thank our Principal Sr. Celine D' Cunha for organizing these three days of enriching program and the teachers felt equipped to face the challenges of becoming effective teachers of this century.

Ms. Tatum Ghosh

Auxilium Agartala Celebrates 68th Republic Day

Auxilium Girls' School, Agartala celebrated the 68th Republic day of the country with great patriotic spirit and enthusiasm. The School playground was decorated with the tri-colour National flag, which added beauty to the celebration.



Principal of the School Sr. Celine D'Cunha, in her message exhorted everyone to cultivate the spirit of true patriotic feelings towards the country by becoming agents of promoting peace, diversity and harmony. This was followed by a moment of prayer conducted by Sr. Rihun Sten and Ms. Semiwon Khapudang, where each Auxilian prayed to the Almighty to bless the country with peace, prosperity and true freedom. The sisters then enchanted a melodious prayer song in the words of Tagore 'Into that heaven of freedom my father let my country awake'.



One of the beautiful moments of the celebration of the day was the unfurling of the National Flag by Sr. Celine D' Cunha when the whole school gave a fitting honor to the beloved country, India. Led by Sr. Celine all present pledged loyalty and fidelity to the Motherland.

The specialty of the day was the demonstration of all the clubs. The School has 14 clubs and each club was given three to four minutes of time for demonstration of their respective club. The clubs displayed such creativity and originality beyond imagination and deserving of high appreciation. The day's celebration was concluded with a fitting honour to the country as every Auxilian chanted the National Anthem.

Ms. Sayesha Debbarma (Class VIII A)

Career by Choice not by Chance

A Career Guidance Program was organized by Auxilium Girls' School for the students of Class X & XII on 25 January 2017 in collaboration with

MyEdunext.com. The Resource team consisted of Prof. Jayanta Chakraborty, HOD of Department of Management Studies at ICAI University and Prof. of Business Analytics and Digital Marketing and Dr. Debraaj Chakraborty.

Guidelines and information with regard to different career opportunities, procedure to appear for those careers, different competitive exams and also the importance of having goal and passion was highlighted clearly. The sessions were very interactive; students were very attentive and asked a lot of questions and clarified their doubts. The resource persons highlighted many career options, which all Arts, Science and Commerce students could appear, and also the separate courses for each stream. Along with PPT presentation and video clippings many other activities were organized to enable students to understand the importance of protecting one's dream and how to tackle with the outside disturbances. It also underlined the importance of healthy competitions among the participants with a game of balloons.

The session was very beneficial to the aspiring students and was appreciated by all. A note of thanks to Sr. Celine D'Cunha, Principal for organizing such programmes for the betterment of the students and to Mr. Joyesh Bhowmik who is the CMD of MyEduNext.com and the resource persons for the fruitful and enriching day.

Ms Romita Roy (Class X C)

Capacity Building Programmes organized by CBSE, Centre for Excellence, Kolkata

A two-day Capacity Building Programme on Effective Classroom Management was held on 23-24, February 2017 for the CBSE affiliated Schools in Tripura at Auxilium Girls' School, Agartala. It was organized by CBSE, Centre for Excellence, Kolkata. The resource persons were Mr. R.P Singh, Joint Director, CBSE Centre of Excellence, Kolkata and Mr. J.K Singh, a highly experienced representative from CBSE. A total of 66 teachers from 22 schools actively participated in the programme.



Mr. R.P Singh, Joint Director CBSE, Centre of Excellence, and Kolkata dealt with conceptual understanding of some topics such as components of classroom management and Lesson plans, through interactive sessions. There was active participation from all the participants with the resource persons motivating them all the time. The teachers had many group activities which geared up to some teaching points in classroom management. The entire Programme ended on a note of gratitude to the resource persons and participants. Refreshments and certificates were distributed at the end of the first Capacity Building Programme.

The Second Capacity Building Programme was organized on 25 February 2017 and it dealt on Gender Sensitivity in Schools. With group works and various illustrations Mr. R.P Singh explained what gender is and

clarified the difference between 'Gender' and 'Sex'. The concept of a gender sensitive school was discussed in detail stressing on the pedagogy and teaching learning materials. Then he went on to explain the difference between the environment in a gender sensitive classroom and the correct method of interaction in it. The gender sensitive methodologies and gender cards were explained in detail. 55 delegates participated in the programme.

The teachers from different schools and resource persons were highly appreciative of the way the seminar was arranged by Auxilium and praised the co-operation of the Principal and Staff for organizing it very effectively and efficiently even though within a very short notice with a colourful Inaugural Function, well prepared venue, beautiful campus and excellent hospitality and food.

Meeting with the Principals of CBSE affiliated City Schools in Agartala

An interactive meeting with the Principals of CBSE affiliated City Schools in Agartala was called by Shri R.P Singh, Joint Director, CBSE Centre of Excellence, Kolkata at Auxilium Girls' School, Agartala at 3.00 pm on 25 February 2017. Though the notice was very short sixteen (16) Principals attended the meeting.

Sr. Celine D'Cunha, Principal, Auxilium Girls' School, welcomed the organizing team and all the Principals to the gathering. She



also thanked them for responding to the invitation as well as sending the teachers who participated in the two Capacity Building Programmes.

After a brief introduction by all the Principals, Shri R P Singh referred to CBSE circular Acad.38/2015 dated 14th July 2015 regarding 'CBSE in-service Training Programme through Centres of Excellence (COEs) as well as the recent email from CBSE informing about organizing the Capacity Building Programme for the teachers through the concerned COE. He also mentioned that as per CBSE By-Laws, it is mandatory for every affiliated school to ensure that its teachers undergo at least one week's training programme in a year. He also briefed the Principals on the various themes dealt with in the Capacity Building Programmes. He praised the participants who had come from various schools for their active and enthusiastic participation.

Almost all the Principals were pleased with the initiatives taken by the CBSE to come over to Tripura to conduct the Programme for the schools situated in Tripura as going over to Guwahati (Regional Office) or elsewhere involve both time and finance which puts a lot of constraints in attending the Programme.

The day was marked with the Morning Assembly conducted by the Heritage Club for the whole school on the significance of the day as to create awareness among students on the ongoing violence against women and girls and the need to raise our voice to end the same. During the gathering a song from John Lennon "Imagine" was sung and all recited a common prayer.

In the afternoon around 12.30 the students of Classes X and XII assembled in the hall for a short programme coordinated by Sr. Joplin Suchiang and Mrs. Paula Pakyntien (Animators of Heritage club). It started off with a short speech by Sr. Joplin welcoming the students to the event and spoke briefly on the plight of many women and girls who are being trafficked and exploited in different forms. She spoke of 'Human Rights' in which

★ NONGTHYMMAI

International Day to end violence against Women and Girls commemorated

The heritage club of Auxilium Girls' Higher Secondary School observed the "International Day to end violence on women and girls on the 25 November 2016.





everyone should know and demand for the same and encouraged the students to give this awareness to others so as not to fall in the trap of the traffickers and the exploiters. This was followed by a dance by the students of Class XII, a song by the students of Heritage club and video clips all related to human trafficking. The students were made aware of such an evil in the society and were in turn asked to create awareness in their own surrounding.

World Water Day Observed in the School

On 22 March 2017 World Water Day was celebrated at Auxilium Girls' Higher Secondary School. The theme chosen by the UN for 2017 was 'Why waste water?' which focused on waste-water and ways to reduce and reuse it.

The morning Assembly was animated by the Eco-club under the guidance of the teachers in charge. The highlight of the message was on how to reduce water wastage, which is so essential to human being.

The club also has taken the beautiful initiative of saving every drop of water. This is done by placing a water holder with the caption 'Every drop counts' on the ground floor verandah for the students to empty their water bottle before leaving home.

Through this celebration, the students were motivated to feel responsible in using this priceless gift of nature.

Seminar on Ecology



On the 23 March 2017 the school organized a seminar on 'Ecology' for the students of classes IX, X and XII. The resource person was Fr. Oliver Inchody, CMI. The main aim of the seminar was to make the students aware of the imminent danger due to ecological imbalance and how we could reduce this threat. He began his talk with a song entitled 'Lord of Creation.' This created a feeling of gratitude to the Lord of the beautiful creation. The highlights of his talk were: The ecological imbalances due to the destructive activities of man, the importance of saving water; he complemented his talk with video clips. He also presented the terrible scenario of 2050, if care is not taken to save water. This was then followed by an interactive session taken part actively by the students.

The seminar lasted for almost two hours; it was a great incentive for the participants to take all necessary steps to save the environment and be good stewards of the same.

In the evening at 5, Fr. Oliver gave the same talk on 'Ecology' to the community sisters. He elaborated much more on the biblical and theological aspects of the same and stressed on our religious obligations towards the care of the environment.

Sr. Joplin Suchiang

✪ NONGSTOIN

Seminar on Child Marriage for the Boarders

The Sisters organized a seminar on Child Marriage for the boarders of classes IX to XII on 18 March 2017, where 35 girls attended and benefitted from this programme. Miss Dashisha Shadap from the Nongstoin Child line animated the group and was accompanied by Miss Jacqueline Lyngdoh Marshillong.



At the outset Sr. Linda Horne, animator introduced the resource person and guided the gathering in prayer. Firstly, Miss Dashisha introduced about Child Line and the significance of the number 1098. While speaking on the topic, she brought home the ill-effects of Child Marriage and its impact in the family and society at large. With the help of a demonstration she made the girls realize the importance of setting priorities in life. Finally, she exhorted them that marriage should be well prepared and one should keep in mind that marriage should not be an accident because high incidence of drop outs from schools end up in child marriage. Therefore, the need for Education and to pursue it with determination and reach one's goal always putting God at the center of one's life.

Shaiful Riangshiang (Class XII A)

Divine Providence to the Community

The Men Association (*Ka Synjuk ki Seng Rangbah*) of the Nongstoin Diocese visited St. Peter's Pyndengrei community on 19 March 2017 as one of their initiatives to celebrate the Feast of St. Joseph their patron Saint.

The Guests were welcomed by Sr. Linda Horne, Animator and the children voiced out their melodious song. The representatives of the Association animated a short Prayer Service in which Mr. Kynsai lawphniaw, the General Secretary of the Association gave a reflection on the Word of God. This was followed by words of appreciation from the President, Mr. Ricaldus lawphniaw for the services rendered by the Sisters towards the poor and the orphans. After which, Mr. John Syiem, the former President presented the gift to Sr. Linda Horne which consisted of a sum of ₹ 13000/- for the welfare of the Centre.

The gathering concluded with a Pastoral blessing from Fr. Raphael Tham SDB, Parish Priest followed by a family meal.

Sr. Beltiful Kharsnar



Session on Career Guidance conducted for Boarders

A session on Career Guidance was held on 20 March 2017 at St. Peter's Convent Pyndengrei for classes IX to XII. Fr. George Jaraiñ the Diocesan Youth Director of Nongstoin Diocese was the resource person. At the very outset Sr. Linda Horne, the animator of the house gave a word of welcome to Fr. George and introduced him to the boarders.



During the session, Fr. George explained to the girls the various career opportunities available. He reminded them strongly on the need to have an aim in life in order to do something great. Further, he insisted that hard work is the only way to success. He encouraged the girls to face the trials and difficulties of life with great courage and determination. His final words to the group were "Aim high and think Great".

We thank Sr. Linda and all the sisters for the keen interest they took to help us grow in understanding towards our life's career and to Fr. George who did not spare himself to help us. All the participants expressed their joy and satisfaction for this privilege given to them.

*Firstmayborn Nongsiej and Risha Wahlang
(Class XII)*

Session on Counseling

On 21 March 2017, Fr. Kevin Ward gave a session on Counselling for the Boarders of St. Peter's Pyndengrei. Prior to this the girls had the joy of receiving the Sacrament of Reconciliation and the celebration of the Holy Eucharist.

The whole session centered on the keyword LOOK. Initially he gave the two letters LO and told the girls to fill in the other two letters making a word. The girls came up with LOST, LORD, LONG, LOVE etc. Finally, Fr. Kevin gave them the right word which is the wisdom word LOOK. Some lessons learnt from the session were to be optimistic, the need to fulfill one's needs and that to experience both good and bad times, happiness and sorrows, pleasure and pain for it is normal for healthy growth. He further said that before learning to love one must learn to look. There is a way to look which makes one feel good/bad. Fr. Kevin aptly pointed out that what is essential is invisible to the eyes but visible to the heart; for real beauty is in the heart. He ended up his talk with these few words "Always look twice and always look inside not outside. Let us learn to see deeply and be aware of the bigger picture."

Wandashisha Puweiñ (Class X)



★ TURA

140th FMA 1st Missionary Expedition Inaugurated



Together with the young people who have just returned to the boarding after their Winter vacation, the community inaugurated the special year of the 140th First FMA Missionary Expedition on 18 February 2017. Prior to this they were made known about the significance of the year and made necessary arrangements for the inauguration of such an achievement in the life of the FMAs.

In the afternoon, Sr. Anita Dhar animated the Boarders on the event of the Missionary Expedition. She explained to them with pictures and writings through power point presentation. The Boarders were happy and touched when they heard the age of the six sisters who went as the First Missionaries. Sr. Anita encouraged the boarders that if they have the desire to be a missionary they must not let it die within but must respond to it because it is the voice of God. The Evening Programme which was the Inaugural function was made solemn under the leadership of Sr. Anita Dhar and the Class VIII boarders who organized the same. Six of

them dressed as the six sisters carried the lighted lamp, representing Jesus Christ, the light of the world and two carried the flag of the 140th year of the missionary expedition. A beautiful prayer service was animated in thanksgiving to God for the courage taken by the six sisters who went out from their own home town to spread God's name. Sr. Elizabeth Vazhakalayil, Animator concluded the day by speaking to the whole community about the readiness of the first sisters to go wherever they were sent.

Simbera Sangma (Class IX)

Blessed Francisco Marto and Jacinta Marto the seers of Fatima

On 20 February 2017 the feast of the two young saints of the Church, Blessed Francisco Marto who died at the age of 11 and Jacinta Marto who died at the age of 9 was celebrated in a very special way in the community particularly being the 100 years of the apparition of Mary to the 3 children of Fatima.

In the morning the whole community gathered at the convent hall for the Morning Prayer animated beautifully by Sr. Sabina Mawrie and the Class VII boarders. Through the short presentation and a short video on the life of the two seers of Fatima Sr. Sabina invited the children to reflect on the Apparition of Our Lady in Fatima.



In the evening, Sr. Deihok Mukhim and the Junior girls of classes IV to VI creatively animated the Holy Rosary. The group acted out the apparition of Mary, and the conversation between Mary and the three children; Lucia, Francisco and Jacinta. During the Rosary special intentions were put especially for peace in the world. The hall echoed with the angelic hymns to Mary our Mother. It was a wonderful evening in which all the prayers, hymns and reading were done by the group members, the youngest members of the community.

Idora Marak (Class IX)

Seminar on Child Protection Policy for Students

A seminar on the FMA Child Protection Policy was animated by Sr. Anita Dhar at Auxilium Secondary School, Tura. On 13 March 2017 the programme was for classes VIII to X and on 14 March 2017 for Classes IV to VII.

Sr. Anita began the programme with one simple question if the students have heard or not about the Child Protection Policy. During the sessions, Sr. Anita explained clearly about child abuses and how to protect oneself from abuses and bullying by others. The different types of abuses like; sexual abuse, online abuse, child trafficking, physical abuse etc. were made aware to the students. She also made them realize that they have the right to make complaints and report if any type of abuses happens. It was a first of its kind and the students expressed their gratitude to Sr. Anita Dhar and the School authority for organizing such programme.

Aidora Marak (Class IX)

Parent's Day cum 150 years of Tura Town Celebration

The 25 March 2017 was the climax of the entire week of celebration and showcasing of talents by the students of Auxilium Secondary School Tura. The day was specially celebrated as Parents Day and 150 years of the establishment of Tura Town. The Chief Guest of the day was Mr. Thomas A. Sangma former MP of Rajya Sabha.

In spite of the rain and storm Auxilium hall was packed to its capacity with the parents of the students. The Chief Guest in his message invited the parents to encourage their children to make use of their talents and gifts. Winners of the different competitions were announced and prizes were awarded to them respectively by the chief guest and the special quests.

During the entire week the School Campus was bubbling with life and vibrations of creativity. Various competitions like essay writing, poems, debate, extempore speech, singing, dancing, fancy dress, skit, vegetables carving, creative arts with waste materials, flower arrangements and quiz were conducted. The theme for the competitions was based on the historical events of Garo Hills particularly on Tura Town and the important places of Garo Hills. It was also one of the ventures of the School who gave heed to the invitation of the District in the celebration of Tura Town.

Concluding the programme, Sr. Elizabeth Vazhakalayil, Animator proposed a Vote of Thanks to all involved in making the entire week long celebration a success.

*Mikkimchi Marak
(Class X, School Captain 2017)*

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." - Helen Keller

Think Twice Before Taking a



A SELFIE: A POSSIBLE DANGER

Posing for a *selfie* – a self-portrait taken with a camera phone – can be quite appealing for many. However, most people are unaware of the possible risks involved. People often take selfies to show off certain activities or places, but rarely consider how much personal information they are sharing, and who they are sharing it with.

Let's consider some situations where a person might accidentally share information they didn't intend to by posting selfies on social media, and other risks.

8 Selfie Dangers People Normally Overlook

1 - A Selfie Reveals Your Location

Often the purpose of a selfie is, at least in part, to show off visiting a location or a famous landmark. It's lots of fun to capture memories when you go on outings. However, posting these photos instantly through social media platforms, such as Instagram, allows anyone who can view your profile to know exactly where you are at that time. This could attract unwanted attention or even help stalkers find your location. This is not likely to be a problem for most people, but there are all sorts of reasons that you might want to keep your location private.

2 - A Selfie Gives Out Personal Information

People often take selfies with friends or celebrities. In this situation you have to consider if the other people in the photograph are happy with it being shared on social media for anyone to see. Sometimes people will be less happy with that than you might expect! Always ask permission from the other people in the photograph before posting it.

3 - A Selfie Shows What People Look Like

Whenever you post a selfie on the Internet, you are not only giving out personal

information, you are also letting others know what your friends and family members look like. While this is usually fine, it can give opportunities to identity thieves. Selfies reveal a lot about a person's physical appearance and other personal descriptions such as clothing and style preferences. All of this information can be useful to an identity thief.

4 - A Selfie Sends the Message that "You Are Not Home"

More often than not, selfies are taken in interesting places away from home. When this is obviously the case, it becomes easier for a criminal to predict the times you are not home. This information can be used as an opportunity to break into your house. Social media has made life a lot easier for many people including burglars! The wealth of information saves them from a lot of hard work. Again, selfies are usually a lot of fun, but be cautious about the information that you broadcast.

5 - A Selfie Shows Actions People Do

There are all sorts of situation in which people take selfies. For example, someone might take a selfie while out clothes shopping, asking for feedback on an outfit they are trying on. Others like to take selfies at the gym, showing off all the hard work

they have put into improving their physical appearance. Whether it is shopping, working out, or anything else, you are telling the world all about your hobbies and interests. Is this information you would like a future employer or college applications board to know about? It is worth thinking twice before posting selfies.

6 - A Selfie Reveals Others' Identities

Selfies can be taken with friends, co-workers or even strangers. They can display all the different kinds of relationships you have, perhaps your new romantic interest. You may want to be careful to find out if other people in the photograph are comfortable with it being posted online. Also, if you're taking a selfie at work and your colleagues have nametags that display their full names, you may be exposing them to identity theft or even blackmailing. Therefore it is better to avoid wearing a nametag whenever you are posing for a selfie.

7 - A Selfie Gives Out Details about Your Family

Selfies with family members can also be an issue. They might think that sharing details about their lifestyles in public could affect the family's reputation. Sometimes quality time spent with your family is not meant to be shared with everyone online. Even photos that don't include family members might still affect them. If you are in the family/home taking selfies be observant of your surroundings.

8 - Taking a Selfie Can Become Addictive

Some mental health professionals believe that taking selfies can become an obsession, especially for people who suffer from body image disorders. Sometimes people try to tweak their looks by downloading mobile applications for getting the perfect selfie result. This sort of obsession with modifying appearance, alongside unobtainable beauty

standards propagated by media and fashion, can eventually lead to some young people seeking plastic surgery.

Taking a Selfie Can Turn Deadly

Sometimes people can take the selfie phenomenon to deadly extremes. A case report shows that a British teenager once attempted suicide after he had failed to find the perfect light and pose for taking a selfie.

Taking selfies can get out of control, but there are some strategies people can follow to avoid being harmed or becoming extremely obsessed with the habit. For those who are taking too many selfies, they might start to think of taking less daily. Also, they ought to consider sharing them with close friends only and not with everyone else. People suffering from *selfie-mania* could also consider taking pictures of their work achievements rather than just focusing on their physical appearance.

Taking selfies is a lot of fun. However, it is important to not obsess over appearances. This can lead to overlooking other things that really matter. By taking selfies, some people are only looking for the attention and the approval of others. While a little bit of that is fine, it is easy to take it too far. However, if you are going to take part in such trends it is important to consider the implication of what you are putting out into the world. So remember to protect yourself against sharing too much information online.



✦ SALESIAN COOPERATORS

New Centre for Salesian Cooperators at Umden



Mount Sinai Parish Umden rejoiced at the establishment of the new Centre for the Association of Salesian Cooperators and witnessed the Promise-taking of fourteen new members on 4 December 2016 in the presence of Fr. Peter Syiemlieh, Parish Priest. These new members approached the Altar bearing in their hand a lighted candle which reminded them of their Baptismal promises and perfection of life in the Association.

At the Introduction, Sr. Christina Kharkongor FMA Provincial Delegate explained to the faithful who filled the Church to its capacity on Association of the Salesian Cooperators. On this day, Mrs. Benita Marbaniang, Provincial Coordinator, received the promise of the new members. Certificates were distributed to all the new members after which followed by the renewal of the promise by all the members. Present on the occasion were members from other Centres like Khliehriat, Jowai, Shillong and Mawtnum.

Following were the Office Bearers elected:

Local Coordinator - Shri Elias Mallai

Local Secretary - Shri Laurencius Maiong

Local Administrator - Shri Markus Maiong

Local Councilor Formation - Smt. Banalis Syiem

Local Councillor for Youth - Shri Anthony Laloo

With the help of the Provincial Council who visited the Centre very often, the members have prepared themselves for a period of one year and finally the previous day was dedicated specially for the immediate preparation for the Promise taking. The Liturgy was enriched with the melodious Choir led by the Youth of the Parish. At the close of the celebration, the Local Coordinator Shri Elias Mallai thanked everyone who had been instrumental in making the day a grand success.



Cooperators' Meeting of Jowai Centre

The Salesian Co-operators of the Jowai Centre had their special General Meeting on 13 March 2017. A good number of the co-operators could not attend for some very grave reasons – death or sickness in the family and absence from the town for unavoidable reasons.

At the start of the meeting, soon after the opening prayers led by the Local Coordinator - Mr. Louis Suchiang the minutes of the last meeting were read out by the Secretary Mrs. Medalin Dhar. Sr. Rosina Susngi then took up the session on the Strenna of the Rector Major for 2017 "We are a Family - Every home a school of Life and Love." This was followed with discussion and suggestion for the election of the new office bearers which resulted with the following members being elected: Mr. Dillon Lyngdoh - President, Mrs. Beatrice Dhar - Administrator. Mrs. Medalin Secretary was reconfirmed as Secretary. For better co-ordination of works, the assembly found it necessary to form an Executive Council of a few other members besides the office bearers and the following have been chosen: Mrs. Cristina Lamare, Ms. Therina Pohtam, Mr. Paulus Dkhar, Mrs. Aiodora Surong, Mrs. Ridalin Sayoo, Mrs. Lucybel Passah, Mrs. Jane Passah and Mrs. Paolina Ksoo.

Jowai Diary

VISIT OF MOTHER GENERAL SR. YVONNE REUNGOAT

A maiden visit of Mother Yvonne, Superior General to the Northeast India



On the God given day 3 April 2017 a group of seventeen Sisters from both Shillong and Guwahati Provinces awaited with much joy and excitement to behold their Mother at the Lokpriya Gopinath Bordoloi International Airport, Guwahati. She is on her visit scheduled from 3-9 April 2017 to Shillong Province and 9-16 April 2017 to Guwahati Province.

The clock struck 12.00 noon when Mother Yvonne Reungoat, Superior General arrived with a big smile and was surprised to witness her Sisters waiting with open arms welcoming her to the land of Seven Sisters, Northeast, India. It was a joyful moment of encounter where each one expressed their filial love to Mother. This was then turned into a little official gesture with the traditional welcoming gesture of vesting her with an Assamese special attire called "Gamosa", a Tripuri small shawl called "Risha" and a bouquet of flowers. Even at the airport Mother spent some time with the Sisters in a typical spirit of the Salesian Family. She said, "I encounter my Sisters". Everyone was feeling very much at home in the midst of their Mother. After spending some time together, the two groups departed for their respective destinations. Mother General was taken into the car that brought her to Shillong with Sr. Isabella Suja, Provincial and the 13 Sisters with an array of three vehicles.

Inauguration of the Building Extension at Auxilium Saiden



The young people in formation consisting of Aspirants and Postulants were the privileged ones being the first to welcome Mother Yvonne at the doorway to Shillong Province. The festive look of the campus and the loving hearts throbbing with cheer gave a fitting welcome to their dear Mother. On this joyful occasion of the visit, a red letter day 3 April 2017 the community was happy to witness the inauguration of the extension building whose foundation was laid on 12 August 2015.

The unveiling of the plaque by Mother General was preceded with words of welcome and gratitude by Sr. Marcellina Sangma, Provincial Economer, who profusely expressed the gratitude of the province to Mother General, Sr. Vilma Tallone, the General Bursar and the Chapter members 23, for the financial help extended. In her message our dear Mother expressed her joy and happiness to be able to encounter the sisters and young people of Shillong province in this, 140th Anniversary of Missionary Expedition of our Institute. She appreciated the Aspirants and postulants for the warm welcome through songs and dance on the theme "Unity in diversity" She said, "The Institute is a big family permeated by the spirit of Don Bosco and Mother Mazzarello." She encouraged the sisters and young people to follow the Lord with joy, and said,

'The world needs missionaries of joy and only when we are joyful, we can bring Jesus to the young people'. Furthermore, she made a gentle reminder to the candidates that they are the hope of the Institute and exhorted them to be generous to go to the different parts of the world and for that, she said, 'You need to prepare yourselves well in order to guide young people with competence and quality. Above all to strive always to be holy because our vocation is holiness.'



A grand welcome at Auxilium Convent, Nongthymmai - Shillong

On the evening of 3 April 2017, filing themselves at the entrance of the house, the Sisters, Young people, novices, pre-aspirants, hostellers and the Salesian co-operators awaited the arrival of Mother General to the motherhouse of the province. The cloudy day coupled with thunder, rain



and storm did not dampen the spirit of these loving daughters who eagerly waited for the appointed time. Everything turned into dry and pleasant sunset scene when Mother arrived and all were in amazement at the wonders the Lord has worked for them.

The arrival of Mother Yvonne resounded the whole campus with the rhythm of dance and songs to the traditional sounds and music. Mother General was accorded with a traditional shawl, called the “*Marina*” by Sr. Isabella Suja, Provincial, A Khasi garland (*paila*) by Sr. Eugenia Bareh, a new missionary from the Province and a bouquet of fresh flowers by Sr. Marvella Shangpliang, Vice Provincial. These gestures and symbolic representations added beauty and warmth to the lively and colourful traditional welcome ceremony. Mother Yvonne exclaimed with utmost joy, “I am at home” to which the gathering responded with a loud cheer of happiness and exuberance.

After a brief encounter with the audience, she was taken to the Chapel to thank God for His blessings and grace. In the Chapel a hymn, “Here we are...” by Don Meon set the tone of thanksgiving for such a unique moment of great joy. Mother General highlighted the theme of the visit “Missionaries of Hope and Joy” through the offering of a symbol of a ship at the altar. Entrusting the visit to Mary, Our Mother, Help and Guide, the assembly prayed in unison the “Hail Mary”.



The beautiful day ended with an inspiring message by Mother. She spoke of her joy on seeing her daughters by face not just knowing them by name through the Elenco. Underlining the uniqueness of each sister, she said that each one is a beautiful flower, unique in colour and form and that each one is important in the Institute. She gladdens everyone with the good news that she is happy to celebrate the paschal mystery with us for she expressed that the fervor of the community would surely be contagious. She concluded her message saying that she has come to live these days with the Sisters in a spirit of simplicity and openness.

Encounter with Community Animators

On 4 April 2017, Mother Yvonne met the thirty one Sisters consisting of the Provincial, Provincial Council and Community Animators. At the outset Mother greeted everyone present with a warm and motherly embrace.

In her encounter with them she opened up her motherly heart guiding and encouraging them to carry out their mission which is entrusted to them particularly as community leaders. She asked them to be happy animators everyday; saying to find out at least one reason to be happy for. Further, she said that to be an animator is not an honour but is a service to the community; the Laity, the young people and the Sisters. She went on to say that if the work that is done is not accompanied by spiritual life it would not bear fruit. She also reminded the Sisters that the young people should see in them that they are consecrated persons and hence they help them feel the presence of God.

An uninterrupted session of more than two hours was indeed a deep sharing of Mother Yvonne which really flowed from her motherly heart. The Sisters listened



to her with rapt attention; it was as if they were drinking from the unceasing fountain of spiritual depth and a loving heart of the Mother.

Inauguration of Auxitech Computer Institute

The 4th of April 2017 was a red letter day for Auxilium Home, Nongthymmai; the kind visit of Mother General, the inauguration of Auxitech Computer Institute and the launching of the Hostel website - www.auxiliumhomeshillong.com.

On this day Auxilium Home decked itself festively to give a fitting welcome to beloved Mother General. The beaming faces of the young girls awaited the visit of mother and on seeing her, they were captivated by her loving and sweet, smile. They expressed their joy of her presence with a bouquet of fresh orchid and a song entitled 'Smiling faces...' truly sung with smiles and melody. After this Mother was invited to cut the ribbon, inaugurating, Auxitech- Computer Institute, in memory of late Sr. Bernadette Sangma who contributed greatly to the realization

of this beautiful hostel. On this occasion the gathering also witnessed the launching of Auxilium Home Website

In her short message Mother was appreciative of the initiative taken by the province to cater to the present needs of the young people and exhorted the sisters to give a sound technology education to them. To the young people, residing in the hostel, mother exhorted to live the family atmosphere and positively contribute towards it. She gave her motherly advice on how to use communication technology with liberty, to communicate good news and to be positive in our communication.



First Holy Eucharist in the presence of *La Madre*

The evening of 4 April 2017 saw the first Holy Eucharist celebrated in the presence of our beloved Mother General. The Archbishop of Shillong Archdiocese, Rev. Dominic Jala presided over the Holy Eucharist and concelebrated by Fr. Glorious Syiemlieh SDB Parish Priest of Divine Saviour Parish, Nongthymmai.

At the start of the celebration, he expressed his appreciation to Sr. Isabella Suja Provincial who invited him to celebrate the Holy Mass on this day. He assured prayers for the success of the visit of Mother General Sr. Yvonne Ruengoat to the province and invited everyone to pray for the people who are suffering due to the inclement weather and many others who have lost their lives and property.



In his homily the Prelate highlighted the significance of the Cross. He reiterated that this sign, which is considered as a curse, evil, crime and the people who rebel, but God used this sign as a symbol of salvation. He invited all present to look up to Jesus when they are bitten up with the serpents of the world. After the Holy Eucharist Archbishop was greeted with a welcome song and then followed by a family meal.



We behold our Mother!



Shillong Province resounded with joy and gratitude at the presence of our beloved Mother General, Sr. Yvonne Reungoat in their midst. 5 April 2017 saw fifty-three sisters who were privileged to meet Mother at Auxilium Provincial House, Nongthymmai – Shillong. Mother warmly welcomed each and every sister present with a motherly embrace.

The session began with a hymn to the Holy Spirit. In her encounter with the Sisters, *La Madre* expressed her joy of being among her daughters. Her talk was very simple but deep and meaningful, coming from a mother's tender love and affection for her daughters and the Institute. She reminded the sisters that our life is characterized by our consecration to Jesus not by the works we do. We are good educators only if we are deeply rooted in Christ. Our Constitutions give us everything we need for our practical life. She also laid stress on Love, which should be the driving force of all that we do in our daily life. With love, everything is possible. She urged every sister to live fraternity and family spirit in the communities. From her talk, one could understand that Mother keeps herself updated with what is going on in the Church, in our country and our Province. Above all she infused a missionary spirit in the Sisters and encouraged them to opt for missionary ad gentes. Mother Yvonne exalted Mother

Mazzarello for her courage to send sisters to South America even though there was great need in Mornese and in a time when the Institute just at its nascent stage.

She concluded with a recommendation to assimilate the Encyclical of Pope Francis entitled *Amoris Laetitia* to be able to accompany families in our mission and the preparatory booklet for the Synod on the Young to accompany them in their journey. The sisters thanked mother for her filial exhortation and guidance.

Mother, in the midst of the exuberant students

5 April 2017 marked the visit of our beloved La Madre to Auxilium Higher Secondary School. There was indescribable joy and excitement as students lined up from the entrance waiting for the esteemed guest. With a threat from the inclement weather one could see the little ones pray with great devotion to hold back the rain.

Mother made her appearance with an enchanting smile that left everyone spellbound. Sr. Isabella Suja

Provincial, Sr. Elizabeth Thannimoottil Animator of the community along with some sisters accompanied her. The NCC cadets gave a piloting welcome to Mother and escorted her to the podium in a grand style.

It was a lovely sight to behold the rapturous applause of love and welcome when Mother arrived at the venue and was felicitated with a shawl, bouquet of flower, a memento and a gift. Honouring the revered Mother of the FMA World, the students put up a short but beautiful programme. The love of the young for mother was so evident; they were simply hanging on every word she uttered. They interrupted her talk every now and then with loving applause. In her message, Mother Yvonne said it was a great joy for her to be with the young at Auxilium, Shillong.

Mother told them that they are part of the family of the Salesian



world; the Salesian sisters who are in the five continents are looking up at them these days because they have become the heart of the world.

With this mother exhorted the young students to have a heart as big as the world, heart of love for all people and to think, see, listen, speak, walk and smile like Jesus. Further, she reminded them that they must be his presence in the city of Shillong. She concluded her talk saying, 'I love you' and to this the student responded ever louder 'We love you mother.'

There was so much of joy on the faces of all and the students expressed their desire to remain a little longer with Mother. They did not want to let go off her hands, singing happy song 'there shall be showers of blessing, waving their hand while trying to get a touch from her. The majestic figure of Mother Yvonne captivated every heart and she too expressed her willingness to fulfill the desire of all the young people who crowded her. Her presence like a magnet drew all young people to her in the style of simplicity, as did Mother Mazzarello.

Inauguration of the Retreat cum Resource Centre

The Province of Shillong was blessed to have been able to realize the long cherished dream of a Retreat cum Resource Centre at FMA Outreach. It was a matter of great joy for on 6 April 2017, Mother General, Sr. Yvonne Reungoat, inaugurated the Centre.

The event was marked with the unveiling of the memorial stone and cutting off the ribbons in the presence of the Church representatives, political leaders and well-wishers. In her message, she thanked everyone for the expression of love and gratitude. Adding to this she said, it was a great joy to inaugurate the Retreat cum Resource centre, and thanked those who have contributed towards the realization of



the same. She highlighted the importance of being deeply rooted in God, in order to get connected with one another and she hopes that the centre truly be resourceful and beneficial to all.

Mother Yvonne in the midst of a sea of young people

6 April 2017 was a great day of joy, of rejoicing and celebration for the communities of FMA Outreach, Bellefonte and Sacred Heart Mawlai at the visit of our beloved Mother General. All these communities are in Shillong city.

In all the communities the sisters, students, teachers and young people flagged a colourful welcome to her. The students lined up to give our Mother a royal welcome. At all places, she was received by the sisters, young people, priests from the parish, church leaders and government representatives and was given a traditional welcome through gestures, dances and songs. The venues were filled with young people who were happy to see and hear Mother and spontaneously chant a 'we love you mother.'

It was inspiring to witness Mother General's love for her daughters. After having met the young people, she found time to be with her sisters. She never seemed to be in haste but lovingly spent time with them. The Novices were also privileged to hear



her speaking to them as Mother Mazzarello would. Speaking to young people, she said that she felt at home with them and happy to know them. She exhorted them to be happy and to communicate joy because God infinitely loves them. Mother has stolen the show in all encounters for she won the hearts of everyone with her sweet motherly smile and gentle affectionate ways.

Before leaving Mawlai, Mother General visited the Don Bosco Centre for Indigenous Culture (DBCIC). The director, Fr. P.V Joseph, SDB, personally took her to the different galleries. She was happy to get a glimpse of the various culture of the Northeast and was generous in her appreciation of this veritable treasure house that showcases the wonderful diversity and rich heritage of the North Eastern India.



Meeting the Past Pupils and Salesian Cooperators:

While Mother was visiting the DBCIC, the past pupils and the Salesian Cooperators were already at the provincial house waiting for her and at her arrival, both the Associations gave a loud cheer to welcome her into their midst. They expressed their joy and gratitude through the presentation of gifts. After the short reports of their activities, Mother gave them a wonderful message highlighting the important role they play in the church and society. She exhorted them to accompany, understand and reach out to the young people. She also invited them to continue working together with the Daughters of Mary Help of Christians in order to keep alive the spirit and charism of Don Bosco and Mother Mazzarello.



Mother meets the Senior Sisters

It was a great joy for the daughters to listen to their mother whom they have been longing to see for a very long time. And this great longing was realized in a very affectionate way on 7 April 2017 at Auxilium Convent Nongthymmai – Shillong.

At the outset La Madre affirmed that Shillong Province is the missionary province and that each one is a missionary. She further said that A Strong missionary impulse is the special characteristics of the Institute.' She invited the sisters to live this missionary dimension of our Institute with passion.



Speaking on religious Consecration, she quoted Pope Francis, who said, 'Religious life is the icon of Mary.' Similarly, as Daughters of Mary Help of Christians they are called to be Mary's presence in the life of the young people and to be helpers like her reaching out to them with generosity and commitment and bear testimony to the young of the love of God for them with their life.

While speaking to them, the sisters could read the tender affection of Mother towards them in her eyes. Sr. Manoda Sangma, then expressed gratitude to Mother on behalf of the sisters and assured Mother, that they would try their utmost best to be positive in their dealing with one another and in their mission.

Mother Yvonne visits the first house of the Province

On 7 April 2017, St. Mary Mazzarello Higher Secondary School, Jowai, Meghalaya, gave an incredibly, massive, and spectacular welcome to our beloved Mother General. On reaching the boundary of West Jaiñtia Hills District along the National Highway 44, she was escorted by the Police personnel.

At Mazzarello School, Mother was grandly received by Sr. Rosina Susngi, the animator of the community, Rt. Rev. Victor Lyngdoh, Bishop of Jowai Diocese, and sisters at the main gate to the house. She was taken to the house amidst the students who lined up to welcome her, waving colourful balloons and sang a melodious welcome

song. At one moment all students burst out their balloon, a symbol of welcome and rejoicing at the presence of Mother.

At the official function, there was a tremor of joy and cheer as they welcomed Mother to the venue prepared for the day. Honouring her august presence they presented her a bouquet of flowers, the welcome address and a welcome song.



On this happy occasion, Mother General released an Audio CD, in honour of the 90 years of the inception of the School cum Visit of Mother General. Terrence Sawian and Paulinus Kharmudai teachers of the school composed the songs. The short and sweet programme composed of the two songs from the CD, which the students and teachers sang melodiously; and a traditional dance (Shad Sukra) by a group of students in their traditional attire.

In her message Mother expressed her great joy to be in the midst of the lively and joyful young people. She infused in them the spirit of sharing and giving saying that if they would like to be happy they should make others happy. She insisted that they live the culture of 'Solidarity,' because it is the source of joy and real love.

Concluding the visit, Mother Yvonne responded to the invitation of Bishop Victor and paid a short visit to the Bishop's house at Lumbihsyntu. St. Mary Mazzarello Jowai is the first house of the Province, which was started in 1926.

Hundreds of Young People around Mother Yvonne



8 April 2017 saw the gathering of the young people for the 'Youth Meet' on the occasion of the visit of Mother Yvonne Reungoat, Superior General at Auxilium Convent Nongthymmai - Shillong. Young people came from different places of our working areas, which numbered around two thousand. The arrival of Mother to the venue brought an unspeakable joy and enthusiasm to everyone present. The NCC cadets and Guides of Sacred Heart Girls' Higher Secondary School, Mawlai gave her a piloting welcome.

Present on the occasion were Fr. Maria Arokiam Kanaga SDB, Regional Superior for South Asia, Fr. George Maliekal SDB, Provincial of Shillong Province, Sr. Mary Concepta Dkhar, Provincial of the MSMHC, Shillong Province and other dignitaries.

The climax of the day was the celebration of the Holy Eucharist in which Fr. Maria Arokiam Kanaga SDB was the main celebrant. The Holy Mass began with an entrance procession in which the Word of God was held high and brought to the altar by Fr. James Poonthuruthil SDB, followed by Sr. Isabella Suja Provincial bearing the Institute's flag and Mother General brought forward the icon of the theme of the

visit. Amidst the dancers the priests proceeded to the altar and the assembly joined in one voice singing the entrance hymn to the rhythm of the traditional musical instruments.

At the outset Fr. Maria Arokiam exclaimed that only the Salesian Sisters could command God for a fine weather. In his homily he spoke on the two beautiful words 'Hope and Joy'. We hope because we have a loving Father, he said, and invited young people to be missionaries of hope like Mary. He showed the example of Mary how she was called at her tender age to be the Mother of His Son. Thus he invited the young people to stay close to God as did Mary because they are the hope of the society.

God invited young Mary at her because he has hope in her. He said, when you are young you are close to the source of life which is God and encouraged them, added, young people are the hope of the society.

Speaking on Joy, Fr. Arokiam explained how the young people could be missionaries of joy by giving oneself to those in need; and always to have others' welfare first before oneself. He concluded, inviting everyone to pray for the world, which lacks real joy.

The Cultural Programme was an icing to the cake and a fest to the eyes. The tribes belonging to the working area



of the Province were well presented through their dance forms. Mother in all her to the young people; repeated many times on the importance of being Jesus to other, to be his countenance, his language, his hands and feet. At one moment she asked the gathering to keep silence for a minute to listen to Jesus and after a while asked them to say one word to Him in their heart. Mother also encouraged the young people to be missionaries of hope and joy always by being cheerful.

The young people went home carrying in their hearts the message of Hope and Joy having been enriched the whole day on these two keywords. Even before the Holy Eucharist, Sr. Rosina Susngi, animator of St. Mary Mazzarello Jowai animated them on the theme of the Meet, "With Mary, Missionaries of Hope and Joy".

Mother Yvonne encounters the Sisters with Temporary Vows

On the last day of the visit, 9 April 2017 Mother Yvonne encountered the young and vibrant Sisters of the Province at Auxilium Convent, Nongthymmai - Shillong. Of the 62 Sisters with Temporary Vows four are in Guwahati Province for their studies so present for the occasion were 58 in all. Mother expressed her great joy to be able to meet each of them in person and the same excitement was also seen in the sisters who longed to meet *La Madre*.

Mother General spoke to the Sisters from the overflow of her love and concern for the growth and strengthening of the vocational journey of each one. She reminded them about their vocation as a



personal call from God and told them that vocation is a sign of His presence. Mother exhorted them to love Jesus with an undivided heart. Seeing many young faces Mother was moved to tears recalling God's generosity in sending many vocations to the Province. She encouraged the Sisters to live their identity as consecrated persons particularly the Salesian characteristic - Education of the Young. Placing the co-foundress St. Mary Mazzarello as a model, Mother Yvonne asked all her daughters to cultivate the virtue of humility and love, which are the requisite for the journey to holiness. The stipulated time of one hour passed quickly but the motherly heart never seemed to be tired of sharing, guiding and encouraging her daughters whom she considered as the most important group of Sisters in the Province.

Thank you dear Mother Yvonne. Arrivederci!

The Province of the Immaculate Heart of Mary, Shillong felt fortunate to enter the Holy Week with Mother General and celebrated Palm Sunday on 9 April 2017. The ceremony was presided over by Rev Fr. George Maliekal, Sdb Provincial of Shillong Province. The day was doubly special as the Province kept a day of gratitude to Mother General on the conclusion of her visit.

The function was held at the entrance of the School and from there walked in procession to the



Hall for the celebration of the Holy Eucharist. Before the blessing of the palm leaves Fr. George invited everyone to take part in the meaningful celebration and to acknowledge the Kingship of the Lord in our lives and to adore Him truly as our King and Lord.

In his homily Fr. George once again asked the congregation to identify themselves with the important persons of the Gospel narrative of the Passion of the Lord; personalities like Simon, Joseph of Amrimatea, Mary his mother and the other Mary etc. and compared the love, affection and compassion they had for Jesus with us in our relationship with the Lord.

Soon after the celebration of the Holy Eucharist, the sisters, novices, pre-aspirants and well wishers gathered around *La Madre* to thank her profusely for the countless graces and blessings received through her presence for the past few days.

Sr. Isabella Suja, Provincial expressed love, appreciation and thank you on behalf of all, which is done in a very creative way. She also presented Mother the outcome of the study of Mother's circular letter No. 952 as part of the preparation for her visit. The beautiful expression of gratitude and thankfulness through was done through songs, dances, mime and the address.

The spontaneous emotion was evident on the faces of everyone present. There was not much loud cheer on this occasion at the thought of having to bade good bye to their dearly loved Mother. In her message, Mother Yvonne expressed her joy and appreciation for the outpouring of love and affection received from her sisters, young people and the Salesian family. She, again spoke on the beauty of making the convent a home for the young people and exhorted her daughters to accompany the young people so that, they in turn accompany their young friends.

The programme concluded with photo session with sisters who wanted to get a picture with their mother to keep cherishing the memory of meeting her.

Mother visits the FMA Cemetery

On 9 April 2017, Mother visited the Graveyard of our departed sisters. It is located at the Catholic Cemetery, Laitumkhrah a distance of around 3 kilometers from the provincial House. Sr. Isabella Suja and some sisters accompanied her. On reaching the cemetery she paid a floral tribute of love and prayers to the departed sisters and silently thanked them for their fidelity, toil and great sacrifice for the growth of the province. She prayed that they might continue to intercede for the Institute and province for many more vocations.



Grazie and Buon Viaggio La Madre

9 April 2017 witnessed the visit of Mother General to Umpohliw Jingstad Convent, Mawtnum en route to Guwahati. This was the final stopover in our Province. The Sisters, Salesian Cooperators and the boarders who were waiting for her warmly welcomed her with mixed feelings of joy and the pain of departure. They expressed this joy through the Action Song splendidly performed to express their love and affection for Mother.

remember her in their prayer and promised to do the same for them.

The Sisters, Aspirants and Postulants at Saiden a distance of just one Kilometer from Mawtnum were lining up by the road waving their colourful scarf and greeted Mother for a safe journey. It was a touching scene to behold how everyone wanted to touch the hands of Mother, a sign of receiving her motherly love and blessing as they bade her good bye.

Social Communication Team



In her short message Mother said that she was happy to meet them in their home and she hopes that they are happy in their home. To this the boarder responded loud and clear that they are very happy. Mother General reminded the boarders that it was Our Lady who brought them to her very own home and asked them to feel her presence always in their lives, adding that Our Lady loves them as her dear daughters.

She also had few moments with the Salesian Cooperators. Speaking to them, she said that Don Bosco founded their Association, the Salesian Co-operators because he needed help to reach out to the many poor and abandoned children. She then, encouraged them to continue the good work began by Don Bosco in the integral formation of the youth and children wherever they are and to promote the Association to grow and flourish. With this message Mother asked them to

"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"

- Anne Frank

"Find out who you are and be that person. That's what your soul was put on this Earth to be. Find that truth, live that truth and everything else will come."

- Ellen DeGeneres

★ Inspirational Stories

The Elephant Rope

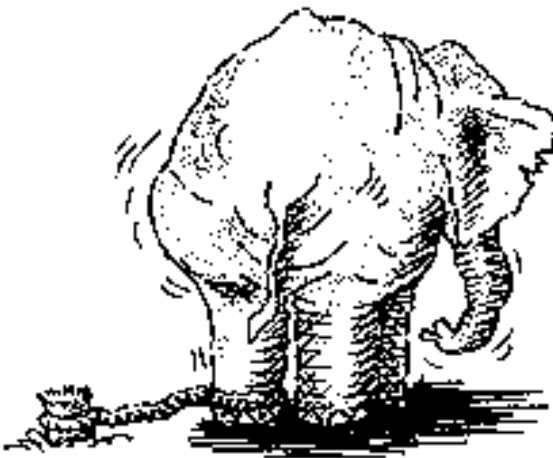
As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were.

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

Failure is part of learning; we should never give up the struggle in life.



How Would You Like To Be Remembered?

About a hundred years ago, a man looked at the morning newspaper and to his surprise and horror, read his name in the obituary column. The news papers had reported the death of the wrong person by mistake. His first response was shock. Am I here or there? When he regained his composure, his second thought was to find out what people had said about him. The obituary read, "Dynamite King Dies." And also "He was the merchant of death." This man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is this how I am going to be remembered?" He got in touch with his feelings and decided that this was not the way he wanted to be remembered. From that day on, he started working toward peace. His name was Alfred Nobel and he is remembered today by the great Nobel Prize.

Just as Alfred Nobel got in touch with his feelings and redefined his values, we should step back and do the same.

What is your legacy?

How would you like to be remembered?

Will you be spoken well of?

Will you be remembered with love and respect?

Will you be missed?

"The best preparation for tomorrow is doing your best today."

- H. Jackson Brown, Jr.

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