



Provincial Circular

Province of the Immaculate Heart of Mary

Auxilium Provincial Office Nongthymmai, Shillong - Meghalaya - 793014

CIR/EG/INS/14/2019

01.10.2019

My dearest Sisters,

Loving greetings from Auxilium Provincial House, Nongthymmai!

On this first day of month dedicated to Our Lady of the Holy Rosary and to the Mission, I wish you a very happy and fruitful month of honouring our Blessed Mother and praying for the spread of God's Kingdom. Rosary is a powerful weapon against the attacks of the evil one and a means to obtain singular graces through the intercession of Mary. It is a popular Salesian devotion practiced by our holy founders, Don Bosco and Mother Mazzarello. The daily recitation of the Holy Rosary is one of the Marian devotions prescribed in our constitutions as a means of reliving together with Mary the mysteries of our redemption. Let us pray the Rosary devoutly together with our young people and promote the recitation of the family rosary in our Catholic families thus instilling in them love for Mary and merit her protection and graces.

XII Provincial Chapter

The entire province is now geared up to the celebration of the XII Provincial Chapter. We are all part of it in as much as all of us made a contribution towards it through prayer, reflection, sharing, deepening and assimilation of the Chapter theme: "*Do whatever He tells you.....*" By now you must have all received the time table and responsibility sheets which will enable the Chapter members to come prepared to make the Chapter a spiritually rich experience. You will also receive the copy of the working document soon. It is recommended that everyone in the community takes time to read the working document but those participating in the Chapter will make an in-depth study so as to be able to make valid reflections and solid contributions during the Chapter. Please continue and intensify your prayers during the Provincial Chapter so that every member of the Chapter will be led and guided by the Holy Spirit. May the Chapter be a moment of capturing the mind of the Church and the Institute and feeling the pulse of the world, especially the world of the young people.

We also implore God's blessings and assistance of His Spirit upon all our FMA Indian Provinces who will be celebrating the Provincial Chapter at different dates during this month and the next. May this time of great significance in the life of our Provinces bring about renewed vigour and authentic choices for a more definitive charismatic renewal in our educative mission.

HOLINESS through the mission

Pope John Paul II wrote: "*The universal call to holiness is closely linked to the universal call to mission. Every member of the faithful is called to holiness and to mission*" (Redemptoris Missio, 90). Rightly, the call to Holiness is so closely linked with the missionary mandate given to every baptized Christian. In fact our faithful service in the mission is a sure path to achieve Holiness. Our being Christians and much more our being religious, entails an obligation to cooperate in the mission of Christ, to lead everyone to the Father- the source of all Holiness.

Holiness as a personal mission of each one entails the task of achieving this goal in the here and now of our life – a life in the mission. Hence Holiness is all about *life and life giving* and it's not centered

on something that is static. Since God is the source of all Holiness, we are all called to conform our lives to Him, to be holy in all activities, after the model of the Holy One who calls us (cf. 1Pet. 1:15). Our mission therefore is a call to a life of consistency with the plan of God, through concrete actions and gestures of everyday life. We strive for a life of authenticity and holiness by carrying out the various forms of apostolate assigned to us with perseverance, fidelity, enthusiasm and witnessing to Jesus Christ.

Pope Francis in his message for the World Mission Sunday 2019 which we will celebrate on 20 October, with the theme “***Baptized and Sent: The Church of Christ on Mission in the World***” invites the whole Church to revive her missionary awareness and commitment as we commemorate the centenary of the Apostolic Letter ***Maximum Illud*** of Pope Benedict XV (30 November 1919). It is an apt occasion for us to recognize God’s grace working in us to rediscover the fascination of our being called to share Christ’s mission in the world.

In commemorating the 100th anniversary of the encyclical, Pope Francis has also set aside October 2019 as the ‘**Extraordinary Missionary Month**’. Our Holy Father has emphasized four important dimensions for this celebration:



1. ***Personal Encounter with Jesus Christ***, living in His Church through the Eucharist, in the Word of God and in our personal and communitarian prayer.
2. ***Testimony*** of the missionary saints and martyrs as an expression of the Church scattered throughout the world; to look to and learn from them the actions and sacrifices they underwent.
3. ***Missionary Formation*** through participation in the various Biblical, Catechetical, Spiritual and Theological formation to rediscover and renew our understanding of the mission ad gentes
4. ***Missionary Charity*** as a commitment to support the various missionary activities of the Church among the poor.

Celebrating this extraordinary mission month, we are all the more reminded to be true missionaries of Christ who live with an ardent missionary audacity that moves out to the world beyond our own confines through the constant conversion to our missionary call. Let us be faithful and courageous to live the grace of vocation bestowed upon us to be the witnesses of Christ. As the Pontiff himself remarks: “*A Church that presses forward to the farthest frontiers requires a constant and ongoing missionary conversion*”. I wish each and every one of you a fervent and holy month of the missions.

Our Holy Father has proposed a special Prayer for the Extraordinary Missionary Month. Let us pray it devoutly during this month according to the convenience of each community. We have also forwarded to you a prepared animation material sent by the mission sector of the Salesians which can be used for each day of the mission month of October.

(The full text of the Holy Father’s message for the World Mission Sunday 2019, Prayer for the Extraordinary Missionary Month and the theme song are attached herewith. Please send a report to the Provincial Office about the manner this extraordinary Missionary Month was celebrated in your community)

Guardian Angel - 2 October —————

"Behold I will send my angel, who shall go before thee, and keep thee in thy journey, and bring thee into the place that I have prepared..." (Exodus 23)

The feast of the guardian angel is celebrated on October 2nd of each year. It was Pope Clement X who in the eighteenth century established, for the universal Church, the feast in honor of the guardian angel. In the history of salvation, God entrusts the angels with the task of protecting the

patriarchs, his servants (Psalm 90, 11-13) and all the chosen people (Ex, 20-23). Peter in prison is freed by his angel (Acts 12.7-11.15). Jesus, in defense of the little ones, says that their angels always see the face of the father who is in heaven (Mt. 18.10).

The most significant characteristic of the Angels is not their supernatural power or their magnificent beauty. Angels, specifically the guardian angels work on our behalf and carry out God's Word. Their inexhaustible love for God motivates them to protect and guard what is most precious to Him, His children. The Church teaches us that God sends us the guardian angels to protect us from both spiritual and physical harm. Psalm 91:11-12 declares, *"For he commands his angels with regard to you, to guard you wherever you go. With their hands they shall support you, lest you strike your foot against a stone."*



The ultimate goal of all that guardian angels do is to aid in our salvation and bring us closer to God. Art. 45 of our Constitutions reminds us to honour in a special way our Saints together with the Angels. As we celebrate the feast of the Guardian Angels, we are reminded to increase our love and devotion to our guardian angels, to have recourse to them in all our needs and moments of difficulties and to constantly seek their help in our sojourn towards God.

Feast of the Holy Rosary - 7 October

The origin of the feast of the Holy Rosary dates back to the victory of the Christians over the Turks at Lepanto in 1571 after the powerful invocation of our Blessed Mother through the Holy Rosary. The victory was rightly attributed to the Blessed Virgin because, while Lepanto was being fought, the whole Rosary was recited by the Christians led by the Pope himself. After this victory, Pope St. Pius V established the feast of St. Mary of the Victory and two years later Gregory XIII confirmed it, changing its name to that of the feast of the Holy Rosary.

While the power of the Holy Rosary is revealed in many instances in the life of the Church and the Christians, yet it was St. Dominic who gave impulse to its devotion. Tradition says that while the Saint preached against the heresies in the Church, the Holy Virgin appeared to him, gave him a crown and said that he would overcome the error with that weapon which was the Holy Rosary. Today, the practice of praying the Holy Rosary is among one of the cherished prayers in the Church.

Archbishop Fulton Sheen once said, *"The rosary is the book of the blind, where souls see and there enact the greatest drama of love the world has ever known; it is the book of the simple, which initiates them into mysteries and knowledge more satisfying than the education of other men; it is the book of the aged, whose eyes close upon the shadow of this world, and open on the substance of the next. The power of the rosary is beyond description."*

Mary, in virtue of her perfect union with the Passion, Death, and Resurrection of Jesus, has been given the privilege to bestow God's graces to her spiritual children, for whom she earnestly intercedes as the Mother of all Christians. To St. Dominic she revealed the additional benefits for those who devoutly pray the Holy Rosary.



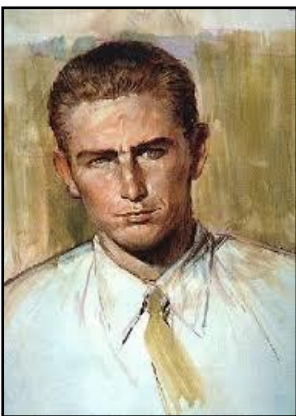
15 promises granted to those who recite the Rosary

1. Whosoever shall faithfully serve me by the recitation of the Rosary shall receive signal graces.
2. I promise my special protection and the greatest graces to all those who shall recite the Rosary.

3. The Rosary shall be a powerful armor against hell, it will destroy vice, decrease sin and defeat heresies.
4. It will cause good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its vanities, and will lift them to the desire for Eternal Things. Oh, that souls would sanctify themselves by this means.
5. The soul which recommends itself to me by the recitation of the Rosary shall not perish.
6. Whosoever shall recite the Rosary devoutly, applying himself to the consideration of its Sacred Mysteries shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just he shall remain in the grace of God, and become worthy of Eternal Life.
7. Whoever shall have a true devotion for the Rosary shall not die without the Sacraments of the Church.
8. Those who are faithful to recite the Rosary shall have during their life and at their death the Light of God and the plenitude of His Graces; at the moment of death they shall participate in the Merits of the Saints in Paradise.
9. I shall deliver from purgatory those who have been devoted to the Rosary.
10. The faithful children of the Rosary shall merit a high degree of Glory in Heaven.
11. You shall obtain all you ask of me by recitation of the Rosary.
12. All those who propagate the Holy Rosary shall be aided by me in their necessities.
13. I have obtained from my Divine Son that all the advocates of the Rosary shall have for intercessors the entire Celestial Court during their life and at the hour of death.
14. All who recite the Rosary are my Sons, and brothers of my Only Son Jesus Christ.
15. Devotion to my Rosary is a great sign of predestination.

Icons of Salesian HOLINESS

- *Blessed Albert Marvelli- 5 October*

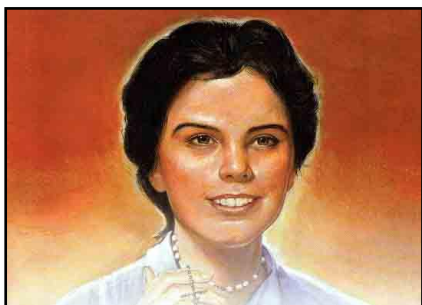


A heroic young man who risked everything to serve the poor, Albert Marvelli was born in Ferrara, Italy on 21 March 1918. From early years of his life, his mother taught him exceptional examples of charity to the poor and needy. At the Salesian youth center, he imbibed many Gospel virtues which coupled with the holy teachings of his mother lived with great conviction, courage and constant effort contributed to his spiritual maturity and nurturing of faith. As an animator in the oratory of the Salesians, he was outstanding in his heroic virtues that captured the confidence and love of the Salesians and his companions. He took St. Dominic Savio as his model for his spiritual itinerary and made daily effort to conform his life to the examples of this giant saint. He continued revealing the depth of his spiritual richness as a student of engineering and later when he was in military service. During World

War II, notwithstanding the perils and risks he had to undergo, Albert rescued many persons who were being deported by the Nazis to concentration camps and he became a real source of providence for the poor people. He would go on his bicycle with much patience to give donations to the poor. In the face of a growing political and social threat from the Communist Party, he promoted Christian principles among workers. The Holy Eucharist and the Holy Rosary were the powerful sources of his spiritual and moral strength. On October 5, 1946, while riding his bicycle, Alberto was struck and killed in a traffic accident. He was beatified on 5 September 2004 by Pope John Paul II.

Albert Marvelli is an exemplary figure of a true hero of charity. During his short span of life he lived with much conviction the figure of the Good Samaritan, as a perfect model of love to be imitated and lived by all Christians.

- *Blessed Alexandrina Da Costa – 13 October*



Lively, affectionate and playful young girl, Alexandrina Maria da Costa was born on the 30th March 1904 at Balasar in Portugal. She was brought up in the faith by her mother, along with her sister Deolinda. It was at the age of fourteen in 1918 that a decisive event occurred in her life in order to save her threatened purity. She did not hesitate to throw herself out of the window, from a height of four meters. The consequences of this took over her, though not immediately, the paralysis of her body for her whole life. Until 1928 she did not stop asking the Lord, through the intercession of Our Lady, for the grace of

healing, promising that, if she were healed, she would offer herself as a missionary to the Church and the world. However, her desires were not seen favoured by the Lord. Instead, soon she realized that suffering was her vocation which she embraced it promptly. She said: *"Our Lady gave me an even greater grace. First the resignation, then the complete conformity to the will of God, and finally the desire to suffer"*.

Alexandrina had cemented in her heart a strong devotion to the Madonna, which she expressed with particular intensity in the month of May. With full readiness for the purifying action of the Divine Master, she prepared herself for the mission to which Jesus had called her: to sacrifice herself for the salvation of sinners. And in fact, for long years, every Friday, she lived in her the Passion of Jesus from Gethsemane to Calvary. Since 27 March 1942 until her death on 13 October 1955 Alexandrina nourished herself only with the strength of the Holy Eucharist. She was helped, directed and guided by many who visited her especially her spiritual directors. In 1944, she had her new spiritual director in the person of Fr. Umberto Pasquale, a Salesian who encouraged her to continue saying something for her diary. Growing in acquaintance with the Salesian charism through her spiritual director, she requested to be a Salesian Co-operator. She said: *"I feel I am in great union with the Salesians and with the Cooperators all over the world. And frequently I witness to my belonging to them and offer my suffering, united with them all, for the salvation of the young! I love the Congregation. I love it very much and will never forget it in heaven or on earth"*.

Alexandrina becomes a model of love and purity for the world today to transform every sad and painful situation of life with the healing power of love. The secret of her holiness through constant union with God especially in the Holy Eucharist and her sufferings is an example to be imbibed.

- *St. Teresa of Avilla- 15 October*

St. Teresa of Avila, the Patroness of our Institute, also known as St. Teresa of Jesus, was a prominent Spanish mystic, a reformer of the Carmelite Order, who was born at Avila in Spain in 1515. Don Bosco gave her as the patroness of our Institute. Her perseverance in prayer and meditation amidst trials and sufferings, gave her the tenacity to persist the tests of time and to cling more to God and His love who continuously called her.



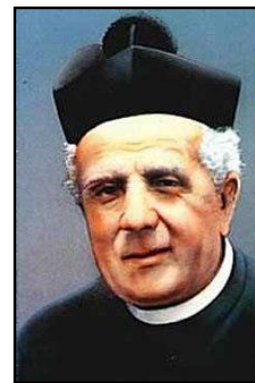
She was a woman "for God," a woman of prayer, discipline, and compassion. Her heart belonged totally to God. For her, Christian life is a personal relationship with Jesus, which culminates in union with him through grace, love and imitation. Her ongoing conversion was an arduous lifelong struggle, involving ongoing purification and suffering. She was misunderstood, misjudged, and opposed in her efforts at reform. Yet she struggled on, courageous and faithful; she struggled with her own mediocrity, her illness, her opposition. And in the midst of all this she clung to God in prayer. Her writings on prayer and contemplation are drawn from her

experience: powerful, practical, and graceful. She was a woman of prayer; a woman for God. Hence she gave importance to meditation on the Passion and on the Eucharist.

In the modern times of turmoil, of reform and liberation St. Teresa is a challenging example for the Church and the Christians to be promoters of renewal and prayer and a Saint whom we can admire and imitate. Giving St. Teresa as the Patroness of the Institute Don Bosco said to the FMA, *“I recommend holiness, knowledge...and joy! All of you become St. Teresa’s! Remember that the devil fears happy people”* (BM X, 648). May our Patron Saint intercede for us before the throne of God to live deep interior rapport with God in Prayer clinging to Him in all situations of life.

- ***St. Louis Guanella – 24 October***

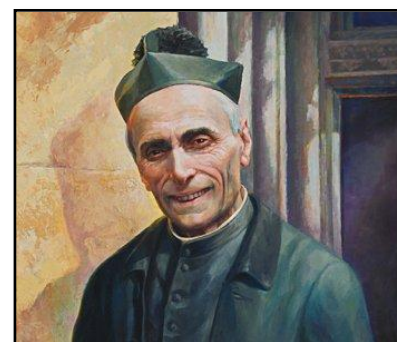
The servant of charity Louis Guanella was born on December 19, 1842 in the small village of Fraciscio, Italy in the Southern Alps. Louis grew up experiencing both poverty and illiteracy, which had a profound impact on his life. Louis lived during a time of intense political persecution against the Catholic Church. He was ordained a priest on May 26, 1866 in Como and after few years he moved to Turin where he met Don Bosco in 1875 and joined the Salesian Congregation. He worked untiringly for the homeless children till the year 1878 when he returned to the Diocese at the call of his Bishop. His works of charity were remarkable to this very day through the active female congregation *‘Daughters of Saint Mary of Providence’* and the male congregation *‘Servants of Charity (Guanellians)’* which he founded in 1886 and 1908 respectively. In 1913 he also founded the pious union of Saint Joseph whose mission is to pray for the sick and the dying. His ardent zeal for souls is seen in his indefatigably charitable works in favour of the poor, disabled, street children, and abandoned through the orphanages, nursing homes and works of mercy for them.



Guanella was beatified by Pope Paul VI on October 25, 1964 and later canonized by Pope Benedict XVI on October 23, 2011 in Rome. In the solemn act of his canonization, the Pope highlighted his solicitous charity and his dedication to the service of the least and the poor who find their source of life and consolation in the merciful heart of God, in the style of the provident Father whose heart is inflamed by charity and love for the poor and needy.

- ***Blessed Michael Rua – 29 October***

Michael Rua was born on 9th June 1837. During his school days at Turin, Don Bosco used to be the school’s chaplain and Michael was immediately drawn to the work and vision of St. John Bosco. He grew up a holy youth and entered Don Bosco's Oratory in 1852. He made his first profession in 1855 and was ordained priest in 1860. He assumed various responsibilities in the congregation and became a very close associate of Don Bosco. For 36 years he constantly assisted Don Bosco in his works especially in the development of the Salesian Congregation and in 1865 became his vicar. In 1875, he was appointed Director of the Institute of the Daughters of Mary help of Christians, the responsibility he carried out with much love and passion to keep alive the charism of the Congregation. He was a faithful companion of Don Bosco and in fact one day the latter told him *“We two will go halves in everything”*.



Don Rua was fondly known as the *‘Living Rule’* for his austere fidelity and conviction to keep alive the spirit and charism of the Congregation. However, his concern, goodness, fatherliness and solicitude for others especially the missionaries was felt and experienced by those who shared life

with him. After Don Bosco's death in 1888, Don Rua took direction of the congregation and was a constant source of comfort and encouragement to those under his care. He was a replica of Don Bosco in living out the Salesian way of life. So great was his love for Don Bosco and his teachings that he would often make references to him: "Don Bosco used to say... Don Bosco used to do it this way... Don Bosco wanted...". His zeal for the '*Da Mihi Animas*' was enormous that he took courageous decisions of sending many missionaries to different parts of the world. When he died, on 6th April 1910 at the age of 73, the Society had grown from 773 to 4000 Salesians, from 57 to 345 communities, from 6 to 34 Provinces in 33 countries.

At his beatification on 29 October 1972, Pope Paul VI declared "The *Salesian Family had its origin in Don Bosco, its continuity in Don Rua...*" and today, it will continue to grow with our fidelity to the Spirit of our father and founder Don Bosco.

Communications

Past Pupils' Asian Congress: The 2nd Asian Congress of the FMA Past Pupils will be held at Thailand from 9 – 13 October 2019 with the theme: "*Open minds, attentive listening to create a future of hope*". Sr. Mary Lamare will participate in it from our Province. We wish her a fruitful and rich encounter with the past pupils of the Asian Pacific Region. She will leave the Province on 8th October and will return on 14th October.

Entry into the period of Postulancy: 18 of our Aspirants will receive the Postulants' medal from Sr. Lucy Rose Ozhukayil, General Visiting Councillor on 7 October 2019 at Saiden. We congratulate our Aspirants for their courageous 'YES' and we support them with our prayers and sisterly encouragement in their vocational journey. Prior to this, the Aspirants have days of spiritual retreat which began yesterday (30th September) evening and will conclude on 5th Morning. We wish them God's blessings as they venture into a new stage of their formation. We also thank and pray for Sr. Phyllis Bamon and the Sisters of Saiden community who are accompanying these young candidates in their formative journey and discernment.

New Economers' Course: Sr. Gemima Pohrmen will participate in the new Economers' Course at Casa Generalizia, Rome. She will leave the Province on 1 November 2019 and will return on 5 December 2019. We wish her God's blessings and an enriching experience.

Congratulations: We offer our sincere and heartiest congratulations to Fr. Savio Silveira SDB the new Provincial of Mumbai Province who was installed on 11 September 2019. We assure him our prayers in his task of animation and direction in the Province of Mumbai.

FMA PCI Provincials' Spiritual Retreat: The FMA Provincials of India will have their spiritual retreat this year in Sri Lanka from 1-8 December 2019. I will leave from here on 29th November and will be back on 10th December. Please keep us in your prayers.

Annual Spiritual Retreat 2020: Following are the dates for the different spiritual retreats for the year 2020. Kindly arrange your programme accordingly and please send the names of the sisters for the different retreats to the Provincial Office latest by the first week of December.

Retreat I	:	6-13 January 2020	[School Sisters and Boarding Assistants]
Retreat II	:	4-11 March 2020	[Perpetually Professed Sisters]
Retreat III	:	15-22 April 2020	[Perpetually Professed Sisters]
Retreat IV	:	2-9 May 2020	[Provincial Council and Animators]
Retreat V	:	2-10 July 2020	[Temporary Professed Sisters]
Retreat VI	:	22-29 July 2020	[Novices]

**All the retreats (Except that of the Novices) will be preached by Fr. Biji Thomas SDB. Prior to every retreat of the perpetually professed sisters, there will be a two-day animation programme. We send ahead our prayers for the fruitfulness of our spiritual retreats.

Welcome back: We are happy to welcome back Sr. Teresa Gnallathuvayalil who is returning to the province after the 7 years service in Rome. She will belong to the community of Nongstoin. We wish her happy mission life in the Province.

Prayers and Condolences

Our sincere condolences and deepest sympathies:

- ✚ To Sr. Lida Kharkongor and Sr. Rona Kharkongor at the passing away of their uncle on 6 September 2019
- ✚ To the Salesian Province of Mumbai at the departure of Fr. Ignas Macwan SDB of INB on 9 September 2019.
- ✚ To Sr. Regina Dkhar and her family at the demise of her sister on 18 September 2019
- ✚ To Sr. Rodalin Kamar and Sr. Evalynejoy Kympat who lost their grandmother and maternal aunt respectively on 21 September 2019.
- ✚ To Sr. Iadalin Myrthong at the loss of her uncle on 23 September 2019.
- ✚ To Sr. Fidelis Majaw and her family at the departure of her sister on 22 September 2019.
- ✚ To the Salesians of Trichy Province at the sad demise of their Provincial Fr. Anthony Joseph SDB on 11 September 2019.
- ✚ To Sr. Carmelina Sun at the loss of her uncle on 29 September 2019.

May the dear departed ones rest safe in the arms of Jesus and enjoy forever the beatific vision and may they intercede for the needs of their Provinces and loved ones.

For the Sick: We offer our prayers for all the sick members of our communities and families through the intercession of our Blessed Mother. We pray in a special way for:

- ✚ Sr. Piera Cavaglia, the Secretary General of our Institute
- ✚ The mother of Sr. Elsistina Sun
- ✚ The mother of Sr. Monica Lyngdoh

As we celebrate the extraordinary missionary month, let us entrust ourselves to God through the powerful intercession of our Blessed Mother, the Queen of the Holy Rosary and of the missions that we may fully cooperate in His divine intervention in our lives, and allow ourselves to be transformed into the fullness of God's grace and Holiness.

"Holiness does not make you less human, since it is an encounter between your weakness and the power of God's grace."

(Pope Francis, Gaudete et Exsultate, 33-34).

Assuring you of my sisterly support and accompaniment!

Affectionately,



Sr. Elizabeth George FMA
Provincial