

Newsletter of the Salesian Sisters, Shillong Province

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COVID-19

“ Covid-19 will reshape our world
We don't yet know when the crisis will end.
But we can be sure that by the time it does,
Our world will look very different. ”

Joseph Borrell



The Covid 19 pandemic has changed the course of our action. Our classrooms and meeting venues have become zoom meeting room, google meet, google classroom, whatsapp group, YouTube live and so on. Our homes have become churches and our celebrations have been reduced to few participants. The more technically equipped one is, the more digital platforms one could explore. While the facemask and sanitizer have become the dress code and essentials of the day. It has limited our physical movements and encouraged virtual presence. Yet in all these, an optimist would always find one's way to get maximum benefits from this present situation.

If we look around and examine, we could consider ourselves fortunate for we have faith and hope in our hearts, which render us courageous. This certainty of God's unfailing providence has also spurred us to go out and meet people who are most in need through outreach programmes, emotional support, availing our infrastructure for quarantine centres and being corona warriors. Two of our nurse Sisters dedicated themselves to

free service through the Covid Care Centre at Don Bosco Youth Centre, Shillong and caring for the other sick members of our own communities.



In all, we could say that we have made a drop in the ocean in easing out the pain and struggles of people around us. Although Covid 19 has made our life and work much more complicated, we have not lost our spirit and hope of being life-generating presences in all our communities.

With the attitude of fortitude we look ahead with hope knowing that there is One who holds our future and in Him we live, we move and have our being (Acts. 17:28).

Sr. Euginia Laloo



In & Around The Province

Senior Citizens Day Care Centre inaugurated

On 19 March 2021, the Day Care Centre for Senior Citizens was inaugurated by Shri. Kyrmen Shylla, MLA of Khliehriat Constituency and Minister of Revenue & Disaster Management, Social Welfare and Excise Department. It is the first of its kind with such facility in the entire state. It is in collaboration with the Social Welfare under the National Action Plan, Government of India.

The Centre was inaugurated in the presence of Shri. E. Kharmalki, IAS, Deputy Commissioner of East Jaintia Hills District, Smt. Ripaia Passah, DSWO, Shri. D.D. Shira,



MCS, Director of Social Welfare, Shri E. Kharmalki, IAS, Deputy Commissioner of East Jaintia Hills District and Sr. Elizabeth George, FMA Provincial of Shillong Province, Fr. George Maliekal SDB, Fr. Ioanis War Pakma SDB, Parish Priest of Khliehriat and many invitees attended the inaugural programme.

Addressing those gathered on the day, Shri. Kyrmen Shylla expressed his concern for the women and children especially those from economically disadvantaged and marginalized communities as they are facing increased risk of exploitation. He also stated that gender inequality and other discriminatory practices render women and children vulnerable to exploitation, abuse as well as trafficking. He lauded the efforts of the FMA for taking up the project and setting up the senior citizen day care centre to cater to the needs of the underprivileged women, children and the senior citizens of the district. “I hope that the outcome of this initiative will have considerable

and positive influences,” the Minister said. He also stated that the Government is also looking forward to working together with the FMA especially in the uplift of women, children and senior citizen in the district. Speaking at the event, Shri. E. Kharmalki also said that the senior citizen day care centre is the first of its kind in the state of Meghalaya. It is the responsibility of the children to take care of their parents, he further said. “The senior citizen day care centre should not encourage people to leave their parents or send their parents to the day care centre but it should be the last resort as it is especially meant for those senior citizens who are not being properly taken care of by their children or relatives” he added. Earlier in the programme, Sr. Helena Puwein, Secretary of FMA-OUWC in her welcome address said that the aim of the programme is to help the poor families and the senior citizens of the district. She also highlighted the

facilities that will be provided by the senior citizen day care centre such as free medical check-up, counselling, recreation outings, religious and cultural programmes and vocational programmes.

On this historic day, Sr. Garnet Sutnga proposed a vote of thanks. The centre’s opening is intended to assist the women of Khliehriat in meeting their various needs while also allowing them to live in a safer atmosphere and a peaceful community. The premise will also be equipped with reading materials, recreational activities and free food for the senior citizens.

Sr. Garnet Sutnga

COVID – WARRIOR

*“ Rather, ten times, die in the surf,
heralding the way to a new world,
than stand idly on the shore”*

*“ So never lose an opportunity of
urging a practical beginning,
however small, for it is wonderful
how often in such matters the
mustard-seed germinates and roots
itself.” Florence Nightingale*





Yes, it is indeed a new venture with lots of golden opportunities in reaching out to the sick and sufferings especially the vulnerable group of our society and State who have been affected by the deadly virus so called Covid-19.

We strongly believe that everyone must be having their most exciting and frustrating experience in their lives especially in this time of pandemic where the situation has changed the lifestyle of many people and never knew how challenging life could be.

When the Covid-19 spread it's claws for the second time in our country especially in our State we were confronted with problems wherein the whole nation was taken by surprise creating dilemma in the minds especially the poor people. We therefore, willingly opted for this mission.

On 2 June 2021, in view of this pandemic, the SDB in collaboration

with the whole Salesian Family moved forward to fight against the spread of this virus by opening the Corona Care Centre. The purpose of this centre is to cater to the poor people and those who do not have the facilities at home for self-isolation. The facility is medically equipped to handle Covid-19 cases, with a doctor and six trained nurses, of whom three are religious sisters. They monitor and provide treatment to the patients. As deployment of nursing staff of DBYC (Don Bosco Youth Centre) we attended the training at Regional Training Centre at 10:00 a.m in order to acquire adequate knowledge and skills to handle covid 19 patients. Following are the new learnings:

1. Disease conditions, causes, complications, 4 categories of Covid-19 and its management
2. Donning and Doffing of PPE
3. Calculation and Administration of drugs and fluids in both adults and children.

4. Fixing the oxygen concentrator
5. Titration of oxygen in both adults and children
6. Proper concentration of disinfectant solutions and its different types
7. Maintenance of records and reports daily
8. Functions as a DEO (Data Entry Operator)

Working as covid warrior and battling with the pandemic as the front line health workers we wish and pray that this historical event will never repeat and should be completely eradicated from the face of the earth. It is the responsibility of every one of us to fight against the menace of this virus without losing hope. Working in this corona care centre, we witnessed the pain, anxiety, fear of separation from the families, where family members are unable to meet their loved ones much more declining of the family finances which leads to depression. As holistic care nurses we look after the patient not only physically but mentally, psychologically, spiritually as well since the patients are isolated and distanced from their loved ones. We try our level best to motivate and support them by being there for them.

One of the most challenging roles as a covid warrior is donning of PPE for more than 4-6 hours as we could not eat, drink, or even go to the wash room during the working hours where we really feel exhausted, dehydrated due to excessive sweating and some others experience a kind of allergic reactions especially in our facial areas. Initially, it was difficult but after few days and weeks we got used to it and it became part of us. Free accommodations, delicious and nourishing food, also free recharging of the patient's mobile phones in order to make their communication with their family uninterrupted were provided. As a team under the wise direction and guidance of Fr. Michael Makri SDB, Director have put a lot of effort to gather funds both in kind and cash for the smooth running of the centre. We are grateful to the many generous people who have contributed for the upbringing of this centre.

Our immense gratitude to the Mighty God whose protection and guidance never fails us. Words of appreciation to you dear Sr. Elizabeth George, our Provincial and the Councillors for availing the opportunity to explore our gifts and talents and to make use of our knowledge and skills. We also thank all our Salesian Fathers/ Brothers

(SDB) especially Fr. Michael Makri, Director, Don Bosco Youth Centre, Miss Isawanda Laloo, DC (Deputy Commissioner), Dr. A. Lyngdoh, Additional Medical Health Officer, the overall in-charge of community corona care center Dr. Hunsi Giri and Mrs Veronica Lyngdoh, Magistrate for availing us the opportunity to render our service..

**Sr. Riodalin Ramshon &
Sr. Liza Kharkongor**

BELLEFONTE

Inauguration of Advance Course in Tailoring

The 22 January 2021 is a red letter day for Bellefonte Community College (BCC) Lumshyiap Shillong. It was a great joy for the community to witness the inauguration of “Training in advance tailoring” sponsored by National Bank for Agriculture and Rural Development (NABARD), organized by an NGO, Rilum Foundation for Sustainable Development supported by Collectives for integrated



livelihood initiatives under the Sustain+platform. The Chief Guest of the day was Shri. Jawahar, Director of KVIC, Meghalaya. During his speech he emphasised on three important points: Rights of the women, becoming an important person in the society and everyone should have the thought to contribute to the growth of the nation by doing something. On this day, Shri. Edward Lynshing, Development Officer at the Meghalaya Co-operative Apex Bank, Mrs. Philakynthiew Nongkynrih AGM, NABARD, Mrs. Jeba Chakraborty, Mr. H.J. Marwein, Manager of DCIC, East Khasi Hills, Sr. Christina Kharkongor, the Animator of Mary Our Help Training Centre, Bellefonte and Sr. Helen Puwein, Principal of Bellefonte Community College, other dignitaries and the 20 trainees, both girls and boys were present.

The ceremonial function commenced at 10.40 a.m with a

welcome speech by Sr. Christina followed by a short prayer moment animated by Sr. Beltiful Kharsnar, the lighting of the lamp and the felicitation programme. Mr. Banteilut Lyngdoh Nongbri, Chairman of Rilum Foundation was the moderator of the day. He welcomed everyone and invited the Chief Guest and Guest of Honour to give a short message for the young people present. During their speech they all encouraged the young people to work with determination. They motivated them to develop their gifts and talents and to persevere in whatever they do and to remember that “giving employment to others is more important than being employed. It is worth mentioning here what was highlighted by Mr. Edward taken from the thought of Mother Teresa “We are not called to be successful but to be faithful”. Sr. Helen too expressed her joy for such an opportunity to collaborate with Rilum Foundation in order to

help the youth to reach their goal and be someone in life.

She concluded her speech with a message for the trainees saying that they must have the business acumen with creativity. The function ended with a vote of thanks from the Secretary of Rilum Foundation Miss Lakyrkhumai Syiem.

On this occasion, the Chief Guest and many other dignitaries appreciated the work run by the Institution. It is a great joy for the community of Bellefonte to have such an occasion which reinforces our love for the poor and abandoned youth as Don Bosco and Mother Mazzarello did and focus our attention for the development and welfare of the exploited and marginalized youth.

**Sr. Rodalin Kamar and
Sr. Beltiful Kharsnar**

Vaccination Against COVID-19 at BCC

The Bellefonte Community College (BCC) consented to let many of its rooms be used for the COVID 19 vaccination after the local headman and the Deputy Commissioner’s Office of East Khasi Hills requested. Lumshyiap people



and those in the surrounding area were able to get themselves vaccinated. This event took place on 19 June 2021. Prior to the event, the Doctors and Health Workers sensitized the public about the immunization. Dr. K. Marboh and Dr. D. Diengdoh, as well as some nurses from Mawlai Mawroh Primary Health Centre (PHC), were among the key individuals who provided the service to more than 200 persons, including some of our novices. They were assisted and supported by Accredited Social Health Activist (ASHA) team. Under the capable supervision of the village headman, Mr. P Khongdup, volunteers from the locality came and set up the venue for the event, as well as placed everything back in its proper place. They also brought the chairs and other necessary items for the event. The volunteers were there throughout the day, assisting the participants in adhering to the protocols. Shri L. Tariang, the

Magistrate representing the DC Office, was also present at the event. “Every Vaccine is a Step Closer to Defeating COVID-19,” is the theme for this immunisation. Before they left, the village elders met with Sr. Helen Puwein and a few sisters to express their gratitude for the help and support they had received.

Sr. Beltiful Kharsnar

MAWKYNDENG

Feast of Mother Mazzarello

The Community of St. Francis Convent, Mawkyndeng celebrated the feast of St. Maria Domenica Mazzarello, our Co-foundress, with much fervour and devotion. A statue of hers was also beautifully decorated which added colours to the occasion. The celebration began with a well animated Morning Prayer led by Sr. Tistabha Bareh which was followed by the Holy Eucharist in the Parish Church in the presence of some Salesian Cooperators and young people. The main celebrant of



Solemnity of Mary Help of Christians



the day, Fr. Silvester Synrem SDB in his sermon exhorted all those present to follow the example of Mother Mazzarello especially her virtue of humility. After the Holy Mass the parish community was invited to join in the family lunch. In the evening an hour with Mother Mazzarello was organized for the whole community by Sr. Mary Lamare whereby we listened and sang hymns to honour Mother Mazzarello, after which Sr. Maria Goretti Nongrum, Animator gave the goodnight. Thus, the celebration came to a close with a deep sense of gratitude to God for the gift of the day and for calling each of us to the Salesian family and a great desire to be faithful to God like Mother Mazzarello. Prior to the day's celebration, there were animated prayers during the novena and the triduum.

The community of St. Francis Convent, Mawkyndeng was indeed privileged to be able to celebrate the feast of our Blessed Mother, the Help of Christians amidst the lockdown. The feast was preceded with the animated Novena on different themes. The well decorated statue of our Blessed Mother was inspiring. The day commenced with the morning prayer animated by Sr. Maristella Rynghlem and Sr. Angelina Thyрниang after which the sisters gathered in the dining room for the cutting of cake and exchange of festal greetings. The day was solemnized with the celebration of the Holy Eucharist at 9:30 a.m in the parish church celebrated by Fr. Silvester Synrem SDB and concelebrated by Fr. Thiewbor Kharsyntiew and Fr Hampyrwa



Tyngkan. After lunch, the sisters gathered together to pray the Holy Rosary in communion with the whole province to pray for the suffering world. In the afternoon, games were organized for the fathers, brothers and sisters by Fr. Silvester Synrem to mark the family spirit which was followed by light refreshment. At 6:00 p.m there was adoration and benediction. The day was then ended with the recitation of one more decade of the Holy Rosary and a goodnight thought from Sr. Maria Goretti Nongrum, the Animator.

the trees, Sr. Maria Nongrum, the Animator led the opening prayer followed by other spontaneous prayers and a concluding prayer in thanksgiving to God for the gift of this beautiful planet, our Mother Earth. The sisters, and representative of the teacher and co-workers too planted a tree each. In this present situation where many people are trying to destroy nature, the sisters and those present commit themselves to do their best to safeguard Mother Earth by keeping our campus clean and green.

World Environment Day

5 June 2021 marked the celebration of the World Environment Day with the theme “Ecosystem Restoration”. On this day, joining hands with the whole world to protect, care, safeguard and preserve our Mother Earth, St. Francis Community undertook an initiative by organizing tree plantation in one part of the hills that belongs to us. Before planting



MAWKYRDEP

Teachers' Seminar

The King of Kings Higher Secondary School, Mawkyrdep organized two days programme on 29 and 30 March 2021 for the teachers. The programme commenced with a prayer led by Sr. Wismary Kharbihkhiew, Vice Principal and Counselor. The resource person was Mrs. Rita Diengdoh, an active social worker with specialization on Children with Disability below 18 years of age. The main theme of



Boarders' Retreat

On 9-11 April 2021 the boarders were privileged to have three days' retreat conducted by Jesus' Youth. They were accorded a warm welcome on their arrival. Immediately, they met the boarders who were already gathered in the chapel. They introduced themselves to make the participants feel at home with them followed by a short praise and worship programme. The introductory session was at 9.00 p.m. on the theme 'God's love' based on the gospel of John 3:16. The children

this programme was on Inclusive Education for a Holistic Education for students. The highlight of her session was on 'learning skill'. Its aim was to know the students, create a class room like a family where one feels loved and accepted. Furthermore, another concern for education was for children with special needs who also have the right to education. She exhorted all the teachers to be careful with the personality of each student especially when dealing with those with special needs.

On the following day, Sr. Wismary and Sr. Celestina Thyрниang, the Animator were the main resource persons. They focused on the meaning and purpose of the profession as teachers in the Salesian School. The teachers were very much enriched and enlightened by the two days programme. We are thankful to the resource persons for their availability and their skillful coaching enabling every teacher to be effective in his/her profession.



were made to understand that God's love is so great that no amount of our good works can be equal to the love of God for us. The children felt the touch of the Lord. It was a spirit filled retreat. Before the conclusion of the session, the children were given a home work to read Psalm 23, 51 and 91; a good practice to get in touch with the word of God.

Visit of Archbishop Victor Lyngdoh & Confirmation

April 23, 2021 was a great and joyful day for our community as we welcomed in our midst our dear Rt. Rev Victor Lyngdoh, Archbishop of Shillong Archdiocese. On his arrival he was welcomed by the boarders and the sisters with a welcome song and proceeded to the hall for the celebration of the Holy Eucharist. The School children from classes IV to XII participated in the holy Eucharist. The day was solemnized by the presence of the 39 children who received the Sacrament of Confirmation administered by the Archbishop. The Holy Eucharist was well animated and the children prayed fervently. During the homily, Archbishop expressed his joy of being able to celebrate the holy mass for our children and he highlighted on the role of the third person of

the Trinity. The first person who is God the Creator, created us in his own image and likeness, the second person Jesus who redeemed us and the third person the Holy Spirit who sanctified us. He encouraged those who received the Sacrament of Confirmation to become soldiers of Christ to fight against the enemies of our souls. We organized a short felicitation programme in honour of the Archbishop as a sign of our love and reverence which was then followed by fraternal meal. We are grateful to His Grace Archbishop for his presence with us and we continue to pray for his good health and the fruitfulness of his mission.

Sr. Joplanglin Nongkseh



MAWLAI

Teachers' Spiritual Retreat

The school organized a one-day retreat at Mawpdang for all the teachers of our school on 29 March 2021. We left the school campus at 8:30 a.m and reached the spot at 9:00 a.m. Sr. Lydia Pala, our Principal gave the introductory talk wherein she stressed on the importance of retreat which usually happens once a year as to review one's own life as Christians. This was followed by the talk of Fr. Barnes Mawrie SDB on spiritual disciplines; like solitude, silence and spiritual practices. From 11:30 a.m to 12:45 p.m. we had the Adoration service animated by Mrs. Meboreen Thongni and Benediction was conducted by Fr. Barnes Mawrie SDB.



In the afternoon at 1:30 p.m we had the way of the cross which was animated by the gent teachers. It was inspiring to see all the teachers taking part with great devotion in all the prayer moments despite the tiring experience. The enriching day came to a close with the celebration of the Holy Eucharist celebrated by Fr. Festus Shadap SDB. It was indeed an opportunity for our teachers to deepen their relationship with God and among themselves. This also gave them the chance to relax themselves physically and spiritually as to be re-energized in their noble mission. Everyone was happy with the day's experience and expressed to have more of its kind in the near future.

Sr. Evalynejoy Kympat

The Inaugural Function 2021

Inauguration of the new scholastic session 2021 was held on 6 April 2021. It was also the day of reopening of the new academic session. The programme started with a prayer led by the Principal, Sr. Lydia M. Pala. Words of welcome by the Animator, Sr. Teresa Kamsuan. The Chief Guest of the day was Dr. David Umdor, Deputy Director



of NEIGRIHMS, Shillong. While delivering his message, Mr. David spoke about excelling in one's work. Intelligence is present in each and every person and that intelligence should only be put to practice, stressed Mr. David. He also reminded everyone on the need to follow appropriate behaviours for preventing the spread of COVID-19. The Chief Guest then inaugurated the two huts put up in the lawn near the basketball court. He was also impressed by the aesthetic look of the entire campus adorned with flowers and greenery.

Richmond Kharlukhi (Teacher)

“Leadership and learning are indispensable to each other.”

John F. Kennedy

New Academic Year Holy Mass & Pledge Taking Ceremony

The Eucharistic Celebration of the New Academic Year was held on 9 April 2021. Fr. Denis Lafela SDB, the Director of Don Bosco Centre for Indigenous Cultures (DBCIC) was the celebrant of the Mass. Before the Mass, an introduction was read by Mrs. Kalpana Gnatra along with the symbolic presentation of candle, book and a ball in front of the altar, thanking the Lord for His care and protection we have received and imploring Him to continue to bless us in this academic year 2021. Fr. Denis gave a beautiful homily based on the first reading from the Acts of the Apostles 4:1-12, which speaks about the preaching and healing of the lame man and the Gospel reading from St John 21:1-14, on the resurrection of Jesus and the apparition to His disciples. He also reminded the





students on building good character in order to be successful in life and on their duties as students that they should obey and respect their parents and elders. After communion, Mrs. Meboreen Thongni prayed a thanksgiving Prayer to thank Jesus for all the graces and blessings He has granted to each one of us. When the Mass got over, Rolling Kharumnuid, one of the teachers, gave the vote of thanks.

In the afternoon of 9 April 2021 the staff and students of the Sacred Heart Girls' Higher Secondary School Mawlai assembled in the gallery for the pledgetaking ceremony. The programme commenced with the welcoming of the Chief Guest, Mrs. Celestina Lamin, the former Deputy Commissioner of Ribhoi District. Sr. Rosina Susngi gave a beautiful welcome speech in which she introduced Mrs. Celestina as one of the past pupils who passed out from the school in 1958. She was a brilliant student who got the gold medal in the state. She

was also the teacher in the school. Mrs. Celestina took the salute during the March Past performed by the different contingents of the school followed by her speech. In her speech she reminded the students that they should work hard and not to be discouraged. For only those who work hard with determination will reach the goal. After the programme, Sr. Lydia Pala, the Principal of the school gave the vote of thanks.

**Sr. Bertina Kurbah &
Rolling Kharumnuid (Teacher)**

World Environment Day 2021 Online Competition

On the occasion of the World Environment Day, the Eco Club of Sacred Heart Girls' Higher Secondary School, Mawlai organized an online Drawing and Poster Making Competition for the students on the theme: "Ecosystem Restoration". Details of the competition were as follows: Drawing and Painting Competition for Classes V to VIII; Poster Making Competition for Classes IX to XII and was submitted on 5 June 2021. The Eco Club teachers evaluated the work of 131 participants.

Winners of the online competitions was announced on 8 June 2021 as follows:

Drawing and Painting Competition for Classes V-VIII

- 1st – Grescensha Y. Badwar (VC)
- 2nd – Serena War (VII A)
- 3rd – Larisha Kharsyntiew (VIII A)

Winners of Poster Making Competition for Classes IX-XII

- 1st – Pritisha Marbaniang (XII Arts)
- 2nd – Eurisha L Mawnai (IXA)
- 3rd – Kapani Sayani Agnes (XII Arts)

The event had created greater awareness on the significant role each one has in restoring ecosystem which can take many forms such as growing tree, greening cities, rewilding gardens, changing diets or cleaning up rivers. Hearty congratulations to Sr. Lydia Pala, Principal for being the inspiration behind this creative venture and our appreciation to the teachers of Eco Club who put in much enthusiasm to make it a reality.

Sr. Nelia Shullai

Always walk through life as if you have something new to learn, and you will.

Vernon Howard

Sacred Heart Feast

The School Feast under the patronage of the Sacred Heart of Jesus was celebrated online on 11 June 2021 devoid of teachers and students. However odd the situation may be due to the pandemic, yet nothing could deter the enthusiasm of the sisters, the few Pre-aspirants and the boarders from making the day solemn and memorable. Sr. Lydia Pala, Principal greeted the teachers, parents and students on the occasion at the very outset. Two dances and a melodious song on the Sacred Heart of Jesus followed. Sr. Teresa Kamsuan, Animator gave a message reminding of the significance of the day and exhorted everyone to remain connected with one another in and through the loving and merciful heart of Jesus. The link of the celebration was then uploaded on the School Youtube Channel and sent to the School Whatsapp groups. To mark the event, dry ration was distributed to some of the neediest families of our students.



Sr. Evalynejoy Kympat

International Yoga Day 2021

An International Yoga Day 2021 was observed online on 21 June by the students of Sacred Heart Girls' Higher Secondary School, Mawlai with the theme "Yoga for well-being" much relevant for our times in a society still recovering from the impact of the coronavirus disease (Covid-19) pandemic. The Covid-19 plight was not only physical crisis but having tremendous impact on mental health leaving many people depressed, discouraged and dissipated. Our students under the leadership of Ms. Margarita Kongwang, teacher in charge performed Yoga in their own homes as lockdown continued. The photos and videos of their performance were sent to the teacher to mark the occasion. Ms. Margarita encouraged them to regularly practice the Yoga as it has many advantages towards one's holistic well-being like: it helps 'in controlling an individual's

mind, body and soul'; brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps one relaxing. It also helps in increasing flexibility, muscle strength and body tone.

Sr. Bertina Kurbah

The logo for Mawpat is a grey, curved banner with a white border. The word "MAWPAT" is written in bold, black, uppercase letters in the center of the banner.

MAWPAT

Childrens' Retreat

The month of February marked a distinctive moment for the children of our Parish, as the Sisters were able to organize the retreat in spite of all inconveniences due to the Covid-19 lockdown. Since we are not allowed to gather in big groups, it was arranged Unit wise on different date and in three different places. We started with Mawpat Unit on 13 and 14, followed by Myriem Unit on 21 and 22 and Nongtnger Unit on 26 and 27 February 2021. In this way we could cover up the whole parish except for few villages that are really far away from the parish or Units. Sr. Melina Kharbani, Sr. Roda Rongrin Mary and the two novices,





Sr. Charanam Satein and Sr. Melinda Syngkon conducted the retreat, with the help and support of Fr. Suresh Kagoo, Parish Priest and Fr. John Pau Khaw Chin, Asst. Parish Priest. It was certainly a time of grace and blessing for them as well as for the Sisters. Around 400 were present for the retreat. There was much fervour and enthusiasm bearing spiritual fruits. Positively, the wide spread of the pandemic helped our brethren to come closer to God and to one another. We are glad that the children had a profound experience of the Lord.

Auxilium Talent Show

Auxilium School, Madan Sohphoh, Mawpat after the long monotonous life of the lockdown organized a three-day Auxilium Talent Show to refresh and bring back the active life of the children which was held from 14-16 April 2021. The main aim of the show was to bring out the best

within the children and to help them recognize the gifts and talents God has bestowed on them. The day began with a short prayer moment imploring God's blessing led by Sr. Ester Suting, the Animator. After the prayer, Sr. Roda Mary Rongrin, the host of the day invited Shri Gabriel Marthong, the Chief Guest of the day to declare the talent show open by cutting the ribbon. He delivered a message on "Poverty must not be an obstacle for someone to be great in life". He added "work with a spirit of sacrifice and do away the spirit of laziness". The programme was filled with excitement and fervour amidst thrills and exhilaration. They participated in the different competition like dancing, singing, poem recitation, extempore speech for Classes VI to VIII and storytelling. It is a memorable occasion inspiring confidence in every participant both physically and mentally. The grand finale had Shri Delphinus Thyрниang as the Chief Guest of the event. In his message he exhorted the children to

make use of the opportunities as they are the blessed to get the chance to explore their talents. He also insisted on being grateful to their parents for their hard work to provide them good education. We concluded the day with the prize distribution to the winners of different competition. The best participants from the girls and boys were Risuknylla Kharsyrman of Class V and Vindepaul Thongni from Class VII who took part in all the competition. The three days of Auxilium Talent Show ended with joy in everyone's heart. It was an enriching experience for all the students as well as for the teachers and sisters.

The logo for Mawroh is a grey, curved banner with a white outline. The word "MAWROH" is written in bold, black, uppercase letters across the center of the banner.

MAWROH

New Scholastic Year 2021

On 7 April 2021, Auxilium Lum Jingshai School, Mawroh had the opening of the New Scholastic Year 2021 after the promotion Examinations and holidays. The students from Class I to X came to school with so much of enthusiasm,

some accompanied by their parents. The day began with a prayer service led by Sr. Lily Kharbuki, Head Mistress along with the teachers. Sr. Cecilia Ksoo, the Animator in her message exhorted the students and the parents to never give up in spite of the difficulties we encounter during this pandemic. She also wished them a successful academic year ahead to everyone. Sr. Lily Kharbuki, Head Mistress along with the teachers. Sr. Cecilia Ksoo, the Animator in her message exhorted the students and the parents to never give up in spite of the difficulties we encounter during this pandemic. She also wished them a successful academic year ahead to everyone. Sr. Lily also gave the students some minute details regards to the protocols as encouraged and instructed by the government. Then the students had a half day school.

World Day of Gratitude

Together with the whole Institute we rejoiced and thanked God for the gift of our dear Mother Yvonne Reungoat, Superior General as we celebrate the World Day of Gratitude. The celebration was prepared with much love for the whole month with spiritual preparation on the theme "Networked for a culture of Life". A day of love and gratitude

commenced with the Vigil Service on Saturday, the 24th April wherein the whole Community gathered in the chapel for adoration. On 25th the feast day, commenced with the solemn animated Morning Prayer followed by the Holy Rosary. Then everyone gathered in front of the decorated picture of Mother General and sang the festal song wishing her and each other a Happy Feast. In the evening we had the Sacrament of Reconciliation followed by the Holy Eucharist through the instrumentality of Fr. Kevin Ward from Nonbah Parish Nongstoin. An introduction was read and Sr. Cecilia Ksoo, the Animator presented to the altar the Logo of the World Gratitude Day. The whole community took part with great fervour and prayed for our dear Mother General. On 26 April, the students and teachers of Auxilium Lumjingshai School, Mawroh celebrated the feast under the guidance of Sr. Lily Kharbuki, the headmistress. At 10:30 a.m the whole

school gathered in the playground around the well decorated picture of Mother General. At the very outset, Sr. Lily gave a brief summary on the life sketch of Mother General and about the World Day of Gratitude. The students presented various items as a gesture of rejoicing and gratitude to God and wishing the sisters a very happy feast. Sr. Cecilia Ksoo, the Animator gave a short message based on the theme highlighting that love binds and unites everyone. The day's celebration concluded with the song 'Join together' sung melodiously by the whole School.

Feast of St. Dominic Savio

We are indeed happy and grateful to God for giving us the golden opportunity to praise and thank Him for the gift of our Salesian saints. On 5 May 2021, the community anticipated the feast of St. Dominic Savio as on the following day, the Boarders will be going home for a short time due to the Covid - 19 Lockdown till 23 May as informed by the Deputy Commissioner. The feast was celebrated in a simple but meaningful manner. The day began with the Morning Prayer, Holy



Rosary and then with the fervent adoration animated by the sisters and girls in the evening. After supper, we had the evening get-together to honour St. Dominic Savio.

Feast of St. Maria Mazzarello

Life is a celebration, and much more as members of the Salesian Family, life during the month of May is indeed a life of joyful celebrations'. The 13th of the month, our joy knew no bound to be in the company of our Saintly Mother Maria Domenica Mazzarello. The Mazzarello's feast was prepared with love by the sisters with creative animated tridumm. The well animated Morning Prayer set the tone to the day's celebration. After the Holy Rosary we had the cutting of cake and a festal song from the children hailing in chorus the traditional slogan "*Evviva Madre Mazzarello, Nostra madre e modello*". Then everyone picked up a message from Mazzarello through the initiatives prepared by the sisters. After the Benediction and supper, we had an evening programme in honour of Mother Mazzarello.

"Great minds discuss ideas;
average minds discuss events;
small minds discuss people."

--Eleanor Roosevelt--



Marian Week

From 17- 23 May, our community was blessed to be able to have the Marian week with the 16 girls during the Lockdown in preparation for the Feast of Mary Help of Christians. During the week, different competitions were conducted for them. Flower making and arrangement too were organised of which the girls feel themselves privileged to get the opportunity to learn and also to prepare for the great feast of our beloved Mother Mary.

Feast of Mary Help of Christians

The long awaited day finally dawned wherein the community celebrated the feast of our Mother with the few hostel girls in spite of the lockdown. Besides the different activities during the Marian week, we also had some spiritual activities

to prepare for the feast. The animated Novena by the sisters assigned for the different days along with the practice for each day indeed helped us to celebrate the feast meaningfully. The day began with the animated Morning Prayer followed by the Holy Rosary and the cutting of cake. We are privileged to conclude the day reconciled with God and each other through the Sacrament of Reconciliation which culminated with the celebration of the Holy Eucharist presided by Fr. Kevin Ward from Nongstoin, Nonbah Parish. We are indeed grateful to him for availing himself on such an auspicious day. After supper, we had the stage programme in honour of Mary. Sr. Cecilia Ksoo, the Animator distributed the prizes to the winners of different competitions during the Marian Week. She then concluded the day with a short message. We thank God for the beautiful day we had in the company of our beloved Mother Mary.



prayed together with the girls for nine days in front of the image of the Sacred Heart after the Holy Rosary. The feast began with the animated Morning Prayer by Sr. Ewarlin Dhar. In the evening, Fr. Telesphor Nonglang SDB from Don Bosco Technical School Pyndenglawar Nongstoin celebrated Mass for us. In his homily, he highlighted on the theme of Love. After Mass, we had the renewal of the Consecration of our Home to the Most Sacred Heart of Jesus. In the evening we had a short stage Programme to honour the Heart of Jesus. The day concluded with the good night thought from the Animator Sr. Cecilia Ksoo.

Celebrating the Feast of the Most Sacred Heart

On 11 June 2021 we celebrated the feast of the Sacred Heart of Jesus prepared with the Novena based on the theme to reflect for each day. The Novena Prayer was

Reap What You Sow

'As you sow so shall you reap'.

We are proud to say that beginning from 10 June, we harvested the potatoes planted during the Pandemic. It was indeed a joyful moment for everyone to

reap the work of our hands. God has really blessed our hard work. Everyone during the lockdown never wasted a single moment but kept ourselves busy in a creative way. As God has given us the land to use, we made good use of every corner of the garden to plant and thus God blessed us with abundant fruits as to be able to share with our neighbours. Do and give your best, God will do the rest. We thank God for the divine providence that never failed us till date.

NANDAN NAGAR

Celebration of Girl Child Day & Anticipation of Republic Day

A solemn celebration took place in Auxilium Girls' School on 25 January 2021 on the occasion of Girl Child Day to create awareness and address issues related to girl child in our society. This programme was hosted by Diya Debbarma and Sudeshna Dhar.

After the prayer moment, a beautiful speech was given by Twisa Debbarma in which she described how girls are being empowered and why girls

should be empowered. After this a meaningful skit was presented by some of the Auxilians in which they described the present day situation of women in our society - the inequalities they have to face in their work places, the struggles young girls have to face in the rural areas in their tender age. Then, Adrija Chakraborti and Bivasa De recited a meaningful poem on the power of women.

On the other hand, the Republic Day Celebration also took place in anticipation. Debadatta Biswas gave a marvelous speech on the importance of Republic Day and the Constitutions of India. Later, our Director, Sr. Celine D'cunha led the pledge taking ceremony. Then a melodious song was sung by Sr. Mercy Nongsiej and her team. Finally, the vote of thanks was given by Aahiyini Chakraborty. The celebration came to an end by singing the National Anthem.

Diya Debbarma - CI XI A

Feast of Don Bosco

The solemn celebration of our Father and Founder Don Bosco was celebrated with the triduum which were animated by the three groups of our Salesian Family:



FMA, SDBs and the Salesian Co-operators. The first day of the triduum was led by our community under the leadership of Sr. Celine D’Cunha, our Animator. The MSMHC Sisters along with their differently able boarders, the Superior of the Holy Spirit Sisters Convent, the Salesian co-operators, the young people from Peace Centre and the boarders were the invitees. Sr. Celine presented briefly the life of Don Bosco and the Strenna 2021 of our Rector Major with the theme “Moved by Hope: See, I am making all things new” (Rev 21:5). After the enriching session, words of appreciation were proposed by Mr. Manoj Jamatia, a Salesian Cooperators to all the participants and especially for the well animated session. The two following evenings were organized in the Parish Church by the Salesian Co-operators and the SDBs. The solemnity of Don Bosco, although it was a Sunday as celebrated in the Parish Church along with all the parishioners as it

coincided with the Parish Day. Ten children received their First Holy Communion on the occasion of whom eight of them were prepared by Sr. Kanrisha Thangkhiew.

Instead for the students and staff, the feast was anticipated on 29 January 2021. The day began with the morning prayer animated by the students from Bosco’s House followed by the very motivational and aspiring word of Don Bosco “Remember God doesn’t pay for results but for efforts, so always do good while you still have time”. The song to honour the saint “We Thank You O Lord for Don Bosco” was intoned. Kavita Reang, a student of class XIC gave the introduction on the life of Don Bosco, his work with the young people and his Mission. Sr. Celine D’cunha, the Director together with some teachers and students’ representatives paid a floral homage to our beloved Father Don Bosco, while Sr. Rihun Sten, the vice

principal along with the students accompanied them singing “Don Bosco will shine today” resounding the entire school campus. Then followed the presentation of a skit on the theme “Don Bosco’s ways of living”. It well depicted the life of Don Bosco as how he transformed the many rowdy boys to good and responsible human beings, inspired by the dream at nine, “Not with blows but with loving kindness”. Sr. Celine concluded with words appreciation for their hard work especially for the teachers who were behind the scene for its success. Hence, cherishing the good and marvelous moments, the graceful celebrations ended with the National Anthem.



with the words of Mother Teresa – “Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.” This was then followed by lighting of the lamp by the Director of the School, Sr. Celine D’Cunha, some teachers and students’ representatives. The Principal then introduced the theme of the year – “YEAR OF HOPE”- Addressing the parents, guardians and Auxilians, the Principal motivated all to be hopeful for a better year ahead. Different teachers gave a quote each on HOPE and OPTIMISM sending strong messages and encouraging them to look at the positive side of things.

Inauguration of the Academic Session 2021-2022

Amidst uncertainties but with great hope we inaugurated the new Scholastic Year 2021-2022 with the theme “Year of hope, Behold I make all things new.” (Rev 21: 5). The Inauguration of the new academic year 2021-2022, for Auxilium Girls’ School was held on 23 March online by the sisters and the staff members. It began with the Principal, Sr. Albrida Pyngrope, welcoming everyone

A beautiful prayer song was then presented by the teachers based on the Bible verse ‘Behold I make all things new’. It was then further continued by welcoming students by all Auxilium teachers, support, transport and office staff and the sisters. The school Director, Sr. Celine D’Cunha gave a short message motivating each one to forget fear, stress and to move ahead with grateful hearts, with positive

attitude, with love and sunshine in our hearts and with prayer and smile on our lips. She also said that we should begin the year focusing on our strengths and energy, the possibilities and opportunities we have and to accept the change that comes our way. She invited everyone to cultivate positivity and make this year a happy, healthy, joyful and successful year of hope. The message was inspiring and motivating and the best message to begin this year with. The teachers embarked on the journey of learning with the students meeting them virtually. The first day of the school was spent in giving instruction, sending the online class time table and the syllabus for the Unit Test I. With the blessing of God, without doubt the day was a grand success.

Staff Orientation Programme

Auxilium Girls' School organized a two-day Orientation Programme for the staff on 19 and 20 April 2021 to prepare them to embark the journey of the new academic session 2021-2022. The theme of the programme was "Developing Vision for a fruitful Mission". The programme was held in the school auditorium at



8:00 a.m. The auspicious occasion commenced with a warming up session led by Sr. Rihun Sten, the Vice Principal and the sisters. This was followed by a prayer song "God will make a way" entrusting ourselves and the uncertain future in the hand of the loving God who will make impossible things possible. Sr. Celine D'Cunha, the School Director and the resource person then welcomed everyone present and introduced to the assembly the new teachers who have newly joined the Auxilium Family as well as the class teachers of the different classes.

Speaking on the theme, Sr. Celine said, "Vision is of utmost importance for a successful mission. Where vision is absence, the mission will suffer." She brought out the analogy of the human body to bring home the idea of the interconnection between the mission, vision and the values when she said, "Vision is a head, Mission is the heart and Value is the soul."

In the same line, values and qualities of a person, professional and educators were highlighted. Some of these are- loyalty, being able to involve oneself according to the time, being morally upright, sincerity, love for the students, integrity and passion for the work, tolerance, empathy, diligence, diversity, humility, preservation and co-operation. Besides these, values of presence and accompaniment, discipline, friendliness loving and caring were stressed. The situation of Covid - 19 placed many threats in the lives of everyone, as a result many are unable to take life as it comes. No doubt, it's a time of risk but it's up to each one to see it as a threat or opportunity. Reflecting on this, teachers were made to look at it with a positive outlook to face this reality by preparing oneself, to identify their strength, acquire skills for today's kids and recall the skills acquired during the lockdown period.

Keeping in mind the grim situation caused by Covid-19 pandemic the management together with the staff had taken all possible decisions related to the upcoming session 2021-2022 in order that the students may not suffer and that their learning may continue. The two-day session was very informative, interactive, it has enthused everyone

to think out of the box as the learning process is continuously evolving and to be creative in the way one interacts with the students.

Celebrating World Gratitude Day

On 26 April 2021, our community joined with the whole FMA world in celebrating the World Day of Gratitude with the theme: "Networked for a culture of life." Prior to this celebration, we specially intensify our prayers for six days (20th April to 25th April) consecutively for the five Continents and for our Mother General. On the 25th evening we also had the joy of coming together to witness the colourful celebration with the whole Institute along with Mother General virtually. The well prepared feast day began with the Morning Prayer, animated by Sr. Kanrisha Thangkhiew, Sr. Idearland Lyngkhoi and Sr. Aquila Makri. Symbolic image of a 'web' with the picture of Mother Yvonne on it, the theme and names of the five continents surrounding the web were placed at the side of the altar. Uniting ourselves in spirit with all our sisters with a choral "Thank you" we give praise to God for our Mother General, the tireless promoter of enterprising,



joyful and creative love. In our prayer we asked the Lord to bless her as each sister placed gratefully the roses in the prepared place. This gesture represented that we too are responsible in contributing to weave the network of solidarity and proximity with the people around us.

We also thanked God for the gift of our Institute and our Mother General through the Solemn Eucharistic celebration. It was celebrated by Fr. Christopher Warlarpih SDB, our Parish Priest concelebrated by Fr. Junas Minj, the Asst. Parish Priest. The introduction before mass highlighted the importance and the purpose of the celebration wherein the flag of the institute, the globe and a bunch of flowers were carried to the altar, signs of unity, of belongingness and of our common identity. Speaking on the occasion and referring to the gospel of the day “The Good Shepherd”, Fr. Christopher reminded us that to

be good shepherds we need to go out to the unknown leaving the people we know and are familiar with. After the Holy Eucharist, the rest of the members of Don Bosco Community joined us in the festal dinner. Sr. Celine D’Cunha, our Animator, thanked them for their service and spiritual help extended from time to time. We concluded the day in a note of thanks and gratitude to God for his goodness.

Feast of Mother Mazzarello

Our Community was blessed to celebrate the Feast Day of Mother Mazzarello, our Mother and co-foundress prepared in a festive manner. The news of the Pandemic around the globe did not hinder us from celebrating our Mother’s feast with the novena. To facilitate the Spiritual animation, two Sisters animated creatively and meaningfully each day on the chosen theme. Morning Prayer was animated by Sr. Yowanka Lyngdoh on the solemnity inviting everyone to rejoice together with the entire FMA world and to re-live the mandate “I entrust them to you”. The summit of our celebration was the Holy Eucharist that was presided at 11.00 a.m by



Rt. Rev. Lumen Monteiro CSC DD, Bishop of Agartala Diocese and concelebrated by Fr. Shaiju Anthony CSC, the Administrator of the Diocese, Fr. Christopher Warlarpih SDB, Parish Priest and Fr. Sebastian Pallatty SDB. In his sermon, His Lordship expressed his joy of being able to come together to celebrate the feast with us. He spoke on the ardent love of Mother Mazzarello for the Holy Eucharist. He encouraged all of us present to draw our strength from the Eucharist especially in this tough time of the pandemic. After the Mass, everyone gathered in the dining room for the fraternal meal which was also joined by Fr. P.J. Joseph SDB and Cl. Lamkumar Nonglang. On behalf of the Community, Sr. Celine D’Cunha, our Animator thanked His Lordship and all present for adding joy to the occasion.

**Never overlook
the power of Simplicity**
– Robin Sharma–

Online Rosary Marathon

Pope Francis declared ‘Rosary marathon’ for the month of May, for end of Covid 19 pandemic and return to normality. The prayer marathon was conducted in the light of the biblical expression: “Prayer by the Church was fervently being made to God” (Acts 12:5). The prayer marathon brought together countries of drastically different origins and cultures. It is a tribute to unity in diversity and a gesture of “universal fraternity,” as Pope Francis stated in a tweet he posted that same day: “Let Us Pray Together the Rosary to face the trials of this moment together and to be ever more united as a spiritual family.” Hence, uniting ourselves with the invitation of our Holy Father, our community took the initiative and coordinated together with the Salesian Co-operators of Agartala Centre with the daily online Rosary besides our community rosary. We all came together in the evening at 8:30 p.m right at the start of the month, with the Salesian Co-operators, teachers and their families, Catechism students and some of their families, boarders, neighbours, friends, family members and the young people (Past Pupils) praying for the same intentions proposed by Pope Francis. We were in a big group of almost 40 to 50 families present.

On 31 May, more than 60 families who expressed their experiences of joy and gratitude to the community for the initiative. At the end of the day some of them gave testimony of the miracles they received through the intercession of Mary. Among them were the mother of our two students who said “I cannot contain the joy only within myself without sharing with you the blessings, graces and the miracles, performed by our Blessed Mother especially during the month of May”. She, after hearing about the death of five MC Sisters due to Covid was moved and tried many ways and means to do something for the poor people. As she prayed for this intention she received help from a lady from California which she attributed as a miracle performed by Blessed Mother. Another lady who could not even walk for many months was able to walk on her own at the end of the month. The next incident was about the father of the president of the youth in our Parish, who was knocked down by a bike in April and was left unconscious for many weeks in the hospital. As a group we prayed every day for him during the Rosary; thanks be to God towards the end of the month he was able to move and the family members attributed this too as a miracle through Mother Mary.

How awesome is our God! And how wonderful is He! Like our Blessed Mother we want to say” The Almighty has done great things for us, and his people. Holy is His name. And how fortunate we are to have such a caring and loving Mother who never refuses anything whenever we turn to her.



NONGTHYMMAI

Encountering the Lord

A one-day Spiritual retreat was held at Auxilium Convent, Nongthymmai on 14 March 2021 for the Salesian Co-operators of Nongthymmai Unit. The retreat preacher was the Rector of Roishlur Ashram Mawkyndeng, Rev. Fr. Sylvester Synrem SDB. The day began with prayer moment animated beautifully and meaningfully by Sr. Regina Nongbri. The introductory talk was given by Sr. Carmelina Sun based on having a deep experience with God and she highlighted about the attitude of conversion and penance.

The theme of the retreat was, “Keep watch and pray that you will not fall into temptation” (Mt.26:41).



Fr. Sylvester Synrem laid emphasis on the importance of contemplation and not the dual role. The retreat ended with the Holy Sacrifice of the Mass. There were altogether 50 participants. The beautiful day was brought to conclusion with a refreshment after which there was special photo session for all the members of the Nongthymmai Centre.

World Communications Day - NESCOM

The community took part in the online event organized by the Catholic Church's North East Social Communication (NESCOM) on 6 May 2021 as part of the celebration of the World Communications Day. On this occasion the community presented the opening hymn entitled, "May we be a shining light". The theme of the day, "Come and See" communicating by encountering

people where and as they are" was explicitly expounded by Fr. George Plathottam SDB, the executive secretary for the Office of the Social Communication of the Federation of Asian Bishops' Conference. Delivering the keynote address, NESCOM chairman Bishop Albert Hemrom of Dibrugarh stressed on the importance of communication being inspired by truth and offer light and warmth. "Our primary responsibility is to uphold truth in the context of fake news and distorted truth," said the bishop. There were other speakers, Mr. Allen Brooks from Guwahati and Mr. Clinton Damien from Trivandrum who shared on various media related topics. At the end of the programme, Sr. Euginia Laloo, Province coordinator for Social Communication also executive member of NESCOM gave the highlights of the day. Many of our communities too took part in the online event.

Sr. Euginia Laloo

**"Success is
walking from failure to failure
with no loss of enthusiasm."
--Winston Churchill--**

Feast of the Immaculate Heart of Mary (Feast of the Province)

The beautiful feast of the Immaculate Heart of the Blessed Virgin Mary was observed on 12 June in a very unique manner as it is also the name feast of our Province. The Morning Prayer was meaningfully animated and the celebration of the Holy Eucharist celebrated by Fr. Gilbert Choondal SDB, (online Mass). After which, the community gathered in the verandah for a festal song to greet Sr. George Elizabeth our provincial a very happy feast day and Sr. Shangpiang Marvella, our animator felicitated her with a bouquet of flowers and Sr. Carmelina Sun honoured her with a gift.

It was a day of thanksgiving for the gift of Mary our Mother. May She inspire us to understand the

real significance of our own hearts too. On this day, special prayers and Holy Mass were offered for our province who bear the name of the “Immaculate Heart of Mary”.

Orientation Programme For The Pre-Aspirants

A two-day orientation programme was organized on 16-18 June 2021 for our Pre-Aspirants (outgoing Class XII). The programme began with a short message from Sr. Elizabeth George our provincial; she highlighted on the call of God and the significant benefits of those who respond to his call. Sr. Carmelina Sun, the vocation promoter welcomed the 13 pre-aspirants and introduced them the theme on the call of Gideon and connected it with St. Theresa of Child Jesus through video clips to help them understand their call and their responsibilities.

Every animation based on building confidence, interpersonal relationship, goal setting, critical thinking, never give up – thinking positively has a strong sense of motivational and inspirational thoughts to be pondered on. “We are boosted to believe that no hurdles can stand strong in front of belief and confidence. Definitely after





having experienced a tiresome life of lockdown we are now refreshed, re-energized and highly motivated” as one of them rightly stated.

The pre-aspirants were enlightened and well-motivated through various sessions, good morning and good night talks, group sharing and motivational video clips, well animated Holy Rosary and prayer moments. The programme was beautifully arranged by Sr. Sun Carmelina and her team with meticulous planning and it was a successful and enriching one.

Online Seminar for Formees

On 22 – 23, June 40 Sisters of our community participated in the online Webinar, organized by the OFM priests from 05.00 - 06:30 pm. The session was very enriching. The proposed theme for the first day was “Relationship with oneself”.

Fr. Arul Edward Joseph was the resource person on this particular session. He began his talk by raising a question - How can we transform the relationship with oneself? and how can one overcome self-love? He said the person who truly loves himself/herself is one who realizes that he/she is nothing and becomes empty. He further expressed that our relationship with ourselves set the tone for every other relationship we have. He then concluded his session, with the verse from 1 Cor 16: 14, “Let all that you do be done with love.”

On the next day, “God, Me and others”, was the proposed theme. Fr. Lawrence Soosai was the resource person. The session began with a question, “How can I relate to others?” He explained on how to know the maps of our brothers and sisters; these maps are called the Psycho-geometrics based on different symbols. He exhorted that each shape is best and there’s nothing higher or greater. The participants

expressed that both the sessions were very interesting, active, inspiring and even thought provoking. The Sisters have been very much enriched during these days of their participation in the programme.

**Sr. Ibaniewkor Warjri &
Sr. Ribhalang War**



SAIDEN

The Youth of Today and Its Challenges

The Postulants and Aspirants of Auxilium Training Centre, Saiden felt greatly fortunate to have a one-day seminar on 7 March 2021 animated by one of the youth members of SACYM (Shillong Archdiocese Catholic Youth Movement), in the person of Mr. Yusuf Kharpdah from Nongthymmai Parish on the topic: “The Youth of today and its Challenges”. It was indeed a remarkable day for them where lots of interactions were done.

The day began with the welcome speech given by Sr. Iahunlang Kyrasian followed by a welcome song by the Candidates. The sessions began with the prayerful action song “Cast your burden unto Jesus” and gradually the specific topic was introduced. The talk included the importance of prayer and the needs of becoming active religious in the Church, living and acting according to the signs of the time, which the youth like and love to be. They were also given some tips to be able to guide the youth by becoming a good friend to them in the following points:

- Be always available and approachable
- Position is not everything, therefore be adjustable
- Be a good listener, because a good listener heals a person
- Be jovial and cheerful

The day was also made lively with songs and interesting games. At the end of the sessions, the community thanked Mr. Yusuf for sparing his valuable time to inspire and guide the young Candidates. The Candidates too, expressed their gratefulness to the Sisters for arranging such programme for them, that had greatly help them prepare themselves for the field, of working among the young people.

Maria Goretti Lalhruaitluangi & Jessica Phawa – Postulants

Initial Proclamation

On 29-30 March 2021 a two-day programme on ‘Evangelization’ was organized for the Postulants and Aspirants by the Mission Ad Gentes Team, represented by Sr. Maristella Ryngkhlem, the Coordinator. The day began with a short prayer, invoking God’s guidance and enlightenment led by Sr. Maristella. After the prayer, the resource person introduced the first session on the theme *“Initial Proclamation”*. The sessions were very interesting, practical and interactive. They were focused on the “Word of God” as the origin of the work of evangelization is knowing the Bible. A study and reflection from different passages of



the Bible were compiled mainly on the initial proclamation of St. Paul, St. Peter, Mother Mary, Ruth and the servant girl of the wife of Naaman. The participants were given research work on the number of times that the Biblical number 3, 7 and 40 appeared in the Gospel. This kept them busy and interested. On the evening of the last day, the Postulants and Aspirants testified the benefit they received by sharing to the community what they have learnt. Then, they thanked and wished Sr. Maristella who had inspired them with her lively and active animation.

Mercy Papang & Ridasuk Pyngrope - Postulants

“Go therefore and make DISCIPLES of all nations...” Mathew 28:19

The Missionary week proposal was anxiously and eagerly awaited by the Postulants and Aspirants, and finally the days came,

where the Sisters of the community conducted the Missionary Week from 10 to 15 May 2021 for the Postulants and Aspirants. Classes were suspended as different competitions were held. This remarkable as well as memorable event commenced with the inaugural ceremony during which we had the Prayer Service and the cutting of ribbons by Sr. Phyllis Bamon, the Animator.

The week-long Competition comprised of Singing (Group & Solo), Fancy Dress, Quiz on Don Bosco and Mother Mazzarello, Dance (Group & Solo), Skit from the Acts of the Apostles and finally ended with Miss Missionary Contest.

There was much enthusiasm coupled with competitive spirit and everyone participated actively in the entire programme. It was very enriching to see their performances with lots of creativity in it, worth admiration. They made the best use of the least we have for their costumes, and it came out amazingly and artistically with excellent uniformity. Each day was well organized by the two Co-ordinators Sr. Iahunlang Kyrasian and Sr. Deihok Mukhim. The different groups reaped the fruits of their team work and bagged prizes for the various competitions. The climax of the Missionary Week was



marked by Miss Missionary Contest which was splendidly conducted with 8 Contestants, two from each group.

Amisha Kharkongor, an Aspirant excelled in the all-round performance and accorded the title '*Miss Missionary Week 2021*', Ibasica Taropi, Postulant as the First Runners up and Iaishahlang Ksoo, Aspirant as the Second Runners up. When everything was done and dusted Sr. Phyllis Bamon, the Animator avowed words of appreciation and congratulated everyone for making the week a wonderful and enriching event. She then declared the closing of the Missionary Week, and all proceeded for the Thanksgiving Adoration, thanking God for the marvelous achievements accomplished with God's Grace.

**Almashisha Pyngrope &
Inosencia Marwein – Postulants**

Talent Show

On 28 March 2021 the community of Auxilium - Tura, celebrated the 'World Youth Day' by organizing Singing competition for the boarders. The competition was both solo and duet. The stage decoration with a caption "Show your Talent" was an inspiration for the boarders to turn up in big number for the same. With utmost creativity and courage everyone vied to be the best. Their presentation was so awesome that they surprised the audience by showcasing their hidden talents. In their own capacity everyone did very well. The Chief Guest, Fr. Zachary Varickaseril SDB was so amazed that he truly appreciated their abilities. The four Salesian Clerics from Don Bosco Junior College were the judges and found very difficult to pick up the best from among them.

Finally, the best twelve participants [six from junior group-solo and duet, six from senior group-solo and duet] were given the prizes comprising of attractive Story books and other commendable prizes to their satisfaction and joy.

Pilgrimage

*"A Journey with the Lord" -
"Come; let us go up to the
mountain of the Lord".*

With a heart that desired to meet God on a mountain, Sr. Lepchi Sangma, Sr. Gloria Thaimai and Sr. Dalanglin Rynjah climbed the highest mountain in Garo Hills called "Tura Peak" on 27 March 2021. It was not just a simple and leisure climb but a pilgrimage with the youngsters of the Sacred Heart Parish, Tura Diocese. Many youth of the parish joined for this pilgrimage. It was encouraging to witness how the youngsters climbed the rugged hill with deferential silence singing and praying devoutly. All along the climb, they fervently made the Way of the Cross. A beautiful and thought provoking reflection was given for each station by a previously assigned youngster whom everyone listened to attentively despite the





disturbances from other people who were also climbing the hill for their weekend outing.

On reaching up with great zeal and devotion we prayed the Chaplet of the Divine Mercy, praying for an end of the pandemic and for the needs of the Church and our Diocese which was followed by the talk of Sr. Lepchi Sangma based on the experience of God. The pilgrimage has enabled us to experience God deeper and everyone felt the transformation in their hearts having spent the day on the mountain with the Lord. It was almost a Tabor experience for all the Sisters and the young people. We could see the spirit of unity and oneness in each other. This pilgrimage has strengthened our relationship with the youngsters of our Parish which was appreciated by everyone. We returned home with radiant joy thanking God and the president of Tura Diocese CYM for inviting us to join them. We indeed had a good time sharing these wonderful moments with the youth.

Quiz Time

As a prelude to the celebration of the World Day of Gratitude and to honour our blessed Mother, on 24 April 2021, the community of Auxilium-Tura conducted the Quiz programme for the boarders. It was a Salesian Quiz and the questions dealt on Don Bosco, Mother Mazzarello, Salesian Saints, Salesian Mission and current affairs pertaining to Salesian Congregation especially that of the celebration of World Gratitude Day 2021. On this day with extreme joy and enthusiasm, the boarders welcomed Sr. Lina Marak, the oldest member of the community and Sr. Marcellina Sangma, the Animator and garlanded them with “Chinbera” as they were the Chief Guest and the Guest of Honour respectively for the occasion. At the start of the quiz, Sr. Mildaris Marwein, the Quiz Mistress explained in detail the procedure of the competition. They were divided into seven groups.



There were 5 rounds in all during which every group tried their best to secure good points. The hard work put in to learn even the difficult names, cryptic and obscure words were seen in every one of them. During the entire quiz, the children showed smartness and ability and the audience witnessed the children who had a jawbreaker in their mouth. The 3 winning groups were rewarded with different prizes by Sr. Marcellina and congratulated them and appreciated their effort.



their best creativity to present the theme. Everyone gave their best and excelled well in displaying their performance uniquely be it in singing, dance or choreography. The final song: 'Difference is normal in this multicultural world' was the song sung by class XII and Degree students. On 26, the Feast of the World Gratitude Day, Holy Mass was solemnized by Fr. Ignatius Sangma SDB, Rector of Don Bosco Boys' Home. Speaking on the occasion, he invited us to thank God for the past 13 years of Mother Yvonne Reungoat's able leadership in the Congregation of the Daughters of Mary Help of Christians. The angelic choir of Auxilium during the Liturgy was apt for the occasion and the altar decked with beautiful flowers was the most appropriate panorama for the day. This august event was preceded by a one-month interior and external preparation with the close and intimate collaboration of every Sister in the Community playing one's role willingly and joyfully for the love of our 'Mother' and the Institute. We

World Gratitude Day

At 2.30 p.m of 25 April 2021, the community of Auxilium - Tura had a creative and meaningful presentation of the theme: "Networked for a culture of life" of the World Gratitude Day of our Institute. The programme began with a remix cultural dance presented beautifully by classes 4-6 under the leadership of Sr. Amalia Sangma and Sr. Gita Molsom. This was followed by the theme presentation bringing about the everyday situation that challenged us to work harder to save life in the world of contemporaneity. All the 5 groups guided by their Group Sisters In-Charge vied with one another to come out with

also had a joy of viewing the mission activities and apostolate of the Pre-Province of “Mother of the Church”, particularly the Pontifical Faculty of Education Sciences “Auxilium” where the celebration of the feast of our beloved Mother, Sr. Reungoat Yvonne is hosted this year.

Feast of St. Mary Mazzarello

Together with the entire FMA world, the community of Auxilium celebrated solemnly the feast of our Mother and Co-Foundress, St. Mary Domenica Mazzarello on 13 May 2021. Though there were Covid restrictions, at 7 a.m we had solemn celebration of the Holy Mass presided Fr. Sangma Ignatius SDB concelebrated by Fr. Threnius Sangma. 3 Salesian Brothers, from Don Bosco Boys’ Home were also present for this great day. A well prepared introduction to Holy Mass enabled the gathering to know little more about Mother Mazzarello and the melodious singing of the Sisters during the Mass added to the solemnity.

In the evening, the Community had a special ‘*Mornese Camp*’. With a hymn, “*Let’s go to Mornese to see our Mother*” we began a tour to Mornese, a place very dear and

significant to every FMA. Touching the most important stages of St. Mary Mazzarello’s life, the Mornese Camp was beautifully conducted by Sr. Sonitha Marak and Sr. Amalia Sangma in the hall. In every stage of Maria Mazzarello’s life, the symbolic gift was presented before her statue that was decorated in a most artistic way. The symbolic gifts were: a tender plant, Valponasca Window; Mornese Well & Water [Roverno River] and Crucifix which summarized the entire life of St. Maria Mazzarello which began as a tender plant, watered and nourished by Jesus himself and culminated in her death. The Camp ended with the lighting of the lamp by Sr. Marcellina Sangma, our Animator through which she exhorted everyone present to carry forward the flame lit by our Mother, St. Mary Domenica Mazzarello.

Beating COVID-19 with Solidarity

If there is one thing that we have learnt from the COVID-19 pandemic, it is solidarity, a strong value that stands the test of time and circumstances. During the past months since the onset of the second wave of Covid-19, the community of Auxilium, Tura in a small way

has mobilized different religious communities to support those affected by the deadly virus. The virus did not spare even our poor inmates of the Missionaries of Charity. 16 of them along with one Sister were tested positive on 8 June 2021. It was a challenging condition for the rest of the Sisters who were few in number to look after those affected as some of them are also aged, infirmed and not in proper frame of mind. Wisely Sr. Marcellina Sangma, our Animator made a quick arrangement to reach out to them in a little way possible with the cooperation of some nearby communities of Tura: St. Xavier's Convent and Don Bosco Boys' Home. They divided among themselves to prepare food for their 45 inmates daily at different times. Thus for 2 weeks Breakfast was provided by Don Bosco Boys' Home community and dinner by St. Xavier's Convent. Our community took charge of preparing the lunch. We appreciate the wisdom of Sr. Marcellina that guided her to foresee the needs of others at the nick of time. It is everyone's responsibility and the communities must be at the frontline of the response. We also encouraged the engagement of the parishioners. It was edifying that many people came forward to provide the foodstuff, cleaning materials and

many other groceries. We need to keep joining forces valuing solidarity through which we can emerge on the other side of this pandemic stronger and walk towards a better future. The community is also involved in helping demystify stereotypes, belief system and misinformation.

Indoors World Environment Day Celebration

Every year the World Environment Day is observed across the globe on 5 June to encourage awareness and environment protection. This year due to the pandemic that is still ravaging strongly claiming more lives than ever before and people being confined indoors, the celebration took a unique and memorable event for Auxilium Secondary School, Tura. The students were invited to mark this important event in their own homes through planting of trees, flowers, painting, drawing and slogan writing on the theme 'Ecosystem Restoration' and to report their activities to the teachers appointed along with a video or a snap shot. This motivated them to focus on the theme which means to assist in ecosystem's recovery which has been degraded

by deforestation, pollution, and other human activities. We cannot turn back time but we can grow trees, green our cities, re-wild our gardens and raise our voices against its exploitation. The students had taken great interest and came up with excellent performance which had been recorded and uploaded in the YouTube Channel of the school entitled 'Auxilium Secondary School, Tura celebrates World Environment Day 2021'. The Sisters too in the convent enthusiastically participated through planting of fruit saplings in the garden. The Youtube video contained the thought-provoking message of Sr. Marcellina Sangma, Animator

of the community to all the staff, students, parents and well-wishers quoting Robert Swan 'The greatest threat to our planet is the belief that someone else will save it'. She suggested that there are many ways in which we can do our bit for the environment and help mother nature spring back to life by giving space to recover. She also said the best way to start ecosystem restoration is to change our behavior and start making environmentally friendly choices. As the whole world is struggling with the unprecedented pandemic, health crisis of Covid-19 should compel everyone to rethink our relationship with natural ecosystem.

Sr. Mildaris Marwein FMA



“There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed.”
--Ray Goforth--

UMDANG

Annual Youth Meet

The Youth of Divine Mercy Parish, Umdang under the leadership of Sr. Josephine Ryngksai, Parish Youth Lady Animator and Fr. Johnny Nongkynrih, Parish Youth Director organized the Annual Youth Meet from 15 to 17 January 2021. The Chief Guest and the Guest of Honour at the inaugural function were Shri. Gigur Myrthong, the MLA and MDC of Mawshynrut Constituency respectively. In his speech, Shri Gigur was delighted as it was the first time for him to address the gathering of youth. He urged all of them to study and work hard so that

their today and future may be bright. There were 250 delegates from the different villages of the parish.

Physical and Spiritual activities were conducted such as basketball and football for both boys and girls, Bible Quiz and Debate Competition. All the winners were awarded with the Bible and Medals so as to encourage them and the others too. The prayer service was animated by Sr. Meristella Kharthangmaw and she also took session on the topic: 'Leadership'. She encouraged the young people to own up responsibility so as to bring up the Church as well as the society in a better way. Fr. Johnny Nongkynrih heard the confession and gave a session on the topic: 'The Youth and the Church'. The programme ended with the Holy Eucharistic Celebration presided over by Fr. Cosmos Jyrwa, Parish Priest and Fr. Johnny.



Family Cell Programme

Sr. Meristella Kharthangmaw together with Fr. Johnny Nongkynrih, Asst. Parish Priest of Divine Mercy Umdang Parish and the members from the Family Commission of Nongstoin Diocese, Mr. Genes Thyрниang, Mr. Julius



Nongdhar along with the members of the Family Cell from Umdang Parish organized a Family Cell Programme from 30 to 31 January 2021 at Nongriangka village. On Saturday, only 30 men and women came for the programme. Whereas on Sunday around 150 men, women and children turned up. Different sessions were taken by the different resource persons: Fr. Johnny gave a reflection from the Gospel of St Mark 4:35-40 “Let us cross over to the other side”, Sr. Meristella took session on ‘Liturgy’. She explained and helped the faithful to understand the importance of taking part with devotion in the Holy Mass, Mr. Genes on the Encyclical letter of Pope Francis ‘Amoris Laetitia’, Mr. Julius Nongdhar on ‘Family’ the house which is built on the ‘Rock’ Mt 7:24, Mr. Alex Puweñ on ‘Love’. There was a separate session for the children taken by the Parish Family Cell members. As a group, they visited some families especially the sick. The programme ended with

the Holy Eucharist celebrated by Fr. Cosmos Jyrwa, Parish Priest of Divine Mercy Umdang Parish.

Sr. Dorathy Kharduit

Touring Programme

On 1 and 2 May 2021 Sr. Meristella Kharthangmaw together with the Youth Office Bearers of Divine Mercy Umdang Parish organized a two-day Touring Programme at Langshongthiang village. The purpose of the programme was to strengthen the faith of the young people through visiting their families. There were 80 boys and girls who participated in the programme. Sr. Meristella spoke on ‘Early Marriage’ wherein she helped them to understand the importance of the Sacrament of Matrimony. Miss Kabita Kharbani gave a talk on ‘Youth and the Church’. She stressed on the importance of being a Catholic Youth. They visited 6 families and prayed wherever they visited. Their enriching experience was crowned with the celebration of the Holy Eucharist at 11.00 a.m. presided by Fr. Johnny Nongkynrih, the Assistant Parish Priest and the Youth Spiritual Director of Umdang Parish. In the afternoon the office bearers of the

parish conducted the election for the village youth. The programme concluded with the adoration and benediction by Fr. Johnny.

Sr. Dorathy Kharduit



“Gratitude unlocks the fulness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

MELODY BEATTIE



“Always do the right thing, always be exciting, always be encouraging, and always be learning something new.”

--Zig Ziglar--

“The meaning of life is to find your gift. The purpose of life is to give it away.”

--Anonymous--

Devote yourself to learning something new about your field of mastery every day.

--Robin Sharma--

YOUNG AT RISK

Awareness Programme on RTE

The Young at Risk (YaR) sector of the Salesian Sisters of Shillong Province under the programme of FMA - Outreach for Underprivileged Women and Children (OUWC), organized a day programme to the villagers of Madan - Pohkseh of Mawkyndeng Parish on the 10th April 2021.

Madan-Pohkseh is an interior village, eight kilometers away from Ioski village. It's a very beautiful village rich in natural resources especially coal mine but it is in the hands of the few rich and the poor hardly benefited from this.

Sr. Aitihun Mary Lawai, the coordinator of YaR Sector of the Province, after visiting and making a finding of the situation of the people in Madan Pohkseh village (Eleka Raliang) West Jaintia Hills District, found that majority of the people are



illiterate and there are many cases of school dropouts and early marriages due to poverty and illiteracy. The people of the area lack even the basic needs of their daily living like electricity, transportation and better educational centers. Most of them are below poverty line and as such find it difficult to send their children to school and those who had completed schooling in the village can't afford to send them for higher studies.

On the 10th April, 2021, Sr. Aitihun along with her team member, Sr. Sutnga Garnet from FMA- OUWC Shillong, worked out to make the programme realized. Sr. Nongrum Maria Goretti, the animator of Mawkyndeng, Sr. Sutnga Garnet, Mrs. Shadap Fatima working as LDA in District council, Jowai and Sr. Aitihun herself were resource persons for the day. All of them spoke on the related topic to make the people understand the importance of education, Sr. Garnet being a lawyer brought out the topic on Child Rights and RTE. There were around 150 villagers attending the programme. After the programme, tea was provided for all the people out of the YaR fund. The people were extremely happy and expressed their gratitude to the Sisters for organizing such a typical programme for their village.

Sr. Aitihun Mary Lawai



RAMBRAI



Youth Leadership Training Programme at Mount Calvary Parish Hall, Rambrai

January 30-31, 2021

A two days Leadership Training programme for the youth leaders of Rambrai Parish was organized on January 30-31, 2021 by Sr. Agatha Shadap in collaboration with the Executive members of the Catholic Youth Association, Rambrai. 120 youth leaders from the various villages of the Parish participated actively in

the program. The input sessions were animated by Sr. Agatha Shadap on relevant and well selected topics such as, characteristics of a good Leader, leaders as visionaries, building confidence, interpersonal relationship, goal setting and role of a leader from the Biblical Perspective etc. The afternoon session was played out through meaningful game, motivational video clips, action songs, and group discussions. The youth were empowered, refreshed, re-energized and highly motivated to take up leadership role at village and Parish level. In the evening the youth leaders received the Sacrament of Reconciliation followed by 2 hours of Taize prayer animated by the Liturgy committee. The prayer moment concluded with the Adoration to the Blessed Sacrament animated by the Parish Priest, Fr. John Kharshandi. This was followed by dinner and camp fire organized by the social ministry.

The climax of the program was the concluding day; the feast of St. John Bosco which was celebrated with great pomp. The Parish Priest, Fr. John Kharshandi graced the solemn occasion as the main celebrant during the Holy Eucharist. The festive music and melodious voices of the youth add grandeur to the celebration. Immediately after the Holy Eucharist the youth gathered around the Statue of St. John Bosco with joy and festive songs. This was followed by a music stage programme organized by the Music ministry. The festive day concluded with a family get-together of the executive members at St. Mary Mazzarello Convent, Rambrai.



5th Annual Meet of the Catholic Men Association

The 5th Annual meet of the Catholic Men Association of Rambrai Parish was held on 21 March 2021 at the Parish hall. 170 Catholic Men of Rambrai Parish participated actively in the memorable event. The program began with a Biblical prayer service based on the theme of the day: *The Heart of the Father*. This was followed by an introductory speech by the Parish Priest, Fr. John Kharshandi and the Welcome address by the President of the Catholic Men Association, Rambrai, Mr. George Syiemingbah. The resource person, Sr. Agatha Shadap gave a comprehensive presentation of the theme. The three aspects: The Heart of God the Father, the Heart of the Saviour and the Heart of the human father were meticulously dealt with in the session. The participants were given ample time for interactions and clarifications. This was followed by the solemn celebration of the Holy Eucharist in the same hall. The Parish Priest, Fr. John Kharshandi



presided over the celebration. In his sermon, he highlighted on the vital role of the Catholic Men in the Church, family and society. Immediately, after Mass there was a felicitation session in which the President of the Association, Sir George Syiemingbah voiced out his sentiments of gratitude to Fr. John Kharshandi, Sr. Shadap Agatha, Sr. Banteisha Warshong and all those who have contributed towards the success of the day. In the afternoon, the participants gathered together for the formulation of the Action Plan 2021.

Rambrai Sisters



My Musing

Global Pandemic '20 & General Chapter - 24

GP- 20 = GLOBAL PANDEMIC 2020 (COVID - 19)

Every year, month, week, day and every moment has its unique story to tell. During the lock-down period some people are more inventive, creative and make moments of being together in the family ever more significant never as before. The pandemic pushes hundreds of millions of people toward starvation and poverty. This is the best time for generous people to exercise their kindness to those



who are in need. At the same time, today, we live in a complicated and manipulated world, where changes take place rapidly in every way, be it in the Church, society, social media, fashion, politics, economy, education and so on. Things seem to be invented easily but hard to erase or undo what has been discovered. Though the world offers us opportunities and luck, joy and love in various ways on the otherhand it also offers us obstacles, dreadful life, depression and lifeless moments. This is natural because life in itself is a mixture of all types of feelings and experiences, so we ought to go through this, don't you think so?



Today we are swimming in the world of war between **GENERATING LIFE AND DEGENERATING LIFE**. GP'20 is degenerating life or depopulating as we see; it swept away the life of millions all over the world. We are totally knocked out, knocked down and locked down by this pandemic from our comfortable and peaceful existence. Everyone is being affected by this current strategy, yes, it does in one way or the other, be it in the big or small country, rich or poor, actors or actresses, lay people or priests and religious, Christians or non-believers etc.

No one can predict the TOMORROW, Millions of people lost their jobs, no sufficient income to support their family where starvation and poverty begin. The world seems to be silent and dark, weary and lazy, indiscipline, mute and uncertain but these things in fact do exist in the here and now world. We cannot shirk from it (Covid-19) but GET USE to it as it is staying with us comfortably and we do not really know how long it will last and linger on. Children and young people are misusing social media in a very tricky and intelligent way where they even ruin their parents and their very life. GP '20 is a silent killer with no respect for boundaries, age and backgrounds.

However, Can today's event create good name for its tomorrow? What will the current generation remember of the TODAY (GP-'20) and what will the next generation talk about it TOMORROW? Can GP'20 be a blessing in disguise for some people of **YESTERDAY, TODAY AND TOMORROW?** How will the world look like after this Pandemic? Is this forgivable? Who can be so optimistic towards this Pandemic and say "it has nothing to do with me"? Those who are so complacent with it are those who don't foresee the needs of others. Therefore it's a time to win and a time to lose, a time of pain and a time of gain. GP'20 is indeed a wakeup call for the whole humanity... for me...for you... and for us.

GC- 24 = GENERAL CHAPTER 24

We are gearing towards the GC-24 and it gives us ample opportunities to live in an effective manner the call of the general Chapter being "***Communities that generate life***" and to "***Do whatever He tells you***" We are suppressed from meeting the young people and from activating our mission in various ways due to GP- 20. To witness the love of Jesus in this challenging world seems to be tough, but at the same time this



is the proper and best time for us to act and live in a very different and extraordinary way. The world is suffering and sleeping but we can heal and wake it up with our life that is credible, coherent and relevant.

To apply these themes in our mission we simply need to insert ourselves into the world of whom we are dealing with in our daily life. To do whatever Jesus tells us in order to **GENERATE LIFE** one needs to be Christ and mission oriented, optimistic, vigilant, appreciative, receptive, attentive, trustworthy, profound sisters in the love of Christ, responsible and well informed and above all we need to be convinced of what we religious are for. To fulfil

our mission we have to be Christ-like, be approachable like Jesus, be the friends of sinners who ran short of wine; get inside their shoes, get their smell, show them the way to see the other and open the door for those who have lost their way.

The world is suffering from severe sicknesses, spiritually, mentally and physically, and here are the empty jars to fill the water of life and miracles. These empty jars are the hearts of those people who are sick, they are empty and thirsty and in need of someone to fill them with the Living water that is Jesus Himself who says “***I am the living water***” and we are the instruments who are to fill water in those jars. But unless we are filled with Christ and overflow, we will not be able to fill the other empty jars next to us. We are in the world of virus in which every mind and thought of people is filled with fear, mistrust, and misunderstanding etc, yet we are here to take up the responsibility to generate life by replacing them with the love of Christ.

Are we Trustworthy for those who are seeking our sincere Love, help, guidance and instructions? Are we ready to listen to their cry when they are in need of listeners

who would appreciate, love and understand them, have compassion and care for them, in spite of their anxiety, arrogance and ignorance? Can we be the solutions or answers to the hopeless, vulnerable and the aimless youth during this period? Certainly “Yes”.

Can we change the **TODAY AND CREATE A BETTER WORLD FOR TOMORROW** with the Preventive System, and the Charism of our Founder and Foundress? Yes, we can retreat, reform, relive, re-invent, renew, re-energise, generate and transform the dying and demanding era with our authenticity, humility, readiness, with our educative method and fidelity to our vocation and by perpetuating and re-visiting the roots and foundation of our Charism in Christ.

No one can stop us from doing what Jesus tells us if we have enough courage to venture into the unknown. May the mandate “I entrust them to you” ... and Don Bosco’s motto “Give me souls, take away the rest” be alive in us.

Sr. Lucy Ralte



“Believe You can and You’re halfway there.”

Theodore Roosevelt

INSPIRATIONAL STORIES

The Blind Girl (Change)

There was a blind girl who hated herself purely for the fact she was blind. The only person she didn't hate was her loving boyfriend, as he was always there for her. She said that if she could only see the world, she would marry him.



One day, someone donated a pair of eyes to her – now she could see everything, including her boyfriend. Her boyfriend asked her, “now that you can see the world, will you marry me?” The girl was shocked when she saw that her boyfriend was blind too, and refused to marry him. Her boyfriend walked away in tears, and later wrote a letter to her saying:

“Just take care of my eyes dear.”

Moral of the story:

When our circumstances change, so does our mind. Some people may not be able to see the way things were before, and might not be able to appreciate them.

The Obstacle in our Path (Opportunity)

In ancient times, a King had a boulder placed on a roadway. He then hid himself and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers came by and simply walked around it.

Many people loudly blamed the King for not keeping the roads clear, but none of them did anything about getting the stone out of the way.

A peasant then came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the road. After much pushing and straining, he finally succeeded.



After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been.

The purse contained many gold coins and a note from the King explaining that the gold was for the person who removed the boulder from the roadway.

Moral of the story:

Every obstacle we come across in life gives us an opportunity to improve our circumstances, and whilst the lazy complain, the others are creating opportunities through their kind hearts, generosity, and willingness to get things done.



The young man's father smiled at the man and a young couple sitting nearby, looked at the young man's childish comment with pity.

Suddenly, the young man exclaimed again.

“Father, look at the clouds! They are all running with us!”

The couple couldn't resist and said to the old man.

“Why don't you take your son to a good doctor?”

The old man smiled and said

“We did and we are just coming from the hospital. My son was blind from birth and he just got his vision today.”

Every person in the world has a story. Don't judge people before you truly know them. The truth might surprise you.



A young man in his twenties was seeing out from the train's window shouted...

“Father, look at the trees! They are going behind!”

JOKES



Teacher: Why have you got cotton in your ears? Do you have an infection?

Student: Well, you keep saying that things go in one ear and out the other, so I am trying to keep them it all in!



Student: Would you punish me for something I did not do?

Teacher: Of course I would not do that.

Student: Great, because I did not do my homework.

A father was trying to teach his young son the evils of alcohol.

He put one worm in a glass of water and another worm in a glass of whiskey. The worm in the water lived, while the one in the whiskey curled up and died.

“All right, son,” asked the father, “what does that show you?”

“Well, Dad, it shows that if you drink alcohol, you will not have worms.”



NEVER

LOSE

HOPE



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