

Newsletter of the Salesian Sisters, Shillong Province

FMA-INS INFO

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Great are the wonders of the Lord!
Celebration of 150 years
of the Institute of the Daughters of Mary Help of Christians



Silver Jubilarians



L to R: Sr. Andriana Pyngrope, Sr. Mercillian Kshiar, Sr. Lona Mary Sangma
Sr. Mary Lamare, Sr. Lidia Paliar and Sr. Lina Wanniang and Sr. Celestina Syngkli

ongratulations!



Golden Jubilarians

Sr. Rosina Susngi



Sr. Isabella Suja

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“Maria walks in this house”

is the slogan we have been hearing during these past three years as a preparation for the 150th anniversary of our Institute (5 August 1872 - 2022). The significant year we are living now truly reveals to us the tangible presence of Mary in the life of the Institute of the Daughters of Mary Help of Christians and of each FMA. We first heard of these words from the very heart of our Founder Don Bosco in 1885 in the house of Nizza Monferrato (cf. Cronistoria V, 51-52). Since the inception of the Institute, the mantle of Mary covers her daughters as a Mother, Protectress, Guide and Helper. We who are living in this historic time are fortunate to recall and recount the amazing wonders the Lord has done in these 150 years. Apart from being grateful, it also calls us to a deeper commitment and fidelity in responding to the needs of young people today. Skimming through the pages of the newsletter you will see the lively celebration of the event, which I am sure, would have rekindled in us the courage to forge ahead, standing on the shoulders of our giants, in order to become a life-giving presence in the community and the society at large.

Another remarkable milestone of the FMA charism is its presence of a century in the Indian soil. The Lord deemed to send the first six pioneers to our motherland on the occasion of the Golden Jubilee of the Institute.



EDITORIAL

This golden seed that was sown with toil, struggles and abnegations of all kinds has now become a gigantic tree that spreads its branches to the North, East, South and West of India. Many lives have been touched and shaped into wonderful human beings through the educative presence of the Sisters. Today, India has produced its own daughters of the soil to continue this rich and relevant charism in the country and mission ad gentes as well.

As we journey ahead, we re-entrust our mission to Mary the Help of Christians, so that in imitation of her we become helpers and life-givers in our day-to-day life and mission.

Sr. Euginia Laloo FMA

Message of Mother General

Mother Chiara Cazzuola
at Auxilium College, Katpadi
3 September 2022



Celebrating 100 years of Presence in India

We are here together, to give thanks to God who, in the immensity of His love, wanted us, as FMA, in India. He made use of humble and courageous women who, 100 years ago, believed in the Salesian educational project and trusted in the Providence of the Father, entrusted themselves to Mary Teacher, Guide and powerful Help. With great generosity and courage, they gave impetus to the Salesian charism and, remaining in the midst of the people, they collaborated fully for the realization of the Salesian mission; they created the premises for that fruitfulness of which your presence here today is the most effective testimony.

We are here, together, to remember two important anniversaries: 100 years of the presence here and the 150th anniversary of the foundation of the Institute of the Daughters of Mary Help of Christians. Therefore, we want to transform this event into a great opportunity to pause in front of history and recognize that we have a heritage of which we are responsible. To preserve it, it must be continually renewed so that it may become a response to the new educational solicitations.

What we are living is a reminder for everyone of the responsibility to preserve and to develop the charism.





on the 150th anniversary of the foundation of the Institute

Each of us is personally responsible for its vitality. The charism is a gift of the Holy Spirit for the building up of the Church. It has an intrinsic prophetic dynamism and demands a continuous conversion for a progressive configuration to Jesus. This is the condition in order to be “generative” in the transmission of the charism that overwhelms and reaches multiple realities in a spiral movement, spreading in all contexts world-wide, a sign that what our founders have passed on to us retains an extraordinary relevance.

To prevent means having a perspective vision that allows us to identify the deepest needs of young people worldwide, the phenomena and dynamisms that move the society in order to perceive its evolving aspects and prophetic values. In a culture in which the very sources of life, of the person, of the family are threatened, the charism becomes ever more relevant.

In a world often divided and animated by the logic of competition, in contact with families marked by conflict and hardship, all of us can be a prophetic sign, an appeal to educational responsibility, a testimony of that

project of communion to which every person is called, a support in times of difficulty.

We celebrate the joy of a presence: Mary is present and walks with us supporting us in the mission of educating young people. The expression of Don Bosco in his last meeting with the FMA in Nizza in 1885 does not concern only a house, a place, but indicates the presence of Mary in our life, in the communities, in the families, in your beautiful land.

The expression is not just an abstract phrase, but it indicates a vision and a certainty rooted in faith: it is Mary who has done everything and continues to do so, even today, here, we are sure of it!

To revive and to make the charism live, we need the capacity to look ahead with the awareness that what Don Bosco said is still valid today: “Being in many together increases joy, it serves as an encouragement to endure fatigue ... one communicates to the other their knowledge, their ideas and so one learns from the other. The being of many who do good animates us without realizing it”. (Don Bosco in MB VII 602)

We are many of us, we ask through the intercession of Don Bosco and Mother Mazzarello, to help us share the educational mission with passion and to know how to generously spend our resources, creating a network among ourselves and with those interested in the education and salvation of young people.

With this in mind, we hope to continue the journey, with the same fervour, for another 100 years, without limiting the Providence! •



In & Around the Province

Missionary Send off - GO AND PROCLAIM!

On 26 February 2022, the Immaculate Heart of Mary Province Shillong organized a thanksgiving and blessing ceremony at the Auxilium Provincial house Nongthymmai, Shillong for the two Sisters namely Sr. Ester Suting and Sr. Embok Suchiang who opted for missionary ad gentes. Sr. Elizabeth George the Provincial deemed the event as God's blessing where the province is able to send two missionaries in this centenary year of the arrival of the FMA pioneers to India. She also added that it is the turn of India now to send missionaries to other parts of the world as a gesture of gratitude for the missionaries who have brought the salesian charism to our land.

A thanksgiving Holy Eucharist and felicitation programme marked the highlights of the day. In a gathering



composed of Sisters, the family members of the two Sisters, novices and young people the two new missionaries thanked God for His accompaniment and requested all present to accompany them in their call within a call. For the moment only Sr. Ester Suting has joined the missionary course at the Generalate in Rome.

Sr. Euginia Laloo

St. Mary's School, Ghatgre - A new mission of the Province

St. Mary's School, Ghatgre in the West Garo Hills of Meghalaya, a Don Bosco institution of the Guwahati Province was handed over to the Salesian Sisters of the Immaculate Heart of Mary, Shillong Province on 18 March 2022. The official handing over was held in a function in the school campus where both the parties were present. The Salesian Provincial, Fr. Januarius S. Sangma represented the





Guwahati Province and Sr. Elizabeth George, Provincial represented the FMA Shillong Province.

The two Sisters, Sr. Deimon Dhar and Sr. Amalia Sangma were entrusted with the mission of looking after the school under the aegis of St. Mary Mazzarello Convent, Garobadha. In a simple yet grand function, which came as a surprise to the representatives of the Province as it was just an appointment with the Salesian Provincial Fr. Januarius, the Sisters were warmly welcomed with a traditional scarf and a bouquet of flowers. On this day the students performed their items exceedingly well in the form of dances and songs. Another admirable characteristic of the children witnessed during the programme was their discipline despite the scorching heat. The symbolic gesture of the handing over of the key and official documents of the school by Fr. Januarius to Sr. Elizabeth marked the central focus of the day. In the same function, the school also bade farewell to the principal Fr. Denis Sangma and presented him a memento of appreciation. In his talk he expressed his joy that the FMA Sisters have accepted the mission of taking over the school. Fr. Januarius Sangma too voiced out his sentiments of appreciation and wished the Sisters

a fruitful mission at St. Mary's School, Ghatgre at the same time appealing for the collaboration of parents and students of the school.

Others who were present on the occasion were Fr. Joseph Teron the Vice Provincial, Fr. Denis Sangma Parish Priest, Fr. C. L. Mathew Asst. Parish Priest, Sr. Euginia Kyntiewlin Susngi Provincial Secretary, Sr. Celine D'Cunha Councillor, Sr. Marcellina Sangma animator of Auxilium Tura, Sr. Albina Phangchopi animator of St. Mary Mazzarello Garobadha, the members of the School Managing Committee, parents and students of the school.

The school was under the jurisdiction of the Salesians since its inception in 1994. This institution has produced valuable fruits in the Church and society as many of its past pupils hold many prominent positions in the society. There are also 2 FMA vocations, 1 SDB and 1 Monfort brother among the past pupils.

Sr. Euginia Kyntiewlin Susngi

IV National Youth Conference held in Gujarat

Sr. Pherdalin Thongni FMA, Diocesan Youth Lady Animator (DYLA) of Nongstoin diocese led a representative of young people and attended the IV National Youth Conference at the



Pastoral Centre, Nadiad Ahmedabad Gujarat from 26 April – 1 May 2022. This national event is the first face to face meeting since the time of the pandemic and saw over 450 youth leaders from around the country. The North East Region was represented by 56 delegates from Assam, Meghalaya, Manipur, Mizoram, Nagaland and Arunachal Pradesh. The delegation was led by Fr. John Barman MSFS and Youth Directors from different dioceses of the region.

The five-day event had nine group sessions in which each participant shared his or her experience, views and opinions on the theme 'Youth for the Synodal Church'. There were also workshops based on topics concerning the youth of today.

Youth from the 14 regions of the country presented their cultures through the form of music, art and dance. The Northeast delegation presented a fusion dance show consisting of the cultures of six states from the region. The colourful cultural show received appreciation from all the delegates.

Two youth from the region, Napoleon Rongmei of Imphal diocese, Manipur and Shimtidaris Marbaniang from Nongstoin diocese, Meghalaya also received the National Youth Awards for their outstanding contribution towards the youth ministry in the region. Whereas, Antony Lalremdika, Aizawl diocese, Mizoram was elected for the post of joint secretary of ICYM.

The youth of the region in compliance with the Regional Chairman for Youth Commission accepted to host the next National Youth Conference in 2023.

On the last day after lunch each region went for some sightseeing. The Northeast team visited the Unity Statue dedicated to Vallabhbhai Patel the world's tallest statue, with a height of 182 metres (597 feet), located in the state of Gujarat, India.

After an enriching experience Sr. Pherdalin and the group returned home armed with new energies to walk the path of synodality.

Sr. Pherdalin Thongni (DYLA)

Touring Sisters' Meet 2022

The Mission Ad Gentes sector of the province organized a three-day meeting for all the touring Sisters of the province from 17 – 19 May 2022 at Auxilium Convent, Nandan Nagar – Agartala, Tripura with the theme "Initial Proclamation". The sub-theme that guided the gathering was taken from the wise sayings of St. Francis de Sales: "Do not speak about God to one



who does not ask you to do so, but live in such a way that sooner or later he will ask you about him". The participants were warmly welcomed with a remix of English and Kokborok welcome song by the boarders and the Sisters in turn sang a Khasi song for them.

On 16 May, the day of their arrival, Sr. Elizabeth George, provincial gave an online message to the gathering where she highlighted the missionary identity of the Institute citing Articles 1 and 75 of the Constitutions. She further urged the Sisters to keep alive the missionary impulse and enthusiasm of the Institute and reminded them of the primacy of God experience in their personal life: listening to the Word and remaining at the feet of Jesus. During the three-day meeting the Sisters had sessions on "Tips for the Touring Sisters" taken by Sr. Maristella Rynghlem, "Report Writing" by Sr. Celina Maslai and "Tips for successful Apostolate" by Fr. Sunny Joseph SDB. Apart from the sessions, the senior Sisters with many years of experience in the field of evangelization shared with the group the best practices, which made them effective in their ministry. The Sisters also had some brainstorming in order to come up with future plans and activities to be incorporated in the Annual Plan of the province for the year 2023. The Sisters expressed their contentment of having had such program as it gave them a platform to express their views, share their problems and also discuss the future plans in order to facilitate the ministry in the field of mission

and evangelization. As part of the field experience the Sisters were opportune to visit the centres of the SDB and FMA mission in Tripura: SDB Pre-Novitiate Herma, Auxilium Bishramganj, St. Xavier's School Pathaliaghat, Don Bosco Nandan Nagar, Mariamnagar Parish, Auxilium Mandwi and Mandwi Parish. The group expressed their sincere gratitude to the community of Auxilium, Nandannagar- Agartala for hosting and sponsoring all the needs for the program including journey, food and lodging. The Sisters left Tripura on the 20 May and returned to their respective communities.

Mission Ad Gentes

Seminar on Embracing Psycho-Spiritual Wholeness held for Sisters



Thirty-seven Sisters of the profession batches 2000 to 2009 gathered at FMA Outreach, Shillong for a three-day seminar from 18 – 20 June 2022 on Embracing Psycho-Spiritual Wholeness, *The Midlife Journey... A Call to go deeper*. Sr. Philomena D' Souza from Bombay province with her years of experience in the field of Youth Ministry and Women Empowerment had ably guided the encounter with meticulous follow up and strategic methods, which facilitated the group

dynamics and sessions all through. Sr. Elizabeth George, Provincial was present with the group in all the sessions and while concluding the programme exhorted the Sisters to live their consecration more meaningful by living up to the commitment one has assumed after being enriched by the seminar.

During the three-day seminar the Sisters explored on varied topics that would foster their self-actualization. The resource person helped the Sisters to undertake the journey of one's own being and link it with spirituality particularly as consecrated persons. Through the various sessions on Midlife Journey, Integration of Strengths and Weaknesses, Integration of Shadow, Integration of Emotions, Praying Painful Emotions, Embracing Feminine Sexual Energies, Growing through Menopause, Discovering a Mid-life Spirituality and Generativity, a Season of Fruit-bearing, the participants have come to a better knowledge of oneself and the potentialities that one holds within. Furthermore, through a series

of nineteen exercises the Sisters have delved into self-introspection, which resulted into self-discovery. The group work and sharing was another platform in which the Sisters could freely share their thoughts, opinions, ideas and experiences, a healing balm in itself. The participants have come to realize that they all go through similar experiences though the intensity varies from one individual to the other. The pictorial display of thoughts from renowned psychologists made another impact on the Sisters where one could identify their feelings and find meaning in being a woman.

The last session of the seminar was a going back memory lane in which the Sisters in profession batches shared some of the nostalgic memories of their formation years which brought much joy, laughter and tons of sisterly feeling towards one another. Each Sister has taken up the journey forward in one's personal life in order to live life to the full as they fulfill the mission entrusted to them in their respective communities.

Sr. Euginia Laloo



Tri Monthly Recollection of the West Khasi Hills Region

Thirty-five Sisters from the West Khasi Hills Region gathered together at Auxilium Umdang for their tri-monthly recollection on 9 July 2022. Fr. Roland Kharkrang SDB, assistant parish priest of Riango parish animated the Sisters.

During the day's prayer and recollection the Sisters were availed the possibility of the sacraments of reconciliation and Holy Eucharist. The group was also helped to reflect and deepen on the topic "Missionary zeal of the first missionaries" through the sharing of Fr. Roland. The morning time concluded with the celebration of the Holy Eucharist. In the afternoon, the Sisters in a true family spirit listened to each other while they shared their successes, challenges, difficulties



and future plans to the enrichment and encouragement of one another. They also greeted Sr. Isabella Suja the animator of Nongstoin community for her golden years of religious life and bade farewell to those transferred from the region. Sr. Irene Lalmuanpuui from Rambrai community on behalf of everyone present thanked Sr. Marweñ Esther and the community of Auxilium Umdang for making the one-day tri-monthly recollection a prayerful, pleasant and meaningful one.

Sr. Dorathy Kharduit

Renewal Course for Temporary Professed Sisters

The 102 Temporary Professed Sisters of the Immaculate Heart of Mary Shillong Province gathered at FMA Outreach Shillong from 29 July – 2 August 2022 for the renewal course and renewal of the vows. The Sisters were able to meet for such meeting after a gap of two years due to the Coronavirus pandemic. Salesian Fr. Biji Thomas of Kolkata Province, Sr. Elizabeth George provincial, Sr. Celine D' Cunha and Sr. Christina Kharkongor animated the Sisters through various sessions.

The gathering of the Sisters commenced with the introductory



talk by Sr. Elizabeth George, provincial and followed by a prayer service animated by the 2018 profession batch. The first three days were dedicated for Bible Study animated by Fr. Biji Thomas through his innovative ways of teaching. The participants commented that they have received doses of tablets and capsules on



the Holy Scripture, which they have digested during the course of the sessions. They were taught the quick and easy learning of the Bible content with logic and proper reasoning. Everyone was interested in learning by heart at least 1-5 quotations from each book of the Bible. True enough, it was an amazing work of the Holy Spirit.

On the last day of the animation programme, the Sisters had a session on “choices to be prioritized by the Temporary Professed Sisters and mature in conviction” by the Provincial, Sr. Elizabeth George. Sr. Celine D’ Cunha dealt with the topic of fidelity and perseverance and Sr. Christina Kharkongor shared with the Sisters the practical ways of living the Salesian Assistance. Each day concluded with meaningful and

value-laden goodnight thought from the provincial.

The climax of the gathering was the renewal of vows of the 69 Sisters in a Eucharistic celebration presided over by Fr. James Thyrniang SDB Provincial Economer of Shillong Province on 2 August 2022. The Sisters spent the day in recollection and prayer the whole day and in the evening, they renewed their commitment to the Lord in the hands of Sr. Elizabeth George, delegate of the Superior General and witnessed by Sr. Iris Suchiang and Sr. Euginia Laloo. The day concluded with a thanksgiving programme and felicitations of the 16 Sisters to be perpetuals coordinated by the profession batch 2017.

Sr. Darisuk Shabong

Inauguration of the Intensive Juniorate

Fourteen temporary professed Sisters of the province assumed a one-year course of Intensive Juniorate on 16 August 2022 at Auxilium Convent Nongthymmai - Shillong. “Be Holy, as I am Holy” taken from Leviticus 19:2

would be the guiding principle of the Sisters in this one year of intense prayer, study and reflection. The presence of Sr. Elizabeth George provincial, Sr. Carmelina Sun Animator and the community Sisters graced the inaugural ceremony.



The function commenced with a beautiful and devotional prayer service guided by Sr. Ribhalin Khyriem the Assistant of the Intensive Juniorate Sisters. In her speech to the Sisters, Sr. Elizabeth provincial reminded them to be open and receptive to the opportunities given, especially

in terms of achieving holiness. At the conclusion, the Juniorate Sisters expressed their joy of belonging to Christ and their desire for holiness of life as they voiced out their theme song, “Be Holy as I am Holy”.

Sr. Dashailin Nongshli

“A thankful heart is one of the primary identifying characteristics of a believer. It stands in stark contrast to pride, selfishness, and worry. And it helps fortify the believer’s trust in the Lord and reliance of His provision, even in the toughest times. No matter how choppy the seas become, a believer’s heart is buoyed by constant praise and gratefulness to the Lord.”

John MacArthur

150TH ANNIVERSARY OF FMA FOUNDATION



Province Level Celebration at the Cathedral of Mary Help of Christians



The Immaculate Heart of Mary, Shillong Province celebrated the 150 years of the foundation of the Institute of the Daughters of Mary Help of Christians (FMA) on 6 August 2022 at the Cathedral of Mary Help of Christians, Shillong. Marking this beautiful event 16 Sisters made their Perpetual Profession offering their life as permanent members of the Institute. The Eucharistic celebration on this twin celebration was presided over by Most Rev. Victor Lyngdoh DD, Archbishop of Shillong and concelebrated by more than thirty

priests among whom was the Salesian Provincial of Shillong Province, Fr. Paul Olphindro Lyngkot.

At the outset of the celebration, as a pledge of joyful and creative fidelity of the FMA, the flag of the Institute and a copy of the Constitutions were brought to the altar by Sr. Elizabeth George, Provincial accompanied by the Golden Jubilarians: Sr. Rosina Susngi and Sr. Isabella Suja bearing a candle in their hand imprinted with the logo of the 150th anniversary of the Institute. Soon after the rite of perpetual profession, another



significant moment of the celebration was the renewal of the vows by all the FMA Sisters present for the celebration followed by the singing of the Institute's anthem, "Oh Qual sorte".

The motto that guided the preparation of the 16 Sisters towards the great day of their self-giving through perpetual profession was "With courage and passion, we live the mandate, 'I entrust them to you'". They hail from 13 Parishes and 6 Dioceses of Northeast India. At the entrance procession, the Sisters



bearing a lighted lamp in their hand approached the altar accompanied by their parents; a sign of offering oneself to the Lord's service and the good of those they encounter in their mission. After the pronouncement of the vows and being welcomed to the Institute in perpetuity by the provincial, a pink crown was donned on their heads while the choir sang the hymn "*Veni Sponsa Christi*". The Sisters in turn filled with joy voiced out their song of gratitude uniting their thanksgiving with the Magnificat of Mary. After communion, a representative of the new perpetually professed Sisters made a prayer of thanksgiving followed by a hymn of thanksgiving to the Lord who they have received in their hearts.

Present on the occasion were the parents and relatives of the Sisters, some government officials, religious men and women from the nearby Institutions, young people, salesian cooperators and past-pupils which numbered almost 2000 people. After the final blessing, Sr. Celine D' Cunha, general coordinator of the province, thanked everyone who had been instrumental in making the day a grand success. A short felicitation for the Sisters and family meal were conducted at St. Anthony's Higher Secondary School, a Salesian Institution.

Sr. Ribhalang War

"It is only with gratitude that life becomes rich!"

Dietrich Bonhoeffer

Twin Celebration at Lamyrsiang

The 150 Anniversary of the FMA foundation cum 100 years of the FMA presence in India was celebrated on 24 June 2022 at Auxilium Convent Lamyrsiang. In the morning there



was the thanksgiving Holy Eucharist and in the afternoon the Jubilee Stage Programme. The provincial economist Sr. Gemima Pohrmen represented the provincial office, FMA communities from Jaintia hills region, Sisters of different congregations from the nearby houses, invitees from Lamyrsiang village and the students of the school from Classes V to Class XII and some from class II participated in it.

The Holy Eucharist was presided over by Rev. Fr. Ferdinand Dkhar, the Jowai Diocesan Administrator and concelebrated by four other priests from the nearby institutions. During the homily, Fr. Ferdinand spoke on Don Bosco and Mother Mazzarello and their vision that changed and touched the lives of many young people. He appreciated the self-dedication of the Salesian both SDB and FMA in the diocese and their contribution for the growth of the church and

the betterment of the society. The school choir under the leadership of Sr. Rina Kharthangmaw enhanced the solemnity with their melodious voices. After the Holy Mass the invitees proceeded to the dining room for cutting of the cake and meal while the students had their delicious lunch prepared by the teachers in the school playground.

In the afternoon at 1.30, the assembly gathered again in the Hall for the meaningful programme staged by the young Sisters and students under the leadership of Sr. Celibon Maslai. Sr. Matilda Kharjana animator welcomed everyone especially the Chief Guest of the day Fr. Ferdinand Dkhar, the guest of honour Sr. Gemima Pohrmen and Fr. Martin Shylla parish priest of Holy Trinity Sutnga Parish. The programme consisted of the 'welcome song', 'prayer dance' the Short skit on 'Mother Mazzarello', dance 'Mornese you are our dream', song 'I entrust them to you' by the young Sisters and students and a dance 'Let's celebrate by Class II'. In between the programme, there was the prize distribution for the winners of the FMA quiz competition by Fr. Ferdinand Dkhar for the senior and Sr. Gemima Pohrmen for the juniors. All the FMA Sisters present sang the FMA Anthem on the stage at the end of the programme. Sr. Rina Kharthangmaw the principal of the school thanked everyone for their valuable presence and expressed her gratitude to the Sisters of the community, the teachers, students and co-workers for their great contribution to the successful celebration.

Sr. Sabina Mawrie



“Mary walks in This House” celebrating 150 years - Jowai

With the direct intervention of Mary Help of Christians, the Salesian charism has spread throughout the world as a gift of the Holy Spirit to the Church and the salvation of young people. Being grateful for the gift, on 3 August 2022, St Mary Mazzarello Girls’ Higher Secondary School, Jowai, celebrated the 150th Anniversary of the foundation of the Institute. Sr. Rishailin Rongrin welcomed everyone with an enlightening welcome speech. Fr. Ferdinand Dkhar, Diocesan administrator of Jowai Diocese graced the event and presided over the Eucharistic Celebration along with Fr. Hilarius Lamare, the Parish Priest of St. Theresa’s Cathedral Church Jowai Parish and Fr. Lawrence Paswet, Assistant Parish Priest. The whole school along with some invitees from the nearby communities, the Salesian Cooperators and Past Pupils joined in the celebration. Towards the end of the programme, there was a short skit that was performed by the boarding girls, where they delivered the message to everyone present about the first eleven Sisters and the first missionary expedition from Mornese who responded enthusiastically to God’s call.

Sr. Rishailin Rongrin

Celebration of the 150 Years of FMA Institute: Mawlai

The celebration of the 150 years of the foundation of the FMA Institute was celebrated on 4 August 2022 with the animated Prayer Service and the Skit performed by the Pre Aspirants and the boarders. The stage programme was beautifully performed, on the life lived by the first missionaries in giving oneself joyfully for the mission they were sent. The community was delighted to see the creativity of the Pre aspirants and the boarders. During the goodnight talk, Sr. Teresa Kamsuan the animator encouraged the Pre Aspirants and boarders to inculcate the spirit of sacrifice, to work hard and to be responsible in whatever small tasks given. Above all, to pray for missionary vocation, be generous to respond to it and keep alive the missionary zeal lived by our founders, Don Bosco and Mother Mazzarello.

Sr. Bertina Kurbah





Celebration of the 150 Years of FMA Institute: Aizawl

The community of Auxilium Aizawl – ITI along with the whole FMA world celebrated the 150th anniversary of the Institute of the Daughters of Mary Help of Christians’ foundation Day on 5 August 2022. The Holy Eucharist was celebrated in the community on this day and was presided over by Fr. James Lalruattluanga, the assistant parish priest of the Cathedral parish. After the homily, the Sisters all knelt down and renewed their vows, a sign of re-commitment to follow their salesian religious vocation. The slogan of the celebration, “Mary walks in this house” was well highlighted during the day’s liturgy, which was celebrated with extra fervour and joy. The three faithful neighbours too joined the Sisters in the celebration of the day.

Sr. Embok Suchiang

Celebration of the 150 Anniversary of the Foundation Day: **Saiden**

Auxilium Saiden celebrated the 150th anniversary of the foundation of the FMA Institute on 5 August 2022. Feelings of gratitude and joy filled the hearts and ambience of the community since the vigil of the great feast.

The day began with a Morning Prayer animated by the candidates. The first benches in the Chapel were well decorated and reserved for the Sisters of the community who were honoured like the bride of Christ. The prayer moment recalled the simple yet significant event of 5 August 1872 at Mornese. In the evening, the community spent an hour with the Lord through the Eucharistic adoration thanking God for the marvels done in the life of the Institute. This was followed by a stage programme enacting the scene of the first FMA community of Mornese; that of the profession of the first eleven FMA Sisters and the entry of the four Postulants to the Novitiate. Concluding the day, the community watched and listened to a meaningful song about Mornese village, a place dear to every FMA.



On the vigil of the feast, a meaningful prayer service was animated by the Sisters and Candidates in the well decorated hall where Mary is placed at the centre and around her, the names of the first eleven FMA who made their Religious Profession on the Foundation day of 1872 was placed. At the beginning of the prayer moment, the members of the community also placed their names at the feet of Mary as a sign of gratitude for the gift of their salesian vocation. The prayer service was concluded with the renewal of the vows by the Sisters and followed by a prayer composed by Mother General, Mother Chiara Cazzuola.

Daphipaia Rabon (Aspirant)

150th Foundation Day of FMA Institute: Umdang

The community of Auxilium Umdang in their own little way joined the whole FMA world in celebrating the 150th anniversary of the Institute on 5 August 2022 in the convent as well as in the parish.

The day began with solemn Morning Prayer guided by Sr. Josephine Rynksai and after which they joined the parishioners for the Holy Eucharist being a first Friday of the month. The Sisters made known to the faithful the significance of the day by way of introduction. In his homily, Fr. Cosmos Jyrwa the parish priest of Umdang congratulated the Sisters and wished them a very happy feast. He exhorted the people to pray for more good and holy vocations to the Church. After the homily, the Sisters went in front of the altar and renewed their vows solemnly in the presence of all the faithful. After which the faithful responded with a thunderous applause. After the Holy Mass, Mr. Alex Puweiñ the Coordinator of Salesian Cooperators on behalf of all the faithful voiced out their greetings, appreciation and congratulated the Sisters. In the evening, the community spent time in adoration, thanking God for the gift of the Institute, of Don Bosco and Mother Mazzarello, the missionaries and every daughter of Mary Help of Christians. The day concluded joyfully under the mantle of Mary.

Sr. Dorothy Kharduit





AIZAWL - 

Auxilium Youth Movement Meet

The first ever offline meet of Auxilium Youth Movement (AYM) Shillong Province in Mizoram region was held on 22 January 2022, the feast of Blessed Laura Vicuna at Auxilium Convent, Aizawl ITI. Ten young people participated in the meeting.

At the outset of the meeting an invocation to Blessed Laura Vicuna translated to the local language, Mizo, by Mr. Jerome Sawilaia, one of the

of the Salesian Sisters in the world and gave greater focus on Aizawl Diocese. Sr. Elisha Sangma, the local coordinator from Auxilium Convent Kawnpuii, presented in short, the life sketch of Don Bosco and Mother Mazzarello and the congregation. She also elaborated about the mission, vision and objective of AYM through a power point presentation. On this day, the region elected its office bearers: Alan as the President, Samuel as the Secretary and Mary as Treasurer of the movement. The meeting concluded with the vote of thanks from Sr. Ranee Mary Pyngrope.

Mary Went With Haste

On 28 May 2022, the Auxilium youth movement of Mizoram region cum Young Catholic Students of ITI Church concluded the Marian Month with



church leaders was prayed. Sr. Lucy Zorammawii Ralte, the coordinator of AYM Mizoram region voiced out a note of welcome to all the participants. Sr. Lidia Paliar animator of Aizawl spoke about the presence and mission



the theme “*Mary went with haste*” at Auxilium Convent Aizawl. More than 20 young people gathered for the celebration.

The celebration commenced with a prayer service led by Sr. Embok Suchiang and Sr. Ranee Mary Pyngrope welcomed the group of young people. Different topics were imparted to the youth which included “*Role of Mother Mary in one’s life and the life of the Church*” taken by Sr. Albrida Pyngrope, “*The Role of Young People in the Society*” taken by Sr. Makriana Marwein and Sr. Lucy Zoramawii Ralte took a session on *Laudato Si*. The young people in their respective groups came up with some concrete plans on protection of environment. As a token of remembrance of the day, a picture of Mary Help of Christians was given to each member and the meeting ended with a hymn to Mother Mary.

ITI, AIZAWL

Celebration of Cultural Day

Holy Trinity School ITI Aizawl celebrated Cultural Day on 26 August 2022 with Mr. H. Lalbiakkima vice Chairman of ITI Veng as the chief guest. Each staff and student arrayed in cultural attire came with great excitement to the school. The cultural programme began with few moments of prayer and a teacher Ms Marcilla Kimnunnemi read the Word of God. The different cultural items presented by various classes from KG I up to class X with some



extra items during the interludes filled everyone with joy and admiration. In his talk, the chief guest lauded the school for its services to the students of the Aizawl city during the past 26 years. Sr. Lidia Paliar the headmistress of the school gave a talk during which she made the students understand the purpose of the Cultural day and the need to preserve one’s own culture. The programme left everyone happy and contented.

Sr. Suchiang Embok

BELLEFONTE

Apostolate cum community Experience

The second year novices were fortunate to have a one month and half apostolate cum community experience in the different communities: Chapahati, Garobadha, Mawkyndeng, Rangblang, Umdang and Umswai. They left for the respective communities on 4 January 2022 and returned on 15 February 2022.

They had a meaningful community experience where they encountered the reality of community living. The one-month and half of apostolic and community experience had helped

them to live what they had learnt in the Novitiate. The life of the dedicated Sisters in their communities, the hospitality extended everywhere and the warm family spirit made a deep impact upon them and strengthened their vocational journey. They had firsthand experience of all types of activities and mission work such as Parish work, family visit, teaching, workroom, village touring, Catechism, Health awareness Programme, assisting the boarders and household work. These experiences had given them a deeper understanding of their vocation in the Salesian way of life. In obedience to Jesus' command, they tried to give joy, happiness, and peace to all the people they met. Having witnessed the people's faith, they were encouraged to forge ahead and to prepare themselves better for the great mission that awaits them.

They are grateful to God for the manifold graces and blessings bestowed upon them during their Apostolate. They returned home carrying with them the joy and dynamism of their wonderful and fruitful experiences in the different communities.

Sr. Iarikmen Rynjah FMA

"It is not how much we have, but how much we enjoy, that makes happiness."

Charles Spurgeon

Professional Training in Culinary Arts

Food Processing Training was held at Mary Our Help Training Centre Bellefonte for the First year novices and the co-workers from 15 – 18 February 2022. Sr. Helen Puwein, the coordinator for Social Development organized the training at FMA Outreach and Mr. Chitaranjan Behera, an expert chef of Polo Tower Hotel, Shillong was the resource person. The training was officially inaugurated at 12:30pm in the presence of Sr. Elizabeth Thannimootil animator, Sr. Janica Nongrum, the vice principal of Bellefonte Community College who represented Sr. Helen Puwein and Sr. Plenish Marak, the assistant of the novices. The training programme lasted four hours per day. "Life is so rich with its varied experiences!" was the expression of the novices. They considered themselves privileged for such an encounter with a person who is an expert in gastronomic. They have benefited a lot, understood that cooking is wonderful and learnt the art of cutting the vegetables, onion etc.; mixing correct proportion of all the ingredients for good taste and flavor. Briefly, cooking is an art; it is a very tough task and requires patience, concentration and cautiousness. The hallmark of everything is God who instills talent and special capabilities to some people, but this need effort and interest. Last but not the least the group was grateful to Sr. Helen and her team for having organized this program for us.

Srs. Jessica Phawa & Maria Goretti L
(2nd Year Novices)

A Series of Events at BCC

Bellefonte Community College (BCC) conducted a series of events namely Result Day, Parents' Meeting and Environmental Awareness Programme on 24 and 25 February 2022 at its campus at Lumshyiap, Shillong.



Since the school caters to the underprivileged and first generation learners, in an aim to have better response from the parents, the result day for students was organized on two days that is 24 February for students hailing from Mawtawar and Mawdiangdiang regions and on the 25 of the same month, for the students of Nongmynsong and other places. Along side, the institution too conducted parents' meeting and environmental awareness programme on both days. From the part of the management,



Sr. Elizabeth Thannimoottil the animator gave a message to all the students and parents present. Sr. Helen Puweiñ the Principal enlightened the parents on the necessity to collaborate with the school for better upbringing of the students. She also briefed them out about the plan of the new academic year and gave them necessary instruction for the same. Giving heed to the invitation of Pope Francis towards Laudato Si the students gave a speech and poetry recitation in order to bring home the message of recycling, reducing, and reusing of waste. Certificates were also distributed to the students who have successfully completed the three-month short-term computer course.

Formation of Eco Club cum Pledge-taking ceremony

On 31 March 2022 Bellefonte Community College (BCC) had the investiture ceremony of its first members of the Eco Club with a view to strengthen students' commitment to protection of environment. On this same day the school also had the pledge taking ceremony of all the captains of the school.



The school campus donned with colourful flags had a glamorous appearance that made the celebration of the day a feast to the eyes. Through the various presentation which consisted of a speech on the topic “Stand for Sustainability”, a rap song with the message “care for the earth” and a beatbox, the students brought home the message for the care of creation. The backdrop of the celebration which portrayed three bins with the labels “Recycle, Reduce, and Reuse” was a constant reminder for the students to commit themselves to maintaining a green environment. In the presence of Sr. Helen Puweñ, the Principal and all the teachers, the captains took a pledge to carry out the responsibilities entrusted to them by the school. The function concluded with a talk from Sr. Helen who encouraged the captains to be smart and effective leaders.

Seminar for School Teachers

Teachers of the four schools namely St. Joseph Higher Secondary School, Pynthorumkhrah, St. Anne’s Secondary School, Mawtarar, Lurshai Morning Secondary School, Lymshyiap and Bellefonte Community College, Lumshyiap participated in

a one-day seminar at the premises of Bellefonte Community College on 1 April 2022. Sr. Celine D’ Cunha was the resource person for the same. The main objective of the seminar was the capacity building of teachers at the start of the academic year.

Through the three sessions dealt with, the resource person has infused in the mind of the teachers the importance of being nation builders and caretakers of the holistic development of children. Furthermore, Sr. Celine proposed to the teachers the system of blended learning, i.e., the combination of online and offline classes and motivated them to improve children’s IQ, SQ, and EQ in academic content. Classroom management and how to create a friendly environment in the school were other points of discussion. At the close of the seminar the teachers were convinced to make the school a home for all students.

Farmers’ Training Programme

The National Academy of Sciences, India (NASI) Northeast Region organised a one-day training on horticulture and



agriculture in collaboration with Bellefonte Community College on 11 April 2022. The resource persons were Shri D. Lamare Agriculture Development Officer, Mawsynram and Shri. W. Anderson Chulet Horticulture Development Officer (HQR). The sessions were basically to make people aware of the existing government schemes and the way to tap the available resources. There were around 35 participants who hailed from different parts of Ri-Bhoi district of Meghalaya.

Sr. Beltiful Kharsnar

International Online Novices' Meet

The 185th birthday of Mother Mazzarello, 9 May 2022, was a remarkable and unforgotten day for the novices of the entire Institute of the FMA as they had the Second International Novices' Online Meet on a spiritual trip to Mornese in preparation for the 150 anniversary of the foundation of the Institute. The novices of the Immaculate Heart of Mary Shillong Province participated with joy and excitement, dividing themselves into two groups with 16 members in each group. The meet started at 4:30pm creatively anchored by the two novices from Rome. Then the videos of the novitiate and the novices of all the provinces were

presented followed by greetings from the Superior General Mother Chiara Cazzuola. The novices were divided into three virtual groups with the novices of other provinces for sharing and discussion of the few questions given to them before the meeting. The sharing greatly inspired and enriched all urging them to commit themselves to continue the life and mission of Don Bosco and Mother Mazzarello. Sr. Nilza Fatima De Mores, General Councillor for Formation delivered her message at the conclusion of the meeting.

All the novices were excited to meet each other virtually and at the end of the meeting they expressed their happiness by singing spontaneously in different languages. This meeting had broadened their knowledge about Mother Mazzarello and the origin of our Institute. All felt fortunate to belong to a great family where they experience the strong and deep family bond. Despite the vast geographical distances, all were brought closer to one another. This has helped all to grow in the love of God and for their vocation. Thanks for the gift of technology that gave them easy approach to see, exchange ideas and brought familiarity about the other members from other parts of the world.

*Srs. Jessica Phawa & Maria Goretti L.
(2nd Year Novices)*

"If I succeed, I will give thanks. If I fail, I will seek His grace."

Max Lucado



Training for Students on Composting Manure

As part of care for environment, the teachers and students of Bellefonte Community College launched a training on composting manure for the Class X students on 12 May 2022 in the institution's premises.

A site was located for the purpose in which the four houses Red, Yellow, Green and Blue cleared up the space and dug the respective holes where the vegetable waste brought by the students from their homes were piled up. This activity was taken up by the school in order to educate the students about the importance of using natural fertilizer in order to preserve the fertility of the soil.

Environment Day celebration

The World Environment Day was observed by Bellefonte Community College on 1 June 2022. The chief guest of the day was Sr. Elizabeth Thannimoottil animator of Mary Our Help Training Centre, Bellefonte and the programme was anchored by the members of the Eco-Club.

The celebration opened with a prayer service which invited the students to seek forgiveness for the times they have failed

to respect the earth. Another symbolic gesture done was the touching of the soil as a sign of respect and water was sprinkled on everyone present which denotes blessings from the nature. Speech competition on the theme "The Environment" was held for the students, a dance performance to the tune of "Heal the world" was another invitation to save the earth and crowning the day's programme was the rendition of the song, "Ko Ri ki Lyoh" (The abode of Clouds) composed by Sr. Beltiful Kharsnar. Sr. Elizabeth appreciated the excellent performance of the students and encouraged the students to take up the responsibility of caring for the earth. She also announced the winners of the speech competition, to the joy of everyone.

The morning school students and the trainees in dressmaking too had their share of the celebration. The activities that marked the significance of the day were an awareness programme on the care for creation and open participation in drawing competition on the theme "Earth is my Home". Their drawings were displayed in the training room and the hall. This was done with the motive of inculcating in them the attitude of caring for Mother Earth.



Inter-School World Environment Day Celebration

The students of Bellefonte Community College took part in the World Environment Day celebration organized by the FMA Outreach for Underprivileged Women and Children on 6 June 2022 at St. Joseph Higher Secondary School, Pynthorumkhrah. Fr. Lawrence Nongkseh, the Parish Priest of Sts. Peter and Paul Pynthorumkhrah Parish was the chief guest of the day and Sr. Elizabeth Thannimoottil as the guest of honour.



The three schools that participated in the celebration were the Out of School Children and MBOSE students of Bellefonte Community College, St. Anne's Secondary School, Mawtawar and St. Joseph Higher Secondary School, Pynthorumkhrah. The theme "Living Sustainably in harmony with Nature" was elucidated through speeches, drawing and singing competitions and above all tree plantation by the representatives of teachers and students of the three schools. The artwork of the students who took part in the drawing competition were displayed in the Parish hall in the most attractive manner, alongside with the banner which was prepared for the occasion. The day concluded with the distribution of prizes to the winners and BCC students were the proud recipients of the first prizes in both the singing and dancing competitions.

Meeting for the Children's Parliament



On the evening of 22 June 2022, a meeting was held with the two villages - Langkyrding and Lumshyiap along with their local headmen, the Women's Association and some youth

representatives at the Conference Hall of Bellefonte Community College. The meeting was called with the motive to educate them on the Neighbourhood Children's Parliament (NCP) as the

Sisters wanted to begin this movement in the two villages. 32 people attended the meeting.

A brief introduction on NCP was presented by Sr. Beltiful Kharsnar, in which she briefly explained the history of it and how it had been accepted worldwide. After which, Sr. Garnet Sutnga gave an elaborate speech on the same. There was an active interaction in which lots of questions were put forward, which helped the gathering have a clear understanding on the subject. Sr. Janicia Nongrum appealed to the villages to extend their help in order to make the formation of the NCP come to fruition.

Initiation into the Novitiate

On 3 August 2022, the vestition ceremony of the 9 new novices was held at Mary Our Help Training Centre, Bellefonte, Shillong. It was a great joy for the community as well as for the Province to have these young courageous women who willingly and enthusiastically offer themselves



Distribution of Course completion Certificate in Computer

The students of BCC who have completed their computer short-term courses in two programs: the Basic Course in Computer and the Data Entry Operation Program were felicitated on 29 June 2022. The programme began with a short prayer followed by a speech from Sr. Janicia Nongrum, Vice-Principal, who congratulated them on their achievements. Sir Ericton Mylliempdah gave them a briefing on the purpose of computer education and urged them to continue with more advanced courses. Ms Ilyne Marbianang gave an overview of the computer programmes that the institute offers followed by the distribution of the marksheets and certificates.

Sr. Beltiful Kharsnar





to serve the Lord as they initiate the important and intensive stage of their religious life. The ceremony began with the prayer service led by Sr. Iarikmen Rynjah and Sr. Felinicia Syiemlieh (second year novices). The young women approached the altar in procession carrying a tender plant which they placed at the feet of Mary. “Set your heart right and be steadfast” Sir. 2:2 was the fitting theme chosen for their two years of novitiate life. After receiving the medals from the hands of Sr. Elizabeth George the provincial, they voiced out their meaningful and beautiful theme song. The Provincial encouraged them to forge ahead joyfully in their vocational journey and entrusted them to the care and guidance of the Novice Formator Sr. Rona Kharkongor who lovingly and officially welcomed them to the new phase of their life.

The Sisters from Nongthymmai, Mawlai, FMA Outreach and some of the Provincial councilors joined the service to pray for these young novices and witnessed the event. The community and the participants of this event congratulated the novices for their courageous YES.

*Sr. Icy Mary Khardewsaw
(1st Year Novice)*



First Religious Profession

The Institute of the Daughters of Mary Help of Christians reached the great and glorious milestone of the 150 anniversary of its foundation on 5 August 2022. The province of the Immaculate Heart of Mary Shillong had enormous reasons to thank God for crowning this memorable occasion with the gift of 16 young women who made their first profession in the community of Bellefonte in the hands of Sr. Elizabeth George, the delegate of the Superior General.

The Holy Eucharist commenced with a solemn procession whereby the newly professed walked towards the altar with two representatives from each of their family members, followed by 24 priests with Fr. Paul Olphindro Lyngkot the provincial of the Salesian province of Shillong as the main celebrant. In the homily, he briefed the stunning event of 150 years ago that took place in the hamlet of Mornese when the 11 first Sisters of the congregation made their profession. He commended the Institute's growth with the help of Our Lady and spoke on the theme of the newly professed Sisters “Mary walks with us”. He emphasized that Mary is the journey companion of every

vocational journey. The atmosphere was so heavenly that it brought nostalgia and tears for some. We praise the Almighty for this beautiful day; for the last two years the ceremony had to be held in a very private setting because of the pandemic.

*Srs. Jessica Phawa & Maria Goretti L.
(2nd Year Novices)*



Children's Parliament Awareness Program

On 13 August 2022, Sr. Beltiful Kharsnar and Sr. Janicia Nongrum organised a Children's Parliament Awareness Program for the children of Lumshyiap Village. There were 42 children who participated in the program. Sr. Janicia Nongrum welcomed all of them and gave them a brief explanation of what the Neighbourhood Children's Parliament is. To make the gathering a bit more interesting, some motivational games were played along with Sr. Beltiful Kharsnar. Many children showed lots of interest and the centre looks forward to the formation of the group.



Seminar for the faithful of Mawpat Parish



Sr. Mary Concepta Wahlang animated a one-day seminar for the faithful of St. Francis Xavier CMC of St. Mary's Parish Mawpat –

Shillong on 21 August 2022 in the Parish Hall. The theme of the day was "The Word of God and Christian Life".

The seminar began with the Morning Prayer and followed by the different sessions till 3pm. All through the sessions, Sr. Concepta stressed on the powerful effects of the Word of God which could bring renewal, transformation and blessing in their personal life and their families. The presence of the 7 novices, who animated the dance and songs in between, made the sessions more lively. 86 participants took part in the programme. The day concluded with the celebration of the Holy Eucharist presided over by the assistant parish priest, Fr. Kerophim Hahshah CME.

Sr. Beltiful Kharsnar

Remarkable Pentecost Sunday celebration



The Pentecost Sunday of 2022 marked a joyous moment for the community of Auxilium Bishramganj as they witnessed the reception of the sacrament of Baptism of six boarders and a family from the locality in the Convent Chapel. The Chapel was adorned with red linens and fresh flowers and the seven gifts of the Holy Spirit were displayed which added more meaning to the celebration.

In an entrance procession the catechumens proceeded to the altar as brides holding in their hand a red rose, which symbolizes the love for Christ. Their parents and godparents accompanied them led by the altar girls carrying forward the Word of God and lighted lamps. Fr. Remol Marak sdb, the parish priest administered the sacrament to them assisted by Fr. Blasius Kujur sdb and Fr. K A Thomas sdb. The liturgy,

hymns and prayers were in the local language – Kokborrok managed by the hostel boys and the community. After the Eucharistic celebration the newly baptised positioned themselves for cake cutting and photo session at the backdrop of the photo-booth placed specially for the occasion.

Prior to this great day of celebration the community prepared itself devoutly through the nine days of Novena to the Holy Spirit.

World Environment Day celebration

In preparation for the World Environment Day Celebration the children of Nursery, KG I and II actively participated in the web activities entitled “Student for Soil- Little voices, big impact” an appeal to the Prime Minister for soil conservation. The young students submitted videos and posters and received an automatic personalised certificate. Sr. Yonaris Lyngdoh took an active role in monitoring the uploading of the materials of the students and the same were presented to the Prime Minister on 5 June 2022, World Environment Day. To further mark the occasion, the students planted some trees in the School campus, while some others planted trees in their garden. Their promising act, will surely go a long way in learning the basics of life.



International Yoga Day

On 21 June 2022 the community of Auxilium Bishramganj actively participated in the International Yoga Day celebration. To mark the occasion, in the morning the boarders with a sense of great love and devotion displayed few yoga steps. The little kids of the Pre-primary School came prepared for the day's activities with the school track suit and t-shirt. They demonstrated a good number of yoga steps to the fascination of everyone present for their perfection, discipline and obedience. After the Yoga, there was a spontaneous jubilation and cheering for the little ones.



A new apostolate started at Koliram village

3 July 2022 will go down memory lane in the annals of the community for this day saw the opening of a Sunday oratory at Koliram village. Sr. Martilin Nongkynrih and Sr. Risuk Dkhar along with Mrs. Ribilda Kharbihkhiew, a Salesian Co-operator who knows the local language went to Koliram village with full of enthusiasm and fervour to initiate the new apostolate of the community.

On two Sundays the three pioneers of the oratory went from house to house and invited the children and after they also reached them back home. Gradually, they have gained the confidence of the children and the number too has increased. On the first day, 27 children came to the oratory, most of them are studying in Bengali medium schools. The Sisters with their lively games entertained the children and further taught them English and



some action songs. They gathered the children for the oratory at the house of Mrs. Rosk Kanya Jamatia, mother of the three boarders – Bhumika, Siyari and Tiyyari. The community implored the intercession of our founders Don Bosco and Mother Mazzarello for the success of this venture.

In solidarity with the poor

The celebration of Holy Thursday this year was made more meaningful by the community through its act of solidarity with the poor. On the morning of 4 April 2022, Sr. Rihun Sten, animator and Sr. Felisita Rynshon along with Mrs. Pricilla Molsom a Salesian co-operator went to three villages and distributed 10 kgs of rice for each family.



In the two localities of Koliram village they met sixteen families and in Chalpapari and Lokhondepa twelve families each. Being the first encounter with the people in those villages, the Sisters introduced themselves to the people and gave some instruction to them.

Sr. Rihun Sten

FMA OUTREACH

Learning about Chinese food

The Chinese Base Cooking Training was officially opened at FMA - Outreach on 16 August 2022.

The chief guest of the day was the ADC Mrs. Dahunlang V. Lyngdoh, MCS. The event was graced by the presence of Mr. Rangksan Richad Khongwir, Trainer, Sr. Helena Puwein the Director of FMA-Outreach, Sr. Gemima Pohrmen reference councilor for Social Development,



Sr. Happyline Shadap, the animator of the community and the trainees.

Sr. Helena Puwein welcomed the gathering and briefed them out about the training. She also expressed her gratitude to the DC of East Khasi Hills for providing financial assistance for this training, which is exclusively for the youth of the district under the VAF Scheme of the Government of Meghalaya. The ADC, in her speech inspired the trainees to actively participate in the training and to benefit much from it. The two-week training programme concluded on 2 September 2022 and the 32 participants received a course completion certificate from FMA-OUWC in the presence of Shri A. D. Camble Director of KVIC.

NELF EXECUTIVE MEETING

Sr. Garnet Sutnga participated in the 'North East Legal Fraternity' (NELF) executive meeting on the 13 and 14 August 2022 organized by the Legal Cell for human rights (LCHR), which was held at Arrupe Retreat House, Jesuit Novitiate Mawshohroh, Ri Bhoi District.

There were 30 Advocates who participated in the meeting along with the Executive Members of North East Legal Fraternity and the Office Bearers of the fifteen North East fraternities. The NELF introduced a spiritual dimension into the profession of Lawyers and Advocates by teaching them to facilitate justice through the ethical practices of law. Fifteen fraternity units were established to

tap the resources of legal competence among lawyers of the region. The topics covered during the meeting were 'Challenges before us and the way forward', 'Faith that does Justice' and 'Locating Justice in the Social Teachings of the Church' which have helped all the members to understand better the needs of the hour.

Sr. Garnet Sutnga



KHAPMARA

Inauguration of Auxilium Training Centre

24 January 2022 witnessed the inauguration of the house of Auxilium Training Centre Khapmara in Ri Bhoi District of Meghalaya. Most Rev. Victor Lyngdoh DD, Archbishop of Shillong blessed the Centre and Sr. Elizabeth George, provincial inaugurated the building. The project saw the light of the day through the generous help received from the Meldrum Foundation.

Unveiling the slab that inscribed the event of day and expression of sincere gratitude to Late Peter Durkee Meldrum and his wife Catherine Marie Roper, Sr. Elizabeth George, provincial dedicated the mission of the house for the young people who would be capacitated with skills and be self-reliant in the family and society. Archbishop Victor and two other priests; Fr. Julius Kurbah and Fr. Anugrah



Kerketta sdb then blessed the whole building and followed by the Holy Eucharist presided over by the Archbishop. The Sisters from Auxilium Convent Nongthymmai Shillong were the choir and present for the occasion were the provincial councilors, Sisters from Shillong and the nearby communities, friends and benefactors especially Mrs. Victoria D'Souza who had come from Kolkata and Theresa Mawlong from whom the Sisters bought the land. In the evening food was served for the oratorians in honour of the inauguration of the centre.

A month later, two trainees arrived and therefore the tailoring and computer training took off in a humble



note. In few months, 21 trainees reside in the hostel and some girls and women come daily from their homes. They are being taught Tailoring, Computer, Art and Craft.



Orientation Programme for Pre-Aspirants

Before joining the Aspirantate at Saiden the nineteen pre-aspirants were housed in Khapmara for their two months of orientation programme from 2 May – 19 July 2022. The community gave their best in assisting these young candidates with various experiences of salesian life.

The pre-aspirants were drilled in English, lessons on Don Bosco and Mother Mazzarello, human and religious formation were given to them. Besides these classes, activities like computer skills, bag making, crocheting, gardening and singing were availed to them along with the guidance of all the sisters of the community.

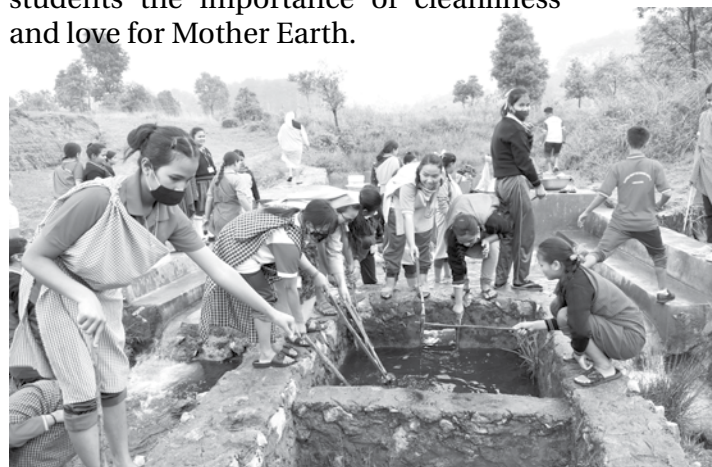
Sr. Manosha L. Nonglait

LAMYRSIANG

Cleaning Drive by students

On 12 April 2022, under the leadership of Sr. Rina Kharthangmaw principal, 56 class X students had the cleaning drive at Saphe River, a place where the villagers of Lamysriang village go for washing and cleaning. After learning from the students that the river was very dirty and the dumped up plastic, bottles and clothes had destroyed the beauty of the place, Sr. Rina took the initiative to clean it along with the students. Sr. Maria Sariang, Sr. Sabina Mawrie and Mr Narayan Sharma too accompanied

the group. After cleaning the river and its surrounding all of them came to the village road to pick up plastics, bottles etc... thrown on the roadside. This is also a part of training to inculcate in the students the importance of cleanliness and love for Mother Earth.



Seminar for students on **POCSO Act**

Sr. Garnet Sutnga FMA animated a day of seminar on Civil laws, for the students of Classes VI - XII on POCSO Acts (Protection of Children from Sexual Offences) and also on Rights and duties of Children on 14 April 2022. The staff and students welcomed her with a song, a bouquet of flowers and the welcome note from Sr. Rina Kharthangmaw, the principal of the school.



The students were divided into two groups Classes VI to VIII and Classes IX to XII. During the session, Sr. Garnet made the children aware of their right to inform and report to the authority and to the government if they are abused and ill-treated by the adults or among their peer groups. The students were very attentive to her explanations and happy to know about their own rights and duties. She invited them to love themselves first and not simply trust people whom they do not know. She urged all to be united among them to reveal the truth when someone faces sexual abuse, because the government wants to protect children from being abused, assaulted and ill-treated. At the end of the seminar Maiadaki Malang from Class X voiced a note of gratitude to Sr. Garnet Sutnga, for such a beautiful and meaningful seminar on POCSO Act.



Celebration of **World Day of Gratitude**

The World Gratitude Day 2022 was marked with an inter-house Singing and Dancing Competitions on 26 April. The showcasing of talents by the students was an act of gratitude to the Superior General Mother Chiara Cazzuola and the FMA presence in the school. Briefing the importance of the day, the principal Sr. Rina Kharthangmaw gave few words of introduction.

The competitions were divided into two groups Singing for the Juniors and dancing for the Seniors. All the four houses put up their show in the best possible way so that made it difficult for the judges to do their task. The chief guest of the day was Sr. Matilda Kharjana, animator and the Guest of honour was Sr. Icydora Pasi. The excitement of the audience to cheer their own group was very exuberant and the winner of the day was the Green house and the Yellow house respectively. Sr. Matilda Kharjana praised and congratulated the students for their gifts and talents and good performance. She encouraged them to put in similar effort in their studies as they did for their competitions. The students thanked the Sisters in a special way, who under the leadership of Mother Chiara have shaped and moulded them in different ways through their educational institution.

Solemnity of St. Mary Mazzarello, Co-Foundress



The feast of St. Mary Mazzarello was solemnized on 13 May 2022 in a grand manner being the 150th anniversary the FMA Institute and 100 years of FMA presence in India through a meaningful presentation of a festal programme in the school. Fr. Martin Shylla, parish priest of Holy Trinity Parish, Sutnga was the Chief Guest of the day.

The programme began with the opening chorus from Class VII, the song 'Join your voices' to Mother Mazzarello followed by the short skit on 'Know our co-foundress' by Class IX and X. The boarders from Class VIII give a beautiful dance 'Mornese you are our dream'. In his short speech Fr. Martin Shylla, greeted all the Sisters, staff and students. He told the students that the remembrance of the saints is also a call to imitate their virtues. A moment of silence was kept as Sr. Matilda Kharjana, Sr. Rina Kharthangmaw placed a bouquet each in front of Mother Mazzarello. Mr. Pynailad Sutnga of Class XII,

the School Captain, placed the FMA Flag near the decorated picture of our Mother and co-foundress. Mr. Narayan Sharma and Mrs. Nilam Mary Bareh our teachers, placed the school articles like notebook, textbook, school uniform etc... as a sign of gratitude to this great saint for the presence of the FMA institution in the village. The choir from Class VII concluded the day with the song 'We are Salesian youth'.

Celebration of Environment Day

The Environment Day was celebrated in the school on 6 June 2022 with various competitions and plantation of trees. In the morning there was the final drawing and essay-writing competitions participated by the selected students from the different categories on the theme 'Biodiversity'. At 1pm the students from Classes I to XII went to Lamyriang market for the street play on 'Preserving the green planet – the earth' prepared by Sr. Celibon Maslai the school vice principal. The Chief guest of the day was Mrs. Nerila Pala one of the influential person in the church and in the village. The presence of the Village Defence Party (VDP) members added more color to



the celebration. The crowd of audience consisted of shopkeepers, taxi drivers, and others who came to see the performance and listened to the talks. The students then performed a prayer dance to thank God for the gift of the beautiful planet earth. In her speech, Mrs. Nerila Pala thanked the organizer of the day's function and praised the excellent performance of the students. She invited the people to take to heart the care of the environment, to preserve trees and to be cautious on the cleanliness of the village. Soon after her speech, we walked together to the school premises for plantation of trees. Thanks to the Sisters, teachers and students for the success of the day.

FMA Centenary Quiz Competition

FMA Centenary Quiz competition was conducted for the students of the school on 23 June 2022. The quiz dealt with the life of the FMA Institute. The students were divided into two groups the seniors from Classes VIII to XII and the juniors Class IV to VII.



Sr. Ailin Mary Lyngdoh Marshyllong saw to the logistics of the event, Sr. Celibon Maslai was the quiz mistress and teachers; Mrs. Nilam Mary Bareh and Mrs. Krenita Bareh were the scorers and time keeper. The students received the very large number of questions and answers two weeks ahead and took to heart in learning all of them. Since the students knew all the answers to the questions, contents outside the given texts were also used to determine the winners. These questions taken from their school diary and school bulletin boards helped declare the winners of the FMA centenary quiz competition. From the senior group Class XII got the first prize, Class VIII the second and Class X the third prize. In the junior group consisting of mixed group, the first went to group C, the second to group D and the third to group A. Special thanks to the Sisters of the community who made known our saints and our institution to the students through this quiz competition.

Platinum Jubilee of India's Independence

A beautiful function marked the special event of India's 75 years of Independence from foreign rule at Sacred Heart Hr. Secondary School, Lamyrsiang on 15 August 2022. Mr. Teibor Suja one of the members of the VDP was the chief guest of the day.

The function commenced with the hoisting of the national flag at 8.30am followed by the March Past by



the students from the four houses in which the chief guest took the Salute. After the March Past and the singing of the National Anthem, an enchanting dance on peace and harmony by Classes VIII, IX and X followed by the song 'Sare Jaha' sung beautifully by four girls from Class VI enthralled the gathering. In the evening, the Class IX students under the leadership of Sr. Sabina Mawrie and Sr. Maria Sariang animated the liturgy for the solemnity of the Assumption at the village church.

207th Birthday of Don Bosco

Sacred Heart Hr. Secondary School Lamysiang commemorated the 207th birthday of Don Bosco through a special homage during the school assembly on 16 August 2022. A well-decorated statue of Don Bosco was placed at the center stage.

The ceremony began with words of introduction from Sr. Maria Wanpyntngen Sariang and followed by floral tribute from the representatives of Sisters, teachers and students. After this, the song 'We are Salesian youth' was played and all joined in singing it together. Sr. Rina Kharthangmaw, principal then read a brief presentation



on Don Bosco and his mission. All concluded saying with one voice 'viva don Bosco' 'long live Don Bosco'. At break time, tea was given to the teachers to celebrate together with the Sisters the birth of Don Bosco, Father and Founder.

From Lamysiang Diary

MAWKYNDENG

Health Camp Service

The Care and Support Centre of Mawkyndeng conducted Health Camp Services in two villages of Biar and Pohkseh. The community under the guidance of Sr. Jemma Phyllei animator and nurse organized the events.



On 25 January 2022 the Camp was conducted in Biar village where Dr. Tham, Sr. Jemma, Sr. Lina Wanniang, Sr. Iarikmen Rynjah and Sr. Stability Nongrud had the chance of aiding and helping the sick people. The people were very grateful towards the Sisters and it was amazing to note that 32 families had received a great help from this programme.

In Pohkseh village the health camp was conducted on 27 January 2022. Dr. Tham, Sr. Jemma Phyllei, Sr. Tistabha Bareh, Sr. Felinicia Symlieh and Sr. Riphilda Kharsahnoh dedicated themselves fully in helping the people towards a healthy behavioral change and providing medicines for those in need especially the poor. The 70 families who attended this Health camp remained ever grateful towards Dr. Tham and the Sisters.

Children's Retreat at Khonshnong

The Retreat for children of Khonshnong village was organized from 4-6 February 2022 and the Programme for this retreat was prepared and animated by Sr. Tistabha



Bareh, Sr. Stability Nongrud and Sr. Iarikmen Rynjah in collaboration with the young people and leaders of the village church.

The children participated actively and fervently in every session and in the games animated by the Sisters. Devout faces seen during the prayer moment especially during hours of Adoration were an edifying sight. Sr. Tistabha guided and motivated them through her creative catechism classes. There were 95 children who came for the retreat. There were 23 children who received the first Holy Communion on 6 February 2022 an unforgettable day for them as they had their personal experience with Jesus also in Sacrament of Reconciliation on the previous day. Fr. Henry Warbah, the Parish Priest of Mawkyndeng, ministered the Sacraments to the children. The children expressed their joy and happiness having experienced God's graces and blessings.

Sr. Iarikmen Rynjah

Annual Sports Day

The Annual School Sports 2022 of St. Francis School, Mawkyndeng was inaugurated on 16 March 2022 with great zeal and excitement. The programme began with a prayer led by Sr. Mary Lamare the Headmistress of the School after which the esteemed Chief Guest Fr. Henry Warbah Parish priest of Mawkyndeng Parish and Sr. Jemma Phyllei our Animator were warmly welcomed. The Chief Guest took the Salute of the impressive March Past



of the students followed by the unfurling of School Flag and the School Anthem “Virtue and Knowledge”. Fr. Henry gave a short talk on the importance of Sports in a child’s life; he encouraged and appreciated the willingness and enthusiasm of the students to take part in sport events as he said sports give energy and health. There followed the pledge taking ceremony of the four houses: Blue, Green, Red and Yellow, and that of the School Captain and Class monitors. The students were very attentive and entered into the spirit of the occasion with passion. It was for long time that they got the opportunity to have sports in the open field because of the lockdown; hence, they showed great interest to display their talents to their best ability. Once the races began, the air filled with cheers and

encouragement for the young athletes. During the different games, the whole playground resounded with noise of the children who cheered for their own houses.

The event concluded on 17 March 2022 with the distribution of the prizes to the winners. The Green house got the highest score for the March past and the Yellow for the Best House scoring highest points in sports. Sr. Mary Lamare gave the concluding speech during which she congratulated all the students especially those who took part and her message to the students was that - all need to fight in this life by focusing on both physical and spiritual battle.

*Nibanroi Paslein & Lewanki La ban
(Class X students)*



SALESIAN MONTH

The Salesian month rejuvenated the liveliness of the school with the celebration of the Salesian Saints. 31 May 2022 marked a special event in the school when the day started with the Holy Eucharist. The homily of Fr. Henry Warbah the Parish Priest of Mawkyndeng stressed on striving



towards holiness no matter to what religion one belongs. The skits and dancing competition were organized in the afternoon and the Sisters, teachers and students were inspired by the fabulous story of the saints performed by the four groups - Don Bosco group, Marian group, Mazzarello group

and Laura Vicuña group. Each group performed their acting and dancing on their patron.

By the end of the competition, everyone present there be it teachers or students or school staff anxiously waited for the announcement of the winner - the winner of the skit competition went to the Marian group and the Laura Vicuña group bagged the prize for the best dance. The students felt happy about the achievement of their groups and the programme ended with a meaningful prayer led by Sr. Mary Lamare the Headmistress.

Sr. Dashailin Nongshli

MAWLAI

Orientation Programme for Teachers

On 11 February 2022 the Sacred Heart Girls' Higher Secondary School, Mawlai conducted the Orientation Programme for the teachers of the school. Sr. Celine D' Cunha the General Coordinator of the province was the resource person. The seminar was about how to manage students as educators. "No change no growth" was the main idea of the seminar. Through the sessions, the programme reiterated that everyone needs change. The



seminar was very helpful, applicable and meaningful for each and every teacher of the school especially on how to deal and inculcate knowledge to the students in their day to day life

*Mr Rollingstar Kharumnuid
(Teacher)*

"God has promised to supply all our needs. What we don't have now, we don't need now." Elizabeth Elliot



Pledge-Taking Ceremony

The pledge-taking ceremony of Sacred Heart Girls' Higher Secondary School, Mawlai was held on the 28 February 2022. The Superior of Sacred Heart Convent, Mawlai, Sr. Teresa Kamsuan was the Chief Guest for the occasion.

The ceremony commenced with the hoisting of the flag by the Chief Guest followed by the pledge of the Captain of the School, the Vice Captain, the House Captains, the Vice Captains of the Houses and the Class Captains who promised to live up to the motto of the School and their Houses. After the pledge, Phibakordor Nongbri the Captain of the School led the different contingents in the March Past unfurling the motto of the school Virtue and Knowledge under the patronage of the Sacred Heart of Jesus. Each House had two contingents – the Seniors and the Juniors. After all the contingents had finished marching, the Superior gave a message to the students. The pledge-taking ceremony ended with the School Anthem 'Rise Up, Sacred Heart Girls'.

Sr. Bertina Kurbah

Inaugural Function of the Academic Year

Sacred Heart Girls' Higher Secondary School had its inauguration of the academic year 2022 on 17 March. The celebration was done in two parts; morning assembly in the school and Holy Mass in the Parish Church.

True to its motto, "Virtue and Knowledge" there was a prayer service organized by Sr. Evalynejoy Kympat along with the students of Class XII to let God illumine the young minds to pursue their wisdom. Sr. Teresa Kamsuan, animator gave the keynote address. She welcomed everybody to the school and to the new academic year. She also highlighted the sacrifices and pains of all the parents to give good education to the students. She



at the end wished everybody the very best and requested all to aim high. Sr. Lydia Pala, the Principal of the School briefed ~~the gathering on the~~ school academic and co-curricular activities and concluded the assembly with a hymn to Don Bosco.

This was followed by the Holy Mass in the Parish Church, which was presided over by Fr. James Thyrniang, the Provincial Economer of the Shillong Province. The whole celebration was being taken care of by the Red House teachers. We had an introduction before the Mass, which was voiced out by Miss Ersilia Susngi and Sir Polycarp Walarpih led the choir. During the homily, Fr. James motivated the students to study hard and pursue the goals in their student life. He also added that as teachers and students they should commit their work to the Lord and seek what He wanted them to do. Fr. James reminded the school, that all glory be given to God through their success.

Sr. Evalynejoy Kympat

Visit to Shanti Bhavan

As part of the outreach programme, Sacred Heart Girls' Higher Sec. School, Mawlai, paid a visit to the Shanti Bhavan, Shillong, on the 18 March 2022. The Principal, Sr. Lydia Pala, the Superior, Sr. Teresa Kamsuan and other Sisters along with the staff generously stretched out their helping hands to reach the community spiritually and materially. A handsome

amount was collected to buy food items and other necessities.

After all the arrangements were ready, the group left from the school and reached the place in the morning hours itself. The Sister in charge warmly received them and with joy the school handed over the contribution not in cash but in kinds. The elderly people were greeted and entertained with songs where they joined in with delight and happiness. An ample time of chatting, sharing of good thoughts and prayers brought in them more hope and cheerfulness. Talking to them was the best moment one could have ever experienced happiness. None



would deny the sweetest sweetness of such smiles. Their visages looked like some sages of old who had found peace and the true meaning of life in their spiritual realms of loneliness and unstressed minds. The divine presence in the family of Shanti Bhavan that made everyone looked so lively was a sight to behold. The visit was indeed a cherishing moment and a treasured memory to all who were able to connect themselves with the few of them spiritually and mentally.

*Miss Marvelyne Mawlong
(Teacher)*

Staff Retreat

The management organized a day of retreat for the Staff of Sacred Heart Girls' Higher Secondary School Mawlai on 7 April 2022 at Pastoral Centre Laitumkhrah, Shillong. Fr. Devasia Vazhayil SDB, a well-known Salesian preacher spoke candidly at length mainly on our duties as Christians, and specifically as Catholics.

The Bible quotations quoted in his preaching were impressive and opened our eyes of faith wider. He excellently and fluently reminded that, as Catholics the teachers should abide by their commitment to the sacraments. A healing prayer service for those who wished to be prayed upon was done soon after the preaching session. Complete silence throughout the retreat was observed by all, even during the meal time, to allow each one to meditate better and to allow the Holy Spirit to enlighten each one within the silence of our hearts. After lunch all were gathered in the hall for the audiovisual meditation on the way of the cross. Soon after there followed adoration to

the Blessed Sacrament where all the participants took part in the prayers and praising the Lord with songs of worship. In the meantime, four priests were available for the Sacrament of Reconciliation. When everybody is done with the confession, Fr. Devasia gave the Benediction followed by the Holy Eucharistic Celebration. The teachers were grateful to the Principal Sr. Lydia Pala, the Vice Principal Sr. Evalyne Joy Kympat and all the Sisters for organizing this retreat. They also appreciated the availability of Fr. Devasia the preacher for the day. They also thanked Fr. A L Jose for the lovely chance to have the retreat in Pastoral Centre.

Mrs. Amabilis Susngi (Teacher)

Seminar for Class XII Students

On 7 April 2022, the students of Class XII, Sacred Heart Girls' Higher Secondary Mawlai attended a seminar at Vendrame Institute of Rural Training and Animation Services (VIRTAS) Mawpdang Meghalaya. The Seminar was conducted in the vernacular language, Khasi, on the topic 'Know the Culture.' The resource personnel in this programme were Dr. Fr Barnes Mawrie SDB and Miss Ritisha Kharshang.

The programme began with the short prayer followed by the gist on the topic and discussion on the importance of 'Culture.' The resource persons spoke as to why one should respect the culture. This is because 'Culture' as defined by many renowned



authors and teachers, is a way of life of people of any particular society, which has been handed down to generations since unknown years. Culture lays down important values and morals, which are the basic principles of a good society. It speaks to us through myths and legends about good values. Rev. Fr. Barnes, in the second half of the day stressed on the importance of adhering to one's culture. It was truly an enriching experience for the students to know and value their own culture. The Seminar concluded with the vote of thanks by Risadaka Sun of Class XII.

Miss Shiela Lyngdoh (Teacher)

Annual Sports Meet

On 29 April – 6 May 2022 the school organized the Annual Sport for the students. The different events for this Sport were held at the Basketball Court of the school. With great joy and enthusiasm the students of the school participated in the different games. On the concluding day of the Annual Sport Mr. Shiningstar Kharumnuid, Arm Branch Sub – Inspector (ABSI) of the Special Force – 10 Meghalaya Police



was the Chief Guest who took the salute for the March Past competition.

After a tough competition, the Red House emerged as the overall Champion; they won the first position in March Past and volleyball and the Yellow House was crowned as the Discipline House and winner of the basketball match. At the end of the sports event, Sr. Lydia Pala, the Principal of the school proposed the vote of thanks in which she thanked the chief guest, all the staff and students for their hard work and collaboration that made the Sports event 2022 a successful one.

Sr. Bertina Kurbah

World Environment Day Celebration

The World Environment Day, 2022 was celebrated on the 6 June 2022 in the school premises on the theme 'Only One Earth: Living sustainably in harmony with nature' and different activities were conducted. The programme started with the display of flowerpots prepared by the students of the different classes. The students planted these plants on Earth Day 2022 celebrated in the school on the 22 of April 2022. In this category,

the Class VIII B students won the best display.

To practice the importance of the 3R's, (Reuse, Reduce, Recycle) the members of the Eco club displayed a fashion show where the costumes were prepared from used papers, old newspapers, plastics, wrappers, sacks (plastic and jute) and disposable cups and plates. The fashion display was followed by the distribution of seed balls to the selected students who have a garden at home. The Principal Sr. Lydia Pala, Sr. Teresa Kamsuan, the animator, teachers, students of NCC, Guides and few students selected from different classes, also planted some of these seed balls in the school campus along with the plantation of palm saplings.

Prior to this day, on the 27 May 2022, the school also conducted a drawing and essay writing competition on the theme of the World Environment Day 2022. The students of lower classes took part in the Drawing competition while the essay



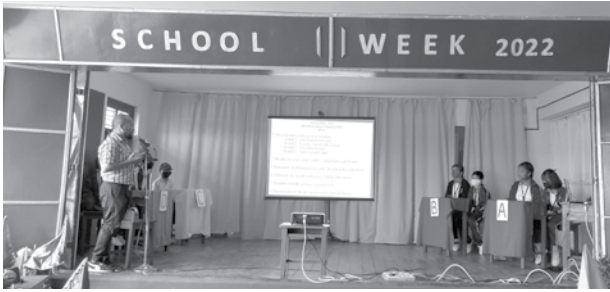
writing competition was organized for the students of Class VIII to Class XII. Through the initiative of the Principal and school authority, the contribution of the teachers from the Eco Club and those teaching Environmental Studies in different classes and the hard work of the students ensured the success and the positive effect of this year's World Environment Day celebration in the school.

***Ms Philarisha Mary L. Mawphlang
(Teacher)***



School Week

The Annual School Week of Sacred Heart Higher Secondary School Mawlai was held on 27 – 29 July 2022. It was organized by the Media Club with the theme “Refuel, Relive, Redeem the lost.” The Chief Guest on the first day was Fr. K J Anthony SDB, the Registrar of Sacred Heart Theological College Mawlai, Shillong and on the last day Shri P. T. Sawkmie, the MLA of Mawlai Constituency.



Different activities were conducted for sub – juniors, juniors and seniors during the three days programme. Activities for Sub – juniors were Poem Recitation, Fancy Dress, Drawing, Painting, and Spell Wizard; for juniors – Drawing, Painting, Singing and Dancing, Storytelling and Poem Recitation. For seniors - Extempore Speech, Quiz, Debate, Essay writing, Poetry writing, Cosplay, cookery, Recitation, Dumb charade, T-Shirt painting, Rangoli, Art Attack, Flower arrangement, Craft making, Singing, Dancing and Make up Competition. The activities were held in the stage and the Classrooms. The sub juniors had their activities in Hall. Judges for activities like Rangoli, Flower arrangement, Vegetable carving, Debate, Essay writing, Singing and Dancing were invited from outside.

The School Week concluded on 29 July 2022 with great happiness and satisfaction for both the staff and students of the school.

Sr. Bertina Kurbah

Congratulations dear Sr. Rosina!

With joy and gratitude to God, the Community of Sacred Heart Convent Mawlai celebrated the Golden Jubilee of the Religious Profession of Sr. Rosina Susngi at Sacred Heart Convent Mawlai on 13 August 2022.

The celebration began with the Holy Mass presided over by Fr. Jose Varickasseril SDB, the Assistant Parish Priest of Mawlai Parish along with 15 other concelebrants. Before the Holy Mass, a short biography on the life of Sr. Rosina, the Jubilarian was read.

During the homily, Fr. Jose highlighted on the life of fidelity lived by Sr. Rosina and on her motto: “I am the Potter, you are the clay... It was I who chose you and sent you to go and bear much fruit.” (Jer 18:16/Jn 15:16). Soon after Mass there was a short felicitation for the Jubilarian followed by lunch in the Sisters’ residence.



The relatives, friends and well-wishers took part in the celebration to mark this memorable event.

Sr. Bertina Kurbah

MAWROH

Installation of Sr. Albrida Pyngrope

17 August 2022 marked a historic moment at Auxilium Lumjingshai Mawroh as Sr. Elizabeth George, Provincial, officially installed Sr. Albrida Pyngrope as the second animator of the community.

The installation opened with a simple and meaningful prayer service led by Sr. Nildalin Kharkongor. At the prayer moment, Sr. Elizabeth George in the name of Mother General officially entrusted Sr. Albrida Pyngrope to the community of Auxilium Convent Mawroh and handed over to her the key, which she in turn placed at the feet of Our Lady, the true superior of the house. After the prayer service all assembled together in the refectory to wish and congratulate her. Sr. Risalin Kharkongor voiced out a note of appreciation and congratulated Sr. Albrida Pyngrope on behalf of all followed by a song from the borders. The cutting of the cake added grandeur to the celebration, and this was followed by a fraternal meal. In the evening a short stage program was creatively performed by the borders congratulating her for her readiness to accept this task as a shepherdess

of the flock of Mawroh: young people and the poor.

Present on the occasion Sisters' representatives from the different communities of the West Khasi Hills and Shillong, representatives of the teachers, students, neighbours and Co-workers who greeted Sr. Albrida and wished her to unfold many blessings to the community and the Mission.

Sr. Risalin Kharkongor

MAWTNUM

World Environment Day Celebration 2022

Auxilium Higher Secondary School Mawtnum made an astounding impact by bagging many prizes during the interschool district level celebration of the World Environment Day 2022 at the headquarters of Ribhoi in Nongpoh. The celebration was organized by The Meghalaya Basin Management Agency in collaboration with the District Administration and District Project Management Unit from 2 – 6 June 2022.

The students took part in the various events like the debate on the topic, "Advancement in science and technology are the beginning of the end of our only earth", the essay and drawing competition on the theme "Only One Earth" and the Science exhibition with the theme of the year's celebration "Only One Earth –



Living Sustainably in Harmony with Nature". In all the events the students have performed fairly well and won many prizes. Most remarking was the teamwork of Jesenta Kharkamni, Bankitlang Iangngap, Dameshembha Syngkli, Robika Rongpeit and Aiti Dashisha Diengdoh together with the assistance and guidance of their Science teachers have emerged as the 2nd prize winner in the Science Exhibition. The two models exhibited were on living sustainably without wasting resources and energy and Vertical Farming. The first model highlighted the merits of rainwater harvesting, installing solar panels, segregation of wastes and the use of public transports for daily uses as a

way to sustainability. While the other model demonstrated on the use of reusable plastic cups for plants, a jute rope and a reused plastic bottle for the Drip Irrigation being the most efficient water and nutrient delivery system for growing crops. The students have broadened their knowledge and self-confidence in such a platform and are grateful to the school for the opportunity given them.

*Miss. Zaheeda Tariang
(Teacher)*

International Day Against Drug Abuse And Illicit Trafficking

The students of Auxilium Higher Secondary School Mawtnum took part in the programme organized by the Office of the Superintendent of Police, Nongpoh Ri Bhoi District in celebrating International Day Against Drug Abuse And Illicit Trafficking on the 24 June 2022 since the real day 26 June was a Sunday. "Addressing Drug Challenges in Health and Humanitarian Crises" was the theme for this year. During a rally from the Pahamsyiem grounds to the District Library Auditorium Nongpoh the students were well equipped with placards, posters and slogans. They were high on energy and determination as they shouted slogans like "Say No To Drugs", "Auxilians Standing Strong Against Drug Abuse" etc.

On reaching the venue, the students took part in the Extempore Speech Competition, which was also participated by other schools. The





students from the school Riia Sheba Syiem of Class IX and Ilaker Naomi Syiem of Class VI won the first and the second prize respectively. They spoke confidently and flawlessly and their efforts were commendable as they had only 5 minutes to talk about a given topic. In poster competition and Biswajit Sinha from Class XII made two very meaningful posters.

This day is celebrated to instill a sense of responsibility among people around the world, particularly youngsters and teenagers.

*Miss Riia Sheba Syiem
(Class IX)*

Congratulations!

The NCC Unit of Auxilium Higher Secondary School Mawtnum bagged the first prize in the March Past Competition held at Nongpoh, Ri Bhoi District during the Independence Day Parade on 15 August 2022.



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Cleaning Drive at Umiam Lake

The NCC cadets of Auxilium Higher Secondary School Mawtnum joined in the cleaning drive organized by the 61 Meghalaya (G) NCC Battalion under Puneet Sagar Abhiyan on 18 August 2022. The other participating cadets were from Union Christian College, University of Science and Technology, Meghalaya (USTM) also the NSS volunteers of USTM and the Rotary Club Orchid City, Shillong.



The participants collected a good amount of trash from the surroundings, which majorly included single-use plastics (bottles, wrappers, etc) and glass bottles. The Team of NCC led by Subedar Mahendra K. Yadav informed that Puneet Sagar Abhiyan is a flagship campaign of NCC to clean sea shores, beaches and other water bodies including rivers and lakes, of plastic and other waste and increase awareness among the local population about the importance of keeping the beaches and river fronts clean. Rtn Vivek Kumar, Vice President, Rotary Club of Orchid City, Shillong, stressed on the importance of water bodies to human and environment, and how pollution in water bodies, majorly by single-use plastics choke the rivers and other water bodies on the planet. After a whole day work, the NCC of Auxilium went back home happily having contributed their strength and time towards a cleaner environment.

Sr. Bashisha Massar
49

Pre-aspirants Parents' Meeting held

On the feast of Blessed Laura Vicuna, 21 January 2022, a parents' meeting of pre-aspirants was held at Auxilium Convent Nongthymmai, Shillong. The motive behind was to make them familiar towards the Sisters and to understand their responsibility towards the formation of their children.

During the session, Sr. Elizabeth George Provincial gave a message on the importance of the all round formation of the young candidates and encouraged the parents to support their child in their vocational journey. At the same time she thanked them for their generosity in sending their children to join religious life. One of the parents of the Pre-aspirants too, spoke on behalf of the other parents thanking the Sisters for their help, love, care and concern towards their children. They acknowledged the growth of their children in their

spiritual formation, soft skills and hidden talents that have not been explored yet until they joined the convent. The parents were extremely happy to see the performance of their children on the life of Blessed Laura Vicuna, who offered her life for the conversion of her mother. Other performances like dance, music and self-composed songs were also staged for their parents. Sr. Carmelina Sun the animator then gave a message and a vote of thanks to all the participants in particular the parents who availed themselves for this family gathering. The program came to its close after the family meal and wishing of the parents.

Sr. Ribhalang War

Visit of Sr. Lucy Rose Ozhukayil

The community of Auxilium Shillong welcomed Sr. Lucy Rose Ozhukayil, the former General Visiting Councillor and newly appointed Provincial of Bangalore Province on 18 April 2022, Easter Monday. Sisters from the neighbouring communities of Mawlai, Bellefonte and FMA-Outreach too were present to accord the warmest welcome to the special guest.

The day was crowned with a good lunch for all the Sisters, Pre-aspirants, Orientation girls, Hostellers and Co-workers to rejoice together as a family at Christ's victory over death and the visit of our Superior. During lunch, the Sisters and Pre-aspirants also presented some gracious, gentle steps





and songs to express our love for our dear Sister. After lunch, the sisters were seated in the hall to listen to the Easter message from Sr. Lucy Rose. She told us that the easter message of our Mother General is on 'Easter Hope'. She posed before the gathering, a challenging question: Are we able to be messengers of hope despite war, violence and the pandemic we went through in the last two years? She concluded her message with an exhortation for all of us to contribute to the health and well-being in the community.

Sr. Ribhalin Khyriem

Feast of St Mary Mazzarello and Gratitude Day

The school organized a twin event of the feast of St. Mary Mazzarello and Gratitude Day on 13 May 2022 in the convent hall. Sr. Carmelina Sun, Animator was the chief Guest for the day. Through the celebration, the school expressed its homage to the Co-foundress of the Sisters for the salesian spirit being handed over to them to the present day. Student representatives of the primary, secondary and higher secondary sections paid respect and homage to St Maria Domenica Mazzarello through the floral tribute.

The other angle of the celebration was to acknowledge the contribution of the Sisters towards the well-being of the students particularly in their all round formation and education. The Auxilium Youth Movement Club presented a skit through which the message on gratitude was transmitted to the audience. On this day, Sr Carmelina Sun gave a short but very beautiful message. She narrated an incident that took place in St. Domenica Mazzarello's life when she was still young. Through the story, she sent home this message: 'Do everything for the love of God! and 'Always be grateful to God'. Other items presented were a song from the Music Club, gift presentation, and prayer moment.

The Holy Eucharist, in the evening, presided over by Most Rev. Victor Lyngdoh DD, Archbishop of Shillong crowned the celebration of the day. Four other priests concelebrated in the same. During the homily His Grace, exhorted the gathering to follow the best example of simplicity, humility and sacrificing spirit of





saintly Mother Mazzarello. Invited on this day were the parents of our Sisters from Nongthymmai area, Salesian Cooperators, Past Pupils from Nongthymmai Unit, religious both men and women from nearby institutions, friends and well-wishers. The presence of the Pre-aspirants and the young people from the hostel added joy and hope to the celebration. A festive meal was offered for everyone present.

*Ms Elena Kharkongor (Teacher) &
Sr. Sandra Mary Diengdoh*

Celebration of School Feast

The staff and students of Auxilium Girls Higher Secondary, Shillong celebrated the school's feast with great excitement and enthusiasm on 24 May 2022. The celebration began with a special prayer moment animated by AYM Club. Prior to the prayer moment, Ms Josephine Wahlang, a Club member invited everyone to thank God for the gift of Auxilium School, the fountain of wisdom and knowledge, and to take a moment to thank the founding body, the Salesian Sisters who realized the dream of Don Bosco and St. Mary Domenica Mazzarello in the field of education. The Statue of Mary Help of Christians was beautifully decorated and students' representatives from the Primary, Secondary and Higher Secondary sections paid a floral tribute to Mary. The AYM creatively animated games, skits and quizzes (All about



the School from the School Diary) in which students' representatives from four houses took part in the same. To mark this day, the Past Pupils of the School announced the result of the Raffle Draw and to the great joy of everyone the lucky one to win the First Prize was a student of Class I.

Environment Day Celebration

On 6 June 2022, the Eco Club of Auxilium Girls' Higher Secondary School, Shillong celebrated World Environment Day. The theme of the celebration was "Only one Earth, living sustainably in harmony with nature". The celebration started with the morning assembly where the members of the club presented a mono act based on the theme followed by a song and a message. Various competitions like Drawing and Painting competitions for classes 6 and 7, Slogan Writing for classes 8 to 12, and Self-composed Poems for classes 9 and 10 were organized on the said theme. There was also a Speech competition organized for classes 9 and 10 based on the theme "Towards a greener Earth". The competitions were inter-club. The



turnout from the different clubs was overwhelming as the majority of the students participated in the different competitions. In the afternoon after the lunch break, a cleaning drive was organized where all the students from classes 6 to 12 participated. Different locations in and around the campus as well as outside the campus were allotted to the different classes under the supervision of their respective class teachers. The students showed a lot of enthusiasm during the cleaning drive and enjoyed it to the fullest.

Music Day Celebration in the School

Ms Nancy Pariat, the Music teacher of the school, animated the celebration of Music Day with music and dance on 21 June 2022. During the lunch break, she played lively music on a big Television Screen at the school lobby and invited everyone to sing and dance along. There was so much joy and fun as teachers and students came



together singing and dancing. The teachers and students expressed that the Music Day celebration 2022 was one of the unique ways for the Auxilian family to cherish and remember in the years to come.



Yoga Day Celebration

Joining the worldwide yoga day celebration, the Guides Club in collaboration with the NCC Cadets and the NSS Club of Auxilium Girls' Higher Secondary School, Shillong animated a short programme in the afternoon of 21 June 2022.



The programme started with a short prayer led by Mrs. Epifania Shangpliang, and Ellery Kharkongor, a member of the Guides Club welcomed the Principal of the school, Sr. Joplin Suchiang, the Sisters, the teachers, and all the students. Each member of the Club briefed the school gathering on the history and development of yoga. For a better understanding of the benefits of Yoga, different Yoga postures based on Surya Namaskar (Sun salutation), the 12 Powerful Yoga Poses and other yoga poses along with the sound of Yoga music were synchronized through a display of the Yoga students. The programme ended at 1:50 pm with a vote of thanks by the Coordinator of the NSS Club, Ms Sherrylyne Lyngdoh.

Celebrating Independence Day

On 15 August 2022, India's Independence Day was celebrated with patriotic feelings and a deep sense of gratitude to the freedom fighters who earned freedom for the country 75 years ago.

The programme started with the hoisting of the flag by Sr Elizabeth George, provincial, playing of the National Anthem by the School Band,





March pass and then a message by Sr Elizabeth.

The Catholic teachers and students took part in the Holy Mass after the Hoisting of the flag ceremony while the non-Catholics got ready for the cultural Programme.

As informed by Sr. Joplin Suchiang, the principal, that the cultural programme will be a competition, students were excited and enthusiastically prepared for the competition. Dressed in their cultural costumes, students were prepared to compete and win the competition. The programme started with joy and enthusiasm but all of a sudden, a heavy downpour interrupted the programme and hence the Programme had to be stopped halfway through. Sr Joplin informed the students that she will organise another day for them to perform their well-prepared items.

Sr. Joplin Suchiang

"God is in control, and therefore in EVERYTHING I can give thanks - not because of the situation but because of the One who directs and rules over it."

Kay Arthur

Felicitation of Rank Holders held

16 August 2022 was a significant day for Auxilium Girls' Higher Secondary School, Nongthymmai Shillong. It was a day when the School gave recognition and acknowledgement to those students who have brought honour and pride to the school in the board exams 2022. Shri Latiplang Kharkongor, the MDC graced the occasion as the Chief Guest. The other distinguished guests were Mother Provincial Sr. Elizabeth George, the Animator of Auxilium Nongthymmai and Secretary of the school Sr. Carmelina Sun, Headman of Lawjynriew Mr. S B Kharshandi, Rangbah Dong of Lawjynriew Mr. Wanshai Kharkongor, Ms. Bahunlang Mawrie, Ms. Rila Akor Lamare and Ms. Wansara Deimaya Pyngrope. The ambience was full of positivity, excitement and expectations.

The programme started with the welcoming of the guests by the hosts Ms Candida Kharpdah and Ms Elena Kharkongor. It solemnly proceeded with the prayer moment and a melodious welcome song. The





Chief Guest, Shri Latiplang Kharkongor, Sr. Elizabeth George, Sr. Carmelina Sun, Sr. Joplin Suchiang Principal and Sr. Luigina Duia felicitated the rank holders with a cash prize, memento and bouquet of flowers. Speaking on the occasion, Shri Latiplang Kharkongor gave a short but inspiring message. He stressed on the significance of education. He exhorted not just students but even parents to give importance to the education of their children. He congratulated the rank holders and motivated the other students to strive for the best and to look up to Bahunlang Mawrie and Rila Akor Lamare for inspiration. The rank holders spoke with humility and confidence, thanking God and acknowledging the contributions of the teachers and their parents in their success. This was followed by a dance display of the three tribes of North East India: Khasi, Jaintia and Mizo. The felicitation programme concluded with the Principal's address, vote of thanks by Ms Philista Warjri and the rendition of the school anthem by all the students.

*Miss Elena Kharkongor
(Teacher)*

UMDANG

Women Association Touring Programme

Under the leadership of Sr. Meristella Kharthangmaw, the Women Association of Divine Mercy Parish Umdang organized a two-day touring programme on 5 - 6 March 2022 at Riagna Village. 75 women of the association took part in it.

On 5 March, an extempore speech was organized in which many women took part and was followed by adoration to the Blessed Sacrament. One of the women, Mrs. Carolin Mawsor gave a talk on Living the Lenten Season fruitfully and Fr. Ditendar Lyngkhoi the assistant parish priest animated the adoration and gave the benediction. On Sunday morning, the women divided into groups went for house visiting. All the participants expressed that they have



been enriched through the experience and were encouraged to do more good in the future. Soon after the family visit, all gathered for the Morning Prayer and Holy Eucharist. In the afternoon, Mrs. Queentina Hahshah gave a talk on the pillars of the Catholic Church. Everyone went back home contented having shared their faith and life with each other.

Sr. Meristella Kharthangmaw

Cleaning Drive marks the International Women's Day Celebration

On 10 March 2022, the Sisters of Auxilium Convent Umdang in collaboration with the Women Association of Umdang Area organized the International Women's day Celebration at Umdang Market under the leadership of Sr. Meristella Kharthangmaw in-charge of the Women Association and Mrs. Activina Rongrin the President of All Mothers Association. They had a cleaning drive of the Umdang Market and 65 women turned up for the event and with much enthusiasm and willingness to perform the task. After the cleaning drive, Sr. Dorothy

Kharnuit the Nurse of the Auxilium Care and Support Centre spoke to them on the theme 'Gender Equality Today for a Sustainable Tomorrow'. Furthermore, she enlightened the women on the 'Care of Creation' and proposed to them, "Ten simple things to help protect the earth". Sr. Meristella gave words of encouragement to the women and thanked them for their active collaboration. The day concluded in a joyful mood expressed through a spontaneous dance for the joy and satisfaction experienced on that day.

Mother's Day Celebration and Good Shepherd Sunday

On 8 May 2022, on the occasion of Mother's Day and Good Shepherd Sunday, the community took active part in the celebration of the Parish.

In the afternoon session, Sr. Esther Marweñ animator gave a talk on "The value of Motherhood". She cited the examples from the Bible; that of Sarah from the Old Testament and Mary, the Mother of God from the New Testament. She posed some relevant and mind-tickling questions to the women like: 'how can you give what is



best to your children if you do not have it within you? how can you give God to them if you do not have God in you?' 'Do you have anything that is precious in you to handover to your children, to your husband or to your neighbours?' There were other items after the talk and the programme concluded at 4.30pm.

Sr. Dorothy Kharduit

Feast of St. Mary Mazzarello

The community celebrated the feast of St. Mary Mazzarello, Co-foundress on 13 May 2022. On this day the religious institutions from nearby places of Riangdo and Shallang, Salesian co-operators and neighbours were invited for the feasts. The feast also recounted the 150 years of the presence of the Institute of the Daughters of Mary Help of Christians.

The climax of the celebration was the Holy Eucharistic sacrifice in the evening presided over by Fr. Albert Sangma SDB from Sacred Heart Parish, Shallang and concelebrated by Fr. Pyndeilang Khongkhlad SDB from Riangdo Parish and Fr. Cosmos Jyrwa from Umdang Parish. The borders

under the guidance of Sr. Mary Pariah langjuh and other Sisters formed the lively choir, which added solemnity to the celebration. The Sisters of the community took charge of the various parts of the Mass: Introduction, prayers of the faithful and thanksgiving prayer. All present, joined in the sumptuous family meal in thanksgiving for the gift of the saintly Co-foundress of the Institute.

Sr. Dorothy Kharduit

Marian Procession cum Reception of Confirmation

After quite a long gap the faithful of Divine Mercy Parish, Umdang had the chance of the reception of the Sacrament of Confirmation on 22 May 2022. Adding to the solemnity of the day was the Marian Procession organized in the afternoon of the same day.

Prior to this day, on 21 May 2022, the 495 young people were prepared through a seminar in which Sr. Meristella Kharthangmaw, who is directly in charge of the evangelization from the community, in collaboration with the Parish worked might and main to prepare these young people



and adults. Sessions were divided between, assistant parish priest, catechist and Sr. Meristella. The two boarders Wanphimon Mawsor and Trebina Sohbar and the driver Klosius Mukhim were among the recipients of the sacrament.

Fr. Anselm Nonglang the Diocesan Administrator of Nongstoñ diocese with the help of the two priests Fr. Cosmos Jyrwa the Parish Priest and Fr. Ditendar Lyngkhoi the assistant priest of Umdang administered the sacrament to them.

Sr. Dorathy Kharduit

Youth Touring Programme

The young people of Divine Mercy Parish Umdang under the leadership of Fr. Ditendar Lyngkhoi Parish Youth Spiritual Director and Sr. Josephine Ryngksai Parish Youth Lady Animator organized a two-day program for the young people of the Parish from 11-12 June 2022 at Nongdaju Church. 45 youth; both boys and girls from the different villages of the parish took part in it. Sr. Meristella Kharthangmaw and Sr. Mary Pariah Iangjuh accompanied them on both days of the programme.

On Saturday, 11 June 2022, they began at 1.00pm with the get-together program and Sr. Meristella led them into a prayerful atmosphere to be attuned with the Word of God and with the other activities. Bible singing competition, group family visits and common prayer were held for the youth. On Sunday was the celebration of the Holy Eucharist, Benediction and prize distribution for the winners of the competition.

Sr. Meristella Kharthangmaw

Seminar for the Parents

On 25 June 2022, Sr. Meristella Kharthangmaw organized a one-day seminar for the parents of 12 babies who would receive the Sacrament of Baptism on the following day at Nongrongdu village. All the parents of the infants were present for the seminar. The sessions were shared between the catechist and Sr. Meristella.

The first session she dealt with was on the seven Sacraments and dealing at length on the sacrament of Baptism. She began the session with the prayer and read the Word of God from the



Gospel of Mt 5: 14-16 which speaks on the 'Light of the World'. Further, Sr. Meristella explained on the Liturgy for Baptism and rehearsed the procedures with them. On the following day, 26 June 2022 at the pilgrimage to the Sacred Heart of Jesus at Nongrongdu village the Parish Priest administered the sacrament of Baptism. In the afternoon during the devotion to the Sacred Heart, Sr. Esther Marwein, animator gave a talk on the Sacred Heart of Jesus.

Another such seminar for the parents was conducted at Umdang on 16 July 2022. Here, Sr. Meristella Kharthangmaw through her sessions spoke on the following topics: i) Advantages of the settlement of Marriage ii) Prayer Life iii) The Holy Catholic Church iv) How to profess the Christian Faith and v) A Catholic Family according to God's Plan.

Sr. Meristella Kharthangmaw

Family Cell Programme

The community of Auxilium Convent Umdang takes active part in the programme of the Family Cell in collaboration with the Family Commission from Nongstoin Diocese. The Sisters are sought after as resource persons for the many of its programmes. With the objective of empowering families that they become Christ-centered, strengthened in faith, apostles and preachers of the Word of God, and finally each family becomes a domestic church, various



programmes were carried out in the different villages of the parish.

On 29 January 2022, Sr. Meristella Kharthangmaw went to Miangmodar village where she guided the families through family visits and animation of the liturgy.

On 14 – 15 May 2022, Sr. Dorathy Iohdahun Kharduit and Sr. Mary Pariah Iangjuh along with other members of the family cell animated the Nongmawlong village. Sr. Dorathy gave two sessions namely on Alcoholism and its effect upon health and family life and Natural fertility planning. To reach the village the group had to travel by local taxi and then walked on foot for an hour and a half.

On 9 July 2022, Sr. Dorathy Iohdahun Kharduit held another Family Cell programme in Mawkhap village and spoke on the topic: Substance abuse and Early Marriage and how it hinders one's life and family. While, Sr. Mary Pariah Iangjuh taught Catechism to the children.

*Sr. Meristella Kharthangmaw
& Sr. Dorathy Kharduit*

May - Marian Month

The month of May was well spent by the convent girls and boarding boys of Umswai mission under the guidance of their educators.

Prayer moments were made meaningful and competitions galore: Statue decoration, quizzes, singing, dancing, drawing, fancy dress, basketball, blind volleyball filled the entire month. Every week there was a spiritual practice proposed to the young people, which they carried out with so much of awareness and determination; all these were means to make the virtues of Mary their own. Daily animated recreation, rosary and goodnight added colour to the Marian month. The climax of all was the celebration of Marian NITE conducted by Br. Anand Lakra SDB on the 28th day of the month. On this day prizes were distributed to the winners of the various competitions. The young people were also filled with joy as they had the opportunity of taking part in the Marian Procession of the Parish.

Jellyta Kropi Cl. XI

Celebration of Community Day

The community of Auxilium Convent Umswai celebrated its community day on 4 July 2022 with the theme, "With Mary a life-giving presence". The month long spiritual preparation of commitment and practices was

guided by the theme, through which each Sister was helped to testify to the powerful presence of Mary in their personal life.

The day of celebration began with a fervent Morning Prayer followed by the celebration of the Holy Eucharist presided over by Fr. Jose Perunneparampil SDB, the Parish priest of Umswai. During his homily he spoke about community life quoting from the saying of St. John of the Cross "Once we have given ourselves totally to Jesus in the religious life, we have to look at every member of the community in a spirit of faith". He also said that community is the family of love where we share together our joys and sorrows. The angelic voice of the boarders was praise worthy and added solemnity to the celebration.

The family get-together, a sign of appreciation, to Sr. Celina Maslai Animator, the bond of unity in the community was held in the afternoon. Here too, both the Sisters and boarders in their unique and original style expressed their appreciation for each member of the community. The day concluded with a thanksgiving Eucharistic adoration followed by a festive dinner served for everyone in a true spirit of a family.

Sr. Sinjak Marak

*"If I succeed, I will give thanks.
If I fail, I will seek His grace."*

Max Lucado

MEDIA MATTERS



HOW TO IDENTIFY FAKE NEWS

You may be wondering how to identify fake news on Facebook and other social media sites? How to avoid fake news? Or how to avoid accidentally sharing misinformation online? Here are ten tips to identify misinformation, recognize fake news websites, and think before you share:

1. Check the source:

Check the web address for the page you're looking at. Sometimes, fake news sites may have spelling errors in the URL or use less conventional domain extensions such as ".infonet" or ".offer". If you are unfamiliar with the site, look in the About Us section.

2. Check the author:

Research them to see if they are credible – for example, are they real, do they have a good reputation, are they writing about their specific area of expertise, and do they have a particular agenda? Consider what the writer's motivation might be.

3. Check other sources:

Are other reputable news or media outlets reporting on the story? Are credible sources cited within the story? Professional global news

agencies have editorial guidelines and extensive resources for fact-checking, so if they are also reporting the story, that's a good sign.

4. Maintain a critical mindset:

A lot of fake news is cleverly written to provoke strong emotional reactions such as fear or anger. Maintain a critical mindset by asking yourself – why has this story been written? Is it promoting a particular cause or agenda? Is it trying to make me click through to another website?

5. Check the facts:

Credible news stories will include plenty of facts – data, statistics, quotes from experts, and so on. If these are missing, question why. Reports with false information often contain incorrect dates or altered timelines, so it's a good idea to check when the article was published. Is it a current or old news story?

6. Check the comments:

Even if the article or video is legitimate, the comments below may not be. Often links or comments posted in response to content can be autogenerated by bots or people hired

to put out misleading or confusing information

7. Check your own biases:

We all have biases – could these be influencing the way you respond to the article? Social media can create echo chambers by suggesting stories that match your existing browsing habits, interests, and opinions. The more we read from diverse sources and perspectives, the more likely it is that we can draw accurate conclusions.

8. Check whether it's a joke:

Satirical websites are popular, and sometimes it is not always clear whether a story is just a joke or parody. Check the website to see if it's known for satire or creating funny stories.

9. Check if images are authentic:

Images you see on social media could have been edited or manipulated. Possible signs include warping – where straight lines in the background now appear wavy – as well as strange shadows, jagged edges, or skin tone that looks too perfect. Bear in mind, too, that an image may be accurate but simply used in a misleading context. You can use tools such as Google's Reverse Image Search to check where an image originates from and whether it has been altered.

10. Use a fact-checking site:

Some of the best known include:

- Snopes
- PolitiFact
- Fact Check
- BBC Reality Check

Source: <https://www.kaspersky.com/resource-center/preemptive-safety/how-to-identify-fake-news>

PAST-PUPILS' Corner

27th Annual Meet

of Past-pupils – Jowai

The past pupils of St. Mary Mazzarello, Jowai met for their 27th Annual Meet at the school campus on 28 May 2022. The theme for their one-day meet was on the Strenna 2022: Do all through love, nothing through constraint. The resource person who helped the gathering for deeper reflection and action plan was Sr. Rosina Susngi FMA from Sacred Heart Convent, Mawlai. 320 past pupils turned up to reminisce the life spent in their alma mater.

The day began with the celebration of the Holy Eucharist and followed by the get-together. Central focus was given on the Strenna. Sr. Rosina in her sharing and reflection with the past-pupils came up with some solid points: Personal relationship with God, Relationship with the other and to always keep in mind that each past-pupil is a God's masterpiece. Some other speakers of the day were the Provincial



Delegate for Past-pupils Sr. Mary Lamare, President of the Federation of the Past-pupils Shillong Province, Mrs. Amabilis Susngi, some representatives of past-pupils and Sr. Sylvestra Khonglah, the animator of Mazzarello Jowai. All the past-pupils who spoke testified to the value-based teaching they received from the Salesian Sisters, their very own educators. The present pupils too entertained the gathering with their songs and dances. The meeting concluded with a fraternal meal while one could see the past-pupils glued to each other in recalling their life in the school and boarding as well.

*Mrs. Hilda Pasi
(Secretary of the Unit)*

Senior Past Pupils' Annual Meet Nongthymmai

On the 28 May 2022, the Past Pupils Association of Nongthymmai Unit organized the Seniors Annual Meet at Auxilium Girls' Higher Secondary School, which included batches 1966 up to 1999. On this unique day the first batch that cleared the Board exams way back in 1966 were felicitated: Lysterbell Lyngdoh and Kong Mercellina Kharkongor, who were able to make it to the celebration. Sr. Elizabeth George Provincial and the provincial council members too were present with the past-pupils for some time. A record of 120 past-pupils was on the register on that day.

A meaningful prayer service opened the day's gathering in which flags were brought forward in a procession: national flag, school flag, Unit flag of the past-pupils and Federation flag. The first batch was felicitated with a traditional shawl called the merina and a bouquet of flowers; the honours were done by Sr. Carmelina Sun, secretary of the school and Ms Sibina Majaw, the Vice Co-ordinator of the unit. "Let us all be the light of the world" was the message that Sr. Elizabeth George, Provincial left for the dear past-pupils. Past Pupil Dr. Valencia Myrboh batch 1974, presented herself on stage reminiscing about the experiences she had in Auxilium School. She also conveyed a message of the past pupil who could not make it to the special day. It is noteworthy to mention that the gathering met after quite a long gap due to various reasons particularly the Covid 19 restrictions. Other past-pupils were also invited to go down memory lane and shared some unique experiences to the group, which resounded into joy, laughter, cheer and emotional feelings of being children once again. Concluding the programme the past-pupils want to



make their presence felt in the society through some social responsibility activities which include sponsorship for education towards the poor children of the school and some other way forward to keep their Auxilian flame burning. Light refreshments were served for everyone present.

Ms Elena Kharkongor

Past Pupils' Annual Meet Mawlai

The Past Pupils of Mawlai Unit organized the Annual Meet at Sacred Heart Convent Mawlai on 4 June 2022. Sr. Teresa Kamsuan, the animator was the Chief Guest and the resource person was Sr. Celine D' Cunha, the general coordinator of Shillong Province. At the start of the day's programme, the past pupils registered themselves and later proceeded to the hall for the programme. The Chairperson of the day's programme was Miss Philarisha Mary Lyngdoh Mawphlang. The session began with the lighting of the lamp, presentation of the bouquet to the chief guest, and the resource person followed by the short Prayer service animated by Sr. Lydia Pala, the Unit Delegate of the

Past Pupils of Mawlai. The Boarding girls of Sacred Heart, Mawlai sang the welcome song and Mrs. Amabilis Susngi gave the welcome Speech.

The Resource person of the day, Sr. Celine D'Cunha, in her speech highlighted the challenges as a past pupil. She also spoke of total dedication, helping the poor, frequent meeting and expansion of our involvement.

The former President of the Unit, Mrs. Amabilis Susngi introduced the following the new Council members:

1. President - Miss Philarisha Mary Lyngdoh Mawphlang
2. Vice President - Miss Ersilia Susngi
3. General Secretary – Mrs. Rosy Mary Warjri
4. Joint Secretary – Miss Indarilin Kharkrang
5. Treasurer – Mrs. Susila Jana
6. Councillors: Mrs. Daplin Mary Thongni, Mrs. Christina Nongrang, Mrs. Angelina Lyngdoh Mawphlang and Mrs. Annavella Shangpliang.

To welcome and congratulate these new members, a bouquet was presented to each of them, followed by the pledge taking. Sr. Teresa Kamsuan, the chief guest congratulated the new members and gave a speech on 'Being a good leader' by following the examples of Don Bosco's and Mother Mazzarello's ways of life. At the end of the programme, Mrs. Marylinda Sun, the former Treasurer proposed the vote of thanks.

*Mrs. Rosy Mary Warjri
(Secretary of the Unit)*



COOPERATORS' Corner

Anniversary of the Foundation Day

The Association of the Salesian Cooperators Agartala Unit and the Salesian Sisters of Auxilium, Nandan Nagar celebrated the twin events, that of the anniversary of the Foundation Day of the Salesian Cooperators and the Birthday of Mother Mazzarello, Mother and the co-foundress of the Sisters on 9 May 2022 at Auxilium Convent, Agartala.

The programme began with the Holy Mass presided over by Fr. Bhuvan Sarkar, Parish Priest of the Cathedral Parish, Agartala. In his homily he exhorted all on 'the importance of taking care of the family and the youth'. The Sisters from Auxilium and the convent girls formed the choir. After the Holy Mass, Sr. Maristella Ryngkhlem FMA, the Local Delegate of the ASC Tripura, hoisted the cooperators' flag in front of the school assembly place. The flag hoisting ceremony concluded singing

the anthem of the Cooperators "We are the Salesian Cooperators" followed by a group photo and a sumptuous breakfast sponsored by some members and prepared by the community.

The celebration continued after breakfast with the animation program from Sr. Maristella Ryngkhlem FMA, Local Delegate of ASC Tripura Unit. In her short introductory talk, Sr. Maristella appreciated the gift of unity of the group as a whole for being so cooperative and available at all times as is manifested by a big number of participants. At the same time, she asked prayers for the lapse ones, the elderly and the sick members. During the Mass, prayers were offered for the deceased member – Mr. Patrick Jamatia. The Strenna 2022: "Do all through love, nothing through constraint" in video format was projected for reflection. The life of St. Francis De Sales that inspired St. Don Bosco to serve the needy with charity and kindness was presented in the documentary form this year marked the 400 years of the death of the Saint. Sr. Maristella then led the group in preparing their action plan for 2022-2023.

Mr. Daniel Debbarma



Recollection day - Umdang

The Salesian Co-operators of the Umdang unit had a day of prayer on 31 May 2022. They were 10 of them. The recollection began with the hoisting of the flag at 9.00am followed by the adoration to the Blessed Sacrament. Sr. Esther Marweñ animator and in-charge of the Co-operators of the Umdang Unit led them in prayer and praise during the adoration. At 12.30pm, they had their lunch and continued their adoration as they prepared themselves for the reception of the Sacrament of Reconciliation. Fr. Tirkey Sebastian Sdb the rector and the parish priest of the Christ the King Church Riango came to administer the Sacrament and celebrated the Holy Mass. Some of the Sisters took part in the Holy Mass at 2.30 pm after which the flag was lowered and all joined for tea before departing for their own homes.

Sr. Dorathy Kharduit



A Tribute To The FMA

Preventive system of Don Bosco
The fruits it produced we do salute
Our reverence and thanks we do show
On the 150th year of the foundation of the FMA Institute
and the 100 Years of FMA presence in India

It sheltered us during the thundering storms of life
Sculpted us into better youths
Deep into the sea of knowledge, it leads us and we dive
As we sing the truth in beautiful tunes

It helps us dig the buried selves deep from the depths,
And opens our minds to new discoveries
Our hands it shapes to create, to lead and to reach out
Our feet it maneuvers towards the right trajectories

We are the seeds that it sowed
Now like young brave shoots we sprout
It watered the soil that we grow
Nurturing us to grow resilient inside out

The praise half-done without mentioning you
Our dearest Educators, young and old,
You are our friend and teacher, more worth than gold
Who never refuse us your helping hands.

With grateful hearts and joining hands
To the corners of the earth, we pray,
your good work do expand to guide us youths, evil to avert
To bear good fruits, evil to convert.

LONG LIVE FMA EDUCATORS!

Felisita Warjri (AYM Shillong)

M^Y USING

Sr. Sandra Mary Diengdoh



“To complete the undone” – A fiction

This is a fiction story about a dead Man who came back to life to fulfill or to complete all what he could not do in his life and to make up for all his regrets. So here is the story

A man was walking in the streets after coming back from his office, it happened that he was so tired and frustrated that day. At that time, he was also thinking of his 2 children and his wife and suddenly was hit by a car. He was unconscious and they took him to the nearby hospital. When his wife got the news, she went to the hospital with haste to see him leaving her kids at home since it was late night.

After one-hour doctor came and give the sad news to the wife that her husband expired.

The next day was the funeral, some of his relations were there, including his wife and children. When the funeral service was going on, the man saw that all of them gathered round his coffin so he spoke to himself “Why God why do I have to die so soon and leave this earth so early, I also have so many

things that I have to fulfil. Why God... why please give me chance to go and complete the undone.”

After speaking to himself his spirit came back to life and he started walking in the streets. As he was walking, he asks himself Where shall I go first? Where do I go now? Then at that moment he remembers his wife and children and said “I will go to my Beloved wife and children.”

So, the man reached the house and went to meet his loving wife and his beloved children whom he loved the most. He said to them “I came here to meet you, to tell you that I will never leave you even though I am no more on earth. Also, to show these are the



things that I have left for you my loving wife and also for you my children.” He showed to them the things and then making them feel his presence amidst sadness and loneliness, and he also went to the kitchen the place where he loved to cook delicious food for his wife and children. He cleans the dishes and even tidy up the kitchen...this act of his makes his wife and children aware that he is still there with them, supporting them, cares for them, loving them and making them understand that they should never lose hope.

After coming back from there he went to his hometown to see his parents who are still mourning at his death to console them and making them understand that this earth is not our permanent home and one day we all will have to die.

He told his parents “I came back just to wish you all and to thank you for bringing me into this world and for bringing me up as a good human being.”

After meeting his parents, he went to his colony to ask pardon from his neighbours, especially from those whom he had hurt them by his words and deeds. He met them and said “I want to apologize for the times that I

have hurt you especially for not being able to help you when you needed my help.”

Then he went to his office to tidy up the files, to complete his computer work and even to be an agent of peace and harmony among his colleagues and friends through his tricks and said

“I came here to tidy up my file and to tell you all that we will live in this earth only for a short time. So never keep grudge with one another and always forgive each other because all of us are not perfect.”

Next, he went to his office canteen where he usually used to go for coffee break, he went there to throw the disposable cups in the dustbins.

“I have got one more task to be completed i.e., to go and through the disposable cups in the dustbin.”

Finally, having completed his mission ...he said; now I can really rest in Peace.

Thank you. Lord for giving me the chance to complete my mission. Now I can really rest in peace.

Moral of the story: Never to procrastinate any work as we never know when we will leave this world.

“Gratitude is an offering precious in the sight of God, and it is one that the poorest of us can make and be not poorer but richer for having made it.”

A.W. Tozer

Youth Pastoral Activities

Online Formative Meet of the Youth Animators (INS)

The 24th General Chapter proposed Formation as its first priority choice for the six-year journey period of the Institute. Sr. Runita Borja the General Councillor for Youth ministry helped the Youth Pastoral team members to realize this proposal. Thus Sr. Wismary Kharbihkhiew, the Province Youth Coordinator organized a Virtual Formative Meet of Local Youth Animators of Shillong Province on 5 March 2022 through Zoom mode. The theme was "Journeying with the Young People through love that they may have life in its fullness". The programme commenced at 6:30pm (IST) with the prayer invocation led by Sr. Iahunlang Kyrsian followed by a welcome speech from Sr. Bashisha Massar. The resource persons were Sr. Runita Borja, General Councillor for Youth Pastoral and Sr. Lolia Annie Pfozhumei, Youth Pastoral Ministry, Rome.

Sr. Runita addressed the 34 participants through Power Point Presentation on the following topics; Youth ministry - our way of taking care of young people regardless of race, culture or religion. Imparting integral education that includes education of the mind, heart, hands and feet, she advised the Youth Animators to carry out the mission with competence, calmness and innovation and concluded with the African Proverb "If you want to go fast, go alone, if you want to go far, go together." Sr. Lolia Annie Pfozhumei explained the systematic structure of the Youth ministry and its implementation in the community. She highlighted the role of the local Youth Animator to ensure that every member of the community be involved and participate actively in the Youth Ministry keeping in mind the common goal. Sr. Lolia suggested some creative and relevant measures on conserving ecology citing examples from different parts of the world. Sr. Merciful Nongsiej gave the vote of thanks and Sr. Hunbih Dkhar said the concluding prayer. Everyone was deeply motivated and urged to commit herself seriously in the mission of youth ministry.

Sr. Mildaris Marwein

"When we choose thankful prayer over wallowing in anxiety and worry, we are demonstrating an unwavering trust in God."

Priscilla Shiner





Online Meet for Youth (AYM)

On April 7 2022, the Youth Pastoral Team organized an online meet at the Province level. Sr. Runita Borja, the General Councillor for Youth Pastoral, Sr. Annie Lolia, the team member of Youth Pastoral from Rome, Sr. Elizabeth George our Provincial, the members of the Provincial Council and a good number of Sisters from different communities graced the occasion with their presence. Sr. Runita Borja, presented the History of Salesian Youth Movement (SYM) its present scenario, its Identity and the Salesian Youth Spirituality. Sr. Annie Lolia, methodically presented the AYM (Auxilium Youth Movement) its History, Aim, Vision and Mission and Sr. Elizabeth George gave a meaningful message to the young people exhorting them to benefit from being part of the group to live life fully and to give meaning to the lives of other young people.

Shri Samuel Lalfakzuala Hmar from Mizoram region, Ms Naomi Debbarma from Tripura Region and Ms. Iowan Bareh from Jaintia hills region voiced out notes of thanks on behalf of the young people to the

resource persons for the interesting and enriching sessions and message. At the conclusion, the young people spontaneously expressed their joy of being part of the group and extended their gratitude to the Sisters for the initiative. The significant meet of young people concluded meaningfully with a thanksgiving prayer led by Ms. Persara Kurbah from Ri Bhoi region.

Prior to the meeting, the Province Youth Pastoral sector celebrated the 150 anniversary of the Institute's foundation and the 100 years of FMA presence in India by launching an Official Online Registration of Youth (boys and girls) who would like to be part of the FMA Youth plan of formation under the banner AYM (Auxilium Youth Movement). It is a name well thought off by the FMA-PCI to distinguish Youths taken care by the FMAs in the various contexts - Schools, Colleges, Hostel, Oratories, Training Centres etc. The initiative has enabled the team to extend thier mission to a higher level of youth from different parts of the Province and to young people who are not under the purview of FMA direct presence as well. Within three months, around 200 Young people ranging from age 15 to 35 have joyfully registered themselves to live in the spirit of the Salesian Youth Spirituality and leave a positive impact in the Church and in the society. They are from varied walks of life; young professionals, University students, Higher Secondary and High school Students.

Sr. Wismary Kharbihkhiew
Youth Pastoral Co-ordinator

AYM Jaintia Region

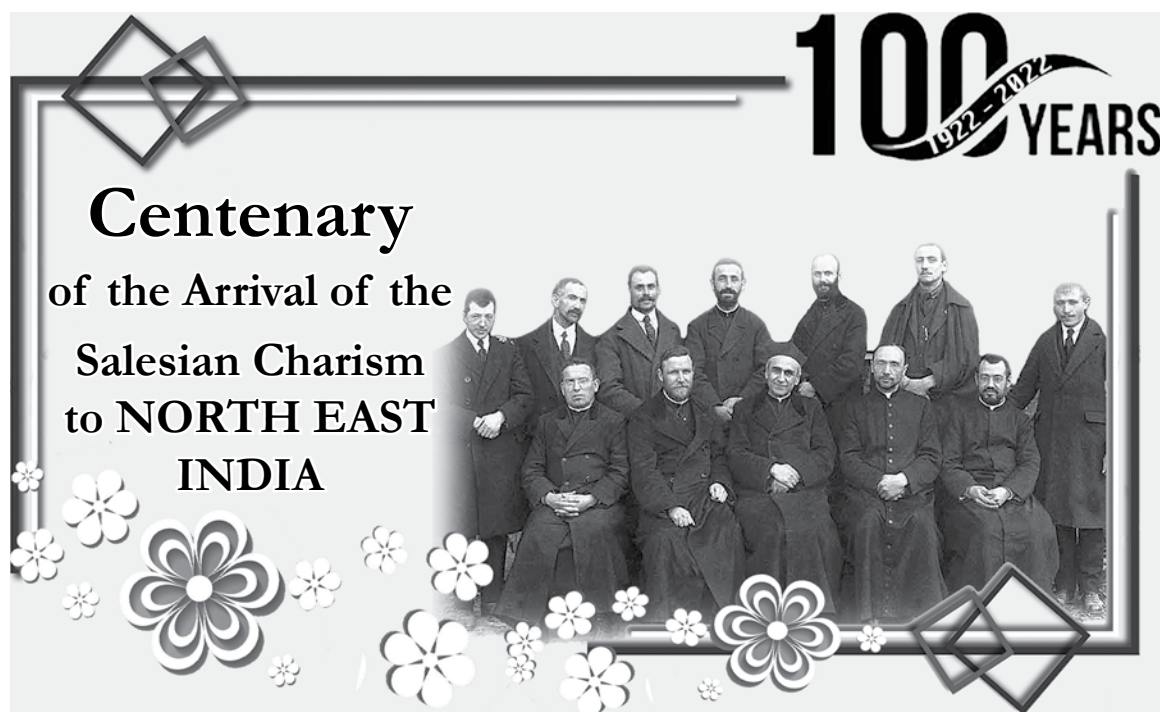
On 3 April 2022 the AYM members reached out to a family who couldn't afford an oxygen cylinder for a child who suffered from a weak heart in civil hospital Jalong. The two-year-old child has a hole in her heart and couldn't breathe on her own and needed a continuous supply of oxygen. They were able to put together about Rs. 13,800/- for the child's requirement. The family was forever grateful for this kind gesture. The group is being highly motivated by the regional youth coordinator Sr. Anita Dhar.

Similar activities have been done in the previous year as well through the generous donors and by pooling of their widow's mite among the



members. They have been able to extend help to 11 poor families of Saphai village. On another occasion they came to the aid of the family of Mrs. Mansaki Challam and Mr. Junom Suna at Lumpyrdi, Ummulong of West Jaintia Hills District who lost everything to fire along with two of their young sons aged five and two. The help offered was both in cash and kind.

Ms Eusebia Dkhar
Secretary Jaintia Region



Thank you Lord!



CENTENARY CELEBRATIONS

1922 - 2022

AUXILIUM COLLEGE, KATPADI - INM

03 SEPTEMBER 2022



Novices



Perpetually Professed



Congratulations!

Newly Professed

