

Newsletter of the Salesian Sisters, Shillong Province

# FMA-INS INFO

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BLESSED  
ARE YOU

With the Prophetic Power of the Charism

Missionaries of Communion

Together with Young People



REST IN  
*Peace*

*Sr. Christina Kharkongor*

Born: 12 January 1949

Profession: 05 August 1970

Died: 10 December 2025

*A*part from the many significant milestones the year 2026 holds for us, the preparation for General Chapter XXV is undoubtedly the most significant. The Superior General, Mother Chiara Cazzuola, in her convocation letter for GC XXV — Circular No. 1056, dated 24 February 2026 — made known to the entire Institute the theme that will guide both the preparation and celebration of the Chapter:

*“Blessed are you...”  
With the prophetic power  
of the charism,  
missionaries of communion  
together with young people.”*

In unison with the entire Institute, we enter this time of preparation for the General Chapter as an invitation to gather our experience, examine our fidelity, and listen together to what the Spirit is asking of us today. It is, without doubt, also a time to look back upon the past six years with gratitude — gratitude for all that the Lord has accomplished through our fragility.

To be “blessed” in the spirit of the Chapter theme is to accept a mission that is demanding, relational, and deeply Salesian: to go to the young not from a position of power,



# EDITORIAL

but of closeness; not with ready-made solutions, but with the patient, joyful companionship that marked our founders, Don Bosco and Mother Mazzarello. Throughout this entire year of preparation, let us remain conscious of this path, and let us invite Mary — who lived the Beatitudes to the full — to lead us on this important journey.

The Chapter will be what our preparation makes it. May our communities become, in the months ahead, spaces of sincere discernment, genuine sisterly accompaniment, and hopeful prayer. With fortitude, let us go forward — together!

*Sr. Euginia Laloo*

# COMMUNICATION AS A CONSTITUTIVE DIMENSION OF THE SALESIAN CHARISM

Sr. Eliane Petri fma

Christianity as a communicative event = God communicates Himself

Christianity is not primarily a doctrine to be transmitted, but a communicative event that finds its origin in God's self-communication to humanity. Christian revelation is essentially dialogue and gift. God does not limit Himself to informing humanity of abstract truths, but gives Himself in the relationship, establishing an alliance that is vital and transformative communication.

This communicative dynamic runs through the entire history of salvation. Already in the Old Testament, God manifests himself as a God who speaks, who calls, who establishes covenants. The Word of God is never simply information, but a creative word, a word that generates life, a word that challenges and transforms. Prophets are not simply spokesmen of divine messages, but witnesses of a God who enters into relationship with His people, who communicates through historical events, who makes Himself present in the concrete lives of the chosen people.



The Incarnation represents the culmination and fullness of this communicative dynamic. Jesus Christ, the Word made flesh, is the full and definitive communication

of the Father's love. In Him, God does not simply send a message, but becomes present. As *Dei Verbum* states: "Jesus Christ [...] by His entire presence and self-manifestation, by His words and deeds, by His signs and miracles, and especially by His death and glorious resurrection, and finally by the sending of the Spirit of truth, fulfills and completes Revelation."<sup>1</sup>

It is significant to note that the Council speaks of "His entire presence". Not only do Jesus' words communicate, but every dimension of His earthly existence becomes a communication from the Father. His way of sitting at table with sinners, of welcoming children, of touching lepers, of weeping before the tomb of His friend Lazarus—everything

<sup>1</sup> VATICAN COUNCIL II, *Dei Verbum*. Dogmatic Constitution on Divine Revelation (18 November 1965, no. 4)

communicates God's merciful love. Christian communication, therefore, is not limited to verbal language, but involves the entire existence, becoming a lifestyle, a way of being in the world.

This has a fundamental consequence for every authentic Christian experience, for every Salesian educator. Communicating, from a Christian perspective, means not only transmitting content, but offering a presence, building a relationship, embodying a style, communicating meaning in life. It is precisely this understanding of communication that characterizes the essence of the Salesian charism, an authentic presence, relationship as an educational method, a style that becomes language.

St. Paul expresses this reality with great effectiveness: "the grace of God has appeared, bringing salvation to all men" (Titus 2:11-14). The Greek verb translated as 'has appeared'" (ephephané) It indicates a visible, concrete, historical manifestation. Grace is not an abstract concept, but becomes an event; it manifests itself; it becomes a communicable and communicated experience. The text reveals itself as the epiphany of Christ, who is the supreme manifestation of God's saving grace. This "appearance" is not an isolated moment, but a process that culminates in Easter, the fullness of the work of salvation. God's saving communication is therefore not a one-off act, but a permanent

dynamic of presence and relationship that continues throughout history through the Church and through the charisms that the Spirit inspires.

## 1. THE SALESIAN CHARISM AS EDUCATIONAL COMMUNICATION

### 1.1. The Salesian charism as a gift

To understand the communicative nature of the Salesian charism, I recall a fable reported by Rino Cozza. "A monk found a precious stone and took it with him. One day he met a traveler, and when he opened his bag to share his provisions, the traveler saw the stone and asked for it. The monk gave it to him. The traveler left, filled with joy at the unexpected gift. But a few days later he returned in search of the monk and, having found him, returned the stone, saying, 'Now give me something more precious than this stone; give me what made you capable of giving it to me'." I quote Rino Cozza's reflection on this fable. "Charism does not primarily indicate a function. The term comes from 'charis,' meaning grace, a caress from God, who, in giving you life, bestows upon your freedom certain aptitudes, certain impulses from within you, which become one with your life. That is to say, whoever is the bearer of a charism acts because he is made that way, and therefore could not do otherwise.

So, opening oneself to a charism means accepting to gradually become what one potentially is, preserving and nurturing the "something" that dwells within oneself to become increasingly

more who one is, in terms of one's deepest identity. Choosing a charism, therefore, is not about encountering anything external, because it is about encountering oneself, sensing a consonance between one's truest inner reality and what one encounters. "You can learn a trade, but you cannot learn a vocation. Van Gogh learned painting techniques, but he was already Van Gogh."

In themselves, the bearers of a charism are not necessarily more virtuous than others, but people who "are" and do what they are (vocation). It's not an ethical question, but an ontological one. It is a person's profound being that manifests and shines forth, so when you meet a true bearer of a charism, especially if it's one of sharing, the first and most radical experience you have is the physical sensation of meeting people who love you and do good to the world with their presence."<sup>2</sup>

Continuing our reflection, aided by the fable, we can say that it illuminates an essential truth about a charism. What matters is not so much the material "gift" or external action, but the interior quality, the spirit that enables one to give. Every charism is this "something more precious". It is not simply a set of works or methods, but a way of being, a capacity for relationship, a style of presence that arises from an encounter with God

and translates into a gift to others. The Salesian charism, in particular, is this ability to give oneself to young people not only through educational works, but by communicating a presence, a relationship that transforms them.

Charism, therefore, is not a pedagogical technique to be applied, nor a set of rules to follow, but a spiritual gift communicated through life, transmitted by vital contagion, generating other presences capable of giving. It is a way of living the Gospel that is communicative by its very nature, because it arises from the experience of being loved by God and generates the capacity to love others with the same love received.

## **1.2. The Salesian charism as a communicative gift to young people**

The Salesian charism is a specifically communicative gift addressed to young people. This communicative dimension is not an accessory aspect, but rather a constitutive part of Don Bosco's original experience. The charism is born from listening. Don Bosco—after listening to God—listens to the young people of Valdocco, their questions, their needs, their aspirations. He does not impose a pre-established plan, but allows the young people's reality to shape his educational response.

The episode of the meeting with Bartolomeo Garelli on 8 December 1841, is emblematic of this dynamic.

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<sup>2</sup> COZZA Rino, *Nessun carisma basta da solo. La fine degli spazi chiusi*, EDB, Bologna 2017, 11-12.

Don Bosco does not begin with a moral sermon or the imposition of rules, but with simple questions. “How old are you? Can you read? Can you sing? Can you whistle?” It is a communication style of one who knows how to “lower himself” to put himself at the level of the interlocutor and then elevate him. It is a listening that begins with the concrete reality of the young person, that welcomes him as he is, that seeks to understand his world before proposing any formative path. This original listening is not a calculated pedagogical strategy, but the expression of a genuine interest in the young person, of an ability to tune in and empathize with his experiential universe.

Don Bosco understands that the young people of Valdocco need, first and foremost, to be listened to, recognized, and welcomed. Many of them have emigrated from the countryside, uprooted from their family and social contexts, exposed to the dangers of the emerging industrial city. Even before educating or evangelizing them, it is necessary to communicate to them that someone cares about them, that their lives have value, that they are not alone. Listening thus becomes the first form of educational communication, the one that makes all other forms of communication possible.

This original listening is then expressed in proximity. Being with young people becomes the fundamental method of Salesian

educational action. Don Bosco is not content to simply teach young people or preach to them, but shares their lives, enters their world, speaks their language. It is a communication that comes through physical presence, the sharing of spaces, and participation in daily life.

The famous expression “*assistance*” in Salesian language does not mean surveillance or control, but rather this friendly and involved presence. Don Bosco spends time with the young people in the playground, plays with them, shares their interests, and is present during both study and leisure time. This closeness is neither invasive nor oppressive, but creates the conditions for authentic communication. When the educator shares the lives of young people, they feel free to open up, to confide in another, and to ask for help. Communication no longer occurs in formal moments separate from life, but is intertwined with daily life.

This proximity generates communion: the playground, the oratory, the school, the home become family. These are not functional structures, but relational spaces where a new way of being together is experienced. Salesian educational communication creates bonds, builds belonging, transforms a group of individuals into a community. Don Bosco speaks of the Oratory as a family not simply for rhetoric, but because deep emotional bonds are created, a sense of belonging is developed, and

an experience of communion is lived that profoundly affects the lives of young people.

This *community dimension of Salesian communication* is particularly significant. In a social context marked by individualism and the fragmentation of relationships, young people can experience in a Salesian house the possibility of a community where each person is recognized and valued, where lasting friendships are built, where they learn to live together with mutual respect. Educational communication is not limited to the dual relationship between educator and young person, but extends to the community dimension, where young people themselves become communicators with one another, building a network of meaningful relationships.

Ultimately, all of this conveys meaning, *educating by evangelizing, evangelizing by educating*. Salesian communication does not separate human growth from openness to transcendence, but integrates them into a single movement. It transmits not only skills or values, but a horizon of meaning<sup>3</sup> that roots existence in a relationship with God. Don Bosco does not propose to young people a drastic choice between human education and religious formation, but shows how faith illuminates and supports the path of integral personal growth.

The communication of meaning occurs in Don Bosco through different

methods: the word of “good night”, the sacraments celebrated in a familiar atmosphere, personal conversations, proposed readings, the writings of the Bible on the walls of the corridors of the house, dramatizations, songs, theater.... Every occasion becomes an opportunity to open young people to a vision of life rooted in the Gospel, but always in a way that respects their freedom, always attentive to their personal journey, always adapted to their capacity for understanding.

Testimony of Fr. Paul Albera, entered the Oratory as a boy, then became Don Bosco’s second successor: “It must be said that Don Bosco loved us in a unique way; one could feel his irresistible charm. I felt as if I were captive to an emotional power that nourished my thoughts, words, and actions. I felt loved in a way I had never felt before, singularly, superior to any affection. He enveloped us all entirely in an atmosphere of contentment and happiness. Everything about him had a power of attraction. It worked on our youthful hearts like a magnet from which we could not escape, and even if we could, we would not have done so for all the gold in the world, so happy were we with this singular ascendancy over us, which in him was the most natural thing, without any study or effort; and it could not be otherwise, because from his every word and action emanated the sanctity of union with God, which is perfect charity. He drew us to himself through the fullness of the supernatural love that

blazed in his heart. From this singular attraction sprang the conquering work of our hearts. In him the many natural gifts were made supernatural by the sanctity of his life.”<sup>3</sup>

(to be continued)

<sup>3</sup> From the circular letter For the inauguration of the monument to the venerable Don Bosco (6 April 1920), in Circular Letters of Fr. Paul Albera to the Salesians, Turin, Società Editrice Internazionale 1921, 311-315.

## In & Around the Province



## Winter Camp, a Month of Holistic Outreach for Children, Youth and Families

From 2 to 31 January 2026, the province collaborated with Fr. James Mani SDB in conducting a month-long Winter Camp at Madan

Tyrpait village of Jowai Parish. The camp aimed to strengthen academic foundations, promote health awareness, build life skills and introduce livelihood options, so children could return to formal schooling or pursue skill-based livelihoods. The Sisters who gave their service towards the camp were Sr. Aitihun Mary Lawai (St. Francis Convent, Mawkyndeng), Sr. Joyly Grace Mawthoh (Sacred Heart Convent Mawlai), Sr. Mebalari Ranee (Auxilium Nongthymmai), Sr. Nangaibor Dkhar and Sr. Meldaris Marwein (St. Mary Mazzarello Jowai). They were also assisted by 25 teachers from Mawkyndeng, Jowai, Sohmynting, Iongnoh, Chken Birsit, Madan Tyrpait and some nearby villages.

Workshops conducted covered decision-making, self-esteem, anger management, child rights, substance abuse prevention, peer pressure and early marriage. Income generating activities such as beekeeping, mushroom cultivation and livestock management were also introduced to help youth explore sustainable





livelihood. Furthermore, games, cultural activities, moral formation sessions and a picnic promoted holistic development and community bonding. During the camp, daily Holy Mass was celebrated, which nourished all of them in faith. The team visited all Catholic families in Madan Tyrpait and Mupyut, and also reached out to families of other faiths, including special visits to bereaved households, to foster goodwill and spiritual support. Fr. James Mani, SDB, Fr. Augustine Lamin, Parochial administrator of Jowai Parish, and Fr. Ebormitre Lamare offered encouragement, celebrated Mass, and provided spiritual guidance.

On 23 January the camp hosted a major Eye Camp with Mission Netralaya (Shillong) and the Vision Project Mumbai. Nearly 20 oculists and helpers examined and counselled over 600 beneficiaries. Ensuring optimum health care, a general health camp too was organized in collaboration with the Primary Health Centre Jaraiñ, Wellness Sub-Center Mupyut, and Rashtriya Bal Swasthya Karyakram (RBSK) Jowai, offered medical check-up, health awareness and nutritional

guidance tackling malnutrition and vitamin deficiencies.

The camp concluded on the feast of Saint John Bosco with a solemn Eucharistic celebration wherein 38 children received the First Holy Communion and a short cultural programme expressing gratitude to organizers, teachers, volunteers and supporters. The Winter Camp 2026 combined faith, education, healthcare and social outreach to renew hope in Madan Tyrpait and the surrounding villages. Organizers thanked all collaborators and well-wishers and expressed the wish that similar initiatives continue to empower marginalized communities and open opportunities for the younger generation.

*Sr. Aitihun Lawai*

## **Thirty Sisters Embrace Digital Mission in Media Training Programme**

*A* one-day orientation programme was held for the Local Media Coordinators of the Province on 14 February 2026 at Auxilium Provincial House, Nongthymmai - Shillong. Thirty Sisters participated in the intensive training focused on visual storytelling and digital communication. The trainers were the members of the Social Communication Team of the province namely Sr. Euginia Laloo, Sr. Jenney Iawphniaw and Sr. Sandra Mary Diengdoh.



Under the theme ‘Towards Reading of Reality through Visuals,’ the day-long training equipped Sisters with skills in reels and short film making, reflecting the XXIII General Chapter’s call to engage meaningfully in the digital communication ecosystem. The training programme is a response to the call of the FMA Institute to view digital communication not merely as a tool, but as a mission - an essential environment where life and evangelical values intersect.

The programme commenced with a prayer moment led by Sr. Stella Mary Pasi who invoked the presence of the divine into the gathering. Speaking at the opening session, Sr. Euginia Laloo, Coordinator for Social Communication highlighted that young people are specifically requesting the FMA Institute to deepen their understanding of communication culture. “The presence of the FMA is significant for understanding young people and weaving with them a network of relationships in which they are interlocutors, creating spaces for dialogue in a family atmosphere,” she noted, quoting from the Institute’s Guidelines on the Presence of the FMA in Social Networks.

The morning shift was dedicated to instruction on video production techniques combined with practical skills. The afternoon session, transformed into an immersive hands-on experience, allowing participants to work directly with video editing tools using their smartphones. This practical component culminated in a presentation of projects, where



coordinators showcased their newly acquired skills and creative approaches to visual storytelling. The concluding session revealed participants’ eagerness to implement their newly acquired skills, with many expressing commitments to serve as reporters and content creators for the media mission of the province.

*Sr. Euginia Laloo FMA*

## **Trimonthly Recollection of the Shillong Region**

**O**n 7 March 2026, the trimonthly recollection of the Shillong region was held at Auxilium Convent Nongthymmai. It was an opportunity for all participants to renew their spiritual life and deepen their



relationship with God through prayer, reflection, and the sacraments.

The recollection began with an inspiring talk centered on the theme “The Narrow door” (Luke 13:24) by Fr. Denis Lalfella SDB, Director of Don Bosco Museum Mawlai. The speaker reflected on the words of the Gospel, inviting everyone to embrace the Lenten call to conversion, self-discipline, and a sincere commitment to follow Christ. Emphasis was placed on choosing the path that leads to life by practicing sacrifice, prayer, and charity. The animated Holy Rosary, helped create a prayerful atmosphere

and encouraged deeper meditation on the mysteries of Christ’s life. In the afternoon, a penitential prayer service was conducted by Sr. Carmelina Sun, the animator of Auxilium Convent Nongthymmai, inviting all to examine their conscience and prepare their hearts for the Sacrament of Reconciliation.



The day concluded with the Benediction of the Blessed Sacrament administered by Fr. T.A Jose SDB, Assistant parish priest of Nongthymmai. This final moment of grace brought the day to a peaceful and prayerful close, strengthening the spiritual resolve of all present.

**Sr. Ailin M. Lyngdoh Marshilong**

*“The deeper that sorrow carves into your being, the more joy you can contain.”*

*— Kahlil Gibran*

*“The beginning of humility is the beginning of blessedness.” – Fulton J. Sheen*

*“Don’t ask what the world needs. Ask what makes you come alive, and go do it – because what the world needs is people who have come alive.” – Howard Thurman*



**AIZAWL** - 

## Pastoral Outreach at Falkawn

*Sr.* Iadalin Myrthong joined the Catholic Hmeichhe Pawl (Catholic women) on 22 March 2026 for a pastoral visit to Falkawn substation. The purpose of the programme was to bring together the faithful for a time of prayer, reflection, and community fellowship.

The Holy Mass was celebrated by Fr. Jerome Lalrinsanga, assistant parish priest, who shared a message of faith and encouragement especially to the women. The visit offered an opportunity to engage with the local faithful, foster a spirit of unity, and strengthen the bonds within the Christian community. May God sustain them in faith, hope, and love as they witness to the Gospel in their daily lives.

## Easter Outing

*On* 6 April 2026, the Sisters of Aizawl organised an Easter picnic together with the Sisters from Kawnpuii. They visited Solomon's Temple, where they spent about an hour admiring the beauty and serenity of the place. They also had the opportunity to meet numerous visitors and tourists, adding to the vibrant atmosphere of the visit. After lunch, they proceeded to Aizawl Peak. One of the highlights of the excursion was the Sky walk, which provided





both excitement and enjoyment, filling the day with laughter and memorable moments. They also spent time taking picture in the panoramic views of Aizawl and appreciating the beauty of the surrounding landscape.

The day concluded on a joyful note, leaving everyone filled with gratitude and a deep sense of communion. They thanked God for the gift of the beautiful experience and expressed a heartfelt appreciation to the animator for thoughtfully organizing the outing and fostering a spirit of togetherness. Through this shared celebration, the joy of Easter was truly deepened and renewed between the two communities.

## Teachers Training on Digital School Management System

On 20 April 2026, the School management conducted a training program for the teaching staff



to enhance administrative efficiency through technology. As part of its efforts to improve services for parents and students, the school recently introduced a digital management system, which includes an online fee payment facility. The training session was held in a classroom equipped with a digital board.

The resource person, Sir Shubham Nath from Hembro eCamp Tripura, guided the teachers in understanding



and effectively utilizing the features of the new digital platform and gave a clear explanation through practical demonstrations. The two-hour session was highly interactive and offered valuable hands-on experience, enabling the staff to confidently adapt to the new system. The training proved to be both informative and beneficial, equipping teachers with the necessary skills to effectively implement the digital tools in their daily responsibilities.

*Sr. Euphresia Thyрниang*

*"To the pure, all things are pure."  
- Titus 1:15*

## **Mission Experience of the Second Year Novices**

*The* Second Year Novices set out to the different mission centres of the Province: Umswai, Umdang, Mawroh, and Mawkyndeng for their apostolic experience from 5 January to 14 February 2026.

Each community welcomed them with great joy, and the Novices, in turn, inserted themselves wholeheartedly into community life, contributing through Sunday apostolate, daily touring, and educational ministry.

In the warmth of community life, they shared their days with the Sisters, whose supportive presence, inspiring witness, and exemplary way of life became a living school of consecrated living. Their guidance and family spirit enkindled in the Novices a deeper desire to live and work in the spirit of Don Bosco and Mother Mazzarello.



The moments of prayer — meditation, adoration, recollection, and the celebration of the Holy Eucharist in community and in the parishes — became the wellspring of their spiritual strength. They also expressed gratitude to the priests who collaborated in the mission, serving as spiritual fathers and guides on the journey.

Touring the villages with joy, visiting families and the sick, listening to the joys and sorrows, and uniting with them in prayer were experiences that nourished in the Novices the values of simple living and genuine contentment. The various apostolic events held in the villages — Children’s Retreats and Camps, Youth Convention, Basic Ecclesial Community (BEC) gathering, Jubilee and Centenary Celebrations, and other programmes — awakened in them the need to be deeply rooted in faith, zeal, and apostolic courage as they accompanied the faithful and shared with them the love of God they themselves have received. Memorable outings too added to the richness of the experience, which deepened their bond with the young and strengthened their vocation of accompaniment.



Being their first mission experience after four continuous years of formation, it was indeed a unique, grace-filled and beautiful journey. The Novices give thanks to God, to the Province, and to each community for the prayerful support and sisterly guidance that made the experience a cherished milestone in their formation.

### *Second Year Novices*

## **Novices Claim First Prize at “Parables Alive” Concert**

**I**n a competition titled “Parables Alive” on the occasion of the celebration of the Day of Consecrated Life organized by the CRI of Shillong Unit on 22 February 2026, the Novices of Bellefonte emerged as winners in the Singing category.



Among the many gifted participants, the FMA Novices shone brightly, earning the First Prize in the singing competition with their presentation of the Parable of “The Ten Virgins” (Matthew 25:1–13). Their performance was marked by

energy, creativity, and a prayerful spirit that clearly resonated with both the audience and the judges. The win brought immense joy to the group and stood as a beautiful affirmation of their growing confidence and apostolic zeal.

Prior to the concert, there was the celebration of the Holy Eucharist presided over by Most Rev. Victor Lyngdoh, archbishop of Shillong. The choir for the day was led by the community of Auxilium Provincial House Nongthymmai. While the entrance hymn was sung, all consecrated men and women approached the altar in procession bearing lighted candles symbolizing faith, commitment and lifelong consecration to God. Present on the occasion were the candidates from various formation houses who were also the participants at the Parables Alive Concert.

### *First Year Novices*

## **FMA OUTREACH**

### **Lighting Futures**

**F**rom 9 to 28 February 2026, an 18-day aromatic and decorative candle making training programme was successfully completed. The programme, sponsored by Numaligarh Refinery Limited (NRL) and organized by National Small Industries Corporation Limited in collaboration with FMA Outreach for



The Certificate Distribution Ceremony was held on 3 March 2026, marking the completion of the training to the 25 trainees and a promise for the future. Present for the occasion were RMW Khongwir, CGM (Marketing) I/C, D. Kharjana, CEO, Meghalaya Khadi & Village Industries Board, Rajesh Madan, GM, NSIC, Suman Goswami, GM (Marketing &

Underprivileged Women and Children, aimed to provide participants with practical skills while also encouraging small-scale entrepreneurship.

The training programme was launched on 9 February in the presence of Suman Goswami, GM Marketing NRL, Rajiv Changkakati, DGM Marketing NRL, Palash Bhowmik, Chief Manager Technology & NSIC Training Head, Golak Bihari Dash, Manager Accounts and participants who expressed a strong desire to learn the art of candle manufacturing. The participants were excited to learn a new skill that could lead to self-employment and creativity. During the 18-day intense programme, participants were guided through the interesting process of candle production. They acquired a variety of techniques, including preparing aromatic candles, developing ornamental candles, colour blending, moulding, finishing, and attractive packaging. Each class integrated academic information with hands-on practical experience, making the learning process more dynamic and interesting. The training encouraged them to pursue self-employment and small company ventures. The training concluded on 28 February.



Logistics) NRL, Albert Malngiang and GM-DCIC East Khasi Hills. As the participants returned to their homes and communities, they carried with them not only the skill of candle making but also the confidence to light their own path towards a better future.

*Sr. Hamdiaw Suchiang*

## **Training on the Safeguarding Policy**

*A* Safeguarding Policy Training was conducted on 28 February 2026 at FMA Outreach for the Sisters



of the Shillong Region. Sr. Garnet Sutnga the Social Development Coordinator of the province facilitated the training, bringing together 45 Sisters who actively participated in the programme. The goal of the training was to emphasize the responsibility of every Sister in the province to provide a respected, safe, and protective environment for children and vulnerable individuals.

Throughout the session, Sr. Garnet led the participants through the principles, rules, and practical applications of safeguarding. She emphasized the significance of recognizing various types of abuse, neglect, and exploitation, and encouraged the Sisters to be attentive and proactive in preventing harm. The programme assisted participants in reflecting on their mission, duty, and ethical commitment by providing



clear explanations, real-life examples, interactive conversations, games and exercises. This training provided an excellent opportunity for learning, contemplation, and renewal of commitment, equipping participants to build a culture of safety, respect, and responsibility in their ministries and communities. Indeed, the programme served as a compelling reminder that safeguarding is more than a set of rules to follow; it is a purpose to maintain the dignity and protection of every human life.

*Sr. Hamdiaw Suchiang*

## **International Women's Day Celebration**

**O**n 7 March 2026, FMA Outreach celebrated International Women's Day in partnership with the District Legal Services Authority, the Meghalaya Legal Services Authority, and Jan Shikshan Sansthan, East Khasi Hills. It brought together women from various backgrounds for a day of awareness, inspiration, and celebration.

The programme opened with a warm greeting to all the participants, setting the tone for a day of introspection and learning. The celebration aimed to recognize women's achievements, and to promote awareness about their legal rights and protection in society. The highlight of the programme was the enlightening sessions delivered by the resource persons from the



collaborating organizations. They addressed crucial topics such as the Prevention of Sexual Harassment of Women at Workplace (POSH) Act 2013 by NM Kharshemlang, Legal Aid Counsel; the Protection of Women from Domestic Violence Act 2005 by B. Jyrwa, ALADCs, and LADCs Shillong; and Aimocarren Kharsyntiew on Mental Health. These sessions helped the participants understand the laws and support systems available to protect women's dignity and safety. They spoke about legal rights, protection from domestic violence, workplace safety, and mental health, encouraging the participants to stand up for their dignity and support one another in building a safer and more just society. Their words inspired the audience to recognize their own strength and potential. Through engaging presentations and practical examples, the speakers emphasized the

importance of recognizing harassment, speaking out against injustice, and seeking legal support when needed. The sessions encouraged women to be aware, confident, and proactive in safeguarding their rights. Participants listened attentively and actively engaged in discussions, making the programme both informative and inspiring. With increased awareness, rekindled confidence, and a strong sense of unity, the programme ended on a positive and uplifting note. FMA Outreach's International Women's Day celebration effectively emphasized the idea that empowering women via information and assistance is essential to building a society that is fair and compassionate.

*Sr. Garnet Sutnga*

## GAROBADHA

### **Mission of the Sisters at the Parish Annual Sobha**

*The* Sisters of St. Mary Mazarello Convent, Garobadha, were actively involved in the preparation and celebration of the Annual Sobha of the parish, held from 22 to 26 January 2026 at Marakapara village. The theme for this year's Sobha was drawn from Proverbs 22:6: *“Teach a child how he should live, and he will remember it all his life.”*

On the final day of the Sobha, the Holy Eucharist was presided over





by the Auxiliary Bishop of Tura, Most Rev. Jose Chirackal. On this memorable occasion, 280 young people received the Sacrament of Confirmation, 470 children received their First Holy Communion, and 15 couples had their marriages rectified. In his homily, Bishop Jose reflected deeply on the sanctity of the Sacrament of the Holy Eucharist.



Prior to the celebration, the Sisters made personal visits to the surrounding villages, journeying to reach out to families and children who would be participating in the sacraments. Their ministry centred on preparing the faithful - spiritually and catechetically - for the reception of the different sacraments. Through their personal attention to individuals and

families, they built trust and confidence within the community, drawing many deeper into the Catholic faith. The children, formed through the sisters' patient catechetical guidance, took an active and joyful part in the liturgy - participating in the prayers, hymns, and offertory procession.

In a solemn and symbolic gesture, the flags of the 10 circles were lowered and folded, bringing the Sobha to a close with great fervour and gratitude.

## Women's Day Celebration

On 7 March 2026, St. Mary Mazzarello Convent, Garobadha, marked International Women's Day with a joyous and meaningful celebration centred on the theme "Give to Gain." The event brought together 87 women from all walks of life in a spirit of solidarity and empowerment.

The gathering began with a prayer service, followed by a short but engaging programme. Sr. Elisha A. Sangma delivered an inspiring speech that highlighted the theme



of the day, reflecting on women's empowerment and the transformative role of education in society. Her words resonated deeply with those present, stirring a sense of motivation and renewed purpose among the women, especially the mothers in attendance.

Adding to the festive spirit, a series of fun-filled games created a lively and warm atmosphere, drawing laughter and enthusiasm from all participants. The celebration concluded on a high note, leaving a lasting impression on everyone present. As a token of appreciation, a bundle of candles was distributed for each participant and refreshments were served for everyone.

*Sr. Mejitha Ch. Marak*

**JOWAI**

## **Inaugural Mass, Investiture, and Pledge Ceremony**

**23** February 2026 marked a significant day for the boarding girls of St. Mary Mazzarello Convent, Jowai, as the Sisters inaugurated the new year with a Holy Eucharistic celebration. The Holy Eucharist was presided over by Fr. Abiel Kharsohtun SDB, whose homily encouraged the boarders to carry out their responsibilities with faith and a spirit of service.

The introductory procession carried deep symbolism: Sr. Matilda Kharjana, the Animator, bore a



lighted candle representing guidance, faith, and the presence of Christ, while a boarder carried a book, signifying knowledge, discipline, and commitment — highlighting the ideals of true leadership and learning. Following this, on 7 March 2026, the Investiture and Pledge-Taking Ceremony for the newly appointed Boarding Captain was held with great solemnity and pride. The captains took their oath before the Sisters and boarders to serve with honesty, dedication, and exemplary leadership.

The ceremony was followed by a spirited march-past and drill competition, in which the boarders demonstrated remarkable discipline, enthusiasm, and coordination. Sr. Matilda Kharjana delivered an



inspiring address, reminding the boarders that their pledge was not merely a formality, but a commitment to be reflected in every action. The event concluded with a prize distribution ceremony, honouring the winners of the march-past and drill competitions.

## Youth Orientation Programme of AYM

*A*n AYM Orientation Programme was held at St. Mary Mazzarello Convent, Jowai, on 4 March 2026, bringing together members from the centres of Jowai, Mawkyndeng, Lamyrsiang, and Saphai to guide and inspire the youth about the mission and activities of the Auxilium Youth Movement (AYM).

The programme commenced with an opening prayer, invoking God's Spirit upon the resource person and all participants. This was followed by a warm welcome address delivered by Sr. Meldaris Syiemlieh, the Local Animator for the Jowai Region. The Jowai youth then presented posies

to the resource person and local animators, after which a welcome song and greetings set a joyful and celebratory tone for the gathering.

The highlight of the session was the insightful talk delivered by the resource person, Sr. Anita Dhar, Coordinator for Youth Pastoral of the Province. She offered a comprehensive and inspiring presentation on the objectives, values, and responsibilities of AYM members, encouraging the youth to participate actively in AYM activities and to cultivate the virtues of leadership, unity, and the spirit of service.

The programme drew to a close with a heartfelt vote of thanks by Sr. Lydia Sutnga, Animator of AYM Mawkyndeng, who conveyed sincere gratitude to the resource person, the organizers, and all participants for their presence and contribution in making the programme a meaningful one.

The event concluded on a note of enthusiasm and positivity, with the young participants expressing their joy and eagerness to take on active roles in AYM activities in the days ahead.

## Women's Day Celebration at Mihmyntdu

*O*n 8 March 2026, the feast of International Women's Day was celebrated with joy and reverence at Mihmyntdu, in the company of the Oratorians. The programme centred



on a heartfelt reflection on the dignity and vocation of women, delivered by Sr. Meldaris Syiemlieh.

In her address, Sr. Meldaris drew inspiration from the great women of the Bible - among them Mary, the Mother of Jesus; Mary Magdalene; Ruth; and Esther - highlighting how each exemplified faith, courage, love, and unwavering dedication in the face



of adversity. Through their stories, she encouraged all present to embrace a life of strong faith and to cherish the noble calling of womanhood and motherhood. Further, Sr. Meldaris led the community in prayer, inviting the Oratory children to implore God's blessings upon all the women present. As a gesture of love and appreciation, the Church leaders of Mihmyntdu presented each woman with an image of the Divine Mercy. The evening concluded with a moment of Adoration of the Blessed Sacrament, graced by a procession of three meaningful symbols. Sr. Nangaibor Dkhar carried a lighted candle, representing woman

as a source of hope and guidance; a girl bore the Holy Bible, signifying the faith and Word of God that directs women in daily life; and another carried a bouquet of flowers, representing the beauty, gentleness, and nurturing love that women bring to those around them.

## KHAPMARA

### CRI Meeting and Christmas Celebration

The community of Auxilium Khapmara hosted the CRI meeting and Christmas celebration of the Ri-Bhoi zone on 6 December 2025. Around 70 religious from the various institutions and congregations took part in the gathering.

The programme commenced with a warm welcome address from Sr. Jubil Dkhar the animator followed by a melodious welcome song by the trainees. The highlights of the day included a prayer service, a talk, business session, sharing of the activities report of the zone and Christmas celebration. The



Christmas celebration coordinated by the community and performed by trainees and oratory children then got underway in a festive spirit with the much-anticipated arrival of Santa Claus. It featured a delightful array of songs, dances, and a heartwarming skit on the life of the Child Jesus. The performances were warmly received by all and heralded the festive season of Christmas. Santa Claus then invited everyone to join in singing Christmas carols, filling the atmosphere with joy and cheer. The gathering concluded with a warm fraternal lunch shared among all present. The participants thereafter departed joyfully for their respective communities.

## Orientation Programme for Children's Parliament

On 22 December 2025, Sr. Garnet Sutnga, the Social Development Coordinator along with Sr. Janicia Nongrum, in charge of Children's Parliament of the Province visited the Khapmara community and animated an orientation programme for the children.



Sr. Trisha Sangma, the in-charge of the Children's Parliament in the community welcomed them on behalf of Sr. Jubil Dkhar, the animator of the community. The resource persons shared their expertise and creativity while guiding the children about the purpose and responsibilities of the Children's Parliament. The children enthusiastically participated in the programme and pledged to be active members. At the end of the programme, the children joyfully thanked and appreciated the Sisters for the enriching sessions received.

## Annual Oratory Day

On 26 December 2025, the Annual Oratory Day was celebrated at Auxilium Khapmara for the children of the oratory. 33 children participated in the celebration. The programme was organized by Sr. Kmenlang Suja and Sr. Manosha Lyngdoh Nonglait, who arranged creative games and various competitions for the children. Sr. Trisha Sangma and Sr. Risalin Marshillong assisted by capturing photographs and serving as judges for the competitions. At the end of the programme, Sr. Jubil Dkhar, the animator, congratulated the winners and distributed prizes. She also



encouraged the oratory children to continue participating actively and to attend the Sunday Oratory regularly. The celebration concluded with dinner, and the children were safely sent back to their homes around 6:00p.m.

## 55 Trainees Certified at ASTC, Khapmara

On 19 February 2026, the Auxilium Skills Training Centre, (ASTC) Khapmara, celebrated the certification of 55 trainees - 30 in Desktop Publishing (DTP) and 25 in Organic Farming. The event was graced by Ms. Carol Skoglund, Executive Director of Homes of Hope India (USA), and chief guest Shri Raja Brahma, MCS, Additional Deputy Commissioner of Ribhoi district.

Both training programmes were funded by the Meghalaya State Skills Development Society (MSSDS) under



the Department of Labour, Employment and Skill Development, Government of Meghalaya. The organic farming group comprised 25 women from Khyndewso village, about 14 km from Khapmara.



Addressing the gathering, Ms. Carol encouraged the trainees to practice their skills and enjoy the rewards of their hard work. Shri Raja Brahma urged graduates to strive for self-reliance through self-employment, while the Skills Development Officer outlined available government schemes. Sr. Theodosia Mawniuh, Provincial Economist, expressed gratitude to all sponsors, government departments, and local village communities.

Among the graduates, Fr. Sherman Khongshei (68) remarked, "It is never too late to learn." Mrs. Luphina Sten highlighted her new expertise in sustainable farming, and Ms. Bionisha Khyndeit credited the DTP course for her successful job placement.

The ceremony concluded with a vote of thanks by Sr. Jubil Dkhar, Director of the Centre, who congratulated all successful candidates.

*Sr. Trisha M. Sangma*

## International Women's Day Celebration

**O**n 1 March 2026, in anticipation of International Women's Day, the community organized a special programme to honour the women of Khapmara and Pynthor Villages under Mawbri Parish.

The programme began at 9:30 a.m. with a welcome speech by Sr. Jubil Dkhar, the animator of the community, who warmly welcomed all the women and the resource person Fr. Anthony Kharbuki, SDB from Don Bosco Nonglakhiat Aspirantate. In his first session, he spoke about the origin and significance of International Women's Day. He also reflected on Scripture passages highlighting the dignity and vocation of women, reminding the participants that God calls each person first to be fully human, then to live their unique vocation, and ultimately to strive for holiness. He encouraged the women to nurture unity within their families by praying together and sharing meals together, so that their thoughts and values may also grow in harmony. The session was followed by the celebration of the Holy Eucharist



presided over by Fr. Anthony Kharbuki. In his homily, he reflected on the transfiguration of Jesus and the call of Abraham, emphasizing that both joys and struggles are part of our journey toward heaven.



In the afternoon, Sr. Kmenlang and Sr. Trisha animated a short programme with games and activities for the women, creating a joyful and participative atmosphere. At the end of the programme, the women expressed their heartfelt gratitude to the Sisters for organizing such a meaningful gathering.

**MANOWI**

## Pre-Christmas Celebration

**O**n the evening of 17 December 2026, the community joyfully celebrated the pre-Christmas gathering together with the boarding girls.

The celebration began with an animated Rosary prayer service. The Sisters and the boarding girls participated actively, leading the prayers, hymns, and reflections. After



the prayer service, everyone gathered together in the lawn for a family dinner shared in a spirit of unity and joy. The simple gathering created a warm family atmosphere, reminding us that Christmas is a time of love, sharing, and community.

Following the dinner, a lively stage programme was organized. The boarding girls and Sisters enthusiastically presented songs, dances, and short performances which brought great joy and laughter to everyone present. Their talents and creativity made the evening very vibrant and memorable. One of the most joyful moments of the night was the exchanging of Christmas gifts. With excitement and gratitude, the sisters and the girls shared small gifts with one another. The day concluded with the goodnight message by Sr. Victoria Saioo, the animator. Through her inspiring words, she reminded everyone about the true spirit of Christmas, namely welcoming Jesus in one's hearts through love, kindness, and service to others.

## Clothes Distribution in Honour of St. John Bosco

In honour of the Solemnity of Saint John Bosco, the Auxilium Mandwi Community distributed clothing to the boarding girls, workers, and the poor of the neighbourhood. This charitable activity was carried out as an expression of love, gratitude, and service, inspired by the spirit of Saint John Bosco, who dedicated his life to the care and education of the young and the poor.

Each boarding girl received a warm blanket, while dresses and garments were given to workers and families in the neighbourhood. This act of charity was made possible by the generous contributions of benefactors who donated the clothing. The recipients received the gifts with great joy and gratitude, as such support is a meaningful help to them in their daily lives.



Through this simple yet heartfelt gesture, the Sisters desired to share the joy of the feast and to live out the charism of the Founder by reaching out



to those in need. It was also a moment of communion and solidarity with the people around them, strengthening the bond between the community and the parishioners.

## MAWLAI

### A Legacy of Faith and Simplicity

*Late* Sr. Christina Kharkongngor passed away peacefully on 10 December 2025 at Sacred Heart Girls' Community, Mawlai, Shillong. Her humble life and deep faith continue to inspire many. In her notebook, she requested no long speeches or wreaths, reminding everyone that prayer alone matters before God. She wished that the Khasi hymn book "Ka Lynti Bneng" and the FMA Constitutions be placed



beside her, adding gently that she did not need her spectacles because God would read her soul.



Four months before her passing, she also composed meaningful Khasi lyrics *Ka Mynnor sha ka mynta*, meaning, the past to the present, encouraging young people not to forget their roots of love and respect. The lyrics were later set to music by Sir Rollingstar Kharumnuid, a teacher at Sacred Heart Girls' School. Her life remains a quiet witness of faith and trust in God.

### The Maiden Annual Day at Laitlum Village

*O*n 25 January 2026, the Sunday School Committee of St. Alphonsa Church, Laitlum CMC, under St. Anne Parish Mawtawar, Shillong Archdiocese, joyfully celebrated its first Annual Day with a special moment of grace. On this occasion, Blessed Laura Vicuña was officially chosen and inaugurated as the patroness of the Sunday school.

Inspired by her purity, courage, and heroic love, the local committee



unanimously selected her as a model for the children. Her life beautifully echoes the message, “It is God who gives us strength.” The image of the new patroness was prepared through the initiative of Sr. Stella Mary Pasi FMA from Sacred Heart Girls’ Convent, Mawlai, who has been closely associated with the mission since November 2023, and was sponsored by the local CMC Executive Committee led by Shri Shalenstar Mukhim, Shri Charles Marbaniang, and Smt. Maryline Kharjana, along with Sunday School mentors Smt. Rosalyne Rynjah and Smt. Sushila Chyne.

The celebration was graced by (Dr) Miss Diamond Kharkongngor, General Secretary of the Sunday School Committee of St. Anne Parish Mawtawar. In her inspiring message, she praised the initiative and encouraged the children to follow the example of Blessed Laura Vicuña. She also expressed her joy to return when the children present a musical drama

on their patroness titled “All for My Mother”.

*Mrs Rosalyne Rynjah  
& Mrs Sushila Chyne*

## **A Tribute to Women on International Women’s Day**

*S*acred Heart Girls’ Higher Secondary School, Mawlai, marked International Women’s Day on 9 March 2026, organized by the male teachers and the boys of the English Section to honour the Sisters, female teachers, non-teaching staff, and girl students. On this occasion, Sir Rollingstar Kharumnuid composed a special lyric dedicated to women, expressing gratitude for their strength and service. The poem was recited and translated into English by Sir Richmond Kharlukhi, highlighting its message of respect and appreciation.

This thoughtful initiative ensured that the day was meaningfully celebrated. As the saying goes, “Where women are honoured, society flourishes.”

*Sr. Stella Mary Pasi*



## Red House Triumphs at Sacred Heart Sports Meet

*The* three-day Annual Inter-House Sports Meet of Sacred Heart Girls' Higher Secondary School, Mawlai, concluded at Savio Juniorate playground with great enthusiasm and sportsmanship. The event opened on 10 March 2026 with chief guest Shri P. T. Sawkmie. It featured a choir performance and an impressive march-past display. Students competed in various track and field events, showing teamwork and discipline.



Red House emerged as the overall champion, while Green House won the Best Discipline Award. Best Athlete titles were awarded to Wandame Basaiawmoit (Blue House), Brimful Nongrum (Green House), and Christina Kurbah (Red House). The meet concluded with prize distribution by Shri Kynmobiang Kyndait, OC of Mawlai Traffic Branch. The event highlighted unity and the spirit that sports build character and teamwork.

*Mrs. Meboreen Thongni*

MAWTNUM

## A Season of Grace: Children's Spiritual Retreats

*Across* five villages, the Sisters, Aspirants, and postulants guided children's retreats that became vibrant encounters with God—moments where faith was nurtured, values instilled, and seeds of spirituality sown in young hearts.

**Pahamrinia** (19–20 December) welcomed 75 children. Sr. Wankyrkhu Biam, Santa Rabon, KyrDALin Kharbuli, Sr. Margaret Kharmuti, and Sr. Aihunlin Kharkongor led sessions on prayer, the seven sacraments, and the Holy Eucharist. The retreat concluded with the Sacrament of Reconciliation and Holy Mass celebrated by Fr. Synshar Kharsyntiew SDB.

**Umsaw** (26–27 December) drew 76 children, animated by Sr. Wankyrkhu Biam and Sr. Rosilin Wahlang through prayer, talks, group discussions, and action songs. Fr. T. A. Jose SDB administered the sacrament of Reconciliation, and Fr. Saulus Kharpran SDB presided over the Holy Eucharist. The retreat coincided with the feast of the Holy Family, concluding with a shared meal for all the faithful.

**Langpadon** (16–17 January 2026) gathered 55 children. Sr. Wankyrkhu Biam and Selibia Bongrung led sessions on prayer and reflection, while



Fr. Johnny Eapen SDB administered the sacrament of Reconciliation and celebrated Holy Mass with the entire village.

**Rongpharkong** (19–20 January 2026) welcomed 58 children, with prayer and pastoral accompaniment at the heart of the retreat.



Fr. Anugrah Kerketta SDB administered Reconciliation and celebrated Holy Mass.

**Pahampdem** (13–14 February 2026) hosted the largest retreat of the season, with 156 children animated by Sr. Ready Manih, aspirants, and postulants from Auxilium Convent Saiden. Daily sessions on prayer, reflection, and joyful hymns nourished the children’s spiritual growth. Fr. Donbor Jyrwa SDB from Don Bosco Technical School,

Shillong, administered the sacrament of Reconciliation, and the retreat concluded with a solemn Eucharistic celebration.

Over three months, more than 420 children encountered God through prayer, reflection, the Sacraments of Reconciliation, and the Holy Eucharist. These retreats were not merely events but formative experiences, planting seeds of faith that will continue to grow in the lives of these young disciples.

## **Netball Ignites Meghalaya - A Historic First Championship**

*From* 17 to 19 December 2025, Nongpoh became the heartbeat of Meghalaya’s sporting spirit as the Netball Association of Meghalaya, in collaboration with Auxilium Higher Secondary School, hosted the 1<sup>st</sup> Meghalaya State Netball Championship. Through the initiative of Sr. Jenney Iawphniaw, the General Secretary of the Netball Association of Meghalaya, more than 150 athletes from six districts, namely Ri-Bhoi, Jaiñtia Hills, West Khasi Hills, Eastern West Khasi Hills, East Khasi Hills, and South West Khasi Hills converged to showcase skill, teamwork, and determination in a sport that is rapidly gaining ground in the state.

The opening ceremony was graced by Shri Mathew Keneth Makdoh, MDC, whose words of encouragement set the tone for the competition. The closing day carried equal prestige,



with Shri Celestine Lyngdoh, MLA, honouring the athletes and celebrating their achievements. Adding to the grandeur, Shri John F. Kharshiing, Working President of the Meghalaya State Olympic Association (MSOA), attended as Guest of Honour, alongside esteemed invitees E.D. Nongsiang, Sr. Mildred Kharsyiemlieh, and Sr. Margaret Kharmuti.

Players sprinted, passed, and scored with precision, while cheers from teammates and spectators filled the air. Each match was a testament to discipline and passion, proving that netball is more than just a game;



it is a platform for empowerment, especially for young athletes eager to make their mark. Beyond competition, the championship fostered unity among districts and inspired a new

generation of players. Coaches spoke of the pride in seeing their athletes rise to the occasion, while participants expressed gratitude for the opportunity to represent their communities. One young athlete shared, “This championship gave us confidence. We now believe netball can take us far.”

The 1<sup>st</sup> Meghalaya State Netball Championship was more than a contest of skill — it was a celebration of community, resilience, and dreams. As the final whistle echoed across the court, West Khasi Hills District stood tall, claiming gold in both boys’ and girls’ divisions. Ri Bhoi District followed with silver, and Eastern West Khasi Hills proudly carried home bronze.

## **Feast of Don Bosco, the Father and Founder of the Salesian Family**

**O**n 31 January 2025, the feast of Our Father and Founder, Don Bosco, was celebrated in a meaningful and spiritually enriching manner. The celebration began with a recollection for the Salesian Co-operators.

It commenced with the Adoration of the Blessed Sacrament, animated by Sr. Wankyrkhu Biam and Sr. Ready Manih. This was followed by the Holy Eucharist presided over by Fr. Michael Khongngain SDB, Parish Priest of Umden. In his homily, he reflected on the humble beginnings of Don Bosco’s life and his unwavering



## Communities Gather for Trimonthly Recollection

On 7 March 2026, five communities of Ri Bhoi Region, which included Umswai, Saiden, Mawtnum, Mawkyrdep, and Khapmara came together in Mawtnum for the Trimonthly Recollection, a day dedicated to prayer, reflection, and spiritual renewal.

dedication to the care and education of children and young people. He based his reflection on Matthew 19:14: “Let the little children come to me, and do not hinder them; for the kingdom of heaven belongs to such as these.” The celebrant emphasized that this Scripture passage reflects the very heart of Don Bosco’s mission, as he



The recollection began with a welcome song from the boarding girls, who greeted the Sisters with their heartfelt wishes. The Sisters then proceeded to the chapel for a time of Eucharistic adoration until noon. The atmosphere of silence and prayer provided an opportunity for deep reflection and personal communion with God.

devoted his life to guiding the young towards God through education, love, and kindness. In the afternoon, Sr. Rosa Mystica Myllichemlong delivered a talk on the Strenna of Rector Major of the Salesian Family of the year 2026, “Do whatever he tells you”, encouraging all present to deepen their faith and remain rooted in Scripture. The celebration concluded with gratitude to God for the life and mission of Don Bosco, whose example continues to inspire the Salesian family.

In the evening, the sacrament of reconciliation was held, allowing the Sisters to renew their spiritual commitment. This was followed by the celebration of the Holy Mass led by Fr. Binoy Thekkemoolamundayil, the Rector of St. Claret. In his homily, he encouraged the Sisters to live their religious charism sincerely



every day, reminding them that their commitment should not remain only at the beginning of their vocation but must be renewed through daily faithfulness. After the Mass, the participants gathered for a group photo and shared tea, strengthening their sense of community and fellowship.

The recollection concluded with hearts filled with gratitude and renewed spirits as the Sisters departed for their respective communities, carrying with



them blessings and wishes for a safe and pleasant journey ahead.

## First Past Pupils Meeting

*The* first Past Pupils meeting was held on 9 March 2026 at Auxilium Mawtnum in the school hall. 96 past pupils gathered for the memorable occasion.

The programme began with a short prayer service led by Sr. Joplanglin Nongkseh, setting a prayerful and meaningful tone for the gathering. Sr. Margaret Kharmuti the principal and delegate of the past-pupils

welcomed them all. In her address, she emphasized that the Sisters and teachers wish to maintain a close bond with the past pupils and remain interested in their growth and values. She reminded them of the meaningful motto, “Once an Auxilian, always an Auxilian.” She encouraged them to live the values learned in school, to dream big, overcome failures, and always remember God’s love. She also urged them to respect the Sisters, teachers, and parents, assuring them that they are always remembered in the Sisters’ prayers. She further invited all past pupils to join the Association of Past Pupils and keep the unit active and alive.

Sr. Mildred Kharsyiemlieh the animator, then spoke about the nature of the Association of Past Pupils, explaining its structure, headquarters, membership, goals to be achieved, and the spirituality that guides the past pupils. Another inspiring speech was delivered by one of the oldest past pupils, Mr. Lansius Syiemlieh, who expressed his heartfelt gratitude to the Sisters and teachers for their dedication and the values they had



instilled in the students. Mrs. Doloris Dkhar also shared encouraging words, motivating the past pupils as they continue their journey in life.

Towards the end of the program, Sr. Margaret invited all the past pupils to stand and make a commitment to remain faithful to the values they had learned in school and to stay connected with the Past Pupils Association. The meeting ended on a joyful note with the song to Don Bosco and Sr. Wankyrkhu Biam proposed the vote of thanks.

*Sr. Rosilin Wahlang*

## NANDAN NAGAR

### A heartfelt tribute to Sr. Christina Kharkongor

On 10 December 2025, the school community was shaken by the news of Sr. Christina Kharkongor's passing away, a revered figure who left an indelible mark in the history of Auxilium Agartala. To pay homage



to her tireless contributions as the pioneer and the first principal of the school, a floral tribute was held during the assembly the following day, 11 December. A wreath was placed near her picture, surrounded by lit candles, symbolizing the quiet dignity of her life. Mr. Ranjit Ghosh, a teacher who worked alongside Sr. Christina from the school's inception, shared a poignant memory of her dedication, hard work, and love for all. His heartfelt testimony moved the gathering and brought tears to many eyes. The tribute was a fitting gesture to a life devoted to education and service.

### Overall-Champion of TACSAGASM 2025

From 18 to 20 December 2025, a total of 31 students from Auxilium Girls' School Agartala participated in the TACSAGASM (Tripura Catholic Schools Annual Cultural Games and Sports Meet) at Montfort School Champaknagar, accompanied by Sr. Aquila Makri and three teachers.

The students showcased exceptional talent and dedication, securing third place among 16 schools, with notable achievements in various events. Auxilium Higher Secondary School, Agartala, was the only girls' institution participating and making this achievement was a proud moment for the school. The students' outstanding performance was a testament to their hard work and the excellent training provided by the sports department of the school.

## Study of the Strenna 2026

**O**n 1 March 2026, the Sisters of Auxilium Convent, Nandan Nagar and the Salesian Co-operators gathered to study the Strenna 2026 - “Do Whatever He Tells You – Believers, Free to Serve.”

The resource person was Rev. Fr. Joseph Pulinthanath SDB, who animated the session with a PowerPoint presentation, explaining the theme in both English and the local language, Kokborok. The reflection on the theme invited all members to be true believers whose faith is expressed in joyful and concrete action, especially for the young and the poor and inspired by the words of Mary at Cana – Do whatever He tell you (John 2:5). The Strenna offered a spiritual and pastoral roadmap built on four key movements: *Listen, Look, Choose, and Act.*

He also emphasised the need to listen prayerfully to God, to the poor and abandoned youth, to look



at the realities of today's youth with compassion, to choose Christ with renewed commitment to the mission of Don Bosco, and to act with courage and creative service. The session was interactive and enriching, with active participation from those present. The programme concluded with a heartfelt vote of thanks proposed by a Salesian co-operator, Mr. Paul Darlong, the co-ordinator of Agartala Centre.

*Sr. Aquila Makri*

## NONGSTOIN

### Trimonthly Regional Recollection Day

**T**he Sisters of the Nongstoin region organised a day of prayer and recollection in the community of St. Peter's Convent Pyndengrei, on 20 December 2025. There were 21 Sisters who participated in the recollection from the communities of Rangblang, Mawpat-Madan Sohphoh, Umdang, Mawroh, Roilang and Pyndengrei.

The day started with the words of welcome by Sr. Marilyn Bahun

Wahlang, the animator of the community. Fr. Sylvester Nongseij a Salesian cooperator and parish priest of Divine Mercy Parish, Umdang animated the adoration and gave a talk. The reflection focused on love and service. He highlighted the example of Mother Mazzarello and the first Sisters of Mornese, who worked out of love for God and for the salvation of souls. He reminded them that this can be achieved only by being persons of prayer and by making God their priority, as Mother Mazzarello did. Inviting the gathering to community service, he emphasised on the importance of living gospel



values in daily life and strive to be truly living memorials of Jesus's way of life. He also reminded them that the Blessed Virgin Mary is the model for religious life and encouraged them to follow her example in order to remain faithful to Christ until the end. The Sacrament of Reconciliation was made available during the adoration following the talk, and the day concluded with the celebration of the

Holy Eucharist. The Sisters expressed their gratitude to Fr. Sylvester and gathered for a family meal.

## Retreat for the Boarders

*The* Sisters of St. Peter's Convent Pyndengrei set aside a one-day retreat for the boarders on 28 February 2026. The resource person was Sr. Agatha Shadap, animator of St. Mary Mazzarello, Rambrai. The day began with a prayer to the Holy Spirit and the young people were helped to deepen the Word of God.

Beginning from the name of God as "I AM", Sr. Agatha dealt intensely on the meaning of the sign of the cross. The Bible quotations were added all through her talk which in turn had a deep impact on the listeners. After the session, they had lunch, which was followed by the adoration and confession. The day came to a close with the Holy Eucharist presided over by Fr. Marius Thongnibah SDB, parish priest of Pyndengrei. At the end of the Holy Eucharist, the children expressed their gratitude to Fr. Marius and



Sr. Agatha for their love, dedication, and sacrifices. They assured them of their prayers and invoked God's abundant blessings upon them.

## International Women's Day 2026

*I*nternational Women's Day 2026 was celebrated in anticipation on 7 March 2026 by the community of St. Peter's Convent, Pyndengrei, Nongstoin. The day's programme was animated by Sr. Marilyn Bahun Wahlang, the Animator, together with the sisters of the community. The participants included women from Pyndengrei, Siejlieh, and Nonbah, as well as the parents of the boarding girls.

Sr. Marilyn Bahun set the tone for the celebration by greeting everyone a Happy Women's Day and further explained the purpose of the gathering. A welcome speech was delivered by Banri Khardewsaw of Class X, followed by a welcome song in Khasi presented by the boarding girls. Sr. Bahun then shared a message based on the theme of the celebration "Give to Gain." To enrich the celebration, the candidates of the Minime Sisters presented a mime depicting how women and girls are often ill-treated and exploited in different situations. Following the performance, Sr. Entilia Nongkynrih delivered a talk on the important role of women in the family and society. The boarding girls also performed a prayer dance, thanking God for the



gift of their parents and all women around the world. The short yet meaningful programme concluded with a prayer led by Kong Philomina Lyngkhoi from Siejlieh, after which everyone gathered for a family meal.

*Sr. Ibameri Sutnga  
& Sr. Marilyn Bahun Wahlang*

## NONGTHYMMAI

### A Tribute of Love and Gratitude

*T*he first death anniversary of Sr. Marinella Hinge was observed on 10 December 2025 at Auxilium Convent, Nongthymmai. The memorial gathering brought together the family members of Late Sr. Marinella and the Sisters.



700, for a day filled with faith, festivity, and fellowship.

The celebration opened with a warm welcome address by Sr. Banrikynti Iawphniaw, who reflected on the life and mission of St. John Bosco and Mother Mazzarello. The Holy Eucharist was presided over by Fr. Sylvester Synrem, SDB, Parish Priest of Smit, anchoring the day in prayer and the presence of God.

The Oratorians participated enthusiastically in cultural programmes, games, and competitions, bringing to life the Salesian spirit. The pre-Christmas celebration added a beautiful festive dimension to the occasion, featuring carol singing, a Nativity play, and vibrant dance performances. Christmas messages centred on love, peace, and sharing were delivered by Sr. Carmelina Sun, animator of Auxilium Convent Nongthymmai, and Sr. Euginia Laloo, animator of the Provincial House. The arrival of Santa Claus, bearing sweets and laughter, brought smiles to every face, and the day was further enriched by a joyful shared festive meal enjoyed by all present.

## Oratory Day & Pre-Christmas Celebration

*The* Oratory Day and Pre-Christmas Celebration was observed with great joy and enthusiasm on 15 December 2025 at Auxilium Nongthymmai, bringing together oratorians from 11 Oratory centres numbering around





The celebration concluded with a thanksgiving prayer offered by Agnes Kharmalki, leaving behind a spirit of unity, joy, and spiritual renewal. The Sisters from both communities of the Nongthymmai campus worked together to plan, prepare, and carry out the day's logistics minutely, bringing much joy to the Oratorians.

## Women's Day Celebration

On 8 March 2026, the community celebrated International Women's Day with a meaningful and prayerful programme centred on gratitude for the dignity, strength, and contribution of women in the Church and society.

The day began with Morning Prayer, where special intentions were offered for mothers, sisters, and women leaders, followed by the Holy Mass celebrated by Rev. Fr. Saji Stephen, Rector of Don Bosco Technical School. In his homily, he reflected on the vital role women play in spreading love and faith, drawing inspiration from the example of Mary, Mother of Jesus.

A joyful cultural gathering followed, featuring an opening song, a skit by the pre-aspirants, a presentation of Biblical women by Co-workers, and songs, dances and

a *phawar*, by the Sisters and pre-aspirants. The programme concluded with an inspiring message from Sr. Carmelina Sun, who invited all to thank God for being women — Her question, "Are you happy to be a woman?" met with a resounding "Yes!" from the community. The celebration was a spiritually uplifting event that strengthened faith, unity, and appreciation for the invaluable contribution of women.

*Sr. Ailin Mary Lyngdoh Marshilong*

## PROVINCIAL HOUSE

### Winter Apostolate - A Journey of Encounter

*Eight* Intensive Juniorate Sisters of Auxilium Provincial House enthusiastically set out for the winter apostolate from 16-25 December 2025, in preparation for Christmas. Echoing the apostolic mission, the Sisters journeyed in pairs to different villages: Sr. Arkrinsha Lyngdoh Marshilong and Sr. Shweta Saulea to Mynriang and Nonghali; Sr. Kyntiewhun Khardewsaw and Sr. Anastasia Teronpi to Mawkhanu and Jaroid; Sr. Amisha Kharkongor and Sr. Martha Basumatary to Rangksaw, Mawthumthum, Ummir and Mawpdang; and Sr. Ursula Kujur and Sr. Banrikynti Iawphniaw to the four CMC blocks in Mawpdang.

From the very first day, the Sisters were warmly welcomed into



the homes and hearts of the people. The villages, nestled among the hills and surrounded by nature's quiet beauty, soon became places of deep encounter. The Sisters moved from house to house, meeting families, listening to their stories, sharing their joys and struggles, and offering words of encouragement and prayer. Their days were filled with simple yet meaningful moments.

A special part of the mission was accompanying the faithful during the Christmas novena days. Each evening the community gathered in prayerful preparation for the birth of Christ. During these gatherings, the Sisters shared short reflections on the Word of God, helping the faithful deepen their understanding of the Advent message and prepare their hearts to welcome Jesus. They also spent time with the children and youth, preparing them for the Christmas celebrations through catechism, carol singing, and small gatherings of prayer and reflection. The village tour became a beautiful exchange of grace. While the Sisters sought to bring Christ to the people, they also encountered Christ in them — in their simplicity, faith,



and welcoming hearts. It was indeed a journey that enriched their hearts, strengthened their faith, and reminded them that in mission one often receives far more than one gives.

*Sr. Banrikynti Iawphniaw*

## **Rooted in Christ – A Prayerful Beginning**

*The* Kynton U Mon Oratory in Laitkor Parish opened the Oratory Year 2026 on 22 February with an annual retreat. The Sisters in charge of the oratory meticulously planned every detail of the prayerful encounter.

The day began with a prayer service. During this time, a symbolic gesture of washing of hands was done. This sign reminded everyone that before beginning the day and their encounter with the Lord, they desired to be purified by Him. After this, all the participants touched the Holy Bible and made a short personal prayer. This action showed their desire to listen to God and to allow Him to speak to them throughout the day. Sr Juborlin Lyngkhoi guided the big group, Sr Monaliza Kharnaior led the middle group, and Sr Alexander

Roselin Preethi accompanied the small group. The sessions helped the participants reflect, share, and grow in their faith. The day's highlight included the way of the Cross, praying the holy rosary and sessions.



The climax of the day was the celebration of the Holy Eucharist presided over by Fr Francis Kharpan, the parish priest. At the entrance procession, all the oratorians came forward holding a green fresh leaf and placed it in front of the Lord, a sign of self-surrender marking the beginning of oratory year and reminding themselves of the need to be connected to the Jesus. The parish priest appreciated the Sisters' initiative and encouraged the oratorians regular attendance in the oratory.

*Sr. Monaliza Kharnaioir*

*"Our greatest fear should not be of failure, but of succeeding at things in life that don't really matter."*

*- Francis Chan*

**RAMBRAI**

## **Pre-Christmas Celebration**

On 21 December 2025, St. Mary Mazzarello Rambrai celebrated Pre-Christmas in the village of Lawdibah. The celebration was meaningful and faith-filled with joy and love, where parents and children came together as one family. Sr. Marylang Suchiang, the one in charge, delivered a welcome address, creating a joyful atmosphere in the gathering. The children participated in various interactive games and competitions, giving them an opportunity to display their talents and prizes were distributed to the winners. After the programme, lunch was served to everyone present. The delicious food, generously sponsored by parents and community members, added to the festive spirit of the occasion, followed by a Christmas carol throughout the village. It was a joyful sight to see the happiness reflected on the faces of all who participated, young and old alike, as they sang and danced together. Children dressed in red, white, and pink followed Santa Claus, while Mother Mary carried the Infant Jesus during the procession. The highlight of the celebration was the Christmas carol procession, where the children, dressed in festive attire, sang and danced all along the village road, spreading the joy of Christmas. Special thanks to Sr. Agatha Shadap, the animator and the community

Sisters for their support, and to all the contributors and benefactors who helped make the event a success.

*Sr. Marylang Suchiang*

## RANGBLANG

### Pre-Christmas cum Boarders' Day Celebration

A twin celebration of the pre-Christmas gathering and Boarders' Day was celebrated in the community on 4 December 2025

The programme commenced at 8:30p.m. with a warm welcome by Esha Nonglang and Balateihun Myrthong, the two boarders who set a pleasant and festive tone for the evening. The celebration witnessed a variety of performances including Christmas carols, lively dances, and a meaningful skit entitled "The Beautiful Gift," which conveyed the true message of Christmas — love, kindness, sharing, and the abiding presence of Jesus in our lives.

One of the most touching moments was the revealing of Christmas friends. Having secretly prayed for one another throughout the month, Sisters, boarders, and co-workers joyfully disclosed their Christmas friends and exchanged small gifts, deepening the bonds of friendship and unity within the community.

The evening also included a prize distribution ceremony honouring



boarders who excelled in various competitions held throughout the year, including quiz, notice board display, skit, singing, drawing, and painting competitions. A crowning highlight was the conferral of the title "Best Boarder of the Year 2025" upon Gofficadona Shangpliang of Class VI, in recognition of her exemplary conduct, dedication, responsibility, and positive impact on the community.



The celebration concluded with a prayer of thanksgiving, followed by a joyful distribution of gifts to all present by Sr. Dorathy Kharduit, the animator. The evening was a beautiful expression of unity, gratitude, and the true Christmas spirit.

*Sr Kyntiewlyne M. Kurbah*

## **Animation of Children's Retreat**

**O**n 30 January 2026, in honour of Don Bosco's feast, the Salesian Co-operators of St. Peter's Pyndengrei Parish, organised a one-day retreat for the children in Vanni Hall. 553 children, both girls and boys, participated in it.

Sr. Rishalin Warbah from Auxilium Roilang, one of the resource persons animated the boys on the theme "Education and its importance". Using audio-visual aid, she projected the teaching and learning points, which has helped the children understand better. They listened attentively and actively participated during the Q and A session. The session concluded with an action song. In the evening, a symbolic gesture of leaving behind the evil ways and beginning a new life was marked by participants joyfully throwing stones at the effigy of the devil with slingshots. During the course of the retreat, the children were availed the fervent reception of the sacraments of Holy Eucharist and Reconciliation. On the following day, the Sisters and Salesian cooperators animated the feast of Don Bosco for the children of the eight blocks of the parish through the explanation of the Strenna, games and other activities.



In another children's retreat animation from 29 to 31 January 2026, Sr. Bernadeth Sangriang animated the children of Christ the King Parish, Sonapahar. The theme that guided the retreat was the importance of the Word of God. Sessions were also taken on the sacraments, prayers, liturgy and good manners. It was a gathering of 255 lively children eager to learn and grow in faith.

## **Tri-monthly Recollection**

**T**he Sisters of the West Khasi Hills region came together for a trimonthly recollection at Auxilium Roilang Community, on 7 March 2026. 20 Sisters participated. The day began with a welcome speech by Sr. Patricia Nongkhlaw, the animator of Roilang. Fr. John Kharshandi, Rector of Pyndenglwar community, animated the Sisters on the topic "Forgiveness".

In his talk, Father used many quotations from the Bible and helped the Sisters appreciate the value of the virtue of forgiveness, especially in religious community life. After the session, the Sisters spent time in adoration, silent prayer and reflection as the Sacrament of Reconciliation

was made available. The recollection concluded with the celebration of the Holy Eucharist, after which the Sisters expressed their gratitude to Fr. John Kharshandi for his enriching input. In the afternoon, the Sisters prayerfully participated in the Way of the Cross in the open air, reflecting on the 14 stations. After which, they had a meeting led by Sr. Agatha Shadap and planned for the upcoming regional programme. The Sisters then shared tea, exchanged Easter greetings, and returned to their respective communities. The day ended with renewed spiritual strength to live the spirit of forgiveness in their communities.

## Inauguration of Sunday Oratory 2026

*The* inauguration of the Sunday Oratory for the year 2026 at Auxilium Roilang was held on 8 March 2026, in the presence of Mr. Sylvanus Tympuin, Rambah Balang of Block-G; Sr. Patricia Nongkhlaw, animator; the Sisters in charge of the Oratory, parents, and the oratorians.

The programme commenced with an introductory prayer led by Sr. Rishalin Warbah and followed by a reflection from Wisdom 6:17: “The beginning of wisdom is the sincerest desire for instruction...”. Various items in the form of dances, songs, and a skit were presented by the oratory children. In his address, Mr. Sylvanus Tympuin



expressed his gratitude to the Sisters for their dedication and availability in educating and guiding the children of the locality in the ways of virtue. He acknowledged that the presence of the Sisters has been a blessing, especially to the Catholic families of Block-G. Sr. Patricia also addressed the gathering and recounted to those present the beginning of the oratory of Don Bosco on 8 December 1841, with the prayer “Hail Mary,” which he taught to a young boy named Bartholomew Garelli. The programme concluded with a warm welcome to Sr. Martha Raneer through a presentation of a bouquet and a welcome song, being a new member to the oratory.

*Sr. Rishalin Warbah*

**SAIDEN**

## Bible Week Celebration

*The* celebration of the Bible Week was held from 24 to 28 February 2026, and was guided by the theme drawn from Psalm 119:105 — “*Thy word is a lamp unto my feet and a light unto my path*” — a verse that

illuminated every activity throughout the five enriching days.

The week was inaugurated on 24 February with a prayer moment led by Sr. Rosa Mystica Myllichemlong, setting the tone with a spirit of integrity, joy, and reverence for the Word of God. Five groups participated across a range of competitions, including Gospel Singing, Dancing, Fancy Dress, Declamation, Parable Presentations, and a Bible Quiz — each event carefully designed to deepen the participants' engagement with Scripture. The days leading up to Bible Week were already charged with excitement, as everyone threw

themselves wholeheartedly into their preparations.

The Gospel Singing Competition proved to be a particularly moving experience. Remarkably, all the songs performed were self-composed, with each contestant weaving the living Word of God into melody, drawing from personal journeys, trials, and an unshakeable confidence in God. The winner of this competition was Banisha Mary Warwein (Postulant), whose original composition, “*U Jisu ha Gethsemani*,” left the audience deeply moved, offering both an appreciation of her gift and a profound reflection on Christ’s hour in the Garden of Gethsemane.

The Fancy Dress, Declamation, and Bible Presentation events brought Biblical characters vividly to life — each portrayal blending entertainment with meaningful lessons and moments of quiet reflection. However, it was the Bible Quiz Competition — drawing questions from the five Pauline Letters and the Acts of the Apostles — that emerged as the highlight of the week. With participants rotating each round, everyone took their preparation seriously, making it one of the most effective and engaging ways to encounter the Word of God.

The week drew to a joyful close on 28 February, with the Gospel Dance and Gospel Declamation Competitions, alongside an exhibition of Painting Competition entries, each artwork



## Pledge-taking Ceremony

The new academic year was inaugurated on 23 February 2026 with the pledge-taking ceremony of the school captain, school vice-captain, house captains, and class captains.

The day commenced with the Holy Eucharist presided over by Fr. Kurbah Donbor, SDB. At the entrance procession led by Sr. Marvella Shangpliang the animator, Sr. Anita Dhar the headmistress, and all the captains proceeded to the altar. Each of them carried symbols representing the beginning of the new academic year and offered prayers for a successful school year. In his homily, Fr. Donbor encouraged everyone to be humble like Jesus and advised the students to give importance to their studies and responsibilities.

In the afternoon, the programme was hosted by Sr. Lucy Sangriang along with two teachers. It commenced with a prayer led by Sr. Sngewhunlang Nongtdu. After which, the students gathered in their respective positions for the march past, while the captains prepared themselves to take their pledge before the assembly. After the pledge-taking, the contingents performed their march past with great discipline and enthusiasm. The drill display by the different houses was another attraction that added colour



inspired by Scripture. Sr. Rihunlang Muthoh, the Animator, delivered the concluding message, warmly congratulating all the candidates for their enthusiasm and creativity in engaging with God's Word. She also expressed heartfelt gratitude to the Sisters, particularly the assistants, for their hidden sacrifices and dedicated service in bringing the week's programme to a grand success.

*Pynbhashisha Nongbri (Postulant)*

*"Meekness is not weakness. It is power under control." - Warren Wiersbe*

to the celebration. Speaking on the occasion, the chief guest Shri Founder Syngkon appreciated the students for their efforts and motivated them to become responsible and true leaders. Shri Wompher Kanai, the guest of honour, emphasized on the importance of school life and encouraged students to prepare themselves for their future responsibilities. Two personnel from the police department were invited as judges for the competition and the green house stole the show by bagging the first prize.

*Sr. Sngewhunlang Nongtdu*



**SUTNGA**

## **Mission Visit to Mutong Village**

**O**n 14 December 2025, Sr. Melina Kharbani, accompanied by members of the Small Christian Community (SCC/KBB), visited Mutong village — home to 13 newly converted Catholics who embraced the faith just the previous year. The purpose of the visit was to prepare the community for the Christmas Novena through catechism sessions, animated prayer services, and family prayer gatherings.

The group extends its sincere gratitude to Shri Sunshine Eric Pala, a dedicated Church leader, who generously transported the team to Mutong and other Church programmes in his own vehicle, entirely free of

charge. The community is deeply thankful to Smt. Monday Lucia Pala, who generously gifted a church bell, and to Smt. Meris Pala, who kindly helped Sr. Melina with the lamination of the Divine Mercy pictures. Gratitude is equally extended to the many other well-wishers who contributed candle stands, hymn books, rosaries, clothing, and a variety of other useful items — each gift a token of love and support for this budding mission.

May God abundantly bless the growing community of Mutong village and all those whose generosity continues to nurture this new mission.

## **International Women’s Day Celebration**

The Sisters of Mazzarello Convent, Sutnga marked International Women’s Day with a meaningful celebration held at the Holy Trinity Parish Church on 27 February 2026. The event was inspired by the theme, “Give to Gain” — a call to embrace selflessness, compassion, and generosity, with the conviction that in giving to others, one also discovers personal fulfilment and strength.

The highlight of the programme was an inspiring talk by Sr. Melina Kharbani, who captivated the gathering with heartfelt reflections on the theme. She spoke with conviction about the irreplaceable role of women in family, community, and society at large, underlining how their innate capacity to nurture, love, and support others

is a quietly powerful force in shaping a healthier and more compassionate world. Sr. Melina's address served as a timely reminder that service is not a loss but a gift that returns in kind — enriching the giver as much as the receiver, leaving all present inspired to live more generously in the service of others.

*Sr. Mary Pariah Iangjuh*

**TURA**

## **Thanksgiving and Pre-Christmas Celebration**

**O**n 5 December 2025, the Auxilium Tura community gathered for a Thanksgiving and Pre-Christmas Celebration. The day unfolded with a mix of emotions of love, laughter, and faith, where everyone wished each other Happy Christmas in advance. The evening was graced with a stage programme that featured performances by various groups of boarders and hostellers. The performances showcased the talents and friendships that reflected the joy of living together. The atmosphere



was exciting as they celebrated each other and embraced the true spirit of Christmas—Jesus Christ, the reason for the season.

The joy was vibrant as everyone enjoyed the festive vibe and created wonderful memories. The grand finale was a satisfying family meal that warmed both hearts and bellies. It was a lovely way to end the year, filled with love, gratitude, and the hope for new beginnings.

*Carlynda Ch Sangma & Anne Akimi D. Sangma*

## **International Women's Day**

**The** Auxilium community Tura celebrated International Women's Day on 8 March 2026 in the presence of the women of Upper Wadanang CMC. The event was a colourful celebration focusing on the contribution and strength of women in society. The boarders presented an amazing stage programme that highlighted women's skills and roles, as well as their importance in the lives of families and society at large. One woman expressed sincere gratitude, appreciating the Sisters and the community for organizing such a significant programme and thanking God for the gift of womanhood. Sr. Plenish Marak the animator of the community, gave a motivational speech that highlighted the various roles that women play in families



and society. She urged everyone to keep empowering and supporting one another while highlighting the various ways that women make a difference, from raising their families to leading communities. They were filled with joy and gratitude to the community for the love and recognition shown towards them.

*Vianney Jenifer M. Momin  
& Nerisha D. Sangma*

**UMSWAI**

## **Trimonthly Regional Recollection**

*The* communities under the Ri-Bhoi region gathered at Auxilium Umswai community for a regional recollection on 15 December 2025. A day marked by prayer, reflection, and fraternity, Fr. Saju Kariyil the Principal of Don Bosco Hr. Sec. School Umswai was the preacher who spoke about community living; he also administered the Sacraments of Reconciliation and the Holy Eucharist.



The day was spiritually enriched with the exposition of the Blessed Sacrament, offering a moment of deep prayer and silent adoration. The gathering continued with a small Pre-Christmas celebration. During this time, the much-awaited “Christmas Friends” were revealed, a beautiful tradition in which the Sisters had been praying for one another throughout the past month. The moment was both joyful and meaningful, making the celebration unique and memorable. The Sisters shared a joyful meal, strengthening their bonds of community and fellowship. They felt greatly enriched by this sisterly gathering. The recollection concluded with the Sisters departing for their respective communities, carrying with them renewed spiritual strength and gratitude for the day’s blessings.

*Sr. Rishailin Rongrin*

*“God cannot fill what is already full.”  
— Unknown*

# My Musing



## *Ka Mynnor sha ka Mynta*

Ha sngap ko khun samla ka ri,  
Mynnor kumno ki im ki kfii,  
Ka jaitbynriew 'bla suit la shor  
Naduh ka ktien, ka riam haduh akor.



Jutang Blei b'la sdang n'u lumsohpetbneng,  
Ba ki khun ka ri kin iai bat pateng.  
Kim tip ka shukor, ka tuh, ka thiem,  
I'u Blei ki tieng shikham mynsiem.

Ki khun samla shynrang, kynthei  
Mynnor ki im shisur bad u Blei,  
Ki sap ki phong kyrhai ki don,  
B'u Blei u la ai naduh mynnyngkong.

Akor ki ri khlem pyn sepei  
Ki iaid ki ieng tipbriew- tiplei,  
Da riam da beit ia akor ki pynbna  
Kawei ka kyrteng ki khun Meghalaya.

Pateng ka iaid jingstad pyrthei ki shlei  
B'u briew u tiew pyrshah hukum u Blei  
Jingsniew ka klang kum ding ka ishyrkhei  
Ha man la u tnum ki iing ki sem kam map ei.

Pyrthei mariang la i thamula,  
Naduh bala iaid ki rynsan social media,  
Ha iing ha sem ki shong mynathi,  
Ia jingtrei jingtah ki peit ijli.



I'u Mawnongrim 'kamai la ka hok',  
Ki tei thymmai da jingbamsap u drok,  
Ki shlur kam tuh, pyniap, nang-ang,  
Jyllei pyrthei da pap da sang.

Sharum shaneng ki bat mobile,  
Hana ba jinglong marwei ka syrpuud syrpai,  
Ki leh pahuh, ki iaid sadhai  
Ha bam ha dih khlem jingtyngkai.

Hashwa ban lip ka jingtip- blei  
To khie thiah noh shynrang kynthei  
Jingsniew b'la teh mraw la i syrtok,  
To im tip- brieve ban lait na dujok.

Ko khun samla baieid ka Ri  
Lawei ka ri ka shong ha phi  
To ieid ia u Blei bad ia ki para  
Hangne ha pyrthei ba phin man bha.

*Late Sr. Christina Kharkongor*  
*(composed four months before her death)*



*"The quality of mercy is not strained; it  
droppeth as the gentle rain from heaven."  
— Shakespeare, The Merchant of Venice*



*"Blessed are the pure in heart, for they shall see  
God — even here and now, in every face and  
every creature." — C.S. Lewis (paraphrase)*

## *Ka jinghurom ia ki kynthei*

Kop ksiar, rupa phi hap ban kit;  
Shapoh kariah khlem jingbit tngit,  
Kum phi ym don shuh ha pyrthei;  
Jingthaw ba kyrpang jong u Blei.

Na phi la pyndap ka pyrthei;  
Ryngkat u kpa 'man la I dpei,  
Jinglong kynthei to sngewsarong;  
Jinglong nylla kein ba la phrang.

Watla babun riawnsniew,  
dakaid;  
Ki ap beit kmang ban  
ioh pynjot,  
Wat nym ailad ieng  
dukhi khait;  
Raimaw raidieng na ki  
ban lait.

Jinglong kyrpang to ri kyndong;  
Ban lait kynthoh bad jah burom,  
Jingmlien basniew, rongphong pyrthei;  
Ki long jingma ia ka lawei.

Nga dwai hu Blei na ka bynta jong phi;  
Ba phin bit phin biang man la ka sngi,  
To hun lade wat ianujor  
Ha khmat U Blei, Phi long kordor.

*Sir. Roling Kharumnuid*

## *A Tribute to Women*

Trophy of silver, trophy of gold;  
Unblemished you keep and you hold,  
A rare species, none like you;  
God's special creation too.

A creator of life on earth for sure;  
With you better half the family endures,  
In your womanhood take pride;  
Purity always by your side.

Miscreants to and fro they stroll,  
To knock you down, it is  
their goal;  
Don't give a chance, but  
always fight;  
Away from them, and  
out of sight.

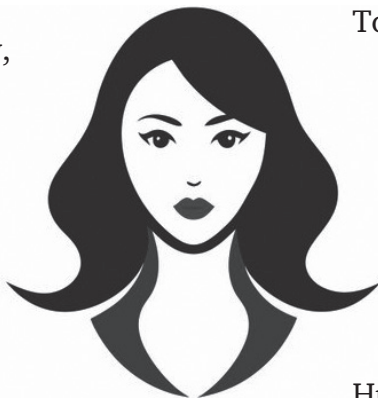
Your uniqueness always  
embrace;

Humiliation and scorn you'll  
never face,

Misconduct and dirty deed,  
Are dangers that you'll always beat.

This is my prayer to God for you;  
You'll prosper in all that you do,  
Be content and never compare  
In God's sight you're already rare.

*(Translator-Sir Richmond K)*



# MEDIA MATTERS



## Your Digital Footprints: Every Post Matters

### Positive Facts

1. **Staying Connected** – Helps you keep in touch with family, friends, and colleagues, even if they are far away.
2. **Sharing Knowledge** – You can educate others, spread awareness, and inspire people through informative or motivational posts.
3. **Building Relationships** – Enables you to connect with people who share similar interests, values, or professions.
4. **Promoting Events or Work** – Useful for advertising programmes, ministries, businesses, talents, or creative work.
5. **Encouraging Others** – Positive messages, prayers, Bible verses, and life experiences can give hope and encouragement.
6. **Learning Opportunities** – You can discover new ideas, skills, news, and educational content.
7. **Personal or Professional Growth** – Helps build your personal brand, showcase achievements, and create networking opportunities.
8. **Community Building** – Encourages collaboration and participation in social, educational, or faith-based activities.

### Negative Facts

1. **Privacy Risks** – Personal information or photos may be misused or shared without permission.
2. **Cyberbullying and Negative Comments** – People may face criticism, harassment, or online abuse.
3. **Addiction and Time Wastage** – Excessive use can reduce productivity and affect daily responsibilities.
4. **Comparison and Low Self-Esteem** – Constant comparison with others' lives can lead to dissatisfaction or anxiety.
5. **Spread of Misinformation** – False or misleading information can spread quickly if not verified.
6. **Damage to Reputation** – Inappropriate posts can affect personal relationships, education, ministry, or career.
7. **Mental Health Impact** – Overuse may contribute to stress, loneliness, fear of missing out (FOMO), or anxiety.
8. **Reduced Face-to-Face Interaction** – Excessive online communication can weaken real-life relationships.

## Use Social Media Wisely

### 1. Think Before You Post

- o Ask yourself:
  - Is it true?
  - Is it necessary?
  - Is it kind?
  - Could it hurt or offend someone?

### 2. Verify Information

- o Check facts from reliable sources before sharing news or information.
- o Avoid spreading rumours or fake news.

### 3. Protect Your Privacy

- o Do not share personal information such as your address, phone number, passwords, or financial details.
- o Be cautious about sharing your live location.

### 4. Respect Others' Privacy

- o Ask permission before posting photos or videos of other people.
- o Do not share confidential or sensitive information.

### 5. Use Respectful Language

- o Avoid offensive, insulting, or hateful comments.
- o Communicate with kindness, even when you disagree.

### 6. Consider the Consequences

- o Remember that once something is posted, it can be copied or shared, even if you delete it later.
- o Think about how your post could affect your reputation and others.

### 7. Be Careful with Photos and Videos

- o Ensure they are appropriate and respectful.
- o Avoid posting anything that could embarrass yourself or someone else.

### 8. Review Before Posting

- o Check your spelling, grammar, and the accuracy of your message.
- o Make sure the tone reflects what you intend to communicate.

### 9. Follow Platform Rules

- o Respect copyright laws and community guidelines.
- o Give credit when using someone else's work.

### 10. Maintain Balance

- o Use social media wisely without letting it interfere with your responsibilities, relationships, prayer, work, or studies.

**A Simple Reminder: THINK**

Before posting,  
remember the word **THINK**:

- T** – Is it True?
- H** – Is it Helpful?
- I** – Is it Inspiring?
- N** – Is it Necessary?
- K** – Is it Kind?



For those involved in ministry, education, or religious life, another helpful question is:  
“Does this post reflect the values of Christ and uphold the dignity of every person?”

Sources: [https://www.common sense media.org/what-we-stand-for/digital-literacy-and-citizenship?utm\\_source=chatgpt.com](https://www.common sense media.org/what-we-stand-for/digital-literacy-and-citizenship?utm_source=chatgpt.com);  
[https://www.staysafeonline.org/resources/online-safety-and-privacy?utm\\_source=chatgpt.com](https://www.staysafeonline.org/resources/online-safety-and-privacy?utm_source=chatgpt.com);  
[https://www.staysafeonline.org/resources/online-safety-and-privacy?utm\\_source=chatgpt.com](https://www.staysafeonline.org/resources/online-safety-and-privacy?utm_source=chatgpt.com).



“Mercy is the tenderness  
of God poured into  
a human heart.”  
– Mother Teresa  
(attributed)

“If we have no peace, it is because we  
have forgotten that we belong to each  
other.” – Mother Teresa



“The world promises you  
comfort, but you were  
not made for comfort.  
You were made for  
greatness.”  
– Pope Benedict XVI



“You have made us for  
yourself, O Lord, and  
our hearts are restless until  
they rest in You.”  
– St. Augustine

“Peace is not merely the absence of  
war, but the presence of justice.”  
– St. Augustine



“Nothing is so strong as  
gentleness, nothing so  
gentle as real strength.”  
– St. Francis de Sales

# *Inspirational Stories*

## *The Bag of Rice*

*A* young monk once asked his master, “How do I become wise?” The master handed him a full bag of rice and said, “Carry this to the top of the mountain.” When the monk reached the top, exhausted, the master said, “Now empty it.” The monk poured out the rice. “Wisdom,” said the master, “only enters an empty vessel. You cannot receive what you are too full to hold.”



*The Beatitude life begins when we stop clinging to our own sufficiency and open our hands to God.*

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## *The Doctor Who Stayed*

*D*uring a devastating earthquake in a poor region, rescue teams came and went. But one elderly doctor refused to leave. For three weeks, with dwindling supplies and no pay, he treated the wounded, the grieving, and the dying. When asked why he stayed, he simply said, “Because they needed someone to stay.”

*Mercy is not a feeling — it is a decision to remain when everyone else has walked away.*

## A Month of Grace – Second Novitiate FMA PCI

From 14 November to 15 December 2025, 37 young Sisters from the five Provinces of India gathered at the *FMA Outreach* Shillong for the one month of the Second Novitiate of the PCI Inter-Provincial Conference, in preparation for the Perpetual Profession. This period of intensive formation aims to delve deeply into the choice of consecration, strengthen Salesian identity, and renew the commitment to living one's vocation with fidelity, joy, and hope.

The rhythm of the days was marked by prayer, the Eucharist, adoration, silence, study, sharing, and community moments. Through conferences, group work, personal reflection, pastoral experiences, and moments of recreation, the young FMA walked together, learning, unlearning, and rediscovering the beauty of their calling.

The conferences offered enriching and educational topics such as: Evangelical Advice, Psychological and Moral Dimensions of Religious Life, Vocation and Mission, Prophetic Testimony, Interreligious and Intercultural Dialogue, Canon Law, Pastoral Ministry and Networking, Salesian Mysticism, Salesian Traditions, Communication in the Digital Age, Interpersonal and Intergenerational Relations, Marian Spirituality, Fidelity and Perseverance. Each intervention was an invitation to look within, grow in awareness, and respond more authentically to God's call.

In addition to classroom learning, the formation was enriched by significant experiences "beyond the classroom": visits to Sacred Heart Convent (Mawlai), Don

Bosco Museum, the Catholic cemeteries of Pynthorumkhrah and Laitumkhrah, Nongthymmai Provincial House, Bellefonte Novitiate, and an excursion to Sohra, including Weisawdong and Lyngksiar Falls, and Don Bosco Shrine. These moments of encounter—with history, culture, nature, and memory—strengthened the sense of belonging and gratitude in the Sisters.

The month was also marked by the sharing of vocational stories, days of retreat, confessions, adoration, community celebrations, the celebration of the Provincial community day, Christmas fraternity, moments of silence and tears, as well as laughter and joy. The young Sisters have in fact shared each other's lives in depth and, day after day, bonds have been created, hearts have been healed, and faith strengthened.

At the end of the first phase of Second Novitiate, filled with grace, the group expressed gratitude to Sr. Euginia Kyntiewlin Susngi, who coordinated the experience and whose gentle presence, meticulous planning, and maternal accompaniment guided the young women in every step and to Sr. Rosa Pyngrope, Provincial of Immaculate Heart of Mary Province (INS), for her constant encouragement, wisdom, and faith-rich guidance, who invited them to walk like "Pilgrims of Hope".

*"It was truly a wonderful time, spent together, growing deep in our calling, and discovering once again that, when hearts walk together, God works wonders,"* echoed the participants.

**Second Novitiate Sisters**



# SECOND NOVIATIE OF THE FMA PROVINCIAL CONFERENCE OF INDIA



# Promise taking of *Salesian Cooperators*



15 February 2026  
Mawkyndeng Centre



25 January 2026  
Mawlai Centre

