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The Lord is coming, always coming.

*When you have ears to hear and eyes to see, you will
recognize him at any moment of your life.*

Life is Advent; life is recognizing the coming of the Lord.

Henri Nouwen

The dream of God for our world was not to fade away, for it was not impractical or impossible of realization. Jesus keeps coming daily into our lives. He comes in the duties which we carry out, in the things that happen to us and in the people we meet. His coming will be a surprise hence the need for us to wait with minds and hearts always awake. Our waiting has to be an active one.

If we know how to look around for God, we can see Him/Her smiling and hear Him/Her speaking even in the smallest and most ordinary events in our lives.

To be fully alive we must be spiritually aware and living in the present moment with our eyes and hearts wide open to God's presence, even in unexpected and possibly unfamiliar ways.

Christmas is a time to reaffirm our faith that 'God is with us' and 'will be with us to the end of time'.



MARY D SOUZA

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As we come to the December 2020 edition of our Province Newsletter, I look back to the year that was... and one thing that stands out for all of us is the COVID 19 pandemic that we have lived through and we are still living with. The pandemic has forced us to change... we found ways to connect virtually, which we never thought possible earlier. All our meetings have gone online - AGM's, MC's, CL as well as Principals' meetings not to mention the school turning into a virtual school! Mass too went online and so did our Final Profession!



As we wait for the pandemic to be over, for a vaccine that will wipe out the virus we realise that it is in the waiting we are changing, as slowly and unknowingly as a seed that turns into a flower... a caterpillar that turns into a butterfly. As we enter into the season of Advent, a season of waiting, we reflect on the wisdom of waiting...waiting for God's time...with love, patience and openness.

On behalf of the PLT members, I wish all of you, your families and loved ones a Blessed Christmas and a New Year filled with Hope, Peace and Love.



Come September! Usually a month for fun and frolic!

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It began well for us as we awaited Our Lady's Birthday and all the usual celebration. It also coincided with the arrival of Sr. Arockia after her long stint away from Kolkata. Due to the lockdown and unavailability of flights and modes of transport, she was held up in Mumbai. However it was good to see her back on the 8th evening. Unfortunately keeping to the prevailing rules she was in quarantine for two weeks, living in solitude - not a pleasant experience for Arockia!

The weeks then moved into life with Covid 19. To begin with, all of us, inmates of Loreto Entally, kept so well since the lockdown which began in March. Life was good .We carried on with work – online classes, meetings etc. all online. One such meeting was the session with Sr. Sudha and another with Sr. Prisca C.J. Holy Mass was also online. It was an opportunity to follow Mass in Churches in Goa, Mumbai, Hyderabad, Bengaluru, Toronto and Australia. The priests next door could not come to us for Mass. They were badly treated by the Virus. To play safe, our Community was then tested for Corona Virus and thank God everyone was negative.

Later in the month, the Supervisor in the Children's Kitchen who commuted daily to work informed Sr. Tina that he was a patient of Covid. His family moved away to their relatives' home, while he phoned the Govt. Service who sent an ambulance for him and admitted him into a Nursing Home where he was treated with great care in very clean surroundings all at a minimal cost. He is back home and has resumed his duties. The domestic staff and the few children who are with us had to undergo Tests for Covid. A Matron who worked with the children and the Nurse were tested +ve. They decided to go home. Four of the children who also tested +ve were moved to the ground floor of the hospital building. The three who were negative later, fell ill with dengue. A harrowing experience for Sr. Tina till the Nurse returned. This spate of illness moved into the month of October.

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Back to the beginning, there were some good times in September.

Sr. Beatrice's birthday was an occasion for an invitation for tea to the Residence. After a sumptuous tea we moved into the Community Room for songs and games, well organised by Srs. Christopher and Alma. The evening ended with special prayers for Beatrice. It was a beautiful evening of togetherness in the spirit of the good old times!!



The next celebration was Sr.Tina's birthday. Fortunately we managed to persuade Fr. Robin Gomes to come over to celebrate Mass for our Community. That evening we invited the Sisters from the Residence for tea etc. Sr. Monica allowed us to use her Canteen for the celebration



as it was easier for the Sisters to come over, avoiding steps and staircases. The evening was also very pleasant, thanks to Geraldine, Edelin and Arockia who worked tirelessly to make of it a happy memory.

Mid October onwards, besides the Pujas, was also the season for "Welcomes"

Srs. Mann and Reshma arrived from Darjeeling to join our Community. Malti also arrived enroute to Sealdah. Unfortunately all three had to be in quarantine according to the Govt. rule. Flora later joined the band. All in all it was an unusual entry into a new Community.

We are now moving into November, still living in hope, for the end of Covid, while practising safe distancing etc. etc. Our prayer during the Holy Hour is for victims of the Virus, not forgetting Fr. Stan Swamy SJ. who is still in prison.

Karam Celebration

On 29th September, we the Ranchi Community celebrated the feast of Karam for the first time. Celebrations began with a short prayer service prepared by the Temporary Professed Sisters. During the prayer the story of Karam was narrated in gist and a center piece was decorated with sprouted maize, paddy and wheat in different pots. After the prayer we began the Karam Dance. It was wonderful. Later on the whole community joined in dancing.





Community Recollection

We had an online community recollection along with the Catholic Teachers of the School, arranged by the Principal, Sr. Gloria . The resource person was Fr. Lawrence Raja from Agra Diocese. This was very meaningful and apt for our daily life as we continue to fight with Covid-19.

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Teachers' Day Celebration

On 5th September we celebrated Teachers' Day. We the Temporary Professed Sisters welcomed our dear Teachers (Sisters) with a dance. We had a short prayer service thanking God and praying to Him for our loving sisters. This was followed by a short program which consisted of a prayer dance, a song and a famous Nagpuri Dance . We all enjoyed ourselves.



Mass in the Parish

On 11th October we went to the Parish for the Eucharist after many months since the lockdown. There was a limited number. It was nice to be back in Church once again.



Outings

On 13th September we had a surprise outing to Dhurwa dam and then to Singhpur . We had carried tea and snacks with us. We had a very good evening, though it was short. But it gave us much joy and refreshment.

On 4th October we had gone to see our land which is in Maheshpor. For some of us it was

the first time. Then we moved to Hundru waterfall. We were energetic going down the 745 steps. While coming up we were breathless and tired. We had a great time together.

Birthday Celebration

On 6th October we celebrated Sr. Punitha's birthday. The day started with Holy Mass. It was after many months that we had an offline Mass. In the evening we had a short prayer service, a cultural program followed by a delicious dinner.

What is wisdom? Who are deemed 'wise'?

**Awake O North Wind !
And come, O South Wind !**

Blow upon my garden that its fragrance may be wasted abroad... (Song of Solomon 4.13)

For wisdom is a kindly spirit... and manifests himself in those who trust him.

When his power is tested it exposes foolish men (and women too)



(Sirach 24) The Canticle for Morning Prayer, Saturday, Week 3 of the Divine Office reads:

O God of my fathers and Lord of mercy...

With you is wisdom who knows your works and was present when you made the world and understands what is pleasing in your sight.

Send her forth from the holy heavens, From the throne of your glory send her that she may be with me and toil, for she knows all things and she will guide me wisely in all my actions, and guard me with her glory.

(Wis 9 1-6ff) Wisdom is one of the gifts of the Holy Spirit which we received in the Sacrament of Confirmation along with several others - fortitude knowledge and fear of the Lord, among them. The kindly Holy Spirit with motherly concern was equipping us for life's journey with all its twists and turns and its uphill stretches and darkening valleys, its sorrows and its joys, assuring us of her unfailing, understanding presence and support.

"And the Word was made flesh and dwelt among us." (Lk 1.69) God's Wisdom found a home on earth in the Virgin womb of Mary of Nazareth. "And she brought forth her first born and laid him in a manger." And the child grew strong and God's favour was upon him. It was after his three days sojourn in the Temple at the age of 12 that the boy Jesus returned with his parents to Nazareth where he "increased in wisdom and in years" "His mother treasured all these things in her heart." (Lk 2.50-52). Mary is indeed the "Seat of Wisdom" and this wisdom sustains her all the way to Calvary and to the end of her days.

God's wisdom shines forth in the glory of the Resurrection and in the power of Pentecost – the fear, doubt and anguish of the Passion is resolved for the dejected disciples on the road to Emmaus and for us and all creation in "the breaking of the bread."



SUNILA

Celebration: The birthdays and feast days of Srs. Ponnamma, Barbara, Shanta and Malti were celebrated with Mass and with delicious meals and of course with gifts on the 8th of September.

Sr. Ponnamma's feast day being the Birthday of Our Lady the community organized a special evening prayer service followed by recreation.

Outing: We went for an outing to a place called Tungloo for Mann Veronica and Malti before they left Darjeeling for their respective communities. We were fortunate to have Rt. Rev. Bishop Stephen Lepcha who offered Mass for them in the community.



Our community members enjoy engaging in various types of activities according to their interest. Our organic vegetable garden looks interesting with various types of vegetables. The sisters are excited when they are brought to the kitchen table.

Some are busy making different types of pickles with round chillies (locally called dalley) bamboo shoots, mel fruit etc. We try to make Jaggery balls (Lal phathar) with nuts and til. Homemade marmalade is a favourite now, since oranges are available these days.

The weather is very pleasant here so some of our sisters go out for morning and evening walks to enjoy the Darjeeling cool air and the beauty of the green hills and snowcapped mountains.

“As the soul comes to know herself, she also knows God better; for she sees how good God has been to her.” This saying of St. Catherine of Siena, one of the Doctors of the Church and the Patron Saint of Italy (Rome), sum up my experience of the Formators’ Course in Rome. This course was my own personal journey into my inner-self, of knowing myself better and striving towards becoming a better person.



I can somehow compare my course with the experience of knowing and coming in touch with the Fig Tree. When I reached Rome, these trees were bare like a dead twig. It looked as though there was no life possible. But slowly to my amazement the small buds began to appear on every branch of the tree. It was a miracle for me, yet it was the reality. I was looking forward for the tender leaves to appear but to my surprise there were flowers opening up slowly. They bloomed within no time and the trees and they were tender and very pretty. The place looked fascinating. Then the flowers began falling and the very tender leaves began to appear on the trees and then the fruit, which were very sweet and tasty. The lifeless trees which I had seen before were now covered with life - leaves and fruit.



Similarly, when I reached Rome, I was clueless of the course and of the Pandemic (Covid19). But with time my experience of the Course and the Pandemic resonated with my experience of the Fig Tree. By meeting 44 participants from different countries, belonging to different Religious Orders and with varieties of cultures, languages, structures and colours, made me open my eyes and appreciate the beauty of each individual. The course helped me to melt down my prejudices and respect and accept each one. I was able to see the oneness and experience that oneness with the whole universe.

I had a deeper understanding of connectedness to the world around me as the Pope describes in his recent Encyclical “Fratelli Tutti” that we are all brothers and sisters, the children of God. There are many other experiences that I had including Mary Ward’s Journey in Rome which has made me a different person. My greatest blessing was to be able to touch and see her Painted Life and her own handwriting in her letters when we visited Germany. This is only an overview of what I experienced. I am ever thankful to God for this experience.



**INITHA**

Since April our three tuition centers, play school, hostel and tailoring classes continue to remain closed. But our social work has not stopped .Our field workers did not come to work for two and a half months.

From 16th June they started working. Till that time Sisters Anupa Toppo and P. Initha managed all the work together. We had meetings and visited the villages. We gave packed rations to people. On the 20th October our class eleven and twelve girls returned to do their final exams.

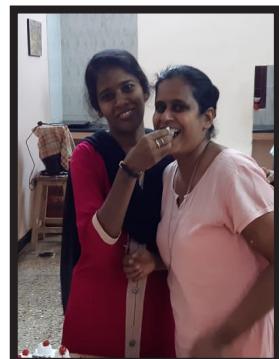


Sr. Anupa was transferred on the 25th September from Dharan after working for three years. We thank her for all her services to Nepal and our mission in Dharan. We wish her all the best for her studies. Sr. Ganga Bardewa has joined the mission.

Dharan is exposed to multiple hazards such as landslides, fires, lightning and hailstorms every year. This year Covid-19 also affected people emotionally and financially like the rest of the world. Adding to their misery in October due to the construction of a tower on the hill more than twenty families of our Self Help Group mothers lost their homes. With the help of our municipality and other NGOs we have managed give them temporary shelter and food.

**POWLINE**

Ce�eration of Vimala's birthday. The priests living close by were invited for dinner.



We participated in a prayer service for Justice for Fr.Stan Swamy on 20th October.

Teachers' Day celebrations at St. Norbert's R.C. Nursery and Primary school. We had prepared a short prayer service followed by games and snacks. The teachers were very happy.

**TRICHY COMMUNITY**

**VALERIA**

Birthday Celebration

The month began with Sr. Leena's birthday celebration. We had a beautiful Mass followed by the cutting of the cake. Since Sr. Leena likes the company of children we had invited our neighbouring children to join in the celebration and all of us had a wonderful day.



Spiritual Journey

During these past months our community received many graces and blessings because we had a day of recollection and one day retreat along with the teachers and Friends of Mary Ward. We felt renewed and our faith has been nurtured. In Lolay we have been blessed with daily Mass including Sunday.

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Visitors

Despite the lockdown we had many visitors. Rev. Fr. Paul S.J. along with Mrs. Binita from Hayden Hall, Darjeeling, Srs. Sunila Toppo and Ponnamma came for a meeting. Fr. Laban came to meet us too. Srs. Sunila and A. Anitha had a meeting with us to assess the needs of the convent. It gave us such joy.



House visits After the lockdown was opened the community went for house visiting .The houses of our parishioners were blessed.

Funeral

It was tragic that a young boy named Gregory died due to sickness. He was just 17 years old. We went for the funeral Mass. In Lolay many people died but not due to Covid-19 but from different other sicknesses. We feel blessed and grateful to God that he is taking care of us.

Farewell

We had two farewell programs. We went to Sadam for Sr. Binista's farewell. We felt like one family. In Lolay we bade farewell to Sr. Biviyana. Mass was followed by a short programme and lunch. Since there was lockdown very few children came. The teachers, Friends of Mary Ward and her family members participated along with the Sisters. We thanked God for the gift of Sr. Biviyana and for her selfless service to the Lolay mission. We also prayed for Sharon who is going to join us as a Loreto candidate.



As people came to know that Biviyana is going they wanted to show their gratitude to her so we were invited by our teachers to their homes. Sirs Daniel and Rajan took us to the riverside for a small family picnic. We had a great time.

Embedded in the Loreto school crest are the words “Cruci Dum Spiro Fido”, very familiar to all those associated with Loreto schools across the globe. The Latin words mean, ‘In the Cross, while I breathe, I trust.’ The crest is believed to have been developed by Mother Teresa Ball as an expression of her spirituality. I have no doubt in my mind that it was our founder Mary Ward’s spirituality too, for one cannot be wholly God’s without faith that says I trust in my Maker with every breath that I breathe. Life without breath is impossible. This cannot be more evident in our pandemic ridden world where people are gasping for breath, striving hard to hold on to dear life. Breath is also a connection between the physical and the non-physical.



The scriptures greatly emphasize the importance of breath. In the book of Genesis we read God breathed His breath into man and he lived. In Ezekiel the breath of God entered the lifeless bodies and there stood up a mighty army. The connection between the body and breath is deep. The expression '**while I breathe I trust**' means a trust that is complete and constant irrespective of the circumstances. Mary Ward wholly and completely belonged to her Creator. She had her share of problems and difficulties, but every challenge was faced head on. So strong was her faith that nothing, absolutely nothing, could deter her from doing God's will. Her faith was very evident from her early days and continued right up to her last breath. No matter what the circumstance she was never divested of hope.

Even though she never saw the fruit of her labour yet she trusted enough to see the fruits through the eyes of faith. It was a faith that enabled her to weather the storms of her life courageously, be it persecution, imprisonment or suppression of her Institute, nothing could jeopardise her life of faith. She was ever willing to go to any extent to do good and seek the Truth with all her might. What she did in her lifetime seems almost heroic but she was an ordinary woman with an extraordinary love for God and His people.

What stands out about this incomparable woman is that she never let herself be conformed to the beliefs and traditions of her time. Non-conformity comes with its own set of risks. Not only did she risk her name, reputation and her life by not submitting to societal pressure but had the audacity to challenge them. This kind of courage is possible only with someone who breathes trust, who is so rooted in faith that no amount of storm, torrential rain or sweltering sun could uproot her from the faith she was rooted in. Her vision of the Just Soul didn't just remain a beautiful vision for reminiscing but she lived it daily.

That brings us to the question, what makes me compromise and conform to the ways of the world? What are the fears I harbour that deter me from swimming against the tide? The Bible says we are in the world but not of the world. (John 15:19). Often we get trapped and do all things possible to fit in because to stand up for something and stand out in the crowd is a risky affair. Are we not as Mary Ward women and followers of Christ called to be different? Was that not the motivating force behind our very call as a Christian to be Christ-like?

The door to endless possibilities is open to us as long as we breathe, so can we make this beautiful prayer an expression of our own spirituality as we say with Mary Ward and Teresa Ball, who once said '**while I breathe I trust.**'



On the 11th September the support staff offered the Eucharist for Sr. Mary for her birthday. It was celebrated by Fr. Arcaedius SDB. It was a beautiful experience with all the support staff participating in the liturgy.

On 15th September we

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celebrated Sr. Mary's birthday in the community with Mass and by cutting the birthday cake in the morning and at 12:00 noon all the support staff once again joined us for refreshments.



Sr. Anupa arrived in Shillong on the 29th September and started her quarantine in the campus until the end of October. On the 30th September was her birthday. Since she was in quarantine the community celebrated by having a video conference with her, wherein we cut her cake and sang for her and greeted her there by cheering her up. After which we all relished the cake.



On 12th October Sr. Balika left the community at 7:00am for her new mission in Kolkata, Elliot Road after her home holiday and Sr. Reshma departed for her new mission at Loreto Entally on 14th October.



On 15th October Sr. Michalina returned from Delhi after having renewed her passport. However, she followed the protocol by being in quarantine for 14 days in our hostel before joining the community.

On 16th October Sr. Mary was also in quarantine for 10 days since she had accompanied Sr. Anupa for her Covid-19 test. Finally we welcomed Sr. Anupa to the Community after her quarantine.

On 21st November Srs. Euphemia and Mary visited Wahrinong village at the request of the Christian Brothers who have a school there. The sisters took four boxes of clothes to them since the people are very poor. They were warmly welcomed by the Brothers and the families whom they visited. It was a very enriching day. The sisters took cooked lunch for the Brothers and themselves. The brothers rarely get visitors in this distant village and so they were really appreciative of our visit.



On 26th November was the Feast of John Berchmans who is the patron of the Temporary Professed sisters. We celebrated with a Mass, a greeting song sung by our senior sisters, beautiful gifts and a fantastic board they had made. We had delicious meals and home-made juice .It was a wonderful day.

On 28th November was Rosita's birthday. We celebrated by her cutting the birthday cake and sang a greeting song for her. The four young sisters Anupa, Miri, Rosita and Michalina went for a picnic to celebrate Juniors' day. We went to see the Mawsmai cave and Nohkaklikai fall in Sohra. It was an amazing experience and we really enjoyed ourselves.



Deeply in love with God

My eight days' retreat was wonderful
 Which helped me to look into myself.
 And being only with God
 The eight days was very precious for me.

The eight days helped me to find God
 Within myself, within people, and within na-
 ture.

Seeing God's presence wherever I go.
 Every moment His life in me flows.
 In time of sorrow, He gave me hope.
 The day I was sad, He gave me joy.
 When I cry, He makes me happy.
 He gives me happiness, I'm very grateful.
 During the retreat I came closer to God,
 I came to know Him more deeply.
 Being in silence listening to Him,
 While contemplating fully on God.
 All the experiences were very
 special

That God had enriched me with His love.
 And allowing myself to be loved
 Which love no where I can find.
 The love of Christ was so deep
 Am healed from all past experience
 Especially that which hurt my heart
 Jesus had healed me fully.
 Also I realize I am very precious
 In front of God who saved me
 From the major accidents.
 I was secure in the hands of God.
 You are very precious to me.
 As I am precious to you
 Thank you for calling me to follow you

And I am able to say,

'Yes Lord, I am ready'.

Genevive Nongtdu



Journeying with Him

I experienced the day was so beautiful
 The hour of prayer was so meaningful.

I sat down hoping that I may listen to Him
 To feel Him, thank Him and love Him.
 I heard Him speaking through the
 Gospel of Mathew-

'Come to me all who labour for I am always with you.'

I tried to search for Him in the burning bush,
 But I realized that He lives within me.
 I tried to feel Him in the breeze,
 But He was always around me.

I was wondering how He could love so deeply,
 How would I come to know?
 But He gave a lovely verse
 He knows me and He will know.

He knit me in my mother's womb
 He knows me through and through
 He gave me life, saved me from doom
 His love is always true.
 Journeying together with Him in His passion
 Each time I looked at Him I was filled with
 compassion
 His resurrection made me realize

Once again the love and joy in my life.
 He gave me new hope and a new life
 With colourful feathers to fly high.

The love, peace and joy that I have received,
 may I continue to share as
 our Lord always did.

Teresa Rai



Unconditional love of God

It was my first experience of an 8 days retreat and it was very special. At first I was nervous, but I surrendered myself into God's loving hand. I am grateful for this opportunity to spend time with God and myself sharing, talking and praying.

During the prayer I felt God's unconditional love deep in the silence of my being. My heart was pumping with joy and happiness. I wanted to share that joy and happiness with others. When I shared with father I was so happy. I felt like flying in the sky like an eagle.



I wanted to preserve this moment within my heart. I also felt His love in nature while I was walking around admiring the beauty of nature. The glittering sun reflected in the pond like showering graces from God, playing squirrels and the flying birds in the sky. I felt everywhere His unconditional love. I also felt that I am precious; as Jesus said in the Bible. I also received the grace of forgiveness, reconciliation, courage, openness and hope.

Being with Jesus and contemplating His life I came to love Him more deeply. I thank God for being with me in my life from childhood till now and for all the blessings that I have received from Him.

Nuspa Rai

My Experience of God's Love

My 8 days retreat was wonderful. I found deep silence in my heart and the presence of God within me. For the first time I had experienced a retreat of this kind.



During my retreat I found myself at Jesus' feet .As the days were passing, I felt I was coming closer to God .I found peace within my heart and more connected with nature too. As soon as I had closed my eyes I felt everything was moving and took its place. At meditation time, whatever passage I was meditating upon, I felt everything was happening in front of my eyes...I could hear the voice and feel everything. I heard Jesus calling me by my name. It was a special time to go back to my childhood and thank God for everything. I was excited to see my past life. All the gospel passages had helped me to go deeper into my silence and to contemplate.

I have experienced forgiveness, mercy, peace, and hope in God. The meditation readings that had inspired me very much were the call of Jeremiah and Mary's call and her response, where I found I have offered my heart on the altar. During the passion I felt Jesus bathed me with His blood and filled me with His love. His resurrection gave me hope in Him for the new life which I have received.

Janifa Kerketta



Srs Soria & Priyanka Dung Dung



Santa went to Court
Judge - Order! Order!
Santa - 1 pizza, 2 dosas, 3 idlis and 8 cold drinks!
Judge- Shut up!
Santa- No No.....? Up.

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A man goes to his doctor and says,
"Please help me doctor.
I think my eyesight is really worsen-ing".
The doctor asks the man to come
and look out of the window.
"Tell me what you see there", says the doctor.
"I see the sun", answers the man.
The doctor turns to him and asks,
"Sweet Jesus, how much further do
you want to see?".



Teacher: Which is the
oldest animal in world?
Sardar: ZEBRA
Teacher: Why do you say that?
Sardar: Bcoz it is Black and White

Friend: I got a brand new Ford IKON
for my wife!
Sardar: Wow!!! That's an unbelievable
exchange offer!!!

Judge: Don't U have shame? It is the 3rd time
you are coming to court.
Sardar to judge: You are coming daily, don't
you have shame?



Sardar: How much is my mobile bill?
Call centre girl: Sir, just dial 123 to know the current
bill status
Sardar: Stupid, not CURRENT BILL my MOBILE
BILL.

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Celebration of Mother Mary's Birthday

On 8th of September we celebrated the Nativity of the Blessed Virgin Mary with a Rosary procession followed by a short cultural programme. We were happy to have the company of the CJ sisters from Sikkim.



Community Outings

Coming together is the beginning of unity, Keeping together is the progress of happiness, Working together is success to bring glory to God.

On 17th September & 4th October we as a community visited Panighatta and Darjeeling communities.

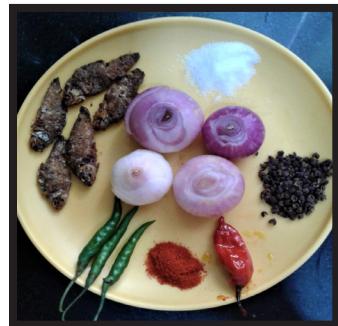


Welcome and Farewell

In the month of September we welcomed a new member Sr. Shakuntala Kujur into our community as the sister in charge and bade farewell to Sr. Flora Anthony and Sr. Sanjyoti Kerketta. We wished them all the very best for their new missions.

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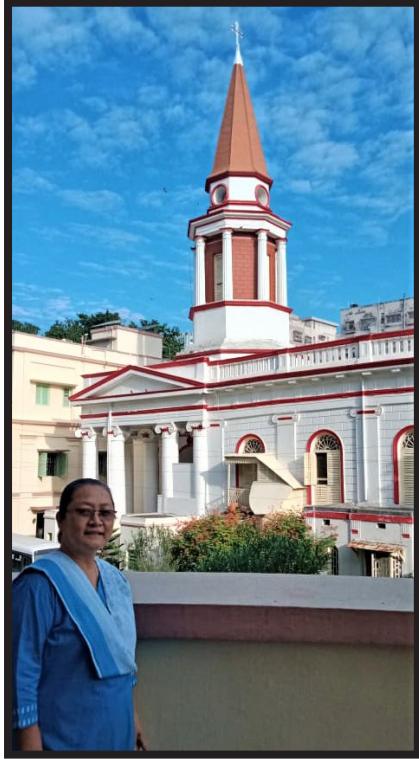
TUNGTAB CHUTNEY

Khasi's delicacy and appetizer...

INGREDIENTS

- 1. 4 onions (piat)**
- 2. 5 roasted fermented dry fish (tungtab)**
- 3. 1 tsp. Sichuan pepper (Jaiur)**
- 4. Chillies (sohmynken) as per your capacity**
- 5. Salt (mluh) as per your taste.**

*Grind and serve in a required quantity.*



The Unexamined Life is not worth living-
Socrates
One of the most important aspects of
Ignatian Spirituality

Ignatius of Loyola considered the examination of conscience as the single most important spiritual exercise.

The Examen is a prayer exercise used at least once a day which is the integral part of the Spiritual Exercises. It has become a prayerful reflection of self-awareness in order to identify God's presence. Self-awareness is the key prayer practice of the Exercises and an important tool in becoming a discerning person. The Examen is an attitude of gratitude which is the foundation of our relationship with God.

Practicing the daily examen helps one find God in each and every moment. It is a way to pause in one's busy lives and seek God's presence. We look at the day, try to discern what is good, and seek to correct that which is not. We look back on the events of the day in the company of the Holy Spirit.

The Examen is a daily, prayerful exercise in discernment, helping us to respond to God's invitation to love in all one's daily activities. It helps one to find God in all things. Examen helps one to perceive the impulses that underlie our actions/reactions/responses.

Ignatius of Loyola saw the Examen as a way to develop a reflective habit of mind that is constantly attuned to God's presence and responsive to God leading us through life.

A When Examen is related to discernment, it becomes Examen of Consciousness rather than of our conscience. In discernment the prime concern is not with the morality of good or bad actions; rather the concern is with the way God is affecting and moving us to deepen in our own affective consciousness.

G I personally found that practicing sincerely the daily Examen has helped me to remain attuned in my Spiritual life and has assisted me to maintain my interpersonal relationships with my neighbours.

*Being Spiritual does not mean being positive
but*

Being Spiritual means being Conscious and Aware.



Our God has been extremely good to us on our journey of life. The pandemic has been continuing and we have learnt to adjust to our new normal way of living. We experience Him daily in our midst through different activities in a personal or collective way. Each day He keeps making us hope and trust in Him though we are at times unaware. He continuously gives us courage to face every challenge which comes our way.

ABLIN & ANET

Community Activities

If you were all alone in the universe with no one to talk to, no one with whom to share the beauty of the stars, to laugh with, to touch, what would be your purpose in life? It is love which gives life meaning. This is harmony. We must discover the joy of each other, the joy of challenge, and the joy of growth. - **Mitsugi Saotome**

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Community Recreation

We celebrated Sr. Marion Vase's birthday in the Provincialate. It was not like other celebrations. The Loreto House community and Provincial team merged the recreation and birthday celebration. We started with a beautiful prayer service prepared by Srs. Sabrina, Anjuman and A.Nirmala. This was followed by sharing of how Marion had touched our lives. It was indeed a fruitful way of expressing our gratitude and love. She has been a great person known and loved by many people, especially her students for her kindness and constant support.



Here in Loreto House she is so thoughtful and encouraging towards our sisters, especially the student sisters. We enjoy her company. It is a joy having her in our community. One of the best things admired by all is that she always takes part in all community activities which is very inspiring for the youngsters.

We had two C.J. sisters Vandana and Alka for two years for their B.Ed course at Loreto College. It was a joy having them in our community; as they shared their joys and sorrows with us as one community.

Sr. Vandana was very helpful in her own unobtrusive, quiet way. Sr. Alka was very talented in music and she joyfully used her talent whenever she could. We bade farewell to them on 10th October 2020 with a short prayer service and sharing. The priests who come to celebrate the daily Eucharist joined us for dinner.



Outing of our two C.J sisters before they departed to their Delhi province.

We visited Dhyan Ashram (the Jesuits' place) and Mukulika (our candidate house). The sisters and candidates from Mukulika gracefully welcomed us and offered us a delicious meal. We had a fruitful time and then proceeded to Abhilasha (Novitiate) where we had a good interaction with our sisters and novices.



"Gratitude is the fairest blossom which springs from the soul".

It has been a wonderful experience for me to be in Loreto House during the two years of my B.Ed. What I cherish the most is the togetherness that I experienced while being a member of the community. The sisters in the community were very supportive. Had I not been a part of the community, I would have found it very difficult to pursue the B.Ed. course. The support and encouragement of the sisters helped me face the challenges during the two years. I was happy to be engaged in the community activities which kept me alert. I am really grateful to Sr. Agnes and all the sisters for making me part of their community. I enjoyed being with them all. The generosity of Sr. Sabrina and the province cannot be forgotten, I remain truly grateful. I also thank Sr. Christine for trusting and encouraging me. The senior sisters in 52-C, are fondly remembered. The memories of Loreto House will remain in my heart. - **Vandana CJ**



"I have a lot to be thankful for. I am healthy, happy and I am loved."
—**Reba McEntire**

When I sit to pen my experience of living in Loreto House, it gives me immense joy to recall those beautiful memories which got added to my life. I have enjoyed every bit of my time in Loreto House and I have learnt to live in freedom with responsibility. The love and care given by the sisters are close to my heart and I can never forget them. Loreto House embraced us as we are and made us part of their own life. I never felt like an outsider, everything seemed so homely. I felt so involved in everything and owned the sisters and community as my own. It could happen because sisters made us feel very comfortable. I am so happy to have got this opportunity to study in Loreto College. I have learned a lot. I remain ever grateful to Srs. Agnes, Christine and the Loreto House community for giving me such beautiful experiences of head and heart. I'm so glad to have you all in my life and cherish the time spent with you all. I said this when I was with you... and today too I must say that these two years were the best years of my life. I just feel so very grateful. I really mean it. I would like to stop by saying a big thank you to all of you dear sisters for coming into my life and making me the person I'm today. I will miss you all. - **Alka CJ**



All Souls Day

Like every year Sr. Agnes and some sisters went to pay homage to our dear departed sisters who have gone to their heavenly abode. We had a special prayer service and a rosary procession from our Grotto to Delphine Hart's Memorial.



Annual Retreat

God was so good to provide a guide for the retreat during this pandemic. Fr. Jerome was gracious enough to direct Srs. Marion, Molly, Phyllis and Matilda for their annual retreat. Father was readily available every evening for the talk. It was a blissful time for all of us as we could experience the refreshing love of God in our life. The Community happily accompanied the Sisters in their prayer during the time of the retreat.



Letter from the Loreto South Asia Province Archive, 1 December 2020

Dear Sisters and all in the Loreto family,

This is the first of what I hope will be quarterly communications from the Archive, being brought to you within the pages of the Province Newsletter “Reaching Out”. The Archive is a record of your lives and your work, and of those who went before you and those who will come after. It is therefore probably apt that there be an attempt on my part to “bring the archive to you” and claim a small, even very small, fraction of your time and attention.

In today's letter, I shall attempt to open a tiny window on the start of my journey with the Loreto South Asia Province Archive. It is my hope that every letter or every article will be different in tenor and substance bringing you news of our activities, presenting interesting stories, facts and information drawn from our collection, and informing you of new acquisitions and developments, all with the aim of drawing you into our world.

At the outset I would like to briefly introduce myself. Some of you will know that I took over as Archivist in February this year. While I am not an archivist by training I am a researcher, and hence have an understanding of the functioning of archives. I am also a Loreto girl, having spent 12 years in Loreto House! Thus, the opportunity to take on this task of making the Archive ready for future needs came to me as an unimagined privilege, and I am honoured to be entrusted with this precious mission.

The Archive, as I saw it when I stepped in, was a collection of some amazing documents and records collected over the years first by Sr. Irene, and then her successors Sr. Mary D'Souza and Maureen King, and more recently Amlan Banerjee. There were also scores of electronic files, the new age mode of storing data, not visible to the eye and deceptive in volume. Researcher access to the Archive and its collection had been primarily in person and dependent on the personal knowledge of the Archivist in charge.

Now the time had come for the canvas of the Archive to expand. Increasing researcher enquiries from overseas, the need for an expanded acquisition procedure and schedule as mandated by the Institute, and the concerns surrounding appropriate storage and retrieval systems for electronic records, all suggested that it was time for the Archive to shift gear. I was able to recognise the need for a change in direction, and was more than fortunate to secure the support of Sr. Sabrina and the Province Leadership Team for the proposed plan of action.

It is another matter that within two months of my stepping in, Covid arrived at our doorstep, and I was forced to re-evaluate my strategy. But, paradoxically, the enforced “house arrest” had a positive outcome. Considerable progress was made on sorting the electronic data, the first draft of an acquisition strategy was prepared and shared with the Province Leadership Team, and I began work on identifying a cataloguing software. I would be remiss if I were to not mention the unstinting support received from Aine Mc Hugh, Institute Archivist, and Robin Scott, Archivist for the Australian Province, helping me and guiding me every step of the way. In the coming days, it is hoped, the ground work of the last few months will begin to translate into action, ensuring that the Archive repository becomes truly representative of your lives and your mission, while at the same time making our collection more accessible to the outside world.

Before I end this letter, I would like to make mention of Edwina Nayak's invaluable support. Edwina, whom many of you know, is my very able and willing assistant at the Archive. We are very fortunate to have her, and I cannot begin to describe how much easier it has made my task having her by my side.

Season's greetings and best wishes for a safe Christmas, and a better 2021, to all of you from Edwina and myself,

Nilina

Dr. Nilina Deb Lal
Loreto South Asia Province Archivist
Contact: loretosa.archive@gmail.com



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Loreto Bowbazar community is the main community with two extended communities that is Loreto Sealdah and Loreto Dharamtala. We are 6 members in the community and each sister takes it in turn to be the animator. It's a community with much openness and we learn to take responsibility and make decisions. We come together for many occasions and share our joys and challenges. By sharing we experience life and energy which keeps us moving.

Welcoming of the new members

It was lovely to have many new members in Loreto Bowbazar Community. After the transfers all have been eagerly waiting to reach their destinations but because of the pandemic things did not work out at the right time. Srs. Ranjita and Priyanka joined the community in the month of June. In September Sr. Baishakhi and Anita Nayak joined us. Sister Malti joined the community in October.



Events and celebrations

Three sisters Ranjita, Anita Nayak and Malti were welcomed by the Rainbow children as they were in charge of our Rainbow Homes. The work in the Rainbow is challenging yet life-giving.



On 2nd of October the community gathered to thank Srs. Mable and Ganga as they were going for their new missions. We had a lovely sharing during our evening prayer. It was a time of knowing each other and at the same time appreciating who we are as individuals.

On 26th October we had a double celebration. It was the birthdays of Srs. Aruna and Isilda and on the other hand we had to say good bye and thank you to Sr. Banisha who helped the sisters in the Rainbow Home.



On 2nd of November the community went to pray and light candles for our dear sisters who went before us. It was a time for prayer and remembrance of the sisters who had given their lives for this mission.

On 5th of November we had a farewell for Sr. Anita Lakra and Sr. Isilda. We had a lovely prayer service followed by dinner. It was a time to thank God for all their hard work in the Rainbow Homes and in our community.

Sr. Ranjita's birthday was another reason to come and celebrate the gift of life, on 13th November we had a beautiful day and thanked the Lord for the gift of life.

On 14th of November we had Children's Day and the Diwali celebrations. The sisters joined the Rainbows for these two occasions. Our presence brought great joy to the children. We too experienced joy and laughter being with the children. A special lunch was prepared for the children.

The sisters along with the Rainbow staff had a Children's Day program. For Diwali we a short prayer service and a cultural program by the Rainbows followed by lighting of the diyas around the campus.



Recollection

On 15th of November 2020 the community had an online recollection day given by Fr. Aurel Brys. Since the community is spread out in three different houses, Dharamtala, Seal-dah and Bowbazar the only possibility was to have the recollection online. It was a blessing for all of us to get in touch with ourselves and how we are in our community and in our ministry. We were all looking forward



for this day and it was really very meaningful to each one of us. We were very touched by Father's reflection. He said that the community is the source of religious life. We come together as fragile women journeying towards our Goal - learning and sharing our challenges and reflecting along the way. We would end by what Fr. Arupe said that when the community is sound our whole religious life is sound.



BABINA

The felt experience of Elizabeth

We got an opportunity to feel the experience of Elizabeth when visitors graced us with their presence. We could share our lives with them .We got a chance to be hospitable as Mary Ward always believed in being caring and loving to whoever we encounter in our day-to-day life. We had Sr. Bernadette Lepcha including Sisters Dipika Mrong and Michalina Murmu with us. It was a delight having them in our midst.

Farewell

We, the community bade farewell to Sr. Antoinette and Sr. Matilda thanking them with a prayer service and some entertainment. We were blessed to have them with us.



Ms. Jessica

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The Principals' Meet was scheduled between 25th – 28th November 2020 on the virtual platform. Each day began with a meaningful prayer service in order to invoke God's blessings.

The first two days were devoted to sessions on 'Self Care' conducted by ISABS- Mrs Ashu Essar Kumud and Mrs. Manisha J. These sessions focused on self awareness and analysis of how much time each one of us spends on ourselves.

Various activities were designed in which we were able to express our emotions. We were made to realize the importance of being sensitive to ourselves by including ourselves in our empathy circle. Important areas were visited like stress, its types and how to deal with it, how to be resilient etc. The session concluded with every participant writing a love letter to herself committing to take care of herself.

On 27th November

Our Province Leader, South Asia Sister Sabrina Edwards gave her Welcome address in which she shared about the new participatory leadership model. Sister very beautifully brought out the challenges that the pandemic has forced on each one of us. The challenge to recreate and co create in order to make our educational institutions ready to changing times. She concluded with a quote of Charles Darwin,"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change." We need to be open to change as change is the only constant.

The Financial matters were conducted by Sr Anjuman and Sr Jeba. The session was moderated by Sr Flora Anthony.

Mary Ward School Compass- Way Forward- session conducted by Mrs K Dutt and Mrs S Lahiri. The sharing was based on a conference attended in South Africa in 2017 and has relevance to every Loreto school. The Mary Ward Compass was explained as being a whole instrument with eight points or parts which guide us. For Mary Ward schools this is a beautiful symbol to use while we are journeying ahead, especially now in these very difficult times. All participants were divided into groups to discuss the relevance of each point in relation to the four given questions –

1. What do you consider to be of abiding value, in the Loreto Education system?
2. How do you hope to strengthen the given direction and its markers?
3. How by 2025, do you expect to take this direction further, in order to make it relevant to the times?
4. What challenges would you face in the implementation of the Mary Ward Schools' Compass in your institutions?

The insightful sharing that followed was very enriching and forward looking and brought out the true meaning of the compass.

The Internal matters- session was moderated by Sr Monica Rozario.

The Meet concluded with a group activity in which a symbol was selected and shared with all participants.

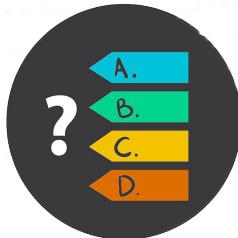
The virtual platform was used very effectively to strengthen bonds and gain a greater understanding of the Loreto way of education. We move forward with the idea shared by Sr Gemma, "We do not have a mission, We are the mission."





1. Look at this series: 53, 53, 40, 40, 27, 27, ...
What number should come next?

- A. 12
- B. 14
- C. 27
- D. 53



2. An Informal Gathering occurs when a group of people get together in a casual, relaxed manner. Which situation below is the best example of an Informal Gathering?

- A. The book club meets on the first Thursday evening of every month.
- B. After finding out about his promotion, Jeremy and a few coworkers decide to go out for a quick drink after work.
- C. Mary sends out 25 invitations for the bridal shower she is giving for her sister.
- D. Whenever she eats at the Mexican restaurant, Clara seems to run into Peter.

3. In the question below, there is a sentence of which some parts have been jumbled up.

Rearrange these parts which are labelled P, Q, R and S to produce the correct sentence. Choose the proper sequence. When he...

P: did not know

Q: he was nervous and

R: heard the hue and cry at midnight

S: what to do

The Proper sequence should be

- A. RQPS
- B. QSPR
- C. SQPR
- D. PQRS



Please send your answers to southanewsletter@gmail.com
Inbox the correct answer and win an exciting prize





BIRTHDAYS AND FEAST DAYS

DECEMBER

BIRTHDAYS

Sr. Edelin Pompa Kujur
Sr. Edline Toppo
Sr. Priyanka Dungdung
Sr. Jiwanti Tete
Sr. Rina Ekka
Sr. Anjuman Gidh
Sr. Stephanie Rodrigues
Sr. Benedicta Gomes

1st
1st
12th
13th
19th
21th
26th
26th

FEAST DAYS

Sr. Phyllis Morris 8th
Sr. Tina Farias 29th

JANUARY

BIRTHDAYS

Sr. Jency. V
Sr. Agnes Bhutia
Sr. Banisha Sokhlet
Sr. Molly Francis
Sr. Michalina Murmu
Sr. Alma Toppo
Sr. Phyllis Morris
Sr. Preety Pratima Minj
Sr. Yvonne Gomes
Sr. Rani Regina Hembram
Sr. Maeve Hughes
Sr. Miri Phawa
Sr. Sunila Toppo
Sr. Monica Suchiang
Sr. Anita Nayak
Sr. Sangeeta Surin
Sr. Helen Borneo
Sr. Shalini Rozario
Sr. Priyanka Topno
Sr. Ganga Jyoti Bardewa

2nd
5th
8th
9th
9th
11th
12th
12th
14th
15th
15th
15th
19th
23rd
23rd
23rd
25th
26th
27th
28th

FEAST DAYS

Sr. Agnes Bhutia 21st



This Christmas be a Santa Claus to at least one person...

FEBRUARY

BIRTHDAYS

Sr. Leena Lakra 5th
Sr. Carmella Coelho 11th
Sr. Mariam Ekka 16th
Sr. Maria Bastian 19th
Sr. Igora Pinto 22nd
Sr. Maxima Toppo 26th
Sr. Josephine Burh 28th
Sr. Swati Lakra 28th
Sr. Manjula Lomga 28th
Sr. Dipika Mrong 28th