



HATIGAON TIDINGS

MSMHC GENERALATE - LITTLE FLOWER CONVENT, HATIGAON



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Journey of Grace



Golden and Silver Jubilee

The whole month of August served as an oasis of grace to the Golden and Silver Jubilarians as they journeyed on pilgrimage and spent days in prayers, reflections and attended enriching spiritual programmes.

The journey of a month long programme began for the Silver Jubilarians on 03 August as they boarded the train from Guwahati to Chennai on pilgrimage with exalting minds and spirit. Accompanied by Sr. Christine Mynsong, the Assistant General, the group visited and prayed at the Shrine of Our Lady of Good Health Vailankanni, the tomb of St.



Thomas the Apostle and many other holy sites and shrines. The to and fro journey by train provided ample time for the Jubilarians to reconnect with one another and share God experience for the past 25 years of their religious life. Sr. Bernadeth Kropi, one of the Silver Jubilarians exclaimed, "Recalling the good and sharing of the past experiences filled me with gratitude and inspired me to go ahead with greater desire to do good. I felt that I have not given enough and I would love to dedicate more of myself in love and service for the years to come." (Continued pg 3...)





FROM THE SUPERIOR GENERAL

Joy: a sign of holiness

*Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem!
Behold your king comes to you; triumphant and victorious is He.” (Zech.9: 9)*

One of the signs of holiness in today’s world as presented by Pope Francis in his apostolic exhortation *Gaudete et Exsultate* is ‘joy and a sense of humour.’ These were deeply part of the concept of true holiness in Christian tradition. The Holy Bible is filled with references to ‘joy’ expressed through a variety of words and symbols: ‘rejoice,’ ‘shout and sing for joy,’ ‘break forth O Mountain,’ ‘sing a song,’ ‘my spirit rejoices,’ rejoice in the spirit,’ ‘my joy will be in you,’ ‘rejoice always’. If joy is seen as one of the distinguishing marks of a Christian, how much more it has to be part of the very identity of consecrated persons called to ‘wake the world’ and ‘comfort God’s people’? Joy and sense of humour are presented as signs of holiness because today the world needs ‘joy’ more than ever because people suffering from the malady of depression are on the increase. Often we find so many reasons to bemoan and lament over, and it takes courage to fight the culture of sadness, depression and death.

As consecrated persons we are entrusted with a special responsibility to be agents of joy and hope to the world, a responsibility that we cannot ignore or easily side-line. Therefore we need to introspect ourselves and see how joyful we are deep within. Do people perceive real joy in us? Or do we counter witness to evangelical joy? It’s true that following Christ in no way is a lifelong honeymoon; hard times may surely come when the cross casts its shadow, yet we need to firmly believe that nothing can destroy the supernatural joy born out of our personal certainty that we are infinitely loved by a loving and

joyful God. This supernatural joy brings deep security, serene hope and a spiritual fulfilment that the world cannot understand or appreciate (Cf. *Gaudete et Exsultate*, 125). The Christian joy brings with it a sense of humour and we see it clearly in the lives of many saints, and our founder stands out as a shining example of Christian joy accompanied by a good sense of humour. Sadness and ill humour is not a sign of holiness as Pope Francis says that sadness can be a sign of ingratitude and it drains off joy from our lives. Grateful people therefore are joyful and holy people. Ingratitude instead imprisons us within that we become incapable of recognising God’s gifts and we turn sour, bitter with low spirit and fallen face with faded smiles. Love and gratitude always rejuvenates our hearts and our faces will radiate joy despite the weight of the cross on our shoulders.

Pope Francis brings the example of St. Francis of Assisi who could be overwhelmed with gratitude before a piece of hard bread and joyfully praise God for the breeze that caressed his face, to show how joy, humour, gratitude and love are closely connected to one another. We need to realise that our holiness is measured by such ordinary and simple attitudes, virtues and emotional dispositions of our life. Therefore the challenge before us today is to transcend the growing tendency to ‘take things for granted’ and approach life with a deep sense of gratitude. Gratitude begets a sense of joy totally different from the passing pleasures which the consumerist world may offer us. As consecrated persons, we are surely ‘not of the world’, but being in the



world we can be easily seduced or even lulled by the world’s values and lose sight of the true source of our joy, the treasure of our lives, the pearl of great value, for whose sake we dared to let go everything else. Therefore we ought to renew the joy of our personal communion with the Lord by savouring the sweetness of his love in our daily prayer as well as in our commitment to the mission. The sisters who joyfully persevered to golden and silver years stand as living icons of renewed joy and gratitude. When we listen attentively to their personal stories we will surely discover how their hearts abound with gratitude and how it begets joy.

As we thank God for them, we sing with them a symphony of love, joy and gratitude because ‘true joy is lived in communion’ and sisterly love increases our capacity for joy since it makes us capable of rejoicing in the good of others. Indeed there is more joy in giving than in receiving” (Acts 20: 35) and our God, the cheerful giver ‘loves cheerful givers’ (Cf. 2 Cor 9: 7). May we learn to fathom the depth of His love that we may truly radiate evangelical joy to everyone who awaits a genuine smile, a generous self-donation and above all an example of joyful bearing of the daily crosses.

Sr. Philomena Mathew
Superior General



On 12 August, the thirty-four Silver Jubilarians reached Bethel for another refreshing journey through various orientation programmes and were joined by the seven Golden Jubilarians on 16 August. Sr. Philomena Mathew, the Superior General led the group to a deeper retrospection of life as religious and repeatedly called on to walk the path of holiness in the footsteps of Founder with faithfulness to the Congregation and its mission.

Sr. Christine Mynsong guided the group to identify the significant events in their life. She enabled them to realize that looking at all the events in the light of God set everything in place as essential links and important landmarks in the span of life as planned by God who “makes everything good for those who love Him and those who have been called according to His purpose.” (Rom 8.28).

Dealing with the topic on ‘Emotional Intelligence’, Sr. Jancy Joseph, the

Secretary General emphasized on emotional maturity and the need to cultivate and strengthen mastery over one’s emotions for a peaceful and integral growth.

Another grace-filled and prayerful moment was spent at the tomb of Founder at Peachlands on 18 August. A grand felicitation programme was staged by the community after a thanksgiving prayer service and the Holy Mass. This was followed by a two days’ seminar on Self Transcendence and Self Transformation at MIIT Brookdene, Shillong. The session was based on the challenges of midlife which could be made paths to transcendence, leading to effective living of personal lives and apostolic commitment.

A day set apart for retrospect and sharing in groups enabled each one to count the blessings through the ups and downs of life.

The journey of grace culminated

in the most rejuvenating experience of God at the time of retreat guided by Fr. Julian Fernandez SJ. Stirred by the pertinent question of Jesus to Mary Magdalene, “Woman, whom do you seek?” Fr. Julian maintained focus on the person of Jesus leading the Jubilarians to experience Jesus.

A month long Jubilee course was indeed a journey of grace from the past to the present and then to the future; a spring time season with invigorating experiences and gratitude to God. In her concluding session, Sr. Christine Mynsong underlined love as the essence of life’s journey.

The Jubilee celebration kicked off in grandeur and pomp at Hatigaon on 31 August as the Jubilarians were accorded a warm welcome by the Superior General and her team along with the community members. The celebration culminated with the solemn Holy Eucharist and a grand felicitation programme.





Animation for Newly appointed Superiors

The role of community animators in enhancing the different aspects of life in the community and mission dominated the entire sessions at the animation of the newly appointed Superiors of the Congregation held at Hatigaon on 02 - 06 May. It was organized by Sr. Christine Mynsong, the Assistant General and the programme aimed at orienting the superiors to animate the community with a servant leadership attitude.

Sr. Philomena Mathew, the Superior General highlighted the role of the community animator in bringing about unity in the community and the importance of diligent animation. She enlightened them on the effective leadership qualities according to the mind of Founder. Taking a firm stand on the Constitutions and Directory of On – going Formation, Sr. Christine Mynsong emphasized the responsibility of the animators as guardians of the

MSMHC way of life. Speaking on the importance of proper communication and dialogue, she took session on communication skills which are necessary for the smooth running of the community.

Dealing with their formative role as animators of the community, Sr. Asha Mao, General Councilor for Formation highlighted the need to enhance the community's commitment to holiness. Sr. Katherine Joseph based her session on the Gospel of Mark 16: 17-18 in which Jesus empowers his chosen disciples and the many wonders they will perform in His name. The session also included important guidelines from the Directory of Education which are a must to know by the animators in the administration of the Institutions.

Fr. Julian Fernandez SJ dealt with topics such as discernment, leadership principles for effective leadership and personal reflection.



Provincial Councilors for Education Meet

A one-day meeting of Provincial Councilors for Education guided by Sr. Katherine Joseph, General Councilor for Education was held on 12 May at Hatigaon with the theme, 'MSMHC and her Mission in School: Reflection Guidelines.'

The meeting commenced with a keynote address by Sr. Philomena Mathew, the Superior General on challenges of Catholic Schools in India which set the right tone for the meeting. Important matters related to schools were discussed. It was an occasion for

enhancing knowledge with regard to education policies through discussions; deep sharing of views and concerns on the present and future prospects of the apostolate of Education as envisaged by the congregation.

Focus on Formation for Radical Living

In view of fortifying Formation as the lifeline of the Congregation for renewal and radical living of religious life, animation programme for Formators of the Congregation was organized at Little Flower Convent, Hatigaon on 09 – 13 May. There were fifteen participants from different Provinces attending the programme.

Highlighting some of the key challenges and demands in formation process, Sr. Philomena Mathew, the Superior General spoke on, "The New



Pedagogy for Integral Formation.” Speaking on the identity of a religious, she focused on the guiding principles for integral formation and transformation with special highlight on integral model of accompaniment. She said that the society in transition looks for excellence, authenticity, credibility and a person of God.

Sr. Christine Mynsong, the Assistant General emphasized on the role of Formators in enhancing psychological, intellectual and emotional aspects

of a person and gave some practical guidelines.

With some questions for personal introspection as formators, Sr. Asha Dihe, General Councilor for Formation challenged the Sisters with the sole purpose of religious life that is to be a saint. Stating the formation as a crucial and hidden apostolate that calls for around the clock duty, she brought forward the fundamental traits to be effective formators.

Besides input sessions, group

discussions, interactions and sharing had helped the participants to analyze the reality of formation today at its different stages and chalk out some measures to enhance its process.

Prior to animation of Formators, a meeting of Formation Councilors was held on 07 – 09 May during which emphasis was laid on the role of formators with discussions on how to take forward the apostolate of formation with new perspectives for radical living of religious life.

In Solidarity with Domestic Workers



In a minimum wage campaign for the domestic workers held at Little Flower Campus, Hatigaon on 10 June, more than thirty auto rickshaws with posters imprinted with minimum wage fixed by the Government were flagged off by the Chief Guest Smt. Anusua Dutta Barua, the Deputy Labour Commissioner of Assam.

The programme was organized by Sr. Rose Paite, General Councilor for Social Apostolate on the occasion of the Domestic Workers' Week from 10 – 16 June with the theme, “Your Home is My Workplace: A Just Wage and a Dignified Job is My Right.” It was in solidarity with the domestic workers with a sole objective to sensitize people on minimum wage fixation for the domestic workers in Assam. Sr. Jane Francis, the Superior of Hatigaon community accorded a warm welcome to the gathering. Speaking on the occasion Sr. Rose said, “Domestic Workers need to be paid decent wages

for the dignified job they contribute to the families and society.”

The dignitaries who showed up in solidarity with the domestic workers were Shri. Rakesh Raja, Chief Manager, South Indian Bank, Sr. Ancila Jose, Economist General, Sr. Asha Mao, General Councilor for Formation, Sr. Katherine Joseph, General Councilor for Education, Shri. Samandrajit Das, Manager SIB, Shri. Prasanjit Talukdar, Labour Inspector. The event was witnessed by a good number of sisters and auto drivers.

Across the city of Guwahati, more than 200 auto rickshaws moved around with posters to campaign for minimum wages that lasted for three months.

The twelve cities of Northeast India under the banner of Centre for Development Initiatives (CDI) a social developmental wing of the MSMHC brazenly stepped out in support of the rights and dignity of the domestic workers on this occasion. A series



of programme based on the chosen theme of the year organized in various cities specifically aimed at creating awareness to general public on the rights and dignity of the domestic workers and to promote a just wage with a dignified job for this large but hidden workforce in the society who are mostly underpaid. The observation of the week culminated with the celebration of International Domestic Workers' Day on 16 June.

The efforts made to promote awareness on a just wage and the rights of the domestic workers had a wide coverage of nearly one lakh and a half people in twelve cities of the Northeast through various events.





Editorial

Let's evolve...

It's a brand new day; a brand new product; a brand new enterprise...yes, something new is always cheered and welcomed.

Creation story in the Book of Genesis narrates that God woke up every day with a new idea creating a new creation with definite purpose. He found everything good and magnificent.

The world though ancient is not stripped of its pristine nature and newness except for human intervention. From season to season, year to year, it recreates itself shedding the old and ushering in new life, new creation serving its purpose. God is eternal newness. (*Gaudete et exsultate 135*) Be it the first ray of splendid sunrise, nascent buds, drops of rain and sparkling stars, the world is a canvas where God paints all things new every day.

Let's read today's advanced and consumerist society. The world of marketing and fashion, technological and advertising industry, and news channels hunt for new products, new designs and breaking news. Striving constantly to invent new and creative way of presenting their materials in order to capture the target group, they focus on the impact for long term success. Failure to evolve anew according to the changing time and trends, failing to grab the opportunity will definitely result in losing their hold on to the market.

In living our religious and missionary call, we need to recreate ourselves, make new schemes, evolve and define our own way of being fully alive with a greater purpose for which we are called. Within the bracketed routine way of life and duty, it may be easy to stiff-neck walk from day one to day last. Let's remember that God starts afresh each day with novel thoughts and plans. Connecting ourselves to persons around us and identifying the little details of daily life with new perspective and approach will help us live the day differently. Focus on greater deeds with freshness in answer to the changing scenario of the world will uphold the meaning of our call and keep us relevant.

God's call is new every day. He 'brings newness of life' (Rom 6:4) in us with the breaking of dawn. 'He impels us constantly to set out anew, to pass beyond what is familiar, to the fringes and beyond.' (*Gaudete et exsultate 135*) At each new day, let's put on a 'new heart' to love the unloved, 'new eyes' to see the suffering, 'new ears' to hear the unspoken pain and 'new feet and hands' to walk miles in loving service.

Let's evolve with newness of thoughts and take ourselves beyond the line of familiar world lest we become stale news...

Sr. Irene Zosiama

TITBITS

FEAST OF MARY HELP OF CHRISTIANS



A Marian procession with lighted candles in honour of Mary Help of Christians the patroness of the Congregation on 24 May, Hatigaon.

HOMAGE TO FOUNDER



The fortieth death anniversary of Founder Venerable Stephen Ferrando was observed with devotion and love by the MSMHC across the globe on 20 June. At Little Flower, Hatigaon, a solemn Eucharistic celebration, prayer service and devotional practice in his honour marked the occasion.

INDEPENDENCE DAY CELEBRATED



Little Flower, Hatigaon celebrated the 72nd Independence Day with patriotic fervor and respect for the country and its freedom fighters.

Touring Sisters animated on the Urgency of the Mission

The urgency of the mission occupied the central theme at the three days' animation programme organised by Missionary Animation Centre (MAC) for the touring Sisters of Tezpur Province at Tezpur from 05 – 07 June.

The resource persons for the programme were Sr. Bridget Diengdoh, General Councilor for Evangelization and Sr. Celina Surin from MAC's team. It was participated by twenty-one touring Sisters from the Province and Sr. Anita George, Provincial Superior, Sr. Asha Paul, Vice Provincial and Sr. Merilla Murmu, Provincial Councilor for Evangelization accompanied the Sisters all through the programme.

Referring to Redemptoris Missio in



her talk, Sr. Bridget Diengdoh spoke on the mission of the Church which is the mission of the Congregation. She quoted Pope John Paul II that every person has the right to hear about Christ, and every baptized Christian has the right to proclaim Christ.

Sr. Celina Surin dealt on the topic, 'Family Counselling' giving guidelines to the Sisters to be more effective in family visits.

Besides group discussions that helped to chalk out some strategies for missionary approach for effective evangelization, the programme availed an opportunity to enrich each other through sharing of God and

missionary experiences.

Sr. Anita George, the Provincial Superior in her concluding message encouraged the Sisters to be fervent and work joyfully like the pioneers for the salvation of soul through regular village tours and family visits.

Similar programme was conducted at Provincial House Tinsukia from 03 – 05 August which was attended by sixteen touring Sisters of the Province. Sr. Philomena Mathew, Superior General and Sr. Ancila Jose, Economer General too addressed the group highlighting the urgency of the mission and the importance of updating oneself for effective evangelization.

A Combined Core Team Meet held at Bethel



A combined core team meet held at Bethel from 25 -28 June with the theme, "An Integral Approach to Evangelization through Mission *ad gentes*, Social Apostolate and Apostolate of Education" reiterated that every apostolate undertaken by the Congregation is sharing in the mission of Christ with focus on the poor and the marginalized.

The meeting headed by Sr. Philomena Mathew, the Superior General in collaboration with General Councilors for Mission *ad gentes*, Social Apostolate and Apostolate of Education had the participation of fifty core team members of the above said apostolate from different Provinces.

The inaugural function set a conducive atmosphere for serious

study on the chosen theme which revolved round the primary charism of the Congregation and mission of the Church. Sr. Philomena Mathew, the Superior General specified on the topic, 'Roots of radical renewal' which suggested many integrated approaches the MSMHCs can adopt in the accomplishment of one's mission. She stressed that evangelization is 'Missio Dei' - mission of God that is given to each one to be actualized in day - to - day's life to bring about salvation and wholeness to a person.

Sr. Bridget Diengdoh, General Councilor for Evangelization stated the call of the MSMHC to commit to preaching the Good News. With clarity of vision in the field of Social work and healing apostolate, Sr. Rose Paite, General Councilor for Social Apostolate expressed solidarity with



the poor and the marginalized giving preferential option for women, girls and children. Speaking on the MSMHC vision for Education, Sr. Katherine Joseph, General Councilor for Education stressed on the importance of character formation along with

competence in order to prepare students for future. Education is the mission of Christ and it is not a single entity in itself but an ecclesial responsibility, she added.

Keeping its footing firm on GC 9, the meeting steered group discussions,

decisions and action plans towards fulfilling its directives.

In her concluding message, Sr. Philomena Mathew called on every MSMHC to be deeply rooted in Christ; to be more dynamic and determined in carrying out His mission.

Workshop on Self - transformation

A self-transforming workshop guided by Mr. Stan Lobo from Prerana - Ignatian Retreat Centre, Bangalore was held at Little Flower Convent, Hatigaon on 28 – 29 July. It was attended by the Junior Sisters at Hatigaon, nine formators and fifteen

senior sisters from different Provinces. The workshop had its focus on how to reprogram the subconscious mind and replace negative self - image with positive elements.

Various exercises and activities led the participants to an inward journey to

discover oneself and the power within to heal and restore the lost self. The workshop also dealt with the need to keep an eye fixed on the purpose of life and the reason of being a religious to help better the process of self - transformation.

Convocation and Inauguration of the New Academic Year

On 20 June, the sisters who had completed two years' intensive course on spirituality at Ferrando Institute of Spirituality (FIS), Umsning received their Graduation Certificates from the Chief Guest Archbishop John Moolachera of Guwahati at a Graduation Ceremony at FIS.

The day began with a grateful and solemn note with the celebration of the Holy Mass which was followed by Graduation Ceremony. The Chief Guest and other dignitaries present lighted the lamp at the onset of the function. Sr. Rosita Joseph, the Dean of Studies welcomed the gathering and delivered introductory speech highlighting the significance of the event. In his address, the Chief Guest congratulated the students for their hardwork and



commitment and emphasized on the importance of enhancing knowledge and faith. Sr. Philomena Mathew, the Superior General and Chancellor encouraged the sisters to be better leaders in the service of the poor. She handed over certificates of Diploma Course in Philosophy to the students

and declared the new academic year open.

Sr. Tessy Joseph, Director of FIS presented the annual report of the Institute, its accomplishment and the course of studies offered. The ceremony had a solemn conclusion with the singing of FIS anthem.



Congratulations !!

Congratulations to Sr. Elizabeth Mao who has completed her doctorate in Spiritual Theology with specialization in Salesian Spirituality at Salesian Pontifical University, Rome. Her thesis is on: "Missionary Evangelization and Works of Charity in the Congregation of the Missionary Sisters of Mary Help of Christians."

World Environment Day



Little Flower School, Hatigaon observed World Environment Day on 5 June with the theme, 'Beat plastic pollution.' In an awareness programme conducted in the school premises on the need to save the earth, preserve

its natural resources and pristine nature, Sr. Lincy John, the Principal enlightened the students on the urgency of caring for nature and nurture it for generation next. She exhorted to keep the environment clean and combat

against different types of pollution which are harmful for health as well as Mother Earth with emphasis on the theme of the day. Students performed a thematic dance which was indeed awesome and inspiring.

Summer Camp with humanitarian purpose

The Summer Camp at LFS Hatigaon transcends mere theoretical and external activities of sessions, fun and games as it was painted with a humanitarian touch for the elderly who are piling in age. The event took place on 02 - 03 July with the theme, "Breathe, Believe and be Better," aimed at orienting the young minds to delve deeper into their inner strengths and soar high into the unknown future with confidence. It was a wonderful and an ideal time for the students of Classes IX to XII to explore their potentials out of the classrooms and live school life on a different plane.

The programme kicked off with the inaugural function in which God's guidance and blessings were invoked through devotional hymn and reading of the Word of God.

The students received motivating and educative input sessions, career guidance and health tips from



different resource persons. Fr. John Barman msfs fascinated and inspired the students with his invigorating session on attitude towards life. He stressed on the importance of nurturing a positive mindset to face challenges in this multifaceted world. With emphasis on the theme, 'think before you act,' a team of doctors enlightened the students on HIV/AIDS and its preventive measures. The session taken by Sr. Irene Zosiami on media highlighted the do's and don'ts in social media and the need to prioritize and focus

on one's own values and aim in life.

Besides inspirational and motivating sessions, the days were packed with fun filled moments, sing songs, drama, dance and many other amusing sports and games. The camp ended meaningfully with a once in a life time experience with the elderly inmates of Sneh Home, Kahilipara Guwahati at the school premises with entertainment programme. The event was made perfect with a humanitarian touch as the students contributed in aid of the elderly, bringing the sunshine of smile on their faces.





INTERVIEW

To Love and Serve

Setting her first foot in Italy on 25 March 1994, Sr. Carmela Lakra MSMHC completed 25 years of life as an overseas' missionary and celebrated her Golden Jubilee as a religious this year 2018. At the age of 78, she is all set to continue her mission in Italy with new vigour and enthusiasm with the saying, *'I am happy in preaching through my life of service,'* that echoes the heart of a humble and selfless missionary. Here is a personal interview of her at Hatigaon.

Your motivation to be a missionary in Italy...

I had so much of desire to take care of the old and sick, so I volunteered willingly.

Life at the initial stage...

I had a pleasant experience right from the beginning, though I did not know the language. I experienced the love, respect and acceptance of the people. I like the work that I do.

Your Motto...

'To Love and Serve'

Any challenges...

Since I like the work I have not really faced any challenges so far.

Your personal missionary approach to people...

In my little way I try to be courteous with people. As a missionary, it is important to be polite and loving in our dealings. When people get annoyed take it calmly instead of getting irritated.

Source of strength and perseverance...

I love the people and the work I am assigned to do. My spirit is missionary. Though I am not gifted for preaching I am for service. One thought always crosses my mind that is love and service. When I think of Founder who came to the unknown land and served the people with so much of love and affection,



Sr. Carmela Lakra MSMHC

adapting to the culture, food habit and enduring heat and trials, I am inspired to be like him. I get courage and strength thinking of his missionary zeal.

Scope of the mission in Italy...

Old people in old age home are deprived of love and care as the family members are busy at work. So they need love and affection. A kind word and a smile is all it takes to make their world a better place. In the Parish, the Sisters go for house visits. People are receptive to the Word of God. They are welcoming and appreciative of the Sisters.

Basic traits needed to be a missionary....

If we want to be a great missionary, we need to adapt ourselves to the culture and customs of the people, places, food and language. There should be a deep longing to be the follower of Jesus Christ. We need to have a deep faith like that of Founder who took refuge in Mary Help of Christians, praying hours in front of the Blessed Sacrament especially in times of trials and difficulties.

Some tips to aspiring missionaries to overseas mission...

Come with a generous heart and sacrificing spirit. Nothing must discourage you. Do not look for comfort, give your life generously and

be kind and generous like our Founder.

On our Founder...

During my novitiate at Peachlands, Founder used to come once a month for Mass. He never ended his homily without mentioning the Sacred Heart, Mary Help of Christians and the Eucharist. He was very simple, sincere, generous and loving. He was always calm, welcoming people at any time and generous to them in words and deeds. He never spoke harsh words.

At 78 years of age and after Golden Jubilee of your religious life, any difference in your first trip to Italy and this trip...

I feel the same enthusiasm. I am longing to go back to the mission to continue my service to the Lord. I think my love for the people draws me and I am ready to do anything I am asked to do. I believe I do the preaching through my life of service.

Preaching through service. How?

I do every work with love and purity of intention. When working with seminarians I offer all my works to God with the intention that they become holy priests. I find fulfillment in my work of service and find meaning in every work I do.

Message to younger Sisters...

There are ups and downs in life. Face life's challenges with trust in the power of the Eucharist and Mary Help of Christians as Founder did. Do not look for caste or tribe as we all are daughters of Mother Mary and our Founder once we join the Congregation. Live your life happily under their care as the MSMHC. Accept failures and sufferings humbly just as Jesus did. Let us learn to be humble without complaining of discomfort and inconveniences. Let us not look for comfort in the mission and instead be happy with whatever we have.

NEWS FROM OVERSEAS

Study Camp for Students, Johannesburg

Walking the extra mile in its service to the students of Michael Rua School, the MSMHC at Johannesburg organized a study camp for students of Grade VI and VII at Ferrando Convent from 01 May to 10 June. Students camped in turns in a group of twenty-five each. The main subject tutored at

the camp was Maths and they were given intensive preparation for their examination. Being fully aware of the need to mould their character and nurture principles in life at tender age, the Sisters took this opportune time to impart faith and values in the students by teaching prayer and value education.



International Children's Day Celebrated at Ponta Do Ouro – Mozambique

International Children's Day was celebrated at Pre - School "Jardim do Sol" which means 'The garden of the sun,' Ponta Do Ouro, Mozambique on 01 June. The programme began with a prayer dance by the tiny tots followed by the theme song, 'Viva viva um de Junho é nosso dia' which means long live 01 June, it's our day. The kids rocked the stage with their graceful dances, songs and action songs which made the day grand, ceremonious and joyful. Mr. Simon, the village secretary who spoke on behalf of the parents appreciated the rich contribution made by the Catholic missionaries in evangelizing and educating the little ones in the locality.

Sr. Elizabeth Lemo, Sr. Teresa Krocha along with the teachers prepared the children for this great event.



Intensive Catechism Class for Children

In view of strengthening the faith of children, a weeklong Intensive Catechism Class was organized for the Catholic children of Ponta Do Ouro by the MSMHC sisters from 13 - 17 August. It had the participation of children and the adolescents from the age group of 7-17 and were divided into two groups





to facilitate learning on the appropriate topics designed for different age groups.

The resource persons were Bro. Desiderio msfs, Mr. Carlos, Youth leader, Mr. Telino Mulai, Head

Catechist, Mrs. Adelaide, Police Commander and Miss. Anastacia. Apart from learning Catechism and the teachings of the Church, children were given awareness on the social evils

such as child trafficking, child abuse and domestic violence and the need to take personal safety. Games, sing songs, Bible quiz and various competitions added flavour to the programme.

Festive Oratory at Lesotho

On the occasion of the fortieth death anniversary of Founder Venerable Stephen Ferrando, the MSMHC at Lesotho organized festive oratory for children on 20 June. The day began with the celebration of the Holy Mass in which Fr. Michael sdb thanked God for the presence of Bishop Ferrando to this part of Africa through his sisters. He appreciated the rich contributions they render to the Church and the society through their dedicated service. The day continued with a string of events such as various competitions, games and refreshment.



Making a difference through FRC



The MSMHC at Lesotho grows ever stronger in its service to the differently abled, making a difference in the life of about sixty children this year at Ferrando Resource Center Special School. In a world where people with disabilities are often deprived of their basic rights and are regarded as children of the lesser god, FRS Special School gives space for the differently abled children. It offers a range of programmes that would cater to their integral growth as a human person and empower them with skills to face the world with competence.

Hope held high at Hope House Swaziland

Hope House at Swaziland continues to soar high with its mission of rehabilitation of health and hope for the infected and affected HIV/ AIDS patients. With the newly acquired advanced medical facilities, it has improved in its medical assistance giving greater hope to many. Clients with the history of social and psychological problems besides being infected are being nursed with great care in Hope House.

