

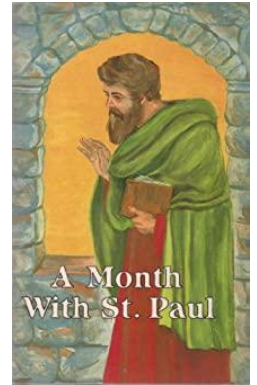


# Disciples India

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01/06/2021

As we enter into the month of June automatically our thoughts turn to St Paul Our Patron and protector. Our Founder Bl. James Alberione exhorts every Pauline to journey with St. Paul during this month. He invites us first of all to know St. Paul, secondly to imitate him, and thirdly to pray to him. To know Paul, we need to read the letters of St Paul from his perspective, encounter his former life, the transformed life and his great passion, zeal and commitment to the cause of Christ in the midst of every trial and sufferings. His willingness to pay any price to know and to possess Christ himself. Let us therefore as true Pauline confront and challenge our lives for the mysteries of Christ to come alive in us.



## Gratitude to God Almighty



First and foremost, I am glad to acknowledge my sincere gratitude to Almighty God for his bountiful blessings and perpetual inspirations. It is the presence of God that has guided me through my life's journey. My heart is overwhelmed with joy to express my deep sentiment of gratitude towards all those who helped me in one way or the other to complete my three years of formator course. Specially I am grateful to both former and present provincial superiors for their constant encouragement, motivation, inspiration in this endeavour and also the community superiors and all the sisters of the province who provided me this precious chance to pursue my formator course in due time. As our pope Francis repeatedly expressed that formation must be "a work of art, not a police action", this chance of studying, analysing, understanding and empathizing towards everyone is given to me as a gift. This study has helped me to become more aware of my inner self and also to understand the others as they are. Hence I take this opportunity to place on record my gratitude as I finish my three years formator course. Finally, I thank one and all, who in one way or the other supported me to finish this course. May God be with me in all my future undertakings and guide me to do his will.

**Sr. M. Kumudini Toppo**

## Hearty Congratulations & Best wishes

Sr. Nirmala Mary Dadipogu, who completed her Degree in Theology in CRI, Vidya Deep College, Bengaluru.

Sr. M. Ujil Seema Dung Dung, who completed her Diploma in philosophy in St. Peter's Pontifical Institute, Bengaluru.



At the congregational level the international online meeting on Formation is organized with the theme: "I'm about to do a new thing; now it springs forth, do you not perceive it? (Is 43:19). It is spread out from June 5, 12, 19 and September 11, 18 and 25. There will be 61 participants attending this meeting and from India we have Sr M Josephine Rodrigues, Sr M Romana Pulichumavil, Sr M Alphonsa Kandankeril, Sr M Sushma DungDung, Sr M Anima Kujur and Sr M KumudiniToppo as participants.

# AWARENESS RETREAT - 2021

## “Mindful Choiceful in Love”

As the entire Country was battling the second wave of Covid 19, shocking news of death and distress rang our ears, we the 47 members of the Indian Province entered into eight days of Annual Retreat. It was Awareness Retreat guided online by Rev. Fr. Tony SJ and organized by Premanjali Retreat Centre, Vasai.

Though it was virtual, we had a unique experience of journey within oneself. In the silence of our inner being we could feel the presence of the Divine. Beautiful awareness meditations with suitable themes gave us grace and needed energy to begin each new day. The three faces of Retreat consisted of Psycho Spiritual frame work, Its application and continuation of the process. Each day was ended with question-and-answer session that brought clarity to our doubts.

The aim of the retreat was to discover the joy within by attaining union with the Divine, the only source of joy. The question, why we are the way we are, made us sincerely introspect our life as religious and as consecrated persons. To follow Jesus radically alone is impossible, therefore the community life is a greatest gift, that consists of persons wanting to live in union with God and support each other.

Spirituality helps us to discover our true self, that brings respect and reverence for all. The highest level of spirituality one can reach is to see ourselves as God sees us, loves us, accepts us and understands us. The negative feelings emerge from ego. Therefore, we need to deal with our ego and free ourselves from its clutches. Without freedom there is no joy. Awareness is simple yet powerful tool to free ourselves. Jesus saw Himself as a Son, had intimate relationship with the Father, saw himself through Gods eyes. Scores of people were transformed because of Jesus’s Abba experience. To follow Jesus, we need internal transformation to be true to oneself.

Prayer is a technique, method, practice that brings us to the consciousness of our true self. Prayer for the sake of prayer has no value. To live mindful, choiceful in love we need prayer. Our prayer life is a means to attain union with God. A quick and brief look into the vows helped us to be aware of the essence of our commitment.

God loves us because He enjoys loving us, He sees us lovable. Not because we are miserable or suffering. He sees His own image in us. He expects nothing, because He is love unconditional. The only thing He expects of us is to enjoy His love and celebrate our lives. Living a Christ like life itself is a greatest proclamation of faith.

We are immensely grateful to our Provincial Superior Sr. M. Celine Cunha, for organizing this wonderful and life transforming retreat. We also thank Sr Regina for making all the arrangements for the retreat. May God bring renewal and newness in our Province amid pain and uncertainty caused by the present situation.

Prescilla Patrao





- 02. Sr. M. Ujil seema Ddungdung
- 05. Sr. M. Fatima D' Sa (RIP)
- 05. Sr. Sahaya Mary Melkias
- 05. Sr. M. Anita D' Souza (France)
- 07. Sr. M. Valsa Madakachery
- 07. Sr. M. Julianna Castelino (RIP)
- 12. Sr. M. Marcilla Lakra
- 19. Sr. M. Monisha Michael
- 21. Sr. M. Salima Kullu
- 27. Sr. M. Ausillia Monteiro

## Heavenly Birthday

Sr. M. Pauline Mendes 05.06.2010  
Sr. M. Grace Lopes 10.06.2008  
Aspirant - Pallath Rosa 10.06.1960



### Mobile has taught us three things

1. Whatever makes you happy... save it...
2. Whatever makes others happy... forward it....
3. Whatever makes no one happy... delete it...

**Stay healthy and be happy**

Dear sisters thank you very much for your generous contribution to this Disciples India to keep us updated. I would like to inform you that for the further updates to the same, please send your news materials with photos with the following **Email ID – [inpddmwebsite@gmail.com](mailto:inpddmwebsite@gmail.com)**

