

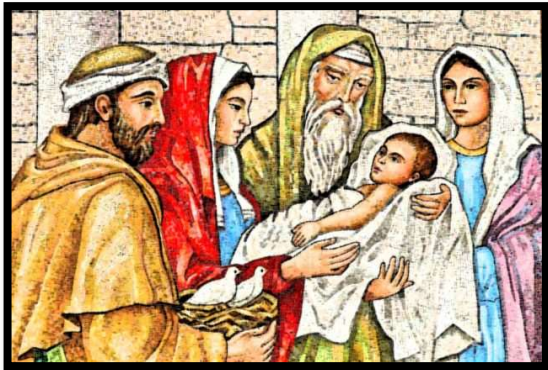


Disciples India

Email ID – inpddmwebsite@gmail.com

01/02/2022

consecrated life



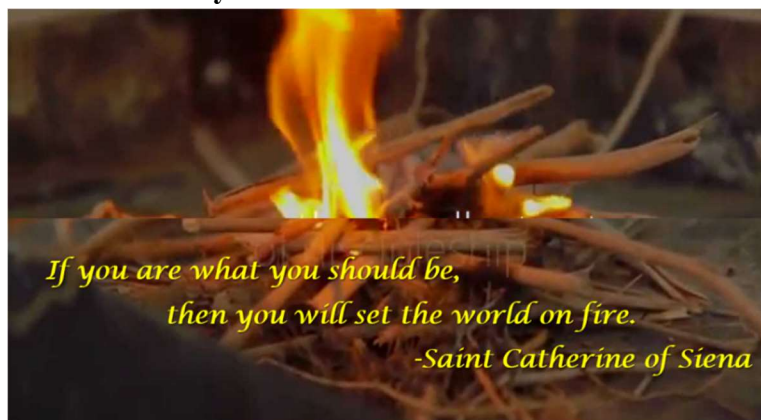
On 2nd February, we celebrate the 26th World Day of Consecrated Life. A day dear to all consecrated men and women. Pope Saint John Paul II, in the year 1997, instituted this day of prayer for women and men in consecrated life. This celebration is attached to the Feast of the Presentation of the Lord in the temple. This Feast is also known as Candlemas Day; the day on which candles are blessed symbolizing Christ who is the light of the world. So too, those in consecrated life are called to reflect the light of Jesus Christ

to all peoples.

We praise and thank the Lord for the gift of our religious vocation and mission. So many of our compatriots who were with us last year are not there anymore. The Covid – 19 Pandemic has claimed the lives of many religions as it did for the people in the world. If God has given us this lease of life, may this time be an occasion to rediscover the centrality of Jesus in our lives says Pope Francis. The Pope also adds that the consecrated men and women “are called to be concrete prophetic signs of this closeness to God.” Earlier, while speaking to consecrated men and women Pope emeritus Benedict XVI, points out that “Consecrated life means going to the very root of the love of Jesus Christ with an undivided heart and putting nothing ahead of this love”.



As the church is on its journey towards the ‘Synod on Synodality’, we are invited to make prophetic and courageous choices in our apostolic ministries in order to be relevant and joyful witnesses so that the young in the world feel attracted to enter religious life and experience this same joy. Asking the Lord’s blessings on each of us wish you a '**Happy Consecrated Day**'.



APOSTOLATE OF SACRED ART



‘Interior Design’ is the art and science of enhancing the interior of a building to achieve a healthier and more aesthetically pleasing environment for the people using the space. Interior design is a multifaceted profession that includes conceptual development, space planning, site inspections, programming, research, communicating with the stakeholders of a project, construction management, and execution of the design. Having completed three years of my studies on interior

designing I thank God the Almighty for all his blessings and I’m also indebted to Sr. Rosemary Mutasseril our former provincial and team for the opportunity. Millions of thanks to Sr. Celine D. Cunha our provincial for all her support. I’m also very grateful to Prarthanalaya community specially all our senior sisters for their prayerful support.

In terms of experience, I might just run out of words. SFIAD not only encourages me to be academically strong but also causes me to be a better person in life. Life at St. Francis institute of art and design gave me a chance to dive deep into the ocean of new beginnings and possibilities. This golden period better equipped me for all the challenges I’ll face in life and creates a strong



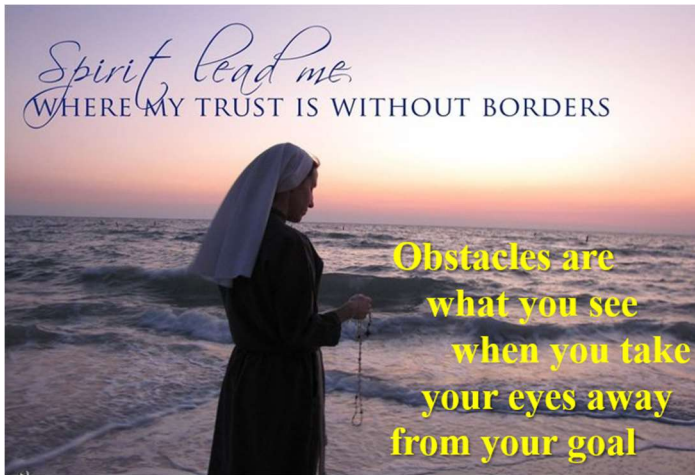
foundation of knowledge. It was about finding the artist within me. It has always been my firm belief that God is the ultimate artist, poet, writer and, of course, psalmist. If God uses these things to give to us, wouldn’t it make perfect sense that we should also use them to give back to God? How can you look at a sunset and not think of God as an artist? For me, it’s all about enjoying the creative process and seeing the final creation. Though it is only a small beginning for me in this field of art and design, as PDDM my aim is to edify the faithful, and to foster their piety and their religious formation. Bearing in mind that we are engaged in a kind of sacred imitation of God the Creator **through our apostolate of sacred art.**

- Sr M. Bibiana Thaipolika



SHARE CHRIST
CELEBRATE CHRIST
LIVE CHRIST

Body Mind Connections



Health is a gift from God. Good health is something we often take for granted until our health fails. When we fall sick then we start to worry and fret. God in his wisdom has designed the human body into a finely tuned instrument that is the most resilient on earth. It can endure any number of fractures and adhesions, constant pain, and great stretches of tedium.

On January 27, 2022 when Sr Lilly Minz read the meditation of our Founder I was deeply wonder-struck and amazed at the wisdom Blessed Alberione exudes. We are well aware that he was a passionate reader. He would read anything under the sun and this meditation

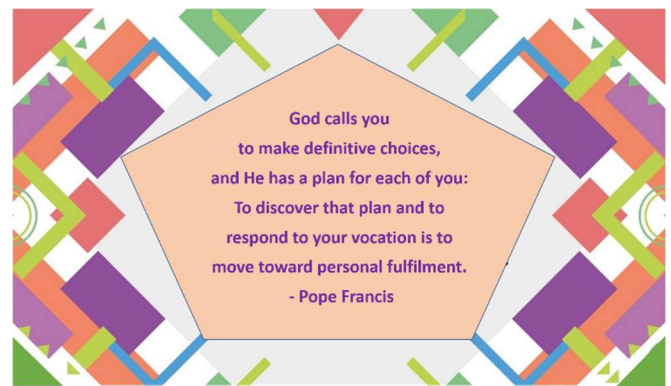
(APD 1964 – No 35) has a lot of psychological connections and the root cause of our illnesses.

Our founder points out that, at times illnesses or some disgrace is due to our own faults. If we remove the disorder, we remove the cause of the evil that has befallen us. When we remove the root cause of our failures or defects, the Lord will grant us an increase of grace and at times even material benefits.

He continues, for example, if we do not preserve a clean heart, our hearts will be troubled with bad sentiments, evil desires, suspicion, etc. If we do not control our eyes or our fantasy, we ourselves become the cause of disturbances or distractions and we find difficulty in practicing interior recollection. At times greediness becomes the cause of many physical disturbances, so also laziness causes illnesses.

Very often we take much care of our external self and do not care enough for our interior self. If the roots of the tree are bad, we will gather bad fruits. The same thing happens with our interior self. Therefore, it is not enough to remove from our lives what is bad, but replace it with what is good.

Religious life first of all is a call to become Saints. Our spiritual work is precisely aimed at removing what is evil in us and replacing it with what is good – with good thoughts and good sentiments, for Psychology says what you think you become. Let us keep pondering over the words of our founder. – Sr Regina Sebastian



FOOD FOR THOUGHT

Pain & Suffering

Pain – is inevitable. For example, one may fall down accidentally get hurt and it pains, or while cutting the vegetable one may happen to cut one's finger accidentally and get hurt and so pain is inevitable.

Suffering – is optional. For example, one keeps brooding over certain remarks made by others and feels self-pity or worries about work that has to be completed and has sleepless nights which results in strong headache and suffering. Here, one has a choice to choose one's behaviors.

Pain is physical were as suffering is psychological. In Pain, there is no choice but in suffering, there is a choice to act differently.

10 - FEB

1924 - PDDM FOUNDATION

17 - FEB

1954 - ARRIVAL IN INDIA



*If you give your best today
your tomorrow will be better*

The journey of 1000 miles begins with a first step goes the saying. Our pioneers with their spirit of sacrifice and generosity had sowed the seed of PDDM Life and Mission in the Indian soil. Let us as responsible recipients of this great gift, nurture this Vocation and Mission and pass on to our future generations. We become what we choose says a famous psychologist, let us choose life giving actions which will enhance us individually and as a PDDM Indian FAMILY.



Dear Sr M. Celine Cunha

You are God's gift to us,
May you enjoy God's special Blessings
& Graces during this time of
your ministry of leadership.

**Birthday wishes from
PDDM Indian Family**

HAPPY BIRTHDAY DEAR SISTERS

- | | |
|----------------------------|------------------------------------|
| 01. Sr M. Muriel Yesudas | 16. Sr M. Little Flower Mudiappan |
| 02. Sr Maria Goretti Samad | 17. Sr M. Tessy Thekkeanvazhakala |
| 04. Sr M. Anjana Toppo | 19. Sr M. Theresa Abraham |
| 05. Sr M. Stella Cornelio | 19. Sr M. Lucy Vadakel |
| 05. Sr M. Agatha D'Souza | 20. Sr M. Elizabeth Rani Lawrence |
| 05. Sr M. Sangeeta Paskya | 20. Sr M. Urmilla T. Sangma |
| 13. Sr M. Liveta Langi | 22. Sr M. Catherina Ethicaipurathu |
| 15. Sr M. Juliana Pereira | 26. Sr M. Celine Cunha |
| | 29. Sr M. Ronika Bavighar |

Heavenly Birthday

02.02.2016 Sr M. Alfonsa D'Souza Bangalore

07.02.2004 Sr M. Juliana Castelino Mumbai

25.02.1989 Asaikani Josephine - Postulant Mumbai

26.02.2021 Sr M. Nancy Crasta Goa

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 to the following

Email ID – inpddmwebsite@gmail.com