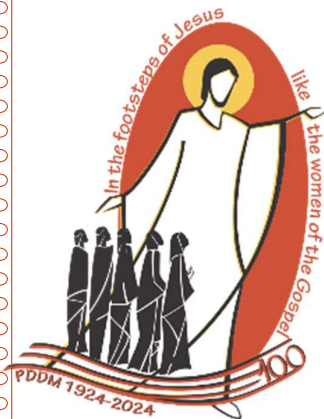


New Year Blessing



Pope Francis in an Apostolic Letter to All Consecrated People on the occasion of the Year of Consecrated Life in 2014, extended an invitation **to Look at the past with Gratitude, to Live the present with Passion, and to Embrace the future with Hope** trusting in God's care - Divine Providence! During this year of preparation for the Jubilee, it will do well if we take to our heart these words of our Holy Father.

Looking to our past in a spirit of **Gratitude**, as we start counting the blessings of the Lord, I am sure the list will keep on extending. Because the Divine Master was there enlightening every decision, lighting up every step, and guiding us through every journey of these 100 years. Even if we struggle to identify the blessings, our faith reminds us of something beautiful: "We know that all things work for good for those who love God, who are called according to his purpose." (Rom 8:28) We can therefore thank God for *everything* He has allowed to happen to our congregation and to ourselves for God can and does use *all* of them for our good, despite our understanding how He does it.

The Journey of 100 years is an excellent milestone in an institution's life. Many sisters have come and gone, and many things have happened during these 100 years of history, but we are the privileged ones to live in this present moment of our centenary history. The stories of our sisters who walked this path of discipleship filled with faith, obedience, wisdom, humility, and of sacrificial love are the legacies left behind for our imitation. These are our unsung heroines who beckon us to live this present with **Passion** in this 21st century.

“The life in front of you is far more important than the life behind you.”

~ Joel Osteen.

**“HOPE
IS THE ONLY THING
STRONGER
THAN FEAR.”**



Every new year or a new beginning is like a blank book. As our founder would point out the pen is in our hands. We can write stories and a beautiful story of our congregation. As we continue our spiritual itinerary, the spirit of **Hope** may carry us into this new year of grace, filled with memories of God's benevolence, Fire, and **Passion** for our mission as Disciples.

The Disciples India wishes each of the Disciples a Happy new year!

There are 365 days in a year. If you will take a little step each day, what progress you will obtain at the end! Let us ask Jesus and Mary to guide us in making the resolutions and to bless them.

(Bl. James Alberione to the Pious Disciples in 1947)

A Blessing So Great In 2023

A New Beginning: Start out the New Year with a fresh point of view to new experiences, memories, and blessings. Having an open mind and heart to where ever the Lord may take you with full assurance and confidence that He is with you. (Matt 28:19-20)

A New Possibility: There's no limit to what God can do in your life and nothing is impossible with God. God opens doors that no one can shut and also closes doors that no one can open. The possibilities are endless with God that is according to His will. (Phil 4:13)

A New Plan: Every year is a new season, be prayerful of what God has planned for you and be willing to walk by faith in obedience as you follow His leading. Remember that His plans are always for good and not for evil to give you a future and Hope. (Jer 29:11-13)

A New Purpose: As you forge ahead, God always has a plan and a purpose for what you will go through and experience. Remember that God always has a reason for what He allows in your life and through it you can trust Him completely. (Pro 1:3-5)

A New Provision: The Bible says to not to worry about tomorrow for tomorrow has enough worries of its own. Trust in your Heavenly Father who knows everything you need, who is your God and your Provider. He is faithful and He will do it. (Matt 6:1-33)

A New Growth: When we are willing to let go and let God work in us and through us, He will always stretch us and grow us. It is an important part of the growth process. Continue to grow in your relationship with Him and in His Word. Pray to God to mould you and make you pliable in the potter's hand and then watch the master craftsman work on His masterpiece; which is you!

A New Wisdom: With new experiences and new lessons come new wisdom and insight. Always make it a priority to seek out wisdom as a hidden treasure or fine gold. In Proverb, it says that it will be like a garland of grace around your neck and honour you and present you with a crown of splendour. (Pro 4:7-9)

A Renewed Peace: As you go through new experiences and new adventures whether they are good or bad, keep your eyes fixed on Christ and He will give you rest and peace because He is our peace and He loves and cares for us deeply. (John 16:33)



BETWEEN B & D

What is there between B & D? I suppose this might be a big question to know, what it really is. It is from B – Birth to D – Death, and between B and D there is C. What is C? **C stands for Choice.** Our life is a matter of Choices. Live well your life and it will never go wrong. Yes, it's all about life and the easiest life forever. Life and death are the two sides of the same coin. Life is the part that exists between the birth and death of a human being. Every person has a certain role to play when they come onto the stage of the world and depart after their role is over. The duration for which they play their assigned role is life and the departure is death. Most of us do not realize what is going on in our lives between our birth and death. Some find life difficult and some others find life easy.

When we were children, we had a lot of freedom to enjoy life. It is out of choice we enjoyed our freedom. We did what we like. When we look at our present life, can I say I am doing what I like? Some of us would dream of going back to our childhood days. Unfortunately, it is not possible to do so. The best thing we could do is, to live our present life in the best possible manner we can.

Think healthy, eat healthily and behave healthily. You have the choice to choose all these. The choice you make is going to give you happiness and fulfillment in your journey of life. Well, our life is a matter of choices. Our choices determine who we are and what we will become.

Sr M. Regina Sebastian

News Flash

Old Notes, New Melodies spark Divya Kala Kendra's 7th Convocation of Music and Dance



The music and dance academy at Prarthanalaya held its 7th Convocation ceremony on 22nd December 2022, where we celebrate and recognize the school's as well as the students' achievements. It gives the students an opportunity to showcase their unique talents and achievements. The school's Annual Report is also read.

The evening began with the singing of Christmas Carols performed by the children who in song, gave praise to solemnity and joy in *Silent Night*, *O Come All Ye Faithful* and *Joy To The World*.

The Chief Guest Anthony Gomes, CEO, Furtados and Manager, Western India, Trinity College of London, and Guest of honour Sr Gracy D'souza, PDDM, Bandra, were left speechless with this showcase of talent.

Twins Anna and Myra gave a scintillating performance of the up-tempo carol *Drummer Boy* backed by perfectly pitched beat boxing by Emmanuel Macwan. The bespectacled duo was the cynosure of all eyes as they sang the carol with practiced ease straight from the heart.

The main objective of having an annual day is to create a harmonious connection of parents with the school and their children and letting them appreciate and enjoy their child's talent and to see it before their eyes. Being rewarded with certificates for hard work, is the bonus that makes parents forget the trouble they go through in the task of ensuring their children attend classes.

Sharing his thoughts on the occasion and while congratulating the grads, Gomes stated that parents should encourage their children to take up music and pursue it seriously. He thanked Sr M. Amita Mascarenhas profusely for the work she was doing and also inculcating the chance to get students to appear for Trinity College exams. "*It is not an easy task to take on the job of training so many students for the exams, but here Sr Amita does it with full dedication and joy*" he stated. Sr Amita was awarded a certificate from TRINITY COLLEGE LONDON for preparing the students for TRINITY grade Exams. Kudos to Sr M. Amita Mascarenhas, Sr M.Sushma Dungdung & Sr M.Jenybe Basumatary for their untiring work in keeping the DKK to the present standard.

HEALTHY FOOD HABITS & HOLISTIC LIVING



In the book of Genesis, we read that after creating each thing the Lord said **“It is Good”**. Everything that God created the plants, fruits, the herbs and the sea creatures was for human use. We are called to use them respectfully for our well-being and nourishment.

The Society of Jesus (Jesuits) of Karnataka province convened a meeting for the administrators of their communities (in charge of health and diet) from 2nd to 4th December 2022 at Ashirvad, Bengaluru. The convenor of the meeting Rev. Fr. Prashanth SJ requested the sisters from Bannerghatta (PDDM) community, to give a session for an hour on the topic “Healthy Living and Food Habits”. On 4th December the last day of their meeting Sr M. Annie Joseph, Sr M. Scholastica Panthaladikal, and Sr M. Flavia Aranha had an opportunity to speak to them on diet and healthy living which results in a Holistic lifestyle. It was an interactive session in which many of their questions and doubts were clarified. The priests were extremely happy about the session and expressed their deep appreciation for our mission at Bannerghatta. Among the participants, a few of them had already taken treatment in our holistic center. There were 16 participants including the provincial superior and the vice provincial.



We thank God for this opportunity and exposure to our healing ministry.

Asirbhavan community

Experience of December in Santhome Chennai

December is a month of joy, and happiness in everyone's hearts preparing us to welcome the new-born baby Jesus. In this month of December, my heart was filled with joy, and happiness, and was amused by the good atmosphere of Christmas preparations. During the Advent season as we prepared ourselves and longed for baby Jesus some of the events that took place were an Ecumenical Christmas Carol Choir, a CRI gathering, the feast of our Founder along with the Golden Jubilee of the Divine Mercy Church, etc.

The Inter-Religious Christmas Celebration in which people from different faith came together to sing Christmas Carols in one heart and voice to praise God was a big experience for me. The choir presented stunningly melodious voices and dances. A Muslim in his message said that every Muslim who does not believe in Jesus and Mariam (mother Mary) is not worthy to call themselves Muslim. The Archbishop Most Rev. George Antonysamy in his inspiring message challenged the people gathered saying, Jesus came to live among the poorest, Christmas is within you, and what changes will you bring from this Christmas? I was deeply inspired by these programs and felt very privileged for this opportunity. In the CRI Christmas gathering, a big number of priests and nuns from many different Congregations, the Novices, and candidates took part. Some of the congregations presented wonderful singing and others showed their talents in performing a very inspiring program.

Before the Christmas Novena, the Cathedral Church and our house (Guru Yesu Bhavan) were lit up so brightly and the attractive Crib on the campus captivated our hearts. I was extremely happy to see all these. Above all on December 26, we, the community went for an outing to visit the cribs and the holy places of St Thomas the Apostle where he walked and moved, stayed, and prayed during his lifetime. I saw the cave where he used to pray in secrete when people were searching to take his life, his footprints, and the cross. Hearing the life story of St. Thomas, I was speechless and astonished to know the zeal of St. Thomas's love for Christ shown through authentic words, deeds, and sacrifices, even at the cost of his life.

Psalmist says "sing for joy, O heavens, and exult O earth; break forth O mountains into singing". I am grateful to Almighty God for blessing and giving me this beautiful opportunity to be in this community and for the good things that I enjoyed during these last three months. Secondly from the depth of my heart, I thank Sr. Celine Cunha the Provincial Superior, and her team, Sr. Josephine in charge of formation, and Sr. Romana our Novice Mistress for sending me here to have a beautiful experience in the Santhome community. I thank all the sisters of the community with grateful hearts for their hospitality, kindness, goodness, and support during my stay there and for their prayers.

Novice Rosita Gangmei
Santhome, Chennai

**There is only one corner of the universe
you can be certain of improving,
and that's your own self.**

**One good thing about the
truth is that it sets you free.
Lies imprisons you.**

**The past is to Improve
Yourself and the future is to
Prove yourself**

Christmas Celebrations at Guru Yesu Bhavan



Christmas Celebrations at Guru Yesu Bhavan was a simple yet joyful get-together as a community. The program began with a carol singing followed by a Christmas message delivered by Sr M. Fides Enos. In her message, she reminded us that Christmas is a time of sharing, togetherness, joy, laughter, and giving. It is also a time of being the messengers of Good News to others by using the ordinary means to give Jesus to others. For this we need to light the lamp of faith to discover the presence of Jesus in everything.

In a way of personalising the Christmas message the support staff of our community was appreciated and honoured with a Christmas gift.



Then came the most exciting moment to discover who our Christmas friend is. A revelation that came to us as a surprise that added colour to the joyous celebration. May every Christmas be Christ-filled and the New year 2023 be packed with the message of God and his blessings.

Guru Yesu Bhavan Community

