

Disciples India

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Dear Sr M. Micaela Monetti

HEARTY

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E & HAPPY STAY IN INDIA

**CONGRATULATIONS DEAR SISTERS
ON YOUR PERPETUAL PROFESSION**



**WISHING YOU ALL GOD'S BLESSINGS
FOR A FLOURISHING LIFE**

Religious Saint, or nothing.

Because this is precisely the purpose of our religious life: to attend to one's own sanctification. As you go along in the years, more virtues, more righteous intentions, more zeal... So, Jesus grew up, so did Mary and the Saints.

-Bl. James Alberione

A Religious Sister

On February 2, 2023, as we celebrate the 26th World Day of the Consecrated Life it is good to ask ourselves a few questions to reflect on the relevance of our call as religious sisters in a fast-changing world. A religious sister is first a female, a woman, a sister, and of course a mother with all the innate qualities associated with each of these roles, which include being careful, aesthetic, loving, protective, considerate, and compassionate. She is created (Gen 2:21-24) by God, blessed with nurturing qualities of God himself and given a vocation. In her response to the divine call as a religious sister, she takes with her all the feminine characteristics of a woman. The religious sister has in her the divine - the miracle in her. In other words, "We are miracles of God!" as our Founder, Blessed Alberione would say of himself.

Let each of us ask ourselves: Am I a miracle myself? Do I feel so from within? A miracle is defined as an extraordinary occurrence that cannot be explained by science and therefore is attributed to God. As I mentioned at the beginning, the fact that each sister and each human being has God within her namely the images of God, it then follows that each one of us has something special, something unique within. It is the responsibility of the individual to discover this with the help of our family, the education and the faith formation we receive, or the congregation we chose to be part of.

Are you happy to be a female, a woman, and a religious sister? A religious sister in this congregation of PDDM?

Are you happy to be in this or that community, doing this or that particular work?

What is unique in you as a sister, called from among many?

Taking time to honestly answer these questions and discovering our true selves would be an interesting journey worth making during this Centenary Year.



- Sr M. Regina Sebastian

A good vocation is simply a firm and constant will in which the person who is called must serve God in the way and in the places to which almighty God has called her.

-Saint Francis de Sales

Vocation is a special grace, and as it is born, so it lives, maintains itself and bears fruit. It comes from a more lively Faith, from a more fervent Hope, from more ardent Charity, from heartfelt Piety. Therefore, always ask for an increase of Faith, Hope, and Charity.

- Bl. James Alberione

*Prayer is powerful
It fills the earth with mercy.*

~ St. Frances Xavier Cabrini



CONSECRATED LIFE

COMMUNITY LIFE AND COMMUNION

There is a difference between community life and communion. We come together and live in community for a double purpose—to help each other to get closer to God and to fulfil the common mission. A community helps us to reach both these goals. The community is the place where we release our tensions and are energized for our mission. Celebrations and lighter moments reduce our tension and break the monotony. A religious who lives in a loving community has far more zest and joy in mission.

But community life itself can become a source of tension. Many communities appear as patched up unrelated parts. In several communities, there is sadly only a business-oriented, merely functional, relationship. There is apparent cordiality, which rarely includes a deep, sincere, trusting and warm relationship among the members. Over-involvement in work forces the members to avoid sharing in community responsibilities and being accountable to others in the community. We keep ourselves simply busy. Ministry becomes an excuse for not meeting others meaningfully.



An extremely important means to build up communion in communities is communication. Nasty judgments, unjust criticism, calculated coldness and subtle manoeuvres would disappear, if there is genuine, humble and positive communication. The spirituality of communion implies the ability to see what is positive in others, to welcome it and to value it as a gift from God and to know how to share each other's burdens. If somebody is better than we are, we can learn from them. We can learn to enjoy others' success.

Don't take what others say about you too seriously: It has been said that only two people can tell you who you really are: an enemy who has lost her/his temper and a friend who genuinely loves you. Listen to them and learn about yourself. Do not react, oppose or defend yourself. Rather study their comments, evaluate them and see if what they say is true. If true, work on it. A Bishop told his priests that he would not like any homily for his funeral, adding: "I do not want to be lying in the coffin, while another is lying in the pulpit."

So, too, telling someone, "I am sorry" has a great value. Agree to disagree. Arguments are seldom productive. You win an argument, and lose a friend.

Get rid of the idea that "I have to teach her a lesson or else she will never learn." People do not learn by being opposed, but rather by being understood, cared for and being dealt with respect and compassion. Use your heart and not just your head and reasoning. Listen respectfully. Never minimize the other's feelings by saying: You are over-reacting; you're making a mountain out of a molehill. We may be hearing the other's words, but not really listening to their feelings.

Learn to forgive. A community is not made up of perfect people. Each one is a mixture of good and bad, like Jesus' community. None of us are perfect products of God. We are still a work in progress. I may not like somebody's voice, hair-style, features or ideas. I am not bound to like them. Yet, I have no right to oppose, reject or humiliate a person on account of these aspects. I am called to love everybody—including those whose ways I do not like. God can write straight with crooked lines. Develop compassion.

Holiness means being loving, not boring, Pope says.

God calls all Christians to be saints - not plastic statues of saints, but real people who make time for prayer and who show loving care for others in the simplest gestures, Pope Francis said in his new document on holiness.

“Do not be afraid of holiness. It will take away none of your energy, vitality or joy,” the pope wrote in “Gaudete et Exsultate” (“Rejoice and Be Glad”), his apostolic exhortation on “the call to holiness in today’s world.”

“We are frequently tempted to think that holiness is only for those who can withdraw from ordinary affairs to spend much time in prayer,” he wrote. But “that is not the case.”

“We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves,” he said.



The path to holiness, he wrote, is almost always gradual, made up of small steps in prayer, in sacrifice and in service to others.

Being part of a parish community and receiving the sacraments, especially the Eucharist and reconciliation, are essential supports for living a holy life, the pope wrote. And so is finding time for silent prayer. “I do not believe in holiness without prayer,” he said, “even though that prayer need not be lengthy or involve intense emotion.”

The line concludes the Beatitudes, in which, Pope Francis said, “Jesus explained with great simplicity what it means to be holy”: living simply, putting God first, trusting him and not earthly wealth or power, being humble, mourning with and consoling others, being merciful and forgiving, working for justice and seeking peace with all. The exhortation ends with a section on “discernment,” which is a gift to be requested of the Holy Spirit and developed through prayer, reflection, reading Scripture and seeking counsel from a trusted spiritual guide.

“A sincere daily ‘examination of conscience’” will help, he said, because holiness involves striving each day for “all that is great, better and more beautiful, while at the same time being concerned for the little things, for each day’s responsibilities and commitments.”

Your example of holiness must be the absolute holiness of God. God has planned to have a people today who are created in His own image and likeness — who are loving as He is loving, who are merciful as He is merciful, who are forgiving as He is forgiving, who are holy even as He is holy.

- CRIADMIN on AUGUST 14, 2017



**Congratulations
Dear Sisters**

Sr Kanikai Mary Issac
Sr M. Regina Sebastian
Sr M. Vimala Thottumannil

Become a Better You

- ☰ Stay away from Anger...It hurts ...Only You!
- ☰ If you are right then there is no need to get angry,
- ☰ And if you are wrong then you don't have any right to get angry.

- ☰ Patience with community member is love,
- ☰ Patience with others is respect.
- ☰ Patience with self is confidence and Patience with GOD is faith.

- ☰ Never Think Hard about the PAST, it brings Tears...
- ☰ Don't think more about the FUTURE, it brings Fear...
- ☰ Live this Moment with a Smile, it brings Cheer.

- ☰ Every test in our life makes us bitter or better,
- ☰ Every problem comes to make us or break us,
- ☰ The choice is ours whether we become victims or victorious.

- ☰ Beautiful things are not always good but good things are always beautiful
- ☰ Do you know why God created gaps between fingers?
- ☰ So that someone who is special to you comes and fills those gaps by holding your hand forever.
- ☰ Happiness keeps You Sweet...But being sweet brings happiness.



You May Prosper

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. (3 John 1:2)

And my God will supply every need of yours according to his riches in glory in Christ Jesus. (Phili 4:19)

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us. (Eph 3:20)

Prosperity is so much more than having things. It's having good health. It's having peace of mind. It's being able to sleep at night. It's having good relationships. There are so many things that cannot be bought. But there is no single verse in the Scripture that suggests we are supposed to drag around in the land of Not Enough, not able to afford what we want, living off the leftovers.

God is called El Shaddai, the God of More Than Enough. He takes pleasure in prospering His people. He says we were created to be the head and not the tail. He says He will lavish us with good things. Jesus came that we might have life and life in abundance. God's dream for our life is that we remain blessed in such a way that we can be a blessing to others—so prosperous, so generous, and so full of joy that other people want what we have. He wants to use all that we have to advance His kingdom.

Jesus Divine Master, Thank You for prospering us during these 100 years of our history and that You continue to delight in prospering us. Help us to be generous in touching the lives of others with our manifold gifts. May our PDDM mission flower forth through various ministries bringing grace and blessing.

WOMEN OF THE GOSPEL

Mary's Contribution to the Life of Jesus

A mother undoubtedly plays the most vital role in our overall development. Her importance and significance in our life are superlative to all other possessions. No matter how much we succeed the one working and praying behind the scene for us is always a mother. She is our role model and teacher.

Though Jesus was the Son of God he was born like any one of us except for sin and grew up like anyone of us in wisdom and stature, and in favour with God and man (Lk 2:52).



The awareness of God's plan came to Jesus through his personal prayer, guidance from his mother, the various experiences he went through in his personal life, and community events. Mary & Joseph taught Jesus to pray, read the Scriptures, and carry out his daily chores. When he was 12, he went with his parents to the Temple at Jerusalem and was enveloped by His Father's wisdom and explained the scriptures to the doctors of the law (Matt 2:41-52). When he grew up, he went to be baptized in Jordan and encircled by the Spirit, received **His Father's affirmation as a voice came from heaven, "You are my beloved Son; with you, I am well pleased"** (Mk 1:11). As a man he went to the synagogue at Nazareth to participate in the sabbath worship empowered by the Spirit took the scroll and read a passage from Isaiah 61:1 and read "The Spirit of the Lord GOD is on Me because the LORD has anointed Me to preach good news to the poor" (Lk 4: 18).



When he went for wedding at Cana with his mother and the disciples the wine ran short, the mother's intuitive heart in Mary noticed the situation and initiated her Son Jesus into the ministry of bringing the Father's Love and Mercy to the people. A mother knows when her children are ready to take up the responsibilities. Mary initiates Jesus in the ministry by saying "They have no wine." Though Jesus resists by replying to her, "Woman, what does this have to do with me?" "My hour has not yet come." **The mother knew what her son is capable of and she affirms him saying – You can do it and tells the servants "Do what He says". Jesus rises up to the occasion and performs his first miracle (Jn 2: 1-11).** Our God will supply every need of ours according to his riches in glory in Christ Jesus (Phili 4:19). Our God is God of abundance. A good measure, pressed down, shaken together, and running over, will be poured into your lap. (Lk 6:38). After everyone had drank there was still leftover wine.

Thus, the affirmation of the father and the mother are necessary for the growth of the children and Mary beautifully carried out this role of her motherhood by initiating Jesus to fulfill the Father's design for him.

Women from all walks of life have played a very significant role in the life of Jesus to discover himself and the father's plan for him. Among them, Mary the Mother of Jesus holds the highest place. In the next issue, we shall learn about more women who too have played a significant role in the life of Jesus.

