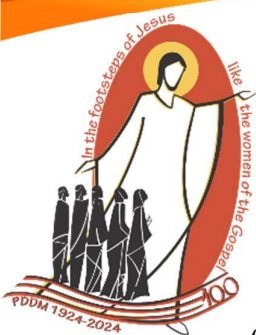


Disciples India

Email ID – inpddmwebsite@gmail.com - 01/03/2023



“40 days of purposeful journey”

We are in the Lenten season of the Centenary year. May it be a unique experience of opening ourselves to God's Mercy and Love. May we allow ourselves to be re-born during these 40 days of the purposeful journey in order to experience a new life in Easter.

It is the springtime of our liturgical year, which aids our spiritual growth through prayer, penance, and works of charity. The best way to initiate this growth is through an inward journey to examine our spiritual life, the areas we have wandered away from the true path, and find our way back to the right track.

LOOK HOW BEAUTIFUL IT IS!

POPE FRANCIS PROPOSES 15 SIMPLE ACTS OF CHARITY

1. greeting (always and everywhere)
 2. Give thanks * (even if you don't "have to").
 3. Remind others how much you *love them. * *
 4. Greet with joy those people whom you see every day.
 5. Listen to the other person's story, without prejudice, with love.
 6. Stop to help. Be *attentive to those who need you. * *
 7. Revive someone's morale.
 8. Celebrate the qualities or success of another.
 9. Select what you don't use and give to those who need it.
 10. Help when needed for someone else to rest.
 11. Correct with love, don't keep quiet out of fear.
 12. Have a good word with those who are *near you. * *
 13. *Clean up what I use at home * *
 14. Help others overcome obstacles.
 15. Call your parents, if you are lucky enough to have them.
- Fasting from hurtful words and passing on kind words
 - Fast from discontent and fill yourself with gratitude
 - Fast from anger and fill yourself with magnitude and patience
 - Fast from pessimism* and fill yourself with hope and optimism
 - Fast from worry and fill yourself with trust in God
 - Fast from complaining* and fill yourself with the simple things in life
 - Fast from pressure* and fill yourself with prayer
 - Fast from sadness* and bitterness and fill your heart with joy
 - Fast from selfishness* and fill yourself with compassion for others
 - Fast from unforgiveness* and fill yourself with reconciling attitudes
 - Fast from words and fill yourself with silence and listening to others
- If we all try this fast, daily life will be filled with: **PEACE**



JOURNEY
in Lent



CONFIDENCE

JOY

AND LIFE.

Great wisdom from Pope Francis for this year's Lenten journey.



Life never stands still, no matter what we do. Change is the very nature of existence - our thoughts, feelings, beliefs, ideas, even our relationships are as changeable as rain and sunshine, or night and day. Who we are now is not who we were last year, last week, yesterday or even a minute ago. But, as much as change is inevitable, it is not always welcome or easy to deal with. It can upset our world and generate many conflicting feelings.

However, *it is in those very moments when everything looks hopeless that we have a real chance to grow into something better: what the caterpillar calls the end of the world, we call a butterfly!*

The journey to such transformation is smoother when we can step back from anger, fear or grief and take a breath, before our emotions takes over. Then we can enable the issue to pass, for not even those feelings that seem so enormous, important or overwhelming stay the same. Given time, what is vital to us now will soon lose its relevance.

Knowing this means that we can be more at ease with change. As thoughts come and go, as we watch emotions rise and fall like waves, as physical, emotional or mental pain is felt and then gone, we see how this coming and going applies to everything, even our breath. This sense of rhythm informs us that, if we wait long enough, even the darkest of times will also pass.



The father of our nation Mahatma Gandhi famously said, "You must be the change you want to see in the world." In other words, although life changes are inevitable, we can also initiate personal change so we can rise to the challenge and become a bigger and better person as a result. How do we do this? We believe the best ways are to recognize that change is inevitable, that there is always the potential for positive change in every moment and to stay grounded and in touch with our peace.

This notion of *be the change you want to see in the world* does 3 powerful things when we adopt it:

1. It stops us from judging others;
2. It replaces complaining about others with reflection on self;
3. It stirs us into taking action within the only thing in the world over which we have any control: ourselves.

**JUBILEE:
A TIME OF RETURN
AND
OF PARDON**

is an appropriate time to be the change we want to see in the community/congregation/world.

Walking against a strong wind is exhausting. Moving with the wind can feel almost effortless. When we are open to the Spirit of the Lord, we are filled with energy, direction, and freedom. When we resist the movements of the Spirit, nothing seems to work no matter how hard we try. The movement of the Spirit in our lives is seldom predictable, but always dependable.

HAPPY INTERNATIONAL WOMEN'S DAY!

While praying one day a woman asked,
"Who are you, God?
He answered, " I AM".
But, Who Is, I AM? she asked,
He replied,
"I AM Love, I AM Peace,
I AM Grace, I AM Joy,
I AM Strength, I AM Safety,
I AM Shelter, I AM Power,
I AM The Creator,
I AM The Comforter,
I AM Beginning and The End,
I AM The Way, Truth and The Light".
With tears in her eyes she looked
Heaven and said,
" Now I understand. But, Who am I?"
God tenderly wiped the tears
from her eyes and whispered,
"You are Mine".



March 8th is celebrated as International Women's Day. We read in Genesis 1:27 "God created humankind in his own image, in the image of God he created them; male and female he created them". Like men, women have excelled in every sphere of life. They have made an irreplaceable contribution to building a world that can be home for all. Nature, the Earth, the Church, and even our Country is symbolized as "She". The women help keep the world alive and bring the grace of renewal, embracing inclusion, and the courage to give of themselves. They transmit the ability to see beyond.

Celebrating women's Day Pope Francis said, "A woman is harmony and beauty of the world. Without her the world would not be beautiful, it would not be harmonious. Peace, then, is born of women, it arises and is rekindled by the tenderness of mothers".

A Woman cannot be explained in a few words. She is a culmination of much, much more. A woman is:

W - Wonderful

O - Original

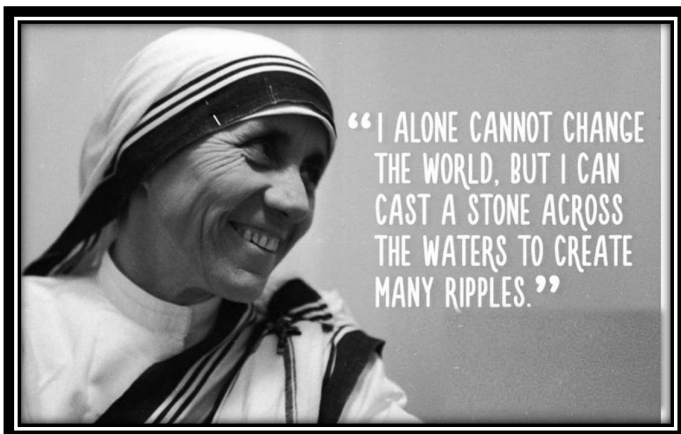
M - Masterpiece

A - (with Unique) Attitude

N - Nurturing (the existence of everything & everyone)

With the celebration of the Centenary Year, the clarion call has come to us the Women Disciples to wake from our slumber, and hold our heads high, walk with courage as Women of the Gospel who went to the tomb early in the morning when it was still dark, to meet Christ the Lord of their Life. And behold there awaited them not the God of the dead but the God of the living. Let us encounter this God of the living each and every day of our life and in all our activities and relationships.

May the God of surprises encounter us when we least expect him to effect a new beginning in the annals of our personal history and the history of our congregation. May the generations that come after us have illustrious and luminous women to look up to.



**Some flowers grow best in the sun
And some grow well in the shade.
Remember God puts us
where we grow best.
So..... always be happy
in every situation of life.**

WOMEN OF THE GOSPEL

A Mother's Contribution to the Life of Jesus



The word mother itself is symbolic of God. The day we are conceived and open our eyes for the first time in this world, the one person that poured all the love and affection she holds in her heart is the mother. What she does for a child from the day she/he arrives can't be done by anyone else. Nurturing to the best, loving without any condition, taking care, teaching how to walk, talk, and telling the basics of life since childhood are some of the roles that can't be performed well by anyone other than a mother.

The Gospel of Matthew chapter 15:21-28 depicts the faith of a mother. In the preceding words of this chapter, we see signs of the tide turning against Jesus because he challenged the teachings of the Pharisees and elders. Following this confrontation, Jesus went from that place and withdrew to the region of Tyre and Sidon. There a surprise waits for Jesus. And behold, a Canaanite woman of that district came and called out, "Have pity on me, Lord, Son of David! My daughter is tormented by a demon."

Lord, Son of David! My daughter is tormented by a demon."

We know the conversation that followed between the woman and Jesus. A mother's heart can endure anything for the sake of her children. Even though the people of Israel fail to recognize Jesus as their Messiah, the prophetic instinct of a mother was convinced that He is the Messiah who could deliver her daughter from evil power.

Like Mary the mother of Jesus recognizing who her son is, invited him to perform his first miracle at Cana, this Canaanite woman in all her humility invites Jesus her Master and Lord not to limit his redemptive healing ministry only to Jews but to extend it to non-Jews as well by saying, "even the dogs eat the scraps that fall from the table of their masters". Jesus is led by the Faith of this prophetess to carry forward his Mission beyond the Jewish circle and to embrace the larger circle of Gentiles. Thanks to this mother and a woman of great faith we the non-Jews have become the beneficiaries. In the next issue, we shall learn about more women who have played a significant role in the life of Jesus.



letting God lead

For your Kind attention: If the sisters of the Province do not contribute news and articles for Disciples India, we shall stop publishing it from the next month.