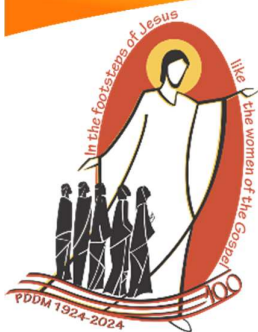


Disciples India

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Call to Become the Best Version of Ourselves

Anthropology is the scientific study of humanity, concerned with human behaviour, human biology, cultures, societies, and linguistics, in both the present and the past. Social anthropology studies patterns of behaviour, while cultural anthropology studies cultural meaning, including norms and values. Theological anthropology deals with the Christian understanding of human beings. It is the study of women/men through God's revelation. It explores what it means to be a woman, what it means to be a man, what it means to be a family, and especially what it means to have been created in the image and likeness of God. **Discerning what it means to be made in the image of God has a huge consequence.** If I am created in the image of God, I am called to reflect this image in my dealings with my sisters and brothers.

The season of Advent initiates us into a new Liturgical Year, preparing us to welcome Jesus the gift of the Father to humanity. Jesus is the best version of the Human person, the God who became flesh, the merciful and compassionate face of the Heavenly Father. He came to this earth to reveal what it means to be **made in the image of God**. The Gospel narratives are full of Jesus' words and actions. They indicate to us what it means to be the best version of ourselves. It is to become like Christ as St Paul would say in Galatians 2:20 "I no longer live, but Christ lives in me".

Learning how to be the best version of ourselves is a life-long journey. When we are being the best version of ourselves, we're being our highest self in every capacity. At each new chapter of our life, we grow and change. Our sense of self is ever-changing, not static. Because what I thought I was at 15 is different from what I think I am at 50. It's a lot of work, but our personal growth is worth it.

Becoming the best version of oneself comes from developing our body, mind, and spirit and moving forward. 'Focus' needs to be on all three. When all three components are in synergy, one can operate from the highest level of self. Being the best version of oneself is a decision. No one can force it on us. Jesus is the best version of Human Being and we look up to him.

Bl. James Alberione our founder constantly spoke of Configuration with Christ. The contemporary word for Configuration with Christ is Mindful Living or Transformative Life. In the words of St Ignatius, it is called the Daily Examen. Everyone is capable and deserving of this transformation.



Christmas Tidings - 2023
Jubilee Chimes - 2024



In the footsteps of Jesus
Like the women of the Gospel



The beautiful song “God is still working on me” which I heard sung at St Patrick’s Church speaks volume of God’s love and care for us. We are not a finished product, let us unmask ourselves and be authentic in recognising our real-self. God is not tired of us because He is still working on us to make His imprint shine through our lives.

Let us Evolve - Walk forward - Step beyond our comfort Zone. The one question worth asking ourselves before retiring to bed daily is: How purposefully or constructively did I spend this day?

Happy Christmas and Blessed New Year towards New Life!

Sr M. Regina Sebastian

The Joy of the Gospel

What does ‘The Joy of the Gospel’ mean?

Each sunrise gives hope to our dreams and light to our plans, man is in constant search for truth. Ages and years have passed in search of truth, people and religion claim to have the ultimate truth. But Jesus tells us that he has not revealed the entire truth, the whole truth about the kingdom of heaven; because we have no grasping capacity, but Holy Spirit will guide us. This is the most beautiful way of revealing the truth. God is in touch with all the individuals via Holy Spirit and reveals himself to all those who seek him through the Holy Spirit.

‘The Joy of the Gospel’ points out that by having strengthened in relationship with God and one’s neighbour, it fills the heart and lives of all who encounter Jesus. Those who accepts his offer of salvation is set free from sin, sorrow, inner emptiness, and loneliness. With Christ, joy is constantly born a new. But in today’s world the great danger which pervades by consumerism is the desolation and anguish born as a complacent yet covetous heart, feverish pursuit of pleasures and blunted conscience. Whenever our interior life becomes caught up in its own interests and concerns, no longer felt and the desire to do good fades. (Ref.

Joy of the Gospel no. 3) Today we are invited to a renewed personal encounter with Jesus Christ, because ‘no one is excluded from the joy brought by the Lord’. The Lord does not disappoint those who take this



risk; whenever we take a step towards Jesus, we come to realise that he is already there waiting for us with open arms. But Lord, I have left myself deceived in a thousand ways I have shunned your love, save me once again. “Lord takes me once more in to your redeeming embrace.” (*Joy of the Gospel no. 4*) This is the joy which we experience daily amidst the little things of life, as a response to the loving invitation of God our Father “My child taste yourself well according to your means, do not deprive yourself of the day’s enjoyment’. (Sir. 14:11-14) (*No. 5 Joy of the Gospel*) ‘So Gospel always radiant with the joy of Christ, the cross constantly invites us to rejoice’.

A few examples from the Bible – “Rejoice” is the angel’s greetings to Mary (1 Lk. 1:28). Mary’s visit to Elizabeth makes John leap for joy in his mother’s womb. (1 Lk. 1:41) In her song of praise, Mary proclaims “My spirit rejoices in God my Saviour.” (1Lk. 1:47) When Jesus begins his ministry, John cries out, “for this reason my joy has been fulfilled.” (Jn 3:24) Our Christian joy drinks of his brimming heart. He promises his disciples, “You will be sorrowful, but your sorrow will turn into joy’ (Jn 16:20). (*Joy of the Gospel no. 7*) Sometimes we are tempted to find excuses and complain acting as if we could only be happy. If our thousand conditions were met but our technological society which offers multiple occasions of pleasure to find that joy. In today’s world really, the need of the Gospel joy, because there is lot of hatred among the people, violence, corruption, no respect for human life, for the sake of power and wealth country is set on destruction, on fire. We know what is happening in the State of Manipur, how many lives are lost; is shocking such evil exists in our world of today. What is our response? As we are called to bear witness to Christ, living the Paschal Mystery; “we always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body” (2 Cor. 4:10). As our humble mission is to pray for the suffering humanity and present to the Lord all the situations and invoking God’s grace to eliminate evil from the world so that the truth, justice, brotherhood, harmony may reign once again and everyone may experience the joy of the Lord.



I conclude with the words of Pope Francis – ‘Wherever consecrated people are, there is always joy. This is the beauty of consecrated persons, it is joy, the joy of bringing God’s consolation to all. Every Christian, especially you and I, we are called to be bearers of this joy; the joy bringing God’s consolation and his tenderness towards all. In calling you God says to you: “You are important to me, I love you, I am counting on you’. Joy is born from that calling. Feeling wanted by God, loved by God, called by God is the secret of our joy and abide in it with totality of your being. Witnessing around us so much pain, suffering and warfare we know that our world often lacks joy. Since joy is the foundation of human life; every man and woman try to attain it through whatever means possible. We are called not to accomplish great epic deeds or to proclaim in high sounding words, but to give witness to the joy that arises from the certainty of knowing we are loved by God. Surely, we can find thousand reasons for remaining in that joy.’ Let us be joyful religious.

Sr M. Martha Binduc

Symposium on Mission & Ecclesiology

I deem it a great opportunity to attend the Symposium of Missiologists and Ecclesiologists held at St. Peter Pontifical Institute, Bangalore. I would like to share few reflections received during the symposium.

When we speak of Church and its Mission, we realise that the church exists to enter into the experience with the person of Jesus Christ and as the result to share this experience with others. Therefore, through Evangelization he must be Known, Loved, Believed, Announced, Proclaimed, and Followed.

Church and Mission: Pope Francis and a new Phase in the Reception of Vatican II. No man is an island. So also, our faith-life is not a narrowly personal and individualistic journey. The entire Scripture witnesses to salvation as a community project. God saves us with and within community of faith. That is why all endeavours in the Church entail a personal, collective and communitarian engagement. This essentially communitarian nature of the Church is the foundational principle of synodality being promoted by Pope Francis. Hence Pope characterizes the Church as the faithful people of God which “goes forth”, possesses the fundamental Truth, marching as Missionary disciples”, identifies herself to decentralization, acts as mother and healer, shows compassion and mercy, engages in encounter and dialogue, and constantly renews herself.

Pope Francis calls for a shared mission: Pope Francis as a staunch Ecumenist and an ardent promoter of Inter religious dialogue, the authentic character resembling St. Francis of Assisi, especially in his simplicity, open-hearted relating capacity, humility, non-judgmental attitude, and often appealing to God’s mercy, issues that are close to his heart, endanger the life of the poor and the vulnerable, jeopardize God’s creation, seeking for closer communion, cooperation, war-free environment, and positive and inclusive relationships. “Culture of encounter” is the signature theme of the papacy of Pope Francis. “Human Fraternity for World Peace and Living Together” is a joint declaration co-authored by both Pope Francis and the Grand Imam of Shaykh Ahmed al-Tayyeb, Imam of the Al-Azhar University and issued on 4th February 2019. Taking inspiration from the Human Fraternity Document and renew our commitment to stand together as one human family.



Eco-Social Vision of Pope Francis in Laudato Si, Fratellitutti and Laudate Deum: Through these, Pope Francis appeals the humanity for an integral ecology that cares for the Earth and cares for the people. He thus, sheds light on Integral ecology, Environmental Stewardship, Social Fraternity and Friendship, Human Dignity and Rights, Globalization and Economic Inequality, Migration and Refugees, Violence, War and Death, Political and Social Dialogue, Social Media and Communication.

Pope Francis Theology of Mercy in his Vision for Migrants and Refugees: Pope Francis has consistently maintained that apostolic mission is not a human strategy, but the work of God animated by divine mercy. True mercy, according to him, is the mercy God gives to us and teaches us – the mercy that demands justice. New Humanism of Pope Francis: Inclusive Vision of Fraternity in Fratelli Tutti. Pope Francis’s new humanism, rooted in the Christian tradition and open to all people of good will, envisions more just, equitable, and sustainable world. Characterized by Christ-centeredness, the dignity of every human person, commitment to the common good, openness to all individuals, solidarity with the poor and marginalized, support for education and human development, care for the environment, and promotion of dialogue and cooperation, this vision is both challenging and worthwhile. Talking about Public Theological Model for Ecclesiastical Leadership, Pope Francis’s papacy does not argue for political establishments of religion, but yet argues for a healthy political involvement in civil society for the common good- a sublime value deeply rooted in the Catholic Social Teaching.

Interreligious dialogue- Ecology-Mission to the peripheries: Use of practical tactics using common platform to pray and work together for the common cause, goal. To care for our common home. We are called to go to peripheries, this is what demanded of us as religious, and priest, to leave our comfort zones to do something. Our mission is to go after lost sheep like Jesus and not to be contained with 99 and be comfortable.

The church by nature is a missionary: To be a missionary today is to take the Gospel of Christ in its totality to the people which will nourish every one accordingly, rich, poor, those suffering physically, mentally, spiritually, on account of cast, religion, migrants, refugees, marriage issues, youth, children, etc. Jesus relates with everyone in the Gospel and that is what we are called to do. To take off those glasses of prejudice and put on those which will see every human being as a human with flesh and blood. The colour of the blood that runs in every one’s artery is the same. Pope Francis is challenging us by giving voice to the words of Christ in the Gospel. Am I ready to go “**Beyond**” to encounter Christ who is waiting for **ME**?

Sr M. Victoria Gaurea

Psychosexual integration



‘God created man in his image, in the image of God he created them male and female’ (Gen. 1:27). So, we are called to accept ourselves and one other; knowing that we belong to God and God lives in us. Being religious we are expected to play an important role in helping to bring about transformation in the community and the society.

Psychosexual integrity is the process of achieving a healthy and harmonious balance in oneself.

When the six elements such as physical, cognitive, emotional, social, moral, and spiritual; are balanced in our being, we will live a healthy and holistic life. Human sexuality is our way of being in the world, it is something that we are and not we do. It embraces all aspects of our life; it is also the fundamental component of our personality and is central to being human. It also helps us become capable of loving and forming bonds of communion in our community and the universe.

Having been enriched by this relevant topic given by Sr M. Gincy Thekkanath, we have a better understanding of our being and the call to live a celibate life in a loving relationship with Jesus and with one another.

Novices – Orsola Bhavan

Consecrated life

As Novices our aim is to know who we are and understand better the life that we have chosen. Consecrated life is a state of life in the Catholic Church lived by those faithful who are called to follow Jesus Christ in a more challenging way.

The Consecrated life was founded and lived by holy men and women which began from the early Christian communities and from many other orders and it continues even today through the various religious orders and institutions. Having attended the classes on Consecrated life, it was indeed helpful to deepen and widen our knowledge about the history of consecrated life.

Having called and responded to his divine call and mission in the Pauline Family, as his disciples we are moved with the zeal and fire of love for God and for his people; by reading the signs of the times with the eyes of faith and to respond creatively to the needs of the Church, to reinvigorate; by living Jesus, living the Joy of the Gospel in our formative journey as his chosen instrument. ***“I am counting on you to wake up the world since the distinctive sign of consecrated life is prophecy.” (Pope Francis)***

