



# Disciples India

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01/02/2024

02, FEB

## XXVIII World Day of Consecrated Life

We celebrate the **World Day for Consecrated Life** on February 2, the feast of the Presentation of the Lord, also known as Candlemass. Just as the candles blessed on this day symbolize Christ, the light of the world, so too, those in consecrated life are called to reflect the light of Jesus Christ to all peoples.



We thank God for this stupendous gift to the church and the marvels the Lord has accomplished in and through us the Consecrated persons. With Joy, we renew our consecration as women who are called to heal the world with the perfume of love, and spread it across with acts of compassion and tenderness.

This year, the Celebration of the World Day of Consecrated Life in Rome will be enriched by the presence of participants in the International Meeting of Consecrated Women and Men in Preparation for Jubilee 2025 from February 1 to 4, 2024. There will be about three hundred representatives of the different forms of consecrated life to reflect on the theme “Pilgrims of Hope on the Path of Peace.”

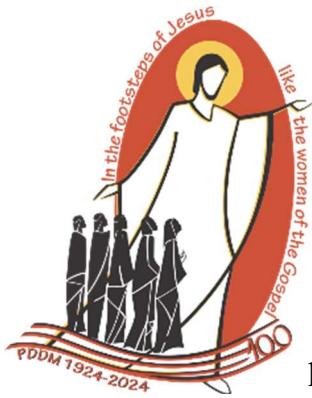
09, FEB

Dear Sisters

*Congratulations*

*On your Final Commitment.*

*We, the sisters of Indian Province are with you on this your Special Day & Wish you all the very best in your journey as Disciples.*



# Keep shining!

10, FEB

Celebrating a milestone of 100 years in the life of the congregation is a significant event that calls for a spirit of praise and thanksgiving as we acclaim with one voice “Your works O Lord are wonderful and you lead us in ways that are marvellous”.

Celebrations of the Centenary help us to look back and ponder the past that has an impact on us today, in terms of how we act or react to it, interpret it, learn lessons, and apply it to our life and mission. We look back in appreciation of what has been handed over to us by our pioneers, the senior members, and those who preceded us in the journey of Discipleship. What is more, connecting is the reunion of both the old and new generations in one space to celebrate the achievements and time they both shared learning from the same Congregation. These connections are made possible in a century. It is where we find the mixture of generations dropping, sharing memories, and reconnecting. The opportunity to reconsider our history prepares us for the future that beckons us to move forward.

On 10 February, we step into the new century of hope and blessings, with the ability to inspire wonder and ignite the spark of curiosity, one that will continue to reveal the wonders of the past and inspire future generations to cherish the secrets that lay within their reach. So, let us set out in the footsteps of Jesus the Divine Master as women of optimism and joy.

**If we don't LOVE what we are doing, we will become the best at what we HATE.**

10, FEB

**Happy Feast!** To all our Temporary Professed sisters on your Feast Day. To all the sisters who remember their Profession anniversaries and renew their vows a **Hearty congratulations!**

May you be fascinated by the person of the Divine Master and fall in Love with Him. So, what will get you up in the morning, what you will do with your evenings, how you will spend your weekends, what you read, what amazes you will decide everything.



*The greatest Glory in living our lives is not in never failing,  
but in rising every time we fall.*

# 32<sup>nd</sup> World Day of the Sick

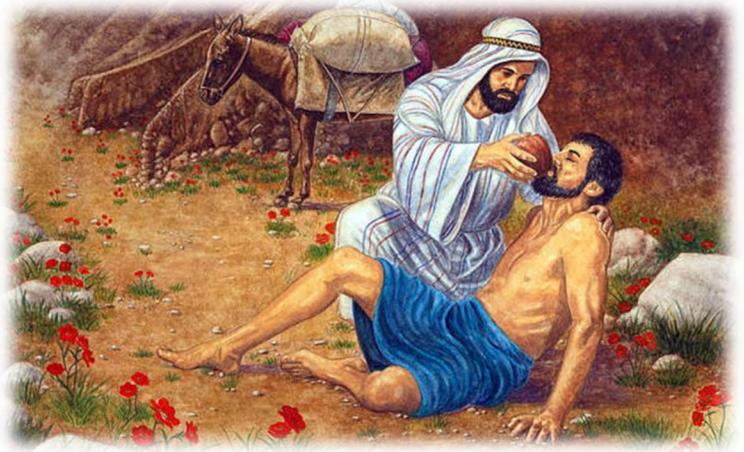
**“It is not good that man should be alone”**

**Healing the Sick by Healing Relationships**

11, FEB

The World Day of the Sick offers us another opportunity to take to our heart in prayer of intercession all those who suffer, in our province, our congregation, our families, and in the world. Pope Francis invites us to adopt a compassionate gaze of Jesus towards those who suffer, are alone, marginalized, or rejected.

It is essential that as sisters of the Eucharist, we who are called to care for the body of Christ (Church), grow in the culture of tenderness and compassion to become agents of healing and comfort.



14, FEB

## LENT 2024

Pope Francis' Message for Lent 2024 with the theme, "

**"Through the desert**

**God leads us to freedom."**

With Lent, we are entering into another new Liturgical cycle of living the mysteries of God's love. When we truly understand and appreciate the Liturgical seasons, it can be really transformative.

### Lenten Fasting & Feasting

Fast from discontent; Feast on Gratitude  
Fast from anger; Feast on Patience  
Fast from pessimism; Feast on Optimism  
Fast from bitterness; Feast on Forgiveness

Fast from discouragement; Feast on Hope  
Fast from suspicion; Feast on Truth  
Fast from negatives; Feast on Affirmatives  
Fast from worry; Feast on God's Plan

Fast from complaining; Feast on Appreciation  
Fast from thoughts of illness; Feast on the Healing Power of God  
Fast from thoughts that weakens; Feast on Gratitude  
Fast from emphasizing the differences; Feast on Promises that Inspire



17, FEB

## 70 Years in our Mother Land



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 our Vocation and Mission and pass on to our future generations. May the 70 years become 100 and many more hundreds. Let us dare to push ourselves to the extreme in the expression of our beautiful Mission. Dare to be the best.

## Celebrating 60 & 25 years of PDDM Life

### 60 Years of Religious Consecration



Sr M Valerian  
Parayamnilam



Sr M Giorgina  
Kuncharacatt

### 25 Years of Religious Consecration



Sr M Estina Bhavighar



Sr M Tessy Thekkanvazhakala



Sr M Zita D'Souza

26, FEB

# Happy Birthday



Dear Sisters

Wish You Grace & Health

May Divine Master Accompany You with  
His Abundant Blessing in Your Service  
To The Sisters

27, FEB

News Bit

Youth Meet, January 13 - 15, 2024

St. Joseph's Community College, Jamshedpur

On the occasion of the centenary of our foundation, the community of Jamshedpur organized a three-day 'Youth Meet' with the desire to share our life and mission with the young people. It was a wonderful scene to see our campus being filled with young people and their parents.

The day was opened with a prayer led by Sr Reshma. Since the young people were from different parishes the ice-breaker activities were conducted to make the youth feel at home in the company of each other. Then, they were invited to introduce themselves creatively. After which, some general questions were posed on current topics on universal and local church, and finally we introduced our

congregation by way of a video clip on our life and mission. The input sessions on the first day, was given by Fr. Alex Darwin from the Diocese of Jamshedpur who has a specialization in Psychology and Youth Counseling. He dealt with "What is true happiness and where can it be found, within or outside". During the second session, he administered personality







assessment questionnaires and helped them to know their strengths and weak areas. To keep young people active and engaged along with the input sessions, games, and action songs were conducted.

On the second day, Fr. Valerian Lobo, the Director for Catechetical and Pastoral training programs in the diocese and the Deputy Secretary of the Bishops Conference - Jharkhand, gave sessions on 'Understanding the Ten Commandments', 'Character Building according to Kingdom Values', and 'Christian Witness'. He enlightened them through various dynamics and video clips to build a pleasant character and keep away from evil habits and immoral acts.

On the third day, the Vincentian priests Fr Martin and Fr Riyo from Divya Jyoti Retreat Center dealt with the topic 'Love and Live the Word of God' by instructing the youth to prioritize their daily habits so that they can set aside time for prayer and reading the word of God. When faced with failures or discouragement they remind themselves that the negative thoughts come from the evil one and firmly root their trust in God who is omnipotent and go forward in the hope to face the challenges of daily life.



The 'Youth Meet 2024' was concluded with the Eucharistic Adoration and Holy Mass. Each of the participants received a Bible diary as a gift, and the Catholic Students from our St Joseph's Community College were also given the Bible diary. It was a memorable event for the participants and

the community. The young people expressed the desire that they look forward to having such gatherings in the coming days.

**Sr M. Reshma D'Souza**

**'The greatest discovery of all time is that  
a person can change her future by merely changing her attitude'**