

07, MAR

## Invoking God's Blessings & Spirit of Wisdom on the New Provincial Team



On March 7, 2024, during the Liturgical prayer of the Vespers, the sisters who were called to form the government of the Province of India received their mandate of service.

As the sisters of Indian Province heartily wish them congratulations, we invoke God's manifold blessings upon them for this ministry of service. That with hope and courage, in the footsteps of Jesus, like the women of the Gospel they may lead the province in the years ahead in faithfulness to the charism of our Founder.

08, MAR

The International Women's Day invites us to respect and esteem our womanhood. We are created in the image of God with the potential to generate and sustain life. Women have played a central role in the Scriptures and the religious and political arena. When God became man, he did so through a woman, Mary. Women are inherently built with strength, perseverance, and character.

In today's society, women have entered every field that once was thought to be of men. Let us capitalize on every opportunity and empower ourselves without forgetting our femininity. Strength is displayed not only in being macho but also in being calm, balanced, tender, kind, and compassionate.

HAPPY  
—INTERNATIONAL—  
WOMEN'S DAY



# THE POWER OF SILENCE

19, MAR

The month of March sets before us two great personalities namely, Joseph (19<sup>th</sup> March) and Mary (25<sup>th</sup> March) as an example of our spiritual growth. This year since the feast of annunciation falls during Holy week this feast is shifted to the 8<sup>th</sup> of April.

St Joseph is popularly known as the Silent Saint. Though the infancy narratives do make a mention of St Joseph being actively involved in the salvation history there is no mention of him speaking. Though he didn't speak a word, his actions spoke volumes. He walked silently with Mary co-operating with her in the salvific mission. The person of St Joseph, the season of Lent, and the events of Holy Week all help us to reflect on the strength and the power of silence.

**Silence isn't  
empty, it's full  
of answers.**



Joseph was a man who had read the scriptures, reflected deeply on them, believed in the promises of God, and waited patiently for the fulfilment of God's plan. His silence was impregnated with contemplation of God's ways, he let himself be drawn by it. Since he was in tune with God's word, he could receive positively the angel's message to accept Mary as his wife even though it was not easy.

Lent is a time of prayer, fasting and almsgiving. Through prayer we silence our mind by contemplating God's ways, through fasting we silence our senses by subduing our body, and through almsgiving we silence our will by detaching from our desire to hold on to the things of this world. It is worth experiencing the joy of observing silence!

During Holy Week, we recapture and relive Jesus' passion and death. We walk with him in silence to comprehend His

unfathomable love for us.

The modern world generates so much noise and makes us believe that the louder our voices, the stronger we are. Silence is not a weakness; it shows the strength of one's character. Gandhiji the 'Father of our Nation' observed silence every Monday. He won't talk to anybody on that day. He would write down if there was a need but wouldn't speak at all. He felt very peaceful due to this. He would never waste this day keeping himself idle or sleeping. He used to finish the week's pending work on that day. He would say "When I don't understand something, I reach up and hold God's hand. And we walk together in silence." Through meaningful silence, we can communicate better.

The power of silence is scientifically proven when it comes to the benefits it can offer to our minds and bodies. For some people, silence comes naturally. These fortunate individuals know the power of silence and they are comfortable in that silence. There are quite a few of us who need to learn the art of practicing silence and experience the strength that comes from it.



In the foundational narratives of Mother Scholastica, we read that Metilde Gerlotto, her companion turned to the Theologian Alberione, and asked: “What are we to do?” And the response Mother Scholastica records in her notes is: “Keep silence, silence, silence”.

Shall we give Silence a chance to bloom in our life, as a fruit of our Centenary Celebration and experience its power and strength?

## Mary, Mother of Silence

- ✓ Mother of silence, you who watch over the mystery of God; save us from the idolatry of the present time.
- ✓ Purify our eyes with the eye-wash of recollection and mindfulness; take us back to the freshness of our religious Calling.
- ✓ Mother of the beauty that blossoms from faithfulness to daily work; lift us from the inertia of laziness, pettiness, distrust, and pessimism.
- ✓ Clothe us in the compassion that unifies, that makes us whole; let us discover the joy of a humble, sisterly, and loving community life.
- ✓ Mother of tenderness who envelops us in patience and mercy; help us burn away the sadness, impatience, and rigidity of those who do not know what it means to belong.
- ✓ Intercede with your Son to obtain that our hands, feet, and hearts be agile; to build a community with the truth of love.

31, MAR

Our God  
is with us



May the message of life,  
proclaimed by the Angel beside the  
overturned stone of the tomb,  
overcome all our fears and sadness and  
help us promote a fruitful encounter  
with the Risen Master.

**Happy Easter!**



Dear  
Sr Priyanka Munis &  
Sr Asha Madhuri  
Soreng, we greatly  
appreciate your sincere  
effort in completing the  
Diploma in Theology  
with excellent results.  
May this study on  
knowledge of God  
bring you closer to Him  
and God's people.

# Centenary Celebrations in New Delhi



With a deep sense of thanksgiving to the Divine Master for his gracious accompaniment in these 100 years of our existence in the Church, we the Sister Disciples of the Divine Master at New Delhi had a thanksgiving Eucharist Celebration on February 10, 2024, at Sacred Heart Cathedral presided over by Most Rev. Anil J. T. Couto Archbishop of Delhi, concelebrated by Most Rev. Deepak Valerian Tauro, Auxiliary Bishop of Delhi, Bishop Emeritus Most Rev. Vincent Concessao, Pauline priests, other diocesan, and religious priests.



In his homily, Archbishop Couto stressed the need to balance our contemplative and apostolic life like St. Scholastica on whose memorial the PDDM congregation was founded. He further pointed out that the Eucharistic Adoration that we carry out in the Sacred Heart Cathedral is the most glorious and exalted ministry that embraces every person.

After the Holy Eucharistic, we had a short Program at Jesus & Mary convent school hall. The program began with welcoming the guests, followed by a prayer dance and a Video Presentation on the life and works of our founder Bl. James Alberione. Archbishop Couto in his final speech expressed a deep appreciation for our founder, the Pauline family, and the PDDM ministry. The dignitaries were presented with a memento, and the celebration came to an end with a Festive Lunch.



Our hearts swell up with gratitude and joy for the grace the Lord had bestowed upon us and the privilege to be part of this beautiful and eventful Celebration. With God's blessing, we carry forward these unforgettable experiences to a new era of discipleship.



**Aradhana Community, New Delhi**