



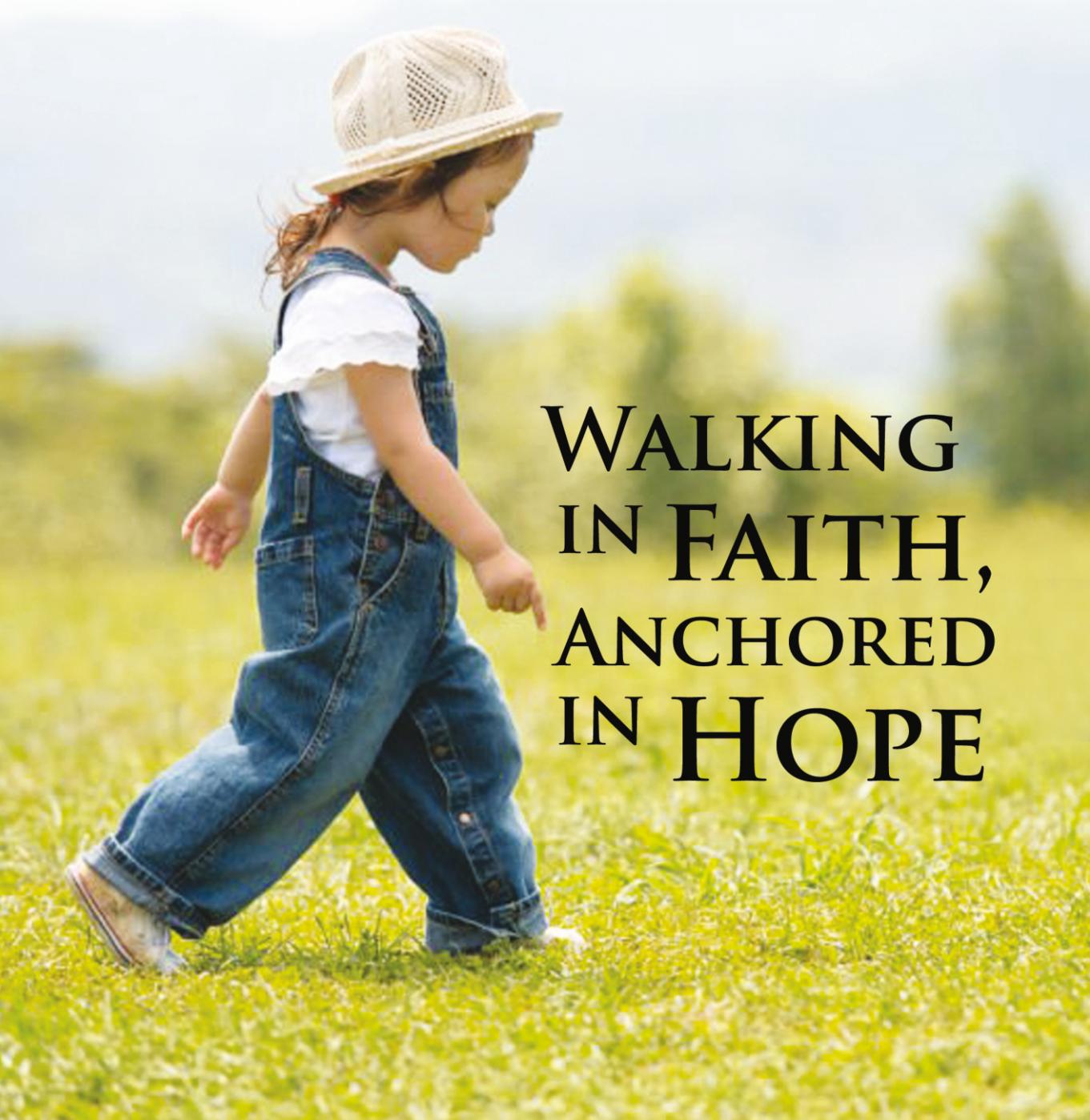
Dawn



Volume XXII, Issue X
August - December 2024

Descriptive Articulative Web of News

MSMHC St. Joseph Province, Tezpur



**WALKING
IN FAITH,
ANCHORED
IN HOPE**

Hearty Congratulations Dear Newly Professed Sisters



Congratulations Dear Finally Professed Sisters



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Editorial...

Be a Witness of Hope

Sr. Cecily Lalremsangi

Hope is at the heart of the Jubilee 2025 and it is one of the greatest gifts we can offer the world. In this Jubilee year, we are encouraged to reflect on how we can become instruments of hope in our daily lives. What does it mean to be a witness of hope? It means actively bringing light to darkness, especially in a world filled with division, suffering, and despair. It also means living in such a way that others, by seeing our lives, are encouraged to trust in God's faithfulness. In Romans Chapter 5: 3 - 5 we read, " We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope. And hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit." St. Paul teaches that hope is not something shallow—it is strengthened through trials and trust in God. When we remain steadfast in faith, even in hardship, we become witnesses to others that God's love is unshakable.

The invitation to be a witness of hope is a call to action. It is a challenge to live with faith, trusting in God's promises and sharing that hope with others. By practicing mercy, kindness, and justice, we reflect the heart of the Jubilee message: that God's love is everlasting, and new beginnings are always possible. A simple act of kindness, a word of encouragement, or steadfast faith in difficult times can inspire those around us to trust in God's love. True hope is not passive—it moves us to act, to uplift, and to be a source of strength for others. When we live as witnesses of hope, we remind the world that darkness never has the final word—God's love and light will always prevail.

As we travel this sacred year, let us choose to be bearers of hope, bringing light to the world and inspiring others to walk in faith. By embracing the spirit of Jubilee, we help to renew the Church and society, making God's kingdom of love, peace, and justice a reality. Jubilee 2025 is not just a celebration—it is a mission. Let us live it with hope!

Provincial's Message



"Hope" the Anchor of the Soul

Sr. Asha Paul
Provincial Superior



Hope is one of the most profound gifts that God has given to humanity. It serves as an anchor for the soul, keeping us steadfast and secure in the midst of life's storms. The Bible speaks about the power of hope and how it strengthens us, providing us with the assurance that God is in control, no matter the circumstances. One of the most striking verses that summarize this truth is Hebrews 6:19, which states, "We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain." This verse powerfully illustrates how hope is not a fleeting emotion but a steadfast force that holds us close to God.

Life is filled with uncertainties, difficulties, and disappointments, but hope in God's promises gives us the stability we need. The Bible does not promise a life free of suffering, but it does assure us that hope will carry us through. One of the most powerful examples in the Bible is Job, a man whose faith was tested unimaginably yet not losing his hope but anchored strongly in God. Job's story teaches us that hope is not just about expecting good times; it is about trusting God even in the vilest moments. His resolute hope became the anchor that kept him from drowning in despair. Hope gives us the strength to endure, the courage to dream and the faith to forge ahead graciously.

We all face moments when life seems awful. Our life can be compared to an unpredictable sea, which is sometimes calm and serene and at other times turbulent. Whether be its loss, illness, financial struggles, or emotional pain, we are often tempted to give up. At this point, we realize the importance of placing our hope in

God. The Word of God encourages us to keep our hope anchored in God. Our suffering is not the end of the story. Hope assures us that beyond the darkness, there is light; beyond the pain, there is healing. Just as a ship's anchor keeps it grounded despite rough waters, our hope in God keeps us secure through trials, suffering, and the uncertainties of life. If we hold on, trusting that God is faithful, we will see His purpose unfold in our lives. As we continue our journey of faith, may we always hold on to this hope, allowing it to strengthen us and inspire those around us. Let us become beacons of hope for others and make our lives joyful, hopeful and meaningful.

Inspiring Stories/ Lessons for life

HOPE

The famous Scottish poet **Robert Louis Stevenson** fell ill with tuberculosis. His strength had weakened so much that he couldn't move his right hand and was unable to write with it.

Robert did not give up and learned to write with his left hand, and he was able to write with it for several days. But unfortunately, his left hand also weakened, and he was no longer able to move it.

Robert did not despair and asked one of his friends to come to him to write his literary works. The malignant disease reached his tongue, and he was unable to speak. Despite all this, Robert did not give up and learned sign language. He started using some of his fingers to write verses of poetry.

Robert Stevenson lost speech and movement. Despite everything he was exposed to, he was able to conquer his weakness and achieve great success with his wonderful literary works.



Life Is Hope... Who Loses Hope Loses Life

Expressive Story About Gossip

The Greek philosopher Socrates was famous for his wisdom and knowledge. One day, an acquaintance came to him and said, "Have you heard what has been said about your friend?"

Socrates: Let me ask you three questions before you tell me what happened to my friend.

The man: Okay!

Socrates: The first question: Are you absolutely sure of the correctness of what you are going to tell me?

The man: These words are common among people. I don't know if they're true or false.

Socrates: Second question: Is what you are going to tell me a good thing?

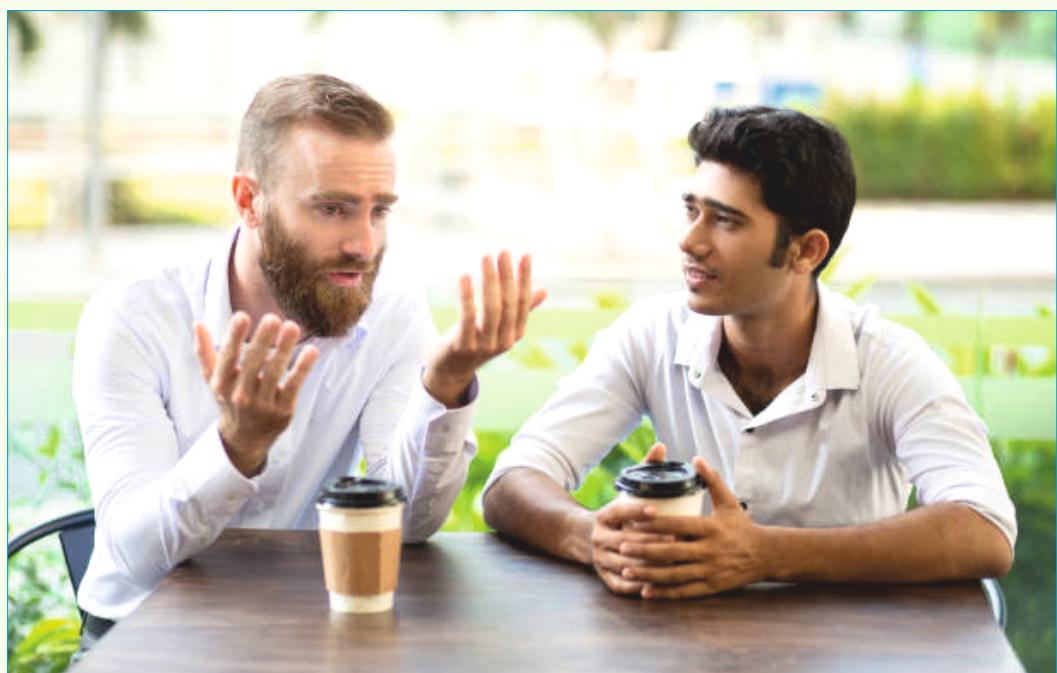
The man: No, on the contrary.

Socrates: Third question: Is what you're going to tell me useful for me?

The man: No, there's nothing useful in what I'm going to say.

Socrates said to the man: If what you want to tell me is neither true, nor good, nor even useful for me, then why are you telling me this?

Moral: It is not polite to say something bad about the absent that you would not dare to say while they were present.



Province Level Activities...

Felicitations of the Finally Professed Sisters



Tezpur 8th - 9th Dec, 2024: On 7th December 2024, a momentous and joyful occasion unfolded as seven sisters from the province pronounced their final "yes" to the Lord at Hatigaon, embracing their lifelong commitment to religious life. This solemn profession marked their complete dedication to God's call, signifying their deep faith and unwavering resolve to serve the Church and humanity. The celebration continued on 8th December in the Provincial House. The community gathered with heartfelt joy, greeting them with melodious welcome and congratulatory songs. It was a beautiful moment of unity and celebration as the Missionary Sisters of Mary Help of Christians (MSMHC) family grew stronger with these seven dedicated sisters.



To honor their commitment and express gratitude to God, a meaningful prayer service was organized on the evening of 9th December. The community came together in deep reverence and thanksgiving, praising God for the gift of vocation and the lives of the sisters. The prayer service was a powerful expression of faith, love, and support, enveloping the sisters in blessings and good wishes for their journey ahead. We entrust them to God's loving care, that they may be blessed with wisdom, strength, and perseverance. May they continue to be an inspiration to others, fulfilling their divine calling with grace and fidelity.

Celebration of Homecoming

Tezpur 13th Dec 2024: On 13th December 2024, the province joyfully welcomed 14 newly professed sisters at Jyoti Bhavan. They were received warmly by Sr. Asha Paul, the Provincial, along with the Councilors, Sisters, Postulants, and Aspirants with congratulatory songs, bouquets, and Aronai. The arrival of these young and vibrant sisters brings renewed hope and joy to the province. Their commitment to share God's love wherever they are sent is an inspiration to all. We are truly grateful to God for blessing the province with their presence.



In the evening, a special hour of prayer was organized by the sisters to express gratitude to God and to seek His continued blessings upon the newly professed sisters. Following the prayer service, a short yet meaningful felicitation program was organized by the aspirants, filled with joyful performances and words of encouragement. The celebration concluded with a fellowship meal, strengthening the bonds of community and love among all present.

Juniors Animation, Renewal of Vows and Aspirants Entry to Postulancy



Tezpur 5th - 6th Dec 2024: On 5th December, 2024, 22 juniors gathered at Jyoti Bhavan for a day of spiritual preparation and reflection ahead of their renewal of vows. The animation was led by Rev. Fr. Solomon SDB from DBSTI Tezpur and Sr. Rani Mathew, the Provincial Councilor for Formation. On 6th December evening, a solemn Holy Eucharist was celebrated by Most Rev. Michael Akasius Toppo, the Bishop of Tezpur Diocese. During the mass, the juniors renewed their vows and 15 Post P.U. Aspirants received the postulant medal, marking an important step in their journey of formation. Following the Eucharistic celebration, the community gathered in the atrium for a joyful felicitation ceremony. The aspirants beautifully intoned congratulatory songs, filling the atmosphere with music and celebration. In a heartwarming gesture of unity and joy, a cake was cut to honor and celebrate the life and vocation of the juniors and postulants.



REPORTS FROM APOSTOLATE OF EVANGELIZATION...

Report from ST. MARY'S CONVENT, BENGTL...

Reception of the First Holy Communion

Sr. Haina Mochahary
St. Mary's Convent, Bengtol



Bengtol 1st - 7th July 2024: On 30th June, Sr. Anita Tirkey, Sr. Haina Mochahary, and YAC members Florence Basumaty, Promiska Islary, and Nimaha Borgoyary traveled to Ouguri village, under the Bengtol parish. They stayed in the village from 1st - 7th July for a catechism class, preparing 127 children for the reception of the First Holy Communion. During this time, the children were continuously accompanied by the Sisters and YAC members. Each day began with an hour of meditation before morning prayer, which helped the children focus and stay attentive during their classes. The lessons covered various topics, including the importance of the Holy Eucharist, the Sacrament of Reconciliation, various prayers, and the lives of the saints. St. John Bosco once said, "Games and recreation are essential for developing young people." With this in mind, an hour of games and recreation was incorporated into the daily schedule, fostering unity among the children, who came from diverse ethnic backgrounds. On the final day, Rev. Fr. Francis Basumaty SDB celebrated Holy Mass on this solemn occasion. We thank God for His constant blessings and presence in our lives.

Reports from ST. MARY'S CONVENT, N.LAKHIMPUR...

Pilgrimage to Goa

Sr. Kiran Tirkey
St. Mary's Convent, N. Lakhimpur



N. Lakhimpur 2nd - 12th Dec

2024: Goa provides a tranquil atmosphere for those in search of solace and divine blessings. A pilgrimage was undertaken by 45 individuals from the WAC and YAC of N. Lakhimpur, including members of the Parish Council. The journey commenced on 2nd December with much excitement and enthusiasm. The trip was meticulously planned, with a dedicated team managing travel logistics and accommodations. Participants were briefed on the sacred locations to visit, which included various churches, Mother Teresa's tomb, and other important pilgrimage sites. The pilgrimage to Goa especially to visit the incorrupt body of St. Francis Xavier at the Basilica of Bom Jesus was a tremendous success, filled with enriching spiritual experiences. It not only allowed the group to explore these sacred locations and

strengthen their faith but also fostered a deeper sense of community among participants. This experience offered profound spiritual growth and a lasting sense of peace that will remain with the pilgrims for years to come.

Preparation and Celebration of 1st Holy Communion



N. Lakhimpur 7th - 14th Oct 2024: Classes for the First Communicants were held from October 7th to 14th, 2024, at Balijan Church under the N. Lakhimpur Parish. The sessions covered various topics on the seven Sacraments and the Ten Commandments, incorporating pictures, prayers, and Bible stories. These classes helped the children gain a deeper understanding of the Holy Eucharist, its importance, and how to approach the Sacraments with reverence and love. Sr. Kiran Tirkey, Sr. Asomtasia Pyrtuh, and Mr. Jacrious Barla, the Head Catechist took great care in preparing the children for the first Holy Communion. A total of 42 children made good confessions and prepared their hearts to be a dwelling place for Jesus. On 14th October, Rev. Fr. Philip Barla, the Parish Priest of N. Lakhimpur, celebrated the Holy Mass.

The first communicants entered the Church in procession, dressed in white attire to symbolize their purity and readiness to receive the Lord in their hearts. During his homily, Fr. Philip emphasized the importance of the Eucharist. Family members, friends, and parishioners attended the Holy Mass, offering prayers and support to the children on their faith journey.

Reports from FERRANDO CONVENT, PANISHALI...

Prayer Service In Khariapara

Sr. Dayamoni Narzary
Ferrando Convent, Panishali

Panishali, 8th Sept 2024: On 8th September 2024, Sr. Daya Narzary and the Marian Sodality women gathered at the house of Kodepi Sangma to organize a meaningful prayer service for the faithful of Khariapara village under St. Paul Parish Church, Panishali. During the service, the Rosary was led by Tengme Sangma, the president of the Marian Sodality.

At the end of the Rosary, Sr. Dayamoni Narzary shared a few thoughts on the healing power of Jesus, how He healed the deaf, the blind, and those with speech impediments. She emphasized the power of Jesus' words for those who believe in Him. This prayer service is held every second Sunday of the month, rotating among different villages. Marian Sodality also meets with the faithful on the first Sunday of each month in the Parish.



Report from NIRMALA NIVAS CONVENT, SALANA...

Marriage Blessing

Sr. Veronica Lakra
Nirmala Nivas Convent, Salana

Salana, 27th Dec 2024: On 27th December 2024, a solemn and joyous Holy Eucharistic celebration was held at Salana Parish, during which 22 couples received the Sacrament of Matrimony. The ceremony was presided over by Fr. Moses Mardi, the Parish Priest of Salana, along with Fr. Bijoy Horo, the Assistant Parish Priest surrounded by family members, friends, and well-wishers, the couples exchanged their vows, committing to a lifelong journey of love and faith. In preparation for this sacred occasion, the couples participated in a 15-day marriage preparation course. The sessions were conducted by Fr. Moses Mardi, Fr. Bijoy Horo, Sr. Veronica Lakra, Mr. Eujine Barla, the Head Catechist, and Mrs. Stella Kujur.



Reports from LITTLE FLOWER CONVENT, BAIRABPUR...

Pilgrimage to Goa

Sr. Anita Basumatary
Little Flower Convent, Bairabpur

Bairabpur, 2nd - 12th Dec 2024: On 2nd December 2024, a group of 21 parishioners from St. Joseph's Parish Bhairabpur began their sacred pilgrimage to Goa to venerate the relics of St. Francis Xavier. They were accompanied by Sr. Anita Basumatary and Sr. Junika Daimary, who guided them throughout this spiritual journey. During the pilgrimage, the group visited significant religious sites, immersing themselves in prayer and reflection. They experienced the warm hospitality of the local community, which added joy and comfort to their journey. The pilgrimage was a profound spiritual experience, deepening their faith and strengthening their bond as



a parish community. The pilgrims offered prayers for various intentions, seeking blessings and guidance from St. Francis Xavier. They returned home with hearts filled with gratitude to God for the grace and blessings they received throughout the journey. The memories and spiritual insights gained from this pilgrimage will remain cherished and inspire them to live their faith with renewed devotion.

Marriage Training Course



Bairabpur 27th Dec - 10th Jan, 2025: A marriage class was held for ten couples at St. Joseph Parish in Bhairubkund from 27th December 2024 to 9th January 2025. Sr. Anita Basumatary and Sr. Teresa Tudu gave instruction on the Sacrament of Matrimony and offered guidelines for building a strong foundation for Christian families. Various resource persons contributed to the classes, including Fr. Thadeus Bhengra, Fr. Nathaniel Mushahary, Mr. Luish Basumatary (the head catechist of the parish), Mr. Patrus Murmu, Mrs. Maya Rani Wayri, and Mrs. Manju Ramchiaray. Fr. Thadeus Bhengra, the parish priest, blessed the marriages of the ten couples on 10th January 2025.

Report from LITTLE FLOWER CONVENT, BONGAIGAON...

National Level Retreat For Women

Sr. Pushpa Tanti
Women Coordinator, Bongaigaon Diocese



Bongaigaon, 13th - 18th Oct 2024: The National Level Retreat for Women was held at the Divine Retreat Centre in Muringoor, Chalakudy, Kerala, from 13th to 18th October 2024. Sr. Pushpa Tanti, the Diocesan Women's Coordinator, and 24 women from various parishes within the Diocese of Bongaigaon participated in the retreat. The retreat proved to be a profound experience of God's love, deeply rooted in prayer, the sacraments, the Word of God, and charismatic worship. Many participants shared their stories of healing from illnesses, addictions, and emotional struggles. This retreat has significantly impacted our lives by deepening our longing for Christ. We have received greater health, deeper joy, and the grace to prioritize God in our lives.

Reports from JYOTI BHAVAN, TEZPUR...

Living Crib Competition At Malijan

Tezpur 22nd Dec 2024: The Living Crib competition was held on 22nd December 2024, in Malijan, the focus village of the Jyoti Bhavan community. To ensure better presentation, participants were divided into groups well in advance. Each group displayed their creativity and teamwork, bringing the Nativity scene to life with devotion and artistic expression. A good number of Sisters from Jyoti Bhavan, along with community members, gathered to witness and support the event. The competition was meticulously evaluated by Sr. Asha Paul, the Provincial Superior, Sr. Caroline Hembrom, the Provincial Councilor for Social Apostolate, and Sr.



Vineeta Philip, the Provincial Economer. They carefully evaluated each presentation based on creativity, authenticity, and the spiritual essence of the Nativity scene. During the event, Sr. Provincial delivered an inspiring Christmas message. Her words resonated with the audience, reminding them of the values of love, peace, and unity. As the event concluded, Sr. Asha Paul announced the winners, acknowledging the dedication and effort put in by all the participants.

Sharing the Joy of Christmas



Tezpur 25th Dec 2024: The evening of Christmas was a truly special time to share the joy and warmth of the season with our neighbors. The sisters and aspirants organized a delightful gathering that brought the community together in celebration. Sr. Philomena Dungdung delivered an inspiring talk on the true meaning of Christmas, reminding everyone of the love, hope, and peace that this season brings. The aspirants sang the Christmas carols with their melodious voices. Everyone shared tea and snacks. As the evening came to a close, the invitees left the campus with hearts filled with peace and joy of Christ, carrying with them the beautiful memories of a Christmas evening spent in unity and gratitude.

Reports from ST. JOSEPH'S CONVENT, KOTKAPURA PUNJAB...

Celebration Of The Sacrament

Sr. Minu Nag
St. Joseph's Convent, Kotkapura



Kotkapura, 19th Oct 2024: In preparation for the Sacrament of Confirmation at St. Joseph Catholic Church in Muktsar and Kotkapura, Sr. Pomila Basumatary, Sr. Madhuri Kujur, and Sr. Minu Nag undertook extensive outreach efforts. They visited various villages, providing catechetical instruction and spiritual guidance to the candidates. On 19th October, Bishop Angelo Rufino Gracias

administered the Sacrament of Confirmation to 125 candidates at Kotkapura. The event was graced by the presence of many priests from various parishes. The faithful extended a warm welcome to Bishop Gracias, presenting him with a bouquet of flowers as a symbol of their respect and affection. He was escorted to the Church in a grand chariot procession, accompanied by Fr. John Teja, the parish priest, along with sisters, Church council members, Mariam Sena, youth, and other faithful. Representatives from each village expressed their love and respect by presenting the bishop with a garland made of currency notes, locally known as "Note Mala." The ceremony concluded with a communal meal, known as "Langar," reflecting the Church's commitment to fellowship and unity.



A Day Out for Catechism Children at Chhatbir Zoo, Chandigarh



Kotkapura, 14th Oct 2024:

The catechism children from Kotkapura and Muktsar parishes had a day of outing to Chhatbir Zoo, Chandigarh on 14th October. The total number of children was 65. The group was led by Fr. John Teja, the parish priest, Sr. Madhuri Kujur, Sr. Minu Nag and the teachers. The trip was a great opportunity for the children to

explore the beauty of wildlife and nature. The zoo, known for its diverse species of animals and birds, provided a perfect environment for the young minds to learn about the wonders of creation. The children were thrilled to see majestic creatures like lions, tigers, leopards, and a variety of birds and reptiles. Laughter, curiosity, and joy filled the air as they observed the animals and participated in interactive discussions about nature and conservation. The day concluded with a short prayer of thanksgiving, expressing gratitude for the opportunity to witness God's wonderful creation. As the children returned home, their hearts were filled with happiness and their minds enriched with knowledge.

Report from ST. MARY'S CONVENT, TATO...

**Sr. Nirmala Aind
St. Mary's Convent, Tato**

Tato: We thank God for all that He has done in the lives of the people in our mission. Through our regular family visits and spiritual guidance, many have come to understand the meaning and value of the Sacraments in their personal and family lives.

As a result, several couples have rectified their marriages and received blessings. We have been privileged to assist the dying, helping them make good confessions, receive Holy Communion, and prepare for a peaceful departure from this life.

On 29th September 2024, three adults received the Sacrament of Baptism in Yapik village, and two adults were baptized at Holy Angels Parish in Tato. During the Christmas tour from 17th to 24th December, fourteen infants were baptized in

different villages, administered by Rev. Fr. Solomon Tirkey, MSFS and Fr. James Chapaw MSFS. We are grateful to God for the sixteen YAC members who received their First Holy Communion. The Sacrament of Confirmation was administered to 252 faithful by Most Rev. Benny Varghese, the Bishop of Itanagar, in Tato, Lungte, and Yapik from 27th to 29th October 2024. We deeply appreciate the contribution and collaboration of the WAC in the work of evangelization.



Report from ST. MARY'S CONVENT, YACHULI...

Blessing and Inauguration of the Grotto

Sr. Jacinta Augustine
St. Mary's Convent, Yachuli

Yachuli, 20th Nov 2024: The long cherished dream of giving our Blessed Mother a prominent and visible place in our compound was fulfilled on 20th November 2024. A small and beautiful grotto was ready for its blessing and inauguration.



On 20th November at 7.15 am, all assembled near the newly constructed grotto. At the outset Sr. Mariam Tirkey welcomed the dignitaries and the guests, and Sr. Jacinta Augustine, with Phulom Gamucha, honoured Most Rev. Benny Varghese, the Bishop of Itanagar and Rev. Fr. Rahul Philips SAC, the General Consulter from Rome who was on a canonical visitation to the Pallotine Fathers who are working in Yachuli. After the short welcome ceremony, the Bishop conducted the blessing prayer and inaugurated the Grotto by cutting the ribbon. Fr. Rahul Philip SAC, Fr. Yesubabu SAC the Parish priest, Fr. Jijo Jacob SAC, Fr. Savio Antony SAC, Fr. Manu Mathew CST, a few local leaders, and boarding children were present for this occasion. After the blessing, the Bishop exhorted the children and everyone to seek the powerful intercession of our Blessed Mother always.

The beautiful statue of Mary Help of Christians which was instated in the grotto, was a gift that we had received last year from the Generalate for having more than hundred boarding children. We thank Sr. Christine Mynsong, the Superior General, and the General Councilors for this wonderful gift to our community. May Mary Help of Christians, who is enthroned at the entrance of our compound, bless and accompany all those who come in and go out. May our community and the children always be secure in the maternal mantle of our blessed Mother.

Reports from SOCIAL APOSTOLATE...

Awareness Program for Women

Sr. Pushpa Tanti
Little Flower Convent, Bongaigaon

Bongaigaon, 9th Nov 2024: The Women Commission of Bongaigaon organized training on “Holistic Approaches to Empowerment” for women on 9th November 2024 at Doomni Parish. A total number of 55 women participated from Doomni, Baganpara, Mushalpur, and Barama. The theme of the program was on economic sustainability and skill learning holistic approaches, accounting, report writing, puppetry, script developing entrepreneurship, and income generation. Sr. Justina Basumatary MSMHC was the resource person and she gave inspiring and thought provoking talks which enlightened the participants. All the participants were happy and contented for having spent the day together and each of them expressed deep gratitude for the opportunity and thanked the persons responsible for organizing the awareness program.



Food Preservation and Processing Programme

Sr. Dayamoni Narzary
Ferrando Convent, Panishali

Panishali, 25th Oct 2024: On 25th October 2024, Sr. Dayamoni Narzary MSMHC, the Health Supervisor, and Mr. Mathew Mochahary demonstrated the importance of food preservation and processing in Lower Thorko village. This session was aimed at empowering women in the Self Help Groups (SHGs) through food-related skills, which aligns with initiatives to enhance food security and promote economic

independence in rural families and communities. A total of 70 participants attended the training. Sr. Dayamoni Narzary emphasized methods for preparing meals that ensure easy access to healthy and nutritious food for their families.

The training focused on practical techniques for preserving and processing food, ensuring easy access to nutritious meals for all. By equipping women with these skills, the program aims to enhance their economic independence and improve food security. Participants were also introduced to income-generating activities, such as setting up tea shops and preparing snacks like cakes, samosas etc. These skills are intended to help women and their families improve their livelihoods.



Medical Camp at Ferrando Health Centre, Panishali

Sr. Dayamoni Narzary
Ferrando Convent, Panishali



Panishali, 29th Sept 2024: On 29th September 2024, Sr. Dayamoni Narzary organized a medical camp at Ferrando Health Centre, Panishali for underprivileged women, children, and individuals primarily affected by skin diseases. A total of 70 people attended the camp, where they received free medical check-ups and complimentary medications.

Dr. Touhidur Alom, the Medical and Health Officer of PHC Lakhipur, rendered free service to the patients. During the camp, the patients were diagnosed with various illnesses and received appropriate treatment. This medical camp provided significant benefits to the impoverished community in the area.

Marathon Race at Bogritol Dimakuchi: Promoting Health and Wellness

Sr. Caroline Hembrom
Jyoti Bhavan, Tezpur



Dimakuchi, 1st Dec, 2024: The SHELTER PROJECT, CDI, under the leadership of Sr. Caroline Hembrom, the Provincial Councilor for Social Apostolate, organized a Marathon race at Bogritol, Dimakuchi for the tuition children of the region. The

primary objective of the event was to raise awareness about health and wellness amidst today's sedentary lifestyle. A total of 150 children from five centers enthusiastically participated in the race, demonstrating remarkable energy and determination. To ensure the smooth running of the event, 28 volunteers and 10 staff members were present to support and guide the participants.

The winners were honoured with prizes, recognizing their exceptional performance and encouraging others to pursue excellence. Sr. Liza Elavunkal, the General Councilor for Social Apostolate, along with Sr. Caroline Hembrom, congratulated the winners and inspired all participants by sharing motivational stories of renowned sports persons. They emphasized the importance of perseverance and hard work in achieving success. This event served as a great platform for children to develop a competitive spirit, build courage, and discover their inner strength and abilities. It was a resounding success, leaving a positive impact on all those who took part.



GRADUATION DAY

Society for Rural Women Development Centre, Bengtol

Sr. Philomena Basumatary
Directress, SRWDC, Bengtol



Bengtol: From August to December 2024, the Society for Rural Women Development Centre Bengtol conducted vocational training programs on cutting, tailoring, weaving, bag making, candle making, traditional

garment making, and flower making. The initiative aimed to empower women from remote areas by equipping them with essential skills for alternative livelihoods. On 31st December a graduation ceremony was held for 22 girls who successfully completed their training in cutting and tailoring. They were awarded certificates in recognition of their achievement. The event was graced by Rev. Fr. Cornelius Myrthong SDB, the Assistant Parish Priest of Bengtol, who was the chief guest. Mr. Benedict Mochahary, a respected social activist, was the guest of honor, while Sr. Caroline Hembrom, the Provincial Councilor for Social Apostolate, was also present to celebrate the trainees' accomplishments. During the ceremony, the invited guests applauded the trainees for their hard work and encouraged them to pursue their dreams with confidence. They emphasized the importance of self-reliance and economic empowerment, wishing them success in their future endeavors.

These girls come from remote areas with limited livelihood opportunities. By acquiring skills in tailoring and other crafts, they are now better equipped to support themselves and their families



economically. The training has not only enhanced their technical abilities but also boosted their confidence and independence. Besides tailoring, the participants were

educated on mushroom cultivation, health and hygiene, and the preparation of herbal medicine to safeguard against various ailments. This comprehensive approach to skill development ensures that the trainees are prepared for both economic and personal well-being. The Society for Rural Women Development Centre, Bengtol, continues to play a vital role in empowering women through education and skill-building programs. This initiative has laid a strong foundation for the trainees to achieve economic independence and contribute positively to their communities.

Transforming Lives through Vocational Training

Sr. Anna Minj
Directress of St. Mary's VTC, Doomni

Doomni: St. Mary's Vocational Training Centre, Doomni, was established in 2023 through the initiative of the Missionary Sisters of Mary Help of Christians, Tezpur Province. The centre primarily provides training for women and girls in cutting and tailoring, equipping them with skills for self-employment. During 2023-2024 session, a total of 90 trainees successfully completed the cutting and tailoring course. Currently, 12 trainees are preparing for their graduation.

These trainees have developed the ability to take measurements, cut fabric, and stitch garments. Their keen interest in learning more reflects the effectiveness of the training program. The 3 month course includes skill-based activities such as flower, crown, and garland making. After graduation, the girls are encouraged to explore opportunities for self-employment. The most skilled trainees are offered employment within the centre itself, where they contribute to stitching school uniforms. The training centre continues to provide valuable opportunities for women and girls, fostering economic independence and skill development in the community.



REPORTS FROM APOSTOLATE OF EDUCATION...

Reports from ST. MARY'S HIGH SCHOOL, BARPETA ROAD...

Independence Day

Sr. Rica Lyngdoh
St. Mary's Convent, Barpeta Road

Barpeta Road, 15th Aug 2024: On 15th August 2024, St. Mary's High School celebrated India's 78th Independence Day with great enthusiasm and patriotic fervor. The event was graced by the presence of Sr. Asha Paul, the Provincial Superior of Tezpur Province, and Sr. Ancila Jose, the Manager of the School. The celebration commenced with the flag hoisting ceremony, where Sr. Provincial proudly unfurled the tricolor, symbolizing the nation's pride and unity. This was followed by the singing of the National Anthem, filling the atmosphere with patriotic zeal. An impressive march-past was performed by students from the four houses, accompanied by the Scouts and Guides and the band troop.



The highlight of the event was the cultural program, presented by students from various classes. Sr. Ancila Jose, in her inspiring message, emphasized the importance of remembering the sacrifices made by the freedom fighters. She encouraged the students to be responsible citizens who contribute positively to society. Her words motivated everyone to uphold the values of unity, peace and progress. The day was a memorable one, reminding everyone of the value of freedom and the responsibility that comes with it.

Visitation of Sr. Provincial

Barpeta Road, 16th Aug 2024: On 16th August 2024, St. Mary's High School warmly welcomed Sr. Asha Paul, the Provincial Superior of Tezpur Province, on her official visitation. She was warmly received by the School Band Troop and Color Party, who escorted her from the residence to the school. She was accompanied by Sr. Ancila Jose, the Manager, and Sr. Bhanumati Daimari, the Headmistress. A festive cultural program was organized by the students. The mesmerizing dances and melodious songs expressed their love and respect for the Provincial Superior. Sr. Asha Paul inspired everyone with her wise and encouraging words. She praised the staff and students for their dedication and commitment to excellence and encouraged them to continue growing in unity and love. In the afternoon, Sr. Asha Paul also addressed the teachers separately, reminding them of their role as educators and the important influence they have on students' lives. The visitation of the Provincial Superior was a cherished occasion, filled with joy, gratitude, and inspiration.



Teachers' Day Celebration

Barpeta Road, 5th Sept 2024: On 5th September 2024, St. Mary's High School celebrated Teachers' Day with great enthusiasm and heartfelt gratitude to honor the invaluable contributions of teachers. The celebrations were conducted in three shifts to accommodate all students: from 7:30 am to 9:00 am for classes Nursery to II, from 9:15 am to 11:00 am for classes III to VI, and from 11:00 am to 2:00 pm for classes VII to X in both English and Assamese Mediums. A beautiful cultural program was presented by the students in all the shifts, featuring vibrant performances such as dances, songs, dramas, and speeches. The students expressed their gratitude and admiration for their teachers through these creative and heartfelt presentations, making the teachers feel special and appreciated. Sr. Ancila Jose, the Manager of the

school, appreciated the sincere efforts of the teachers in playing a catalytic role in the holistic development of every student. The day ended with a sumptuous meal prepared for the teachers.



Farewell of Sir Bijoy Kumar Shome

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Children's Day

Barpeta Road, 14th Sept 2024: St. Mary's High School celebrated Children's Day with great joy and enthusiasm on the 14th of November 2024, honoring the spirit of childhood and the legacy of Pandit Jawaharlal Nehru. The celebration was a delightful surprise for the students, as the teachers and sisters took center stage to make the day truly special. The day began with a special assembly conducted by the teachers, which include prayers, hymns, and thought-provoking messages. The teachers presented songs and a short skit, bringing smiles and laughter to the students with their lively performances. Their efforts were a warm gesture of love and care for the students. Adding to the celebrations, the sisters sang in chorus, creating a melodious atmosphere that resonated with joy and togetherness. The highlight of the event was a solo performance by the Manager, Sr. Ancila Jose, whose beautiful rendition captivated everyone and added a special charm to the day. The celebration concluded with joyous memories, leaving a lasting impression and strengthening the bond between the staff and students.



Annual Sports Week 2024-2025

Barpeta Road, 25th Nov 2024: The Annual Sports Day of St. Mary's High School was inaugurated on 25th November 2024 with great enthusiasm and energy. The event was graced by the Chief Guest, Shri Kamaal Nayak Patowary, Principal of



Nalbari College. He was warmly welcomed by the colour party, accompanied by Sr. Ancila Jose, the Manager, Sr. Bhanumati Daimari, the Headmistress and a few teachers. The day's proceedings began with the lighting of the torch, symbolizing the spirit of sportsmanship and dedication. This was followed by March past, led by the four houses, which was a spectacular display of discipline and coordination. The scouts and Guides also joined the march, further enhancing the grandeur of the event. Students put up various programs including Mass drill, dances, and songs. The Chief Guest in his address, praised the school for organizing such a grand event and encouraged the students to participate actively in sports, emphasizing the importance of sportsmanship and teamwork. The students enjoyed an entire week of fun and excitement, participating in their favorite games. On the 29th of November, 2024, the flag was lowered, and the Annual Sports Week was officially declared closed by Sr. Ancila Jose, the Manager of the School. She thanked all the teachers for their cooperation and support and congratulated the students for their hard work and dedication.

Educational Tour

Barpeta Road, 30th Nov 2024:

On 30th November 2024, the Class X students of St. Mary's High school undertook an exciting educational tour to Guwahati, accompanied by sisters and teachers. The day was filled with learning, fun, and unforgettable memories. They visited the Science Museum, where the students explored various exhibits showcasing scientific advancements and discoveries. The interactive displays and science sphere fascinated the students and sparked their curiosity about science and technology.



The group proceeded to the Green Resort near the Brahmaputra River. The serene atmosphere of the resort provided a perfect setting for relaxation and enjoyment. The students had a delicious lunch at the resort and spent quality time engaging in recreational activities, and appreciating the natural beauty of the surroundings.

The educational tour was not only a refreshing break from the routine but also an opportunity for the students to broaden their horizons and create cherished memories. It was a day well spent, leaving everyone rejuvenated and inspired.

Reports from LITTLE FLOWER SENIOR SECONDARY SCHOOL, BONGAIGAON...

First batch Nursery students welcomed at LFS

Sr. Ibadonglang K.Shabong
Little Flower Convent, Bongaigaon



Bongaigaon, 2nd Aug 2024:

The initiation ceremony for the first batch of Nursery students was held in the school auditorium at 10:00 a.m on 2nd August 2024. Organized by Sr. Rishanalin Lyngdoh, Vice Principal, and Sr. Ibadonglang K. Shabong, the event marked an important milestone for the young learners. The ceremony began with the lighting of the ceremonial

lamp by student and parent representatives, along with Miss Ailinda Syiemlieh, the Class Teacher. Sr. Jancy Thomas, the Principal, introduced Miss Ailinda to the parents, and Sr. Anita George, the Manager, welcomed her with Aronai. Sr. Anita George and Sr. Lucy Mary Augustine guided the students in writing their first alphabet, symbolizing the start of their educational journey. Sr. Anita George and Sr. Jancy Thomas addressed the parents, highlighting the importance of their role in their children's learning and exhorted to pay attention to certain prevalent bad habits of providing fast food to children and leaving them with mobile phones. The first batch comprises 17 young learners. The ceremony concluded at 11:00 a.m. with a photo session and refreshments, marking a joyful beginning for the students and their families.



LFS Synchronizes Events in a Series of Talent Vibes ...

Sr. Jancy Thomas
Little Flower Convent, Bongaigaon



After the summer's heat Little Flower School resumed on 1st August, activating the entire campus to an amazing experience of creative expression and talent exploration. Along with academic activities the Flowerians

engaged in exploring the creative realm to make the Shiksha saptha a beneficial one for the students. A week long programme of 5th to 12th August gave the teachers and students a forum to be at their best with opportunities for learning, exploring, expressing, serving, caring and sharing. The observation of Shiksha Saptha provided the teachers and students an in-depth and explorative teaching and learning experience merging Intellectual, physical, technological, cultural and environmental aspect.

Sr. Asha Paul the provincial visited LFS on 10th August. She was welcomed warmly by the Flowerians. Students performed programs. Sr. Provincial awarded meritorious certificate to teachers for their outstanding performance in various departments. She addressed the students and teachers during the assembly and motivated them to try hard to be the best version of themselves. She visited few classrooms and interacted with the students. After the school hours, she gave an inspiring conference to the teachers.





On 15th August on the occasion of the 78th Independence of the nation, LFS students participated in the Dance competition organized by Chirang district at the DC court and won first Prize.

On 23rd August, Flowerians observed the National Space Day bringing out their scientific abilities to develop models which included working models of Chandrayaan III. A quiz competition was also conducted on the occasion to ignite and encourage the scientific knowledge in students.



A parent teacher meet of class XII students was held on 31st August. The meeting began with a meaningful power point presentation on MSMHC congregation and our system of education. Thereafter Sir Basil Koikkara addressed the parents. The interaction was with a view to create better outcome from students, teachers and parents with our students in focus.

The teachers day organized on 5th September by the class VIII students under the guidance of Sr. Rishanalin Lyngdoh and Miss Usha Boro carried the touch of genuine love and appreciation for the teachers.



1st October, the Feast day of Little Flower was observed as School day. Through a meaningful morning assembly the life sketch of Little Flower was beautifully presented by the

In tribute to the Great soul Mahatma Gandhi, on 2nd October the students observed his Birthday through meaningful skit, speeches, slogans and cleanliness drive.



On 17th October Rev. Sr. Mary Thadavanal was warmly welcomed by the Flowerians. She conducted a 6 days motivational sessions for students of class X, XI, and XII. The students were truly enriched by her sessions.



November 4th -9th observed as sports week were the most exciting day for the Flowerians. Mr. Kishore Das the principal of Birjora Higher Secondary school was the chief guest for the inauguration of the sports week.

Childrens' day celebration on 14th November organized by the teachers in meaningful and creative expressions through skit, dance, song and campus picnic offered the children a great day of enjoyment.



Bagless days at LFs mark exciting and enriching days for the Flowerians as creative expressions compete for excellence in every class rooms. Food feast organized by class XII commerce students on a bagless day was one of unique kind which caught the attention and appreciation of every one.



The Flowerians were enthralled at the magic show by Dr. Magician Shibaji das on 29th November. An educational tour to Manas Nation park organized for the students of class XII provided them an exposure together as batch mates and an opportunity to enjoy togetherness and gather happy memories.

Pre - Christmas celebration on 23rd December reverberated in the school Campus the message of birth of Jesus and the values Jesus lived out. Every programme that the students performed pointed towards the person of Jesus and undoubtedly they all carried home His blessings.



Reports from ST. MARY'S SCHOOL, PERIYATTADUKKAM...

Art and Cultural Fest 2024-25

Sr. Ainalin Lyngdoh
St. Mary's Convent, Kerala

By Education, I mean an all round drawing out of the best in the child – Body, Mind and Spirit,"

- Mahathma Gandhi



Perriyattadukkam, 29th - 31st Aug 2024: St. Mary's School, Perriyattadukkam, truly believes in nurturing not just academic excellence but also the creative spirit within each student. In line with this vision, the school organized "The Art and Cultural Fest" from 29th to 31st August, 2024, inspired by the words of Mahatma Gandhi. This event provided a vibrant platform for

students to showcase their talents and express their creativity. Indeed, it was a great excitement as the students participated in various competitions including:

- ♦Vayanavaraam Action Song
- ♦Bharathnatyam
- ♦Light music
- ♦Oppana
- ♦Recitation in English, Malayalam and Hindi
- ♦Digital painting
- ♦Story telling
- ♦Folk dance
- ♦Mappilappattu
- ♦Thiruvathira
- ♦Elocution

To ensure fair and unbiased judgment, several distinguished judges were invited from outside the school. Their presence not only added credibility to the event but also encouraged the students' enthusiasm and competitive spirit. The three-day festival concluded on a high note with a spectacular singing competition featuring "The School Anthem," performed house-wise. The performances left the audience in awe. The event culminated with a grand prize distribution ceremony, celebrating the students' achievements and applauding their efforts.



Act of Kindness

Perriyattadukkam,

2nd Sept 2024: In 2024, Kerala faced one of its most tragic events as the Wayanad district was severely affected by heavy rainfall. In the early hours of July 30th, a series of devastating landslides struck Wayanad, leading to significant loss of lives and property. The impact was heart-wrenching, and the need for help was immense. Moved by this catastrophe and the suffering of the affected people, the management of St. Mary's School, Perriyattadukkam, took a noble initiative. With the generous support of parents and benefactors, the school organized a relief drive to collect essential items and cash donations for the victims of Wayanad. On 2nd September, 2024, Sr. Rose Jolly, the Principal, accompanied by Mrs. Lekha, Sir Roopesh, and five students, visited the Kasaragod Collectorate Office to hand over the collected amount of Rs. 37,000. This contribution was a heartfelt gesture to support the people affected by the disaster.



Visit To Mary Bhavan



Perriyattadukkam, 3rd Sept 2024:

St. Mary's School organized a charitable visit to Maria Bhavan on 3rd September 2024, where 18 elderly men are cared for by dedicated laypeople. Sr. Ainalin Lyngdoh, accompanied by three

teachers and a group of students, visited Maria Bhavan to spend quality time with the residents. They brought along library books, stationery, and cool drinks, which were generously contributed by the students and parents. The students entertained the elderly by singing devotional songs and dances. Mrs. Lekha expressed her gratitude to the Manager and all the inmates for their warm acceptance and hospitality. She also conveyed her wishes for their good health and abundant blessings.

Bringing Smiles Through Music, Dance, and Games



Perriyattadukkam, 2024: A group of students, accompanied by Sr. Rose Jolly, Sr. Sherly Thomas, and two teachers, visited Medikkai New Malabar Punaradhivasa Kendram, home to 120 residents of all ages. The students spent quality time talking and listening to the inmates. They entertained everyone with songs, dances, and games, filling the day with laughter and warmth. Clothes and stationery were distributed to them. This visit was a touching reminder that life becomes more meaningful when we share our time and love with others.

Onam Celebration

Perriyattadukkam, 2024:

Onam, the festival of happiness, togetherness, and rich traditions, was celebrated with great enthusiasm by the St. Marian family. This festival, marking the homecoming of the legendary King Mahabali, symbolizes prosperity, unity, and cultural heritage. The celebration was vibrant and creative, beginning with a beautiful Pookalam crafted by the teachers. The students organized a short cultural program filled with traditional music and dance. A student was dressed as King Mahabali, bringing joy and excitement to the gathering. A unique highlight was the Family Photo Contest, open to all. Prizes were awarded to the best photos, celebrating the essence of togetherness. The festivities concluded with a delightful Onam Sadhya, where everyone shared a meal as one big family.



Inauguration of Carbon Neutral Project

Perriyattadukkam, 7th Nov 2024: St. Mary's School was honored as the best and cleanest school in Kasaragod district, maintaining a plastic-free zone. On 7th November 2024, the "Carbon Neutral Project" was inaugurated by Mr. Kumaran, the Panchayat President, under the inspiring motto, "Let's grow together for a greener tomorrow." The event was graced by Mr. Jaleshan, the Agriculture Officer, who was felicitated by Mrs. Shobhana, the Ward Member of Panayal.

To mark the occasion, 50 fruit trees were planted, symbolizing a commitment to a greener environment and healthier lifestyle. Students also contributed by bringing herbal plants, which were used to create a beautiful Herbal Garden, enhancing the school's greenery. This achievement is a witness to the dedication of the management, staff, and students, who work tirelessly to maintain cleanliness in the school campus. Heartfelt gratitude goes to the officials for recognizing and encouraging their efforts.



Reports from ST. MARY'S SENIOR SECONDARY SCHOOL, TEENMILE...

The Annual Day cum Grandparents' Day 2024

Sr. Sushila Maukal
St. Mary's Convent, Teenmile

Teenmile, 22nd Dec

2024: On 22nd December 2024, St. Mary's Senior Secondary School celebrated its 9th Annual Day. The event commenced with a prayer and the lighting of the lamp by Chief Guest Dr. Palashmoni Saikia, Principal of Darrang College, Tezpur, Assam. Guests of honor included MLA Prithviraj



Rabha and Sr. Asha Paul, Provincial Superior of Tezpur Province. Sr. Sherly M. Joseph the Principal, presented a report highlighting the school's achievements. A major highlight was the unveiling of the school magazine "WINGS", which affirms the academic and extracurricular accomplishments of the students. The cultural program featured an array of performances, including classical dances, modern songs, and skits, and a fashion show where students displayed creativity and style. Yoga and martial arts displays highlighted physical and mental agility. A touching drama on the importance of grandparents moved the audience deeply. Academic and co-curricular achievers were awarded prizes amidst enthusiastic applause. The

Chief Guest encouraged students to pursue excellence in all aspects of life. Sr. Asha Mao the manager of the school expressed gratitude to all those who supported the event. The event concluded with the National Anthem, leaving everyone with cherished memories and a sense of pride in being part of the St. Mary's family.



Report from NIRMALA SENIOR SECONDARY SCHOOL, DAMRA...

Golden Jubilee Inauguration of Nirmala Senior Secondary School, Damra

Sr. Poonam Soreng
Nirmala Convent, Damra



Damra, 28th Oct 2024: The Grand Golden Jubilee Inauguration Ceremony of Nirmala English Higher Secondary School was held on 28th October 2024, marking the institution's 50th year of excellence. The event began with the welcome of Chief Guest Rev. Sr. Asha Paul, the Provincial Superior of Tezpur Province, and Guest of Honour Rev. Fr. Francis Kalariparampil sdb, the Parish Priest of Damra along with alumni members and sisters. The ceremony featured a prayer dance, the lighting of the lamp, and vibrant cultural performances, including a dance-drama on the theme "Save the Girl Child," which highlighted the institution's commitment to social issues.

Sr. Asha Paul hoisted the jubilee flag and delivered an inspiring speech, reflecting on the institution's rich history and achievements, followed by a speech from Fr. Francis Kalariparampil Sdb, and Mr. Ram representing the alumni. The ceremony also included the release of doves by the dignitaries, symbolizing peace and

hope for the future, along with a jubilee song performed by the students. A breathtaking physical display by the students demonstrated teamwork, strength, and skill. The event was a joyous celebration of the past 50 years and set the tone for the continued success of the institution.

Reports from ST. MARY'S SENIOR SECONDARY SCHOOL, N.LAKHIMPUR...

Marchileena Duarah's Achievements in Dance Competitions

Sr. Sonia Joseph
St. Mary's Convent, N. Lakhimpur

N.Lakhimpur: Our multifaceted student Marchileena Duarah has recently participated in various prestigious dance competitions and has garnered remarkable achievements. In the Trends Talent Hunt Season 3 Solo Dance Competition, organized by the channel Protidin Time, Marchileena Duarah competed with immense zeal and



secured the position of 1st Runner-Up. As a reward for her exceptional performance, she was awarded a cash prize of Rs. 1 lakh, a trophy, a certificate, and other interesting gifts. She also participated in the Talent Hunt 2024 Dance Competition, organized by NK TV and Spondon, where she earned the title of Best Performer of the Season. She was awarded with a cash prize of Rs. 25,000, a certificate, a trophy, and gift hampers. We wish her good luck in the upcoming years.

Wall Painting : A Powerful Tool for Pollution Awareness

N.Lakhimpur: Pollution is one of the most significant threats facing our environment today. It impacts air, water, soil, and the overall health of humans and animals alike. Addressing this issue is crucial for the well-being of future generations. A creative and impactful way to raise awareness about pollution and inspire change is through wall paintings.

Depicting different types of pollution through wall paintings by the different houses of St. Mary's Senior Secondary School, North Lakhimpur."

Noise Pollution (Red House):

Wall paintings can showcase the effects of noise pollution by illustrating scenes of loudspeakers, honking vehicles, and construction sites, with distressed people covering their ears. Messages like 'Keep the noise down or the noise will keep you down' and 'Keep the noise down, let nature speak' can make a significant impact.



Water Pollution (Yellow House) : A mural showing a beautiful river being polluted by factories, plastic waste, and untreated sewage. The contrast between clean water and polluted water highlights the importance of keeping water sources clean. A slogan like 'Save water, save life' can reinforce the message.

Air Pollution (Green House): A painting depicting a cityscape covered in smog, with people wearing masks, factories emitting black smoke, trees wilting due to air pollution, and people smoking. The contrast of a blue sky with greenery on one side and polluted city on the other visually emphasizes the importance of clean air. A message like "Plant trees, breathe with ease!" could accompany the image.

Soil pollution (Blue House): A mural showing barren land filled with plastic waste, garbage like cans, bottles, and harmful chemicals affecting plant growth and wildlife can be impactful. A contrasting image of lush, green fields and forests on one side, and images of deforestation, barren land, lack of oxygen, and lack of rain on the other, can highlight the importance of protecting soil health. A slogan such as 'Reduce waste, save the Earth' can leave an impactful impression

Measures to Reduce Pollution

Wall paintings should not only show the problems but also provide solutions to inspire action. Images can depict the usage of public transport and carpooling to reduce air pollution and traffic congestion. Paintings and messages can encourage planting trees to absorb carbon dioxide and purify the air. They can also promote the use of biodegradable and eco-friendly products, reducing waste and the wastage of drinking water. Furthermore, images can emphasize proper waste disposal and the importance of avoiding unnecessary blasting of speakers and honking of vehicles in public places.

The vision of the students in making Earth a greener planet through wall paintings culminates in a hopeful image of a clean and green world. A thriving ecosystem with lush forests, rivers, clean air, and healthy soil leads to happy communities, good health, and prosperity.

The wall paintings motivate and serve to educate people about pollution and environmental conservation through creative visuals and impactful messages. The students have taken steps to protect our planet, our only home, for future generations. Let's remember this powerful message: 'Let's turn our Earth into a cleaner, greener, and healthier home!'

Reports from APOSTOLATE OF FORMATION...

Cultural Day Signifies the Uniqueness of Every Culture

Postulants Little Flower Convent
Bongaigaon, 2024 Batch



Bongaigaon, 6th - 7th Nov

2024: On the 6th and 7th of November 2024, the Postulants of Little Flower Convent, Bongaigaon, observed Cultural Day to celebrate their unity in diversity. The event began with Mass in the morning, celebrated by Fr. Babu

Joseph. The Postulants organized the liturgy, introducing the Mass and hymns in different languages. The most striking part of the celebration was the attire, with the Postulants dressed in their traditional clothes, adding color and vibrancy to the event. Sr. Anita George, the Superior, was the chief guest and inaugurated the exhibition hall at 10 am by cutting the ribbon. The inauguration was followed by welcoming words, scripture readings, prayer, a song, and a dance. The Postulants showcased their tribal cultures, displaying their unique traditions and heritage. They also learned about many ancient beliefs practiced by their forefathers. Varieties of food were prepared, and everyone enjoyed the meal. Sr. Anita George concluded the day with a goodnight thought, thanking everyone for their active participation and reminding them never to forget the MSMHC culture and traditions, to which they all belong, despite their different backgrounds and cultures.

Twin Feast Celebration at Jyoti Bhavan, Tezpur

"Faith and patriotism are the twin flames that illuminate our path, guiding us toward devotion and duty."

Sr. Aluti Rabha
Jyoti Bhavan, Tezpur

Tezpur, 15th Aug 2024: With hearts filled with reverence and love, the Jyoti Bhavan community came together on August 15, 2024, to celebrate the Twin Feast—the Solemnity of the Assumption of the Blessed Virgin Mary and the 78th Independence Day of India. This

special day was a profound expression of our faith and gratitude, a moment to honour both our Heavenly Mother and our beloved nation. The celebrations commenced with a solemn Holy Mass, a time of grace and reflection, where the community gathered to honour Our Blessed Mother, assumed into Heaven, body and soul. Following the Holy Mass, the community came together to pay tribute to our beloved nation. The unfurling of the national flag, accompanied by the stirring notes of the national anthem, ignited a deep sense of patriotism. The celebration was further enriched by vibrant cultural performances, patriotic songs, and inspiring messages, each carrying the essence of dedication and unity. As the day concluded, we carried with us not just blessings from our Heavenly Mother, but also a renewed sense of responsibility toward our country and community. May we continue to walk in faith and service, upholding the values of love, freedom, and unity in our daily lives.



Jai Hind! Ave Maria!

Teachers' Day Celebration at Jyoti Bhavan, Tezpur



Tezpur, 5th Sept 2024: With profound love, the aspirants of Jyoti Bhavan came together on 5th September 2024, in a spirit of gratitude and joy to celebrate Teacher's Day in a truly meaningful way. The day began with a meaningful prayer service and a solemn Holy Mass, where prayers

were offered for the well-being and wisdom of their teachers, seeking God's blessings upon them as they continue to inspire and nurture young minds.

After the Holy Mass, the community gathered in the atrium, a beautiful space of togetherness, to express love and appreciation. As a sign of respect and gratitude, the aspirants presented Assamese Phulam Gamosa to the sisters, symbolizing honour and reverence. Each sister was also badged, marking their invaluable role in shaping lives with dedication and wisdom.

The evening brought a sense of joy and celebration, filled with cultural performances, and heartfelt messages. The aspirants' enthusiasm and love for their teachers were evident in every gesture, making the occasion truly special. To conclude the day on a warm and joyful note, the aspirants prepared a sumptuous meal for the sisters, as a symbol of love, togetherness, and gratitude.

Foundation Day Celebration

"Love and serve with a heart full of joy, for in giving ourselves to others, we find the true presence of God." – Venerable Stephen Ferrando



Tezpur, 24th Oct 2024: Jyoti Bhavan community commemorated the occasion with deep reverence and gratitude, uniting sisters and aspirants in a spirit of thanksgiving and renewal. The day began with a beautiful morning prayer, setting a reflective and solemn tone for the celebration. This was followed by a Holy Mass, presided over by Rev. Fr. Thomas Barla, S.J., where prayers of gratitude were offered for the many blessings received since the congregation's inception. The day was filled with fun and excitement, as games and activities were conducted, fostering a spirit of togetherness. The day's celebrations concluded with a warm and joyful family meal, creating a sense of unity and gratitude among all present.

A Heartfelt Send-Off for the Postulants

Tezpur, 12th Dec 2024: Jyoti Bhavan, Tezpur, bid a warm and prayerful farewell to the postulants through a solemn Adoration, a Thanksgiving Mass and a meaningful ceremony. The atmosphere was filled with gratitude and affection as tokens of appreciation were presented, and a heartfelt farewell song echoed through the atrium, leaving the lasting impression on all present.



The event concluded with a shared meal, a beautiful symbol of unity and fellowship. The postulants expressed their sincere gratitude for the love and care they received, while the community cherished their presence and contributions. With prayers and best wishes, we entrust them to God's divine plan, confident that He will guide them on their journey ahead.

A Joyous Picnic to Bogori Bari, 12 Mile Nameri, Assam : A Celebration of Togetherness

Tezpur 26th Dec, 2024: On 26th December, the community of Jyoti Bhavan set out on a delightful picnic, celebrating the spirit of love, unity, and togetherness. It was a day filled with joy, laughter, and shared experiences, reminding us of the blessings of community life. Our journey took us to 12 Mile Nameri, Assam, a breathtaking location at the border of Arunachal Pradesh and Assam. Nestled amidst nature, the place offered stunning views of a beautiful river with crystal-clear water, lush greenery, and refreshing surroundings that rejuvenated our spirits. The scenic beauty and tranquil atmosphere filled us with energy and gratitude.

From the moment we arrived, the day was filled with excitement. Together, we prepared and cooked delicious food, which we enjoyed with great joy. The warmth of sharing meals added to the beauty of the experience. As the day unfolded, the air

was filled with music and laughter. We sang melodious songs, enthusiastically danced, and shared stories, strengthening our bonds. This picnic was more than just an outing; it was a celebration of life, togetherness, and the values we cherish as a community. The experience reminded us of the importance of gratitude — for nature's beauty, for companionship, and for the many blessings we receive. As we returned home, our hearts were filled with happiness and memories to cherish. We thank God for this beautiful day and the gift of our Jyoti Bhavan family. May we continue to grow in love and unity, sharing more joyful moments in the future.



Glimpse from St. Mary's Novitiate, Teenmile CREATIVE WEEK 2024

Teenmile 24th - 30th Sept 2024: A saying goes, "Creativity is the touch of God." This phrase, encourages people to be more creative in thinking and doing. To develop their talents and abilities, the Novices of Teen Mile organized the Creative Week in honour of their patron Saint, St. Therese of the Child Jesus from 24th to 30th September 2024 with a theme "***Little Ways with Perfection.***" The exciting week began with a solemn inaugural program in the open hall of the Novitiate on 24th September 2024. The Novices were greatly blessed by the presence of Sr. Asha Mao,



the Superior, who was the Chief Guest for the occasion, along with the sisters of the community and the boarders. They were led to the hall with colorful cultural dances. With tremendous joy, the lamp was lit as a sign of gratitude, and as the flag was hoisted by the Chief Guest the Novices sang a melodious resounding anthem, "Little Way with Perfection" which they had composed. With a short message, Sr. Asha Mao declared the Creative Week of 2024 open. The Novices displayed different creative activities during the creative week, like short presentation of the Biblical figure, recitation of the psalms, talent show, My story, choir, street play, display of Mother Earth, and organized games. It was an opportunity to build up confidence and discover the talents and abilities that God has given them. The Novices remained ever grateful to the formators who took great initiative in helping them grow in all aspects - to think bigger and strive for excellence with perfection.



Opera On Founder

Teenmile 23rd Oct 2024: With the theme "A MAN OF FAITH" the novices of St. Mary's Teen Mile staged an opera on the Founder Venerable Stephen Ferrando on 23rd October 2024, to mark the 82nd Foundation Day of the Congregation.

This momentous occasion gave the Novices a ground to learn and know better the



person of the Founder as a true man of faith. Excelling in their acts to do all things for the glory of God, it proudly delved out to be the successful event, giving matured understanding of character and the true role of realities for them. Rev

Sr. Asha Paul, the Provincial Superior of Tezpur and the Councillors were the guests of honour, whose presence was indeed a salt of encouragement and blessings. Rev Sr. Clare Chacko the Superior, Sisters and Aspirants from Jyoti Bhavan and the inmates of St. Mary's Convent, Teenmile were the respected and faithful audience of the day. All were the blessings of God, to receive such moment of gathering, to share the joy of our Founder who is ever with us. Special note of thanks to Sr. Smitha John, the Novice Mistress and Sr. Esther Zonunsangi who directed and encouraged and made extra sacrifices to make this day to be treasured in the hearts of all.

Novices' Day

Teenmile 1st Oct, 2024: The bright sunshine of the dawn with gentle breeze in soft music, greenery everywhere with colorful flowers impressed the novices. In the blue sky the birds of the air were enchanting the choir of angels for the long awaited day has arrived. Up above in the heaven Little Therese, close to the Father showers the petal of roses on novices because their hearts were lifted up to heaven by the solemn Morning Prayer. They were overwhelmed with joy and gladness to spend the rest of the day, hearing the festal greeting from the boarding children and the sisters. In the course of the day having experienced the joy of the tongue they were delighted to praise God for all those who made the day amazing and remarkable. The presentation of the life sketch of St. Therese offered ample opportunities to get oneself immersed into the love of God and to imbibe the little ways of their Patron Saint. The most exciting time for them was to receive the prize of their hard work and creativity during the Creative Week. This thrilled moment surmounted the house with jubilation and brought smile and blessing to every Novice. Hence with elevated hearts they asked their patron saint to shower her petals to show the way through their theme song: St. Therese of Child Jesus you are my little Saint.



Mission Ad - Gentes

Pastoral Visit to Bogrotola

Sr. Genesia Hembrom
Little Flower Convent, Bongaigaon

Bongaigaon, 13th - 15th Nov 2024:

Rev. Sr. Bridgit Diengdoh, the General Councilor for Evangelization visited Bogrotola village in Bongaigaon from 13th - 15th November 2024. She was accompanied by Sr. Shantina Tudu, the Provincial Councilor for Evangelization, Sr. Genesia Hembrom, and Sr. Hema Basumatary from Little Flower



Convent, Bongaigaon. During these three days of the program, the sisters played a pivotal role in the spiritual formation of the faithful. Through interactive sessions, the Sisters engaged the faithful in Gospel reflections and catechetical instructions. They used various teaching aids, including video clips and skits which has helped the faithful to understand better the message of the Gospel. Sr. Bridget Diengdoh delivered insightful talks on Jesus as the True Vine (John 15:1-17), emphasizing the importance of remaining connected to Christ through the Sacraments. The Sisters highlighted the importance of charity, forgiveness, and love as essential Christian virtues to be practiced daily. They conducted games and competitions such as Gospel singing, skits, dances, and solos.



The Sisters visited homes, prayed with families, and encouraged parental participation, recognizing that faith formation begins at home. Their presence brought spiritual blessings to each household, strengthening the community's faith. The faithful of Bogrotola were

open to receiving the Gospel and responded with eagerness, reflecting a deep thirst for spiritual knowledge. The 3-day program was concluded with the celebration of the Holy Mass by Rev. Fr. Joe Swmkwr Basumatary the Parish Priest of Cathedral

parish, Bongaigaon. Fr. Joe Swmkwr Basumatary thanked and appreciated the Sisters for their presence and for giving their quality time to the people. A short cultural program was organized by the faithful. The community of Little Flower Convent Bongaigaon gave the picture of the Sacred Heart with a frame to all the families. Mr. Nwjrwsing Basumatary expressed gratitude to the sisters for their initiatives to organize the program which shows their interest in working for the salvation of souls.

Visit to Paharpur Village: Strengthening Faith

Sr. Anita Basumatary
Little Flower Convent, Bairabpur

Bairabpur, 23rd - 27th Nov 2024:

Sr. Bridget Diengdoh, the General Councillor for Evangelization, and Sr. Shantina Tudu, the Provincial Councillor for Evangelization, paid a visit to Paharpur village under Bairabpur parish from 23rd to 27th November, 2024. On their first day in Bairabpur, the sisters, along with



the sisters of the community, visited Jamuguri, the focus village. The faithful warmly welcomed the sisters. The sisters prayed the Rosary with the faithful and encouraged regular family prayer. During their stay in Paharpur, the sisters visited all the families, accompanied by some women, a catechist, and children. Each evening, they gathered the faithful for the Rosary, offering inspiring talks and messages. Fr. Thadeus Bhengra, the parish priest, accompanied the sisters to the villages and introduced them to the faithful. In honor of Sr. Bridget Diengdoh and Sr. Shantina Tudu, a cultural program was organized by the YAC, WAC, boarding children from Bairabpur, oratory children, and some women from Jamuguri village. Sr. Bridget Diengdoh encouraged everyone to spread God's light and love to build His kingdom



in their neighborhoods, families, and society. It was wonderful to witness the performances of these vibrant and energetic groups. We thank God for them and appreciate their willingness to collaborate with us in our mission of evangelization.

Christmas Tour At Basar

Sr. Shantina Tudu
Jyoti Bhavan, Tezpur

Christmas Carol Singing is one of the most significant events for the Christian community in Arunachal Pradesh. It is a time of great joy and togetherness, bringing people closer in faith as they celebrate the birth of Jesus Christ. In the evenings, villagers gather at a designated place, accompanied by priests, sisters, catechists, and women leaders. The atmosphere is filled with excitement and joy as preparations begin. A beautifully decorated Baby Jesus is carried by one of the leaders, leading the procession from house to house. The group sings carols, plays music, and claps joyfully, creating a festive spirit as they proceed to each family's home. One of the most beautiful moments during the carols is the question placed before the head of the family: *"Do you have a place for Baby Jesus in your house?"* If the answer is *"yes,"* the head of the family receives Baby Jesus to be placed in a beautifully prepared spot in the house. The entire family, along with the gathered community, sings Christmas carols. The Word of God is read, and the family members kneel before Baby Jesus, seeking His blessings. At the end of the day's carol, the faithful participate in the Christmas Novena. Christmas messages are shared by priests, sisters, and the faithful. To conclude the celebration, families that host the carol singing prepare a meal for all, allowing everyone to share in the joy of the occasion. People return home with hearts full of happiness, gratitude, and a renewed sense of togetherness.



Be a Giver of Hope

Novice Mathilda Lyngdoh
St. Mary's Novitiate, Teenmile

"The Lord has done great things for us and we rejoiced" Ps 126:3



I am filled with joy as I reflect on the rich experiences I had during my community experience. After listening to missionaries who served in Arunachal Pradesh during my formation period, I too felt a strong desire to have my community experience there. Thankfully, the Lord blessed me with the opportunity to go to a

beautiful place called "Sangram." Despite the cold and foggy weather, I was able to live my life there happily. I had the chance to visit few villages and families. The people are incredibly kind, simple, innocent, and generous. I conversed with them using my limited Hindi and listened to their stories. I came to realize that the struggles and difficulties they face can often only be addressed through prayer and seeking God's help. The Jubilee year inspires me to bring hope to the hopeless and to help them understand that God is always by our side in times of need. Every person I encountered radiated a hope that comes from God alone, evident in the smiles on their faces.



Go Proclaim...

Novice Sanjila Sangma
Mawroh Novitiate

The mandate of Jesus, "*Go into all the world and proclaim the good news to the whole creation*" (Mark 16:15), compels me to share the charism given to us by our beloved founder, Ven. Stephen Ferrando. On one occasion, I was asked to give a talk. Initially, I was silent, unsure of what to say. Suddenly, I was inspired by the words of St.



Paul: "Woe to me if I do not preach the Gospel" (1 Corinthians 9:16). Relying on the power of the Word of God, I decided to proceed with the talk. The Lord opened the hearts of the listeners, and I found them to be receptive and attentive to what I shared. To my surprise, the reflections I conveyed were inspiring. I never expected to deliver such a talk.

During this time, I experienced the power of God in my life, and the phrase "With God all things are possible" (Matthew 19:26) resonated deeply with me. I believe that when God chooses to use someone, He does so in remarkable ways. Over the past two months of my life in Sathgaon, I have felt His unfailing love, care, and protection. I am profoundly grateful, acknowledging all that I accomplished was made possible by God's grace.

Beauty of Arunachal Pradesh

Novice Priyanka Sandipamu
St. Mary's Novitiate, Teenmile



One of the most exciting moments I experienced was climbing the mountain in Arunachal Pradesh for the first time and admiring its beauty. My interactions with the villagers and listening to their struggles helped me understand the realities of life. I was deeply touched by the faith of these simple people and experienced their generosity and

hospitality. I am grateful to God for sending many people into my life to witness His goodness and for the opportunity to share Christ with others in my own little ways.

Feel Blessed to be Part of the Family of MSMHC

Novice Teresa Pame
Mawroh Novitiate



As Jesus sent out His Apostles to proclaim the Good News, I, too, was sent to Tato (Arunachal Pradesh) to share His message. I initially felt a lot of fear about going on this mission, but I

surrendered all my fears to the Lord, trusting in Christ's promises. I hold onto His words: "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." It was a great privilege to be in Tato, surrounded by mountains and hills. The people there are simple and generous, always willing to share what they have. They are friendly, receptive, and open to receiving the Word of God.

Despite the struggles of life, they remain joyful and content. I had the opportunity to visit families and pray for them. Witnessing their thirst and longing for Christ inspired me and strengthened my vocation. I felt encouraged to be part of the family of the MSMHC.

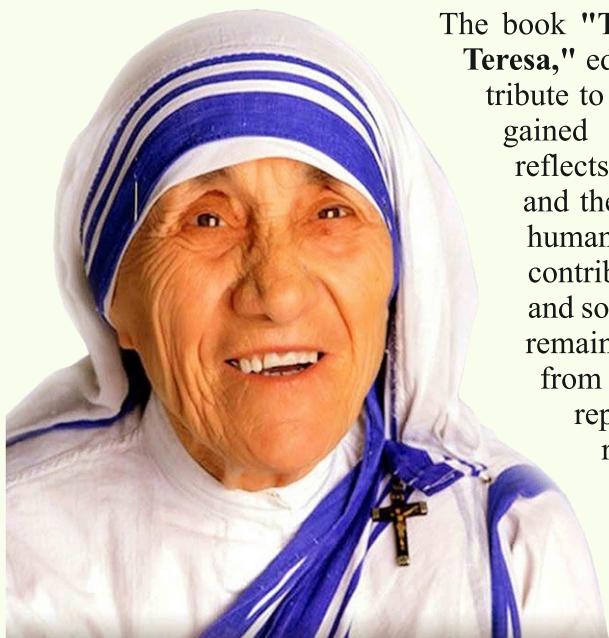


Book Review

‘Tracing the Footsteps of Mother Teresa’

Sr. Riphulin Nongseij

“Woman of little learning besides the Bible but had passionate adoration for Jesus Christ in the face of the poor”



The book **“Tracing the Footsteps of Mother Teresa,”** edited by Dr. Babu Joseph SVD, is a tribute to Mother Teresa as her beatification gained worldwide attention. This work reflects the author's deep admiration for her and the immense service she provided to humanity. Although the book features contributions from various individuals and sources, the honor bestowed upon her remains intact. The contributions come from prominent figures in the country, representing different beliefs, yet all recognize who Mother Teresa is and have something meaningful to say about her. The writers express profound respect for her, sharing how deeply they were impressed and inspired by her noble words and deeds. She has

served as a source of encouragement for many, motivating them to care for the poor and engage in public service. The collection is both inspiring and heartfelt, revealing the extraordinary life that Mother Teresa led. Her life goes beyond mere words; those who wrote about her attest to how she has touched their lives through her dedicated service to the poorest of the poor. This book has also inspired many influential individuals in society, encouraging kindness towards vulnerable groups and improving their living conditions. Reading this book has broadened my understanding of Mother Teresa's lifestyle and the lives of those who have contributed their writings. Engaging with the text has brought me immense joy, as it highlights the unity of human souls found in the heart of Mother Teresa. In her eyes, there are no distinctions; all are children of God. Despite political crises, confusion, conflicts, wars, and violence, everyone finds solace in her compassionate heart. I extend my gratitude to all the contributors. May this book continue to enrich and enlighten the lives of many. May all those who are able offer help to the least, ensuring that everyone has the right to live and express themselves fully.

Write-ups by Sisters

Pilgrims of Hope: A Missionary Sisters' Journey of Hope With The Church.

Sr. Yajo Joram
St. Peter's Pontifical Institute, Bengaluru

Introduction

On May 9, 2024, Pope Francis declared the year as a "Pilgrimage of Hope" in front of the Holy Door of St. Peter's Basilica at the Vatican, issuing his papal bull *Spes Non Confundit* ("Hope Does Not Disappoint"). This invitation calls the entire Church to embrace a journey of faith, hope, and renewal, set against the backdrop of a world grappling with crises such as conflict, poverty, environmental degradation, and uncertainty. The Holy Father emphasized that this pilgrimage is not merely



about physical journeys, but about walking with others in solidarity, sharing hope, and fostering peace in a divided world. For the Missionary Sisters of Mary Help of Christians (MSMHC), this call from the Pope is a profound invitation to deepen our commitment to the Gospel and continue our missionary work, even in the face of the many challenges we encounter.

The declaration of this year as a "Pilgrimage of Hope" reminds us that Christian life is, in essence, a journey—one where hope serves both as the compass and the destination. This path requires resilience, trust in God's promises, and an unwavering belief that, through Christ, all things are possible. For the MSMHC sisters, this pilgrimage is an opportunity to reflect on how we can actively participate in this global call for hope, offering our lives as instruments of Christ's love amid the challenges of our missionary vocation.

The Essence of Hope in Missionary Life

At the heart of our missionary calling lies a profound sense of hope. This is not the kind of hope that is passive or uncertain, but a hope rooted in the belief that God's love can transform lives, heal hearts, and restore dignity to the most marginalized and forgotten communities. For the Missionary Sisters of Mary Help of Christians, hope is not merely an emotion but a way of being—a driving force that compels us to step out in faith despite the many challenges we face.

Our hope is not confined to the work we do; it extends to the people we meet and the belief that we are part of a much larger divine plan. This hope sustains us, even when the road is difficult and the challenges seem insurmountable. It is this unwavering hope that keeps us going, grounded in the knowledge that we are co-workers with Christ in His mission to bring salvation and peace to the world.

1.1 Hope as the Foundation of Our Missionary Life

As Missionary Sisters of Mary Help of Christians, our very essence as missionaries is rooted in the belief that God's love is transformative. This love makes hope real and powerful. Every mission we undertake is infused with the hope that God's presence will bring healing, peace, and restoration to individuals and communities. Whether in impoverished regions, conflict zones, or places where the faith is struggling, we carry within us the hope that, no matter how small our efforts may seem, they contribute to the transformation of lives.

This hope is not just personal optimism; it is a collective hope in God's plan. We understand that our work is part of a larger mission to spread Christ's love. Our hope connects us to a global Church and to generations of women who have faithfully carried the torch of hope. It is a hope deeply rooted in our founder, St. John Bosco's vision of evangelizing the marginalized.

1.2 A Hope That Sustains Through Challenges

Missionary life presents many challenges, from cultural and language barriers to the emotional toll of being far from home. Yet, it is precisely in these hardships that hope becomes most evident. We do not deny suffering, but we see every challenge as an opportunity to experience God's sustaining grace. In these moments, we draw strength from Christ's own suffering, knowing that, just as He rose from His Passion in glory, we too will be sustained through God's grace.

Our hope is not only for ourselves but is shared with those we serve. We are both givers and receivers of hope. Through our love and compassion, we witness Christ in the faces of the people we encounter. Their suffering invites us to be witnesses of God's love and hope in action.

1.3 Mary as the Model of Hope

As the Missionary Sisters of Mary Help of Christians, we are blessed to have the Blessed Virgin Mary as our guiding star and constant support. Mary is the ultimate model of hope. Throughout her life, she exemplified courage, resilience, and trust in God's plan. She was, in her own right, a pilgrim, traveling to distant places and enduring experiences that required her to place her trust fully in God's promise of presence and protection.

As missionaries, we draw strength from Mary's example. She was a witness to God's love and a companion to those who suffered. Her compassion, humility, and faith continue to guide us as we serve in the mission field today. Through prayer and reflection on her life, we are reminded that we, too, are called to be instruments of God's mercy, just as Mary was.

1.4 Bishop Ferrando: A Beacon of Hope for Our Mission

Bishop Stephen Ferrando, our founder, exemplified hope in every aspect of his life. Despite facing numerous challenges, including limited resources and difficult mission fields, he remained steadfast in his faith and trust in God's providence. His unwavering belief that God would provide for the mission, no matter the obstacles, continues to inspire us today. Bishop Ferrando's life reminds us that hope is not passive, but a dynamic force that drives us to act with courage, perseverance, and confidence in God's plan.

1.5 Living Hope in Action

For us, hope is not just an idea; it's a dynamic force that calls us to action. It's seen in our daily lives—through acts of service, care, and our commitment to spreading the Gospel. Whether through education, healthcare, or simply being present to those in need, we live our hope in concrete ways.

Our hope becomes a light in the darkness, guiding both us and those we serve. It inspires others to trust in God's promises, believe in change, and work together for the common good. Through our example, we, the Missionary Sisters of Mary Help of Christians, are a living witness that hope, grounded in faith, is the foundation of a better world.

♦ Missionary Challenges: A Pilgrimage of Perseverance

Missionary life is not without its challenges. We encounter obstacles such as language barriers, cultural differences, and at times, the threat of violence or persecution. Furthermore, the physical and emotional toll of living in remote or impoverished areas can lead to fatigue and burnout. It is easy to become disheartened when the path ahead seems overwhelming.

Yet, these very challenges offer us an opportunity to deepen our faith. Every trial is an invitation to trust in God's provision, to seek guidance from the Holy Spirit, and to

witness the transformative power of prayer. Like pilgrims navigating uncertain terrain, we draw strength from hope, continuing our journey with a heart full of faith, knowing that our work has eternal significance.

Hope in missionary life is not only about preaching the Gospel; it is about living it out in every action. It is about demonstrating the love of Christ through our deeds and offering light in places overshadowed by despair. We are called to be living embodiments of hope in the face of adversity, serving as beacons of faith.

In a world where Christians are increasingly threatened by extremist groups and fundamentalist organizations, we, as missionary sisters, must be pillars of hope and trust in the Lord. Now is the time for us to bear witness to Christ, unwavering in our commitment to hope and faith, no matter the challenges we face.

Conclusion

As we journey through this "Pilgrimage of Hope," we are reminded that hope is not a passive waiting for better times, but an active participation in God's redemptive mission in the world. It is the strength that drives us forward in the face of adversity and the light that guides us in times of darkness. With Mary as our model, we walk this path together, knowing that through our faith and hope, we are contributing to the building of God's Kingdom on Earth. May our lives continue to be a testament to the enduring power of hope, as we journey together in solidarity with those we serve, and with Christ, the ultimate source of our hope.

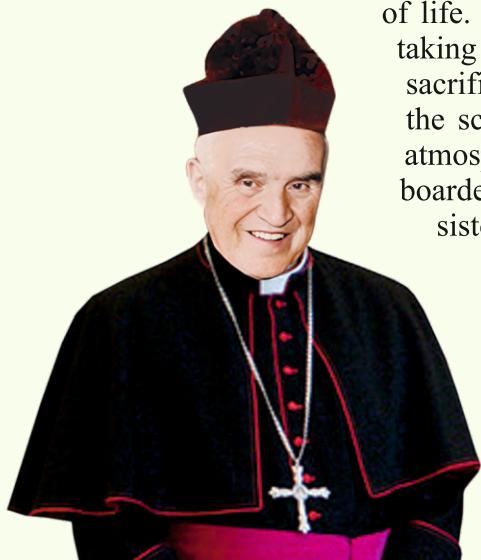
A Home away from Home

"What am I doing for these souls whom Our Lord has entrusted to me"
- Bp. Ferrando

Sr. Mary Sebastian
Nirmala Convent, Damra

Tracing the root of this home, (Boarding) "we find it is the "MOTHER HOUSE "of MSMHC, St. Mary's Convent Barpeta Road, from where the spirit of boarding branched out to other communities. It all began by our Beloved Father and founder Venerable Stephan Ferrando, when he asked his daughters (MSMHC) to start a school and a boarding in 1956, in the limited space at Barpeta Road. Boarding & School was opened with 5 boarding girls and few day scholars. As the years rolled by the number of children increased in boarding, touring sisters were asked to select promising poor children from the remotest areas and bring them to the boarding.

The small little House of St Mary's boarding had scarcity of space, yet many children were accommodated by the sisters. The boarders were very happy in spite of all the privations which they faced with regard to space, furniture, food and other comforts



of life. The sisters were very happy and united in taking care of the boarders. They never counted the sacrifice which they made in spite of being busy in the school as well as in the community. Family atmosphere reigned in the boarding and the boarders felt at home, the sisters were mothers and sisters to the boarders in order to build them up spiritually, intellectually, mentally and physically. As the parents visited their children in the boarding, they found them happy and contented, the children stayed back even during their home holidays as they felt very much at home in our boardings.

The sisters inculcated in them, the human and Christian values, assisted them to develop their skills and talents.

Boarders were outstanding in their performances at school, public and in the villages. Their study, recreations, prayer, work, extracurricular activities, play, celebrations, and weekly outing created a joyful and harmonious atmosphere in the boarding. Sisters were committed, to observe the preventive System of St. John Bosco as given by our dear Founder Venerable Stephan Ferrando.

Our Founder was a great lover of the poor and he helped to educate poor children by getting help from his benefactors and friends, and with the little he had. Let us also walk in his footsteps in helping the poor and needy children in their education in our schools and boardings.

Can't we reduce some of our wants & luxuries like travel, celebrations, medications, furnishing, personal items etc., to assist the poor Children in our Boardings? May this Jubilee year bring us closer to God and infill in us great love for the children in our mission and boardings.

I would like to quote some of the exhortations of our Beloved founder which I found **"FROM THE HEART OF A FATHER WHO LOVES YOU".**

1. "Every one of these children is for me another Jesus. What the blessed Virgin Mary did for Jesus, I must do, for these children, in what manner? By loving them. You must love the children as Our lord Jesus has loved us and died for us on the Cross".
2. "Jesus has entrusted these children to your care, to your attention, what am I doing to these children whom Our Lord has entrusted to me."
3. "We must not have recourse to hard reprimands, correction and punishment, especially to take revenge because our self - love is wounded.

4. "We must remember that Our Lord Jesus Christ has so much patience with us, so we also must have patience with the children."

5. "Our system of education is a system of love and charity. It is based on charity which bears everything, suffers everything, is ready for everything provided we bring souls to our Lord Christ."

6. "Mother Mary will do, provided her children practice, Obedience, Constant and serene Joy, Work, work for the children and the poor."

7. "Our Congregation was born in poverty, in humility for the service of the poor and the least ones and only in this spirit and through the practice of these virtues, it will flourish, Our Congregation has nothing to fear, for we are led by Our Lady the Help of Christians."

8. "Keep Joy and Peace always in your heart, and let nothing trouble you, because it is through suffering that we must enter in to Joy and Peace."

Ignite our minds with the exhortations of our founder so as to re-vitalize our energy and enthusiasm in caring for our boarding children with much love and dedication, as envisaged by our beloved founder and the pioneers in order to make our boardings **A HOME AWAY FROM HOME.**



POEMS

Pilgrim of Hope: Jubilee Journey

Whispering voice from Sr. Ainalin Lyngdoh MSMHC

I stand with faith, my heart held high,
Beneath the cross, beneath the sky;
Through every trial, storm or test,
My Catholic faith will stand the best.

Another year, a brand- new start,
A time for grace to fill the heart;
The past behind, the future bright,
I walk by faith and not by sight.

The bells now ring, the time is here,
A sacred dawn, the Jubilee year;
A time of grace, a time to start,
With mercy poured on every heart.

The road is long, the climb is steep,
Yet promises of joy run deep;
For every wound, a healing flow,
For every loss, new hope to grow.

Forgiveness sings in voices bright,
Like stars that pierce the endless night;
The gate stands open, wide and free,
A call to grace, to liberty.

O pilgrim rise, embrace the call,
The Lord's great mercy welcomes all;
Step forth in faith, let joy increase,
A Jubilee year of Hope and Peace.

So, let us rise with hearts aflame,
And trust in Christ, His holy name;
For in His love, we stand, we cope,
Rejoicing in this year of Hope

The Lasting Impact We Leave

Sr. Listidia Kharbani
Little Flower Study House, Dimapur

A drop of water daily can become a big ocean
The grace of God daily can make a person whole
A single step to perfection daily can make a person a saint
A single act of kindness can bring hope to the distress
A single word of appreciation can bring encouragement to the down-hearted
A single smile we give can bring happiness to someone in sadness
A single act of charity can make one feel loved and cared
A single word of God can bring light and salvation to a soul
A single touch of God can bring conversion to a heart.
In the same way
A single harsh word can hurt a person
A single negative word can crush a person
A single look with anger can create fear in other
A single negative experience can do much harm to the innocent,
Therefore, every single act, word, look, gesture, and touch has a profound impact
on the lives of others. While we might think that it is insignificant—just once, just
a single step, or only a word We should remember that each action can have far-
reaching effects, whether good or bad.
Recognize and appreciate the beauty of a soul in every person.

Inspirational Quotes from the Saints

"The cross is the school of love."

St. Maximilian Kolbe



"Lord, help me to live this day, quietly, easily. To lean upon Thy great strength, trustfully, restfully. To wait for the unfolding of Thy will, patiently, serenely. To meet others, peacefully, joyously. To face tomorrow, confidently, courageously."

– St. Francis of Assisi

Live in faith and hope, though it be in darkness, for in this darkness God protects the soul. Cast your care upon God for you are His and He will not forget you. Do not think that He is leaving you alone, for that would be to wrong Him."

-St. John of The Cross

" Jesus Christ, Lord of all things! You see my heart, you know my desires. Possess all that I am—you alone. I am your sheep; make me worthy to overcome the devil."

– St. Agatha

The Grace of Jubilee

Sr. Mary Sebastian
Nirmala Convent, Damra

A clarion call rings clear and true,
To turn to God in all we do.
Repent, renew, and walk His way,
Receive His mercy every day.

Nourished by His divine Word,
With sacraments as sacred signs.
Strengthened deep in faith and prayer,
God's kingdom builds through love and care.

With Christ's mind, we boldly stand,
Preaching truth across the land.
Faith our anchor, love our guide,
With hope of life at His side.

A life so bright, a time so sweet,
Where grace and human hearts do meet.
With Mary's hand, we light the way,
In dignity, we all shall stay.

A passion burns—a world made new,
Transformed in Christ in all we do.
Destroying evil, standing tall,
Grace of Jubilee calls to all.

LET THE CHURCH ALWAYS
BE A PLACE OF MERCY AND HOPE,
WHERE EVERYONE IS WELCOMED,
LOVED AND FORGIVEN.

- POPE FRANCIS.

