



Flame

Ferrando Leading And Motivating Evangelizers

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MAY HOPE FILL OUR DAYS!

JUBILEE 2025



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Editorial



HOPE IN THE MIDST OF EXISTENTIAL SITUATION: AWAKENING THE SPIRIT IN THE NEW YEAR

"Hope is the response to the conviction that things can be better; that human life has possibilities that have yet to be realized." - Bernard Lonergan

Bernard Lonergan, from the above thought encapsulates a powerful truth that hope is not simply an optimistic outlook, but a deep-seated conviction that the world, and our lives within it, hold untapped potential for growth and transformation. In a year that begins with its own challenges and uncertainties, this idea becomes particularly resonant. Hope, as Lonergan suggests, is the response to the awareness that despite struggles, things can improve - even if that improvement lies beyond our immediate grasp.

Bernard Lonergan, a 20th century philosopher and theologian, explored hope not merely as a passive emotion, but as a dynamic response to the existential conditions of life. For Lonergan, hope is intimately connected to human consciousness and the search for meaning. It is a fundamental aspect of our human capacity for transcendence - the ability to move beyond present limitations and envision a more fulfilling existence.

Lonergan viewed hope as arising from the tension between the way things are and the way things could be. It is rooted in the reality that life often falls short of our expectations, yet, rather than succumbing to despair, hope invites us to reach towards a better future. Hope, for Lonergan, is the conscious choice to engage with the world in a way that recognizes both its challenges and its potential for growth. It calls us to engage with reality not as a passive observer, but as an active participant in the unfolding possibilities of life.

The Role of Hope in Adversity: Waking Up to Life's Potential

The concept of hope becomes especially relevant in times of adversity. We live in a world marked by uncertainty, hardship, and complexity. From personal struggles to global crises, there are many factors that can drain our sense of hope and make the future appear bleak. Yet, it is precisely in such existential situations - those moments when life seems most overwhelming - that hope reveals its true power.

Lonergan's philosophy urges us not to retreat into despair but to confront the challenges of life with the awareness that we are not bound by our circumstances. In moments of existential crisis, hope is not an illusion but a powerful response to the recognition that life contains inherent possibilities for growth, healing, and transformation. It challenges us to imagine a future that is not dictated by present difficulties but shaped by our capacity for change and renewal.

The New Year as a Time to Rekindle Hope

As the New Year arrives, it offers a natural moment for reflection and renewal. It is a time when many of us make resolutions - vows to improve ourselves, our habits, and our relationships. But beyond the practical goals and commitments, the New Year is an opportunity to awaken hope in our lives. It is a time to confront the adversities of the past year, acknowledge the struggles that remain, and yet choose to engage with life with renewed purpose.

The New Year represents a symbolic fresh start, a chance to reorient ourselves toward the future. It is a reminder that no matter how difficult the past has been, hope offers us the chance to begin again. In the face of adversity, it is easy to fall into a mindset of hopelessness, especially when we cannot immediately see the way forward. However, as Lonergan suggests, hope is not dependent on immediate outcomes; it is the conviction that something better is possible, even when the path is unclear.

Awakening Hope: Practical Steps for a Transformative New Year

Reframe Challenges as Opportunities: Instead of viewing adversity as a roadblock, consider it a stepping stone to personal growth. Hope thrives when we recognize that challenges are not insurmountable, but rather opportunities for transformation. This shift in perspective can awaken the latent potential within us.

Commit to Small, Meaningful Actions: Hope is not merely a passive belief in the future; it is an active engagement with the present. Each small action, each step toward growth, no matter how insignificant it may seem, contributes to a broader sense of purpose. Focus on what you can control and trust that incremental progress adds up over time.

Cultivate a Resilient Mindset: Resilience is key to nurturing hope. By acknowledging that setbacks and failures are part of the human experience, we free ourselves from the pressure of perfection. Resilience teaches us to stand up, learn from difficulties, and continue moving forward.

Seek Connection and Support: In times of adversity, hope is often rekindled through relationships. Seek out community, whether with family, friends, or a support network, to remind yourself that you are not alone in your struggles. The shared strength and solidarity of others can reignite hope in even the darkest moments.

Conclusion: Embracing the Hope Within

The arrival of a New Year invites us to reflect on our lives and consider the possibility of transformation. Bernard Lonergan's reflection on hope reminds us that life holds untapped possibilities, and it is our engagement with those possibilities - even when faced with existential challenges - that gives meaning to our journey.

Hope, as Lonergan teaches, is not a denial of hardship, but a conscious choice to trust in the potential for growth and renewal. It is a call to engage with life, to face its difficulties with resilience, and to believe that, even in adversity, the future holds promise. As we enter this New Year, let us awaken hope within ourselves and let it guide us toward a future that is not defined by what we have endured, but by what we are yet to become.

I wish you all dear readers a Blessed New Year!

Sr. Theresi Zoremsangi



Provincial's Message



HOLDING ONTO HOPE: A LIFELINE IN TURBULENT TIMES

Hope is the spark that ignites the flame of resilience within us. It is the anchor that holds us steady in the midst of life's storms. Without hope, we risk being consumed by despair, losing our sense of direction, and surrendering to the challenges that beset us. Yet, holding onto hope is not always easy. It requires effort, determination, and a deep-seated conviction that better days lie ahead.

Challenging situations can arise unexpectedly, throwing our lives into turmoil. We may face illness, failures, financial hardship, relationship breakdowns, or personal crises that test our resolve and push us to the limits of our endurance. In such moments, it is tempting to lose sight of hope. We may feel overwhelmed, helpless, and uncertain about the future. However, it is precisely in these moments that we need to hold onto hope with all our might.

Hope is not a naive optimism that ignores the difficulties of life. Rather, it is a realistic recognition that challenges are an inevitable part of the human experience. Hope acknowledges that we will face setbacks and failures, but it also insists that we can learn from these experiences, grow as individuals, and emerge stronger and wiser.

The Bible offers powerful reminders of the importance of hope. In Romans 5:3-4, we read, "We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope." These words remind us that hope is not something that we either have or lack; rather, it is something that can be cultivated through our experiences, including our struggles.

So, how can we hold onto hope in challenging situations? First, we must acknowledge our emotions and give ourselves permission to feel pain, fear, and uncertainty. However, we must not allow these emotions to define us. Instead, we must focus on the present moment, breaking down overwhelming challenges into manageable tasks that we can tackle one step at a time. Second, we must surround ourselves with positive, supportive people who inspire and uplift us. We must also prioritize self-care, engaging in activities that nourish our minds, bodies, and spirits. Third, we must cultivate a sense of gratitude, reflecting on the good things in our lives, no matter how small they may seem. We must also celebrate our successes, no matter how insignificant they may appear.

In conclusion, holding onto hope in challenging situations requires effort, determination, and a deep-seated conviction that better days lie ahead. It involves acknowledging our emotions, focusing on the present moment, surrounding ourselves with supportive people, prioritizing self-care, cultivating gratitude, and celebrating our successes. As we hold onto hope, we will discover that it is a lifeline that sustains us, a beacon that guides us, and a source of strength that empowers us to overcome even the most daunting challenges.

Sr. Lisa Chettri

REFLECTION ON "*SPES NON CONFUNDIT*," BULL OF INDICATION OF THE ORDINARY JUBILEE YEAR OF HOPE 2025

Introduction

The Papal Bull '*Spes Non Confundit*' (Hope Does Not Disappoint), of Pope Francis for the Holy Year 2025 serves as both a spiritual guide and a call to action for the global Catholic community. The document emphasizes the theological and practical importance of hope in addressing contemporary crises while highlighting the Jubilee's traditional themes of reconciliation, mercy, and renewal. The central message of *Spes Non Confundit* is grounded in hope as a foundational Christian virtue. Drawing from the letter of St. Paul to the Romans 5:5 - Pope Francis frames hope not merely as optimism but as a divine gift that sustains believers amidst suffering. This hope, deeply rooted in the resurrection of Christ, is presented as solution to despair in a world marked by social, political, and environmental turmoil. The Pope's theological focus reflects his broader pastoral mission to inspire resilience and courage among the faithful, urging them to embody hope in their personal lives and communities.

The Significance of the Year of Hope

Hope today is threatened by a humanity that has not learned from the instances that had happened in the past and continues to use violence instead of a reason to resolve differences between people, communities, and peoples. In the past or in the present, it is necessary to invoke the gift of hope combined with its sister virtue: patience. The connection between the two virtues is obvious. Hope is the deep yearning of the human heart to be and to be the best. Patience educates us to wait, but today's man no longer knows how to wait. We are hyper-accelerated and the chaotic pace of life, consumerism, everything and now, do not go well with patience. Yet this is the virtue that makes hope sprout: therefore, Pope Francis reminded the whole world to be patient in hope. The mystery of Jesus' Resurrection is the foundation of our faith but also gives certainty to our hope. It shows us that we are children of the God of life and that death is not and will never be the last word.

The Resurrection of the Lord is a foretaste and promise of new life for us all. If Christ is Risen, we too shall rise; that is the certainty of hope. By a providential design of God in the Jubilee year Easter Day coincides for Catholics and Orthodox, the wish is that it will continue forever. To be able to celebrate the event par excellence of faith in Christ altogether would be an extraordinary gift. The year 2025 will also mark the anniversary of the Council of Nicaea (325), the 1700th anniversary. This Council defined the Symbol of our faith, which we profess every Sunday and on Solemnities. In two ways, this recurrence provokes us. On the one hand, it is an invitation to rediscover our faith, on which hope is founded. On the other hand, the synodal assembly of Nicaea illuminates the path we are on. It is an opportunity to give concreteness to the synodal form of being Church.

As Pilgrims of Hope

The Holy Father invokes certain gifts for all. The first is that of peace understood not only as the absence of war. True peace means changing mentality, it means learning to think in terms of universal brotherhood. Silence the weapons and let the only sound echoing in the world be the cry of life and, in particular, of life being born. Here is the second gift: that cradles may once again be filled with tender faces to love. It also invokes respect for life at all stages and seasons. From when it is cherished in a mother's womb to when it presents the traits of vulnerability and fragility due to the passing of years or the onset of illness. May the Jubilee year give new impetus to young people. We have handed them a complex world; we cannot leave them alone, and we cannot disappoint their expectations, clip their wings, or extinguish the hope in their hearts. On the contrary, we must promote and motivate them.

Prisoners, migrants, refugees, the poor and all people in despair, for all, let the light of hope shine in their hearts. Pope Francis renews his call for the abolition of the death penalty worldwide and urges the debt of poor countries to be repaid so that they too can be reborn, and he calls for policies to ensure food, medicine and education for all and everywhere. He also recalls the great signs of the Jubilee: the pilgrimage to Rome, confession, the gift of indulgences and visit Marian shrines.

The Holy Year 2025 Urges Us Some Practical Initiatives

His Holiness, Pope Francis, in *Spes Non Confundit* teaches all Catholics how to make the most of a year that offers the opportunity for forgiveness, reconciliation, and the renewal of one's spiritual life. The document extends

beyond spiritual encouragement to address pressing global challenges. Pope Francis calls for highlighting his consistent advocacy for peace and the sanctity of life. He also appeals for economic justice, including debt relief for impoverished nations and support for vulnerable populations such as migrants, prisoners, and the elderly. These appeals reflect the Pope's vision of an inclusive Church that prioritizes the marginalized and acts as a beacon of hope in a fragmented world. Pope Francis introduces practical measures to engage the faithful worldwide. He emphasizes the importance of symbolic acts, such as the opening of the Holy Doors in cathedrals across the globe, as signs of spiritual renewal. Furthermore, his call for localized celebrations in designated churches reinforces the universality of the Church while encouraging grassroots participation. These initiatives aim to make the Jubilee a tangible expression of hope that transcends geographic and cultural boundaries.

A notable aspect of *Spes Non Confundit* is its critique of contemporary issues in society, including environmental degradation, declining birth rates, and corruption - especially affecting the young. Pope Francis' call for respect for creation and his advocacy for the vulnerable align with his previous encyclicals, such as *Laudato Si'*. These teachings serve as both a prophetic warning and a pastoral challenge, urging Catholics to adopt lifestyles that reflect Gospel values. The theme of confessions plays a significant role in *Spes Non Confundit*, particularly as it relates to the Jubilee Year 2025's focus on spiritual renewal and reconciliation. Pope Francis frames the Sacrament of Confession as both a personal encounter with divine mercy and a communal act that fosters hope, repentance, and transformation. Through confession, the faithful are invited to confront their failings, seek forgiveness, and begin anew with hope in God's transformative grace. The sacrament, therefore, becomes a powerful symbol of hope - reassuring believers that no sin is beyond God's mercy and that healing and restoration are always possible. By humbly acknowledging sins, both personal and communal, Catholics can take steps toward fostering justice, peace, and reconciliation in a world plagued by inequality and conflict. The Pope connects this act of humility to hope, urging the faithful to trust in God's capacity to restore brokenness in their lives and in the wider world.

MSMHC as Beacon of Hope

In the context of the Jubilee year, we are called to be beacon of hope to self and others in the community and society. In a society where selfish ambition is everything, we as followers of Christ are called to be the contrary. We are called to pursue God-centered worship and prayer, corporately for the congregation, and privately for individuals and families. Our passion is to lead people to worship God, exalt Christ, and joyfully treasure Him in their Christian life. We value prayer as foundation for all life and ministry. We need to accept one another in our community despite our differences of ethnicity. If God chooses to bring members of various ethnic groups as community members, we will obviously reflect that we are true worshipers of Christ. We will cultivate truth from which our activities flow. We act out of hearts filled with gospel gratefulness and marked by the hunger that only regeneration creates in true believers. Such prayers are motivated by deep faith and confident hope in our future secured by the Lord Jesus Christ. We will also help our families understand the importance of family worship and prayer through family visit and prayer. In this way, we become beacon of hope to oneself and others in the community and society. It is our desire to build up the church through evangelization, through our witnessing life, charity and sacrifices we need to carry hope within and without. We need to motivate our own people to serve those discouraged youth, women, girls and children in our community and in the place where we are with source of love and compassion. By doing so, we become witnesses of hope - showing that transformation is possible through humility and reliance on God's grace. We will also emphasize on the importance of confession and its profound connection to hope, as it provides a pathway for believers to move from guilt and despair to forgiveness and renewal. By making confession a central theme during this year, we ourselves and the faithful in our place of apostolate may easily embrace our imperfections, trust in God's mercy, and emerge as renewed agents of hope in the world that longs for healing and peace.

Conclusion

Hope is the first of all counter to the power of Chaos. It is open to a possibility beyond all sense and experience. It is the arm and hand thrust out into and through the blackest hole, with no certainty of if and how it may be grasped, allowing God to surprise us. Let us now be drawn to this hope! Through our witness, may hope spread to all those who anxiously seek it. May the way we live our lives say to them in so many words: "Hope in the Lord! Hold firm, take heart and hope in the Lord!" (Psalm 27:14). May the power of hope fill our days, as we wait with confidence the coming of the Lord Jesus Christ?

Sr. Genevieve Mallai, Umroi

A Transformative Seminar on the Eucharist at Nongpoh Parish

In a profound display of devotion, the faithful of Nongpoh Parish hosted a transformative one-week seminar from 17-22 June 2024. The seminar culminated in an Adoration of the Blessed Sacrament, drawing hundreds of participants from various regions. This sacred event reaffirmed the community's commitment to deepening their understanding and love for the Eucharist, as well as cultivating a profound devotion to this Sacred Mystery.

The seminar was led by Mr. C. B. Mathew and his dedicated team, who skillfully guided attendees through a series of insightful presentations. Over the course of the week, they seamlessly wove together Scripture, tradition, and personal testimony, fostering thought-provoking discussions. The participants reflected on their personal relationships with Christ and the importance of the Blessed Sacrament in their daily lives.

The event marked a significant opportunity for many to renew their deep love and trust in God, in their everyday lives. For many, the seminar was a source of great inspiration, sparking a transformation in their way of living. The greatest joy was seeing numerous individuals embrace a new life, one dedicated to living exemplary lives of service and compassion toward others.



Sr. Pasqualina Sumer, Nongpoh

One-Day Animation for Teachers at Matchakolgre



Stephen Memorial School, Matchakolgre had a day of animation by Sr. Katherine Joseph, General Councillor for Education on 20 August 2024. The day's programme centered on the MSMHC vision for education, "Educate persons with character and competence to build a civilization of love." She stressed on imparting right knowledge and guiding students to form good character, helping them to be skillful and handy. She emphasized on preparing well for classes, updating oneself by reading books.

Addressing the present-day challenges in educational scenario, she spoke about the need to be vigilant and compassionate in caring for students. She also introduced and explained the Congregation's Child Protection Policy, underscoring the responsibility educators have in safeguarding their students.

The programme began with a prayer and a warm welcome note by Sr. Shiji James, the Principal. Sr. Katherine also addressed the students during the morning assembly, visited all the classes and inspected the documents of the school. Besides this, she inaugurated the Science exhibition in the school organized by the students of classes IX and X, guided by the teachers. Addressing the students gathered for the exhibition she spoke about the importance of science and technology and the impact it has made in the lives of people in the modern world.



Sr. Anastasia Marbaniang, Matchakolgre

Ferrando Higher Secondary School, Umroi Takes Third Place at the District-Level Science Seminar

On 22 August 2024, Amiable Nongrum of Class VIII who represented Ferrando Higher Secondary School, Umroi at the district-level science seminar held at the DSEO office in Nongpoh secured the third place. The theme of the seminar was: Artificial Intelligence: Its Potentials and Concerns. Amiable impressed the judges and secured third place among eight participants from various schools in the district. The school takes immense pride in her outstanding performance. Special appreciation also goes to Miss Genevieve Lakadong, Sir Kenedy Basaiaowmoit, and Miss Analiza Mawlong, who worked diligently to prepare Amiable for this achievement.

Sr. Genevieve Mallai, Umroi



Farewell, Sr. Pauline T. Sangma



Ferrando Provincial House Community, Guwahati bids farewell to Sr. Pauline T. Sangma, who passed away on 25 August 2024, after dedicating 45 years of her life as religious and missionary. Throughout her journey, she embodied God's love and compassion with unwavering commitment.

The funeral service was held on 26 August 2024 at 2:00 PM at the Ferrando Provincial House, where friends, family, and religious communities gathered in deep reverence to pay tribute to her mortal remains. Following the service, Sr. Pauline was laid to rest at Uzan Bazar Cemetery, Guwahati.

The service was attended by many priests, religious, and loved ones from near and far. Fr. Levio T. Sangma, Parish Priest of Sacred Heart Shrine, Tura, presided over the Funeral Mass. Bishop Andrew Marak and Bishop C.J. Jose also paid their respects. Sr. Christine Mynsong, Superior General,

Sr. Bridget Diengdoh, General Councillor for Evangelization, Sr. Daisy Jacob, Economer General, Sr. Lisa Elavunkal, Councillor for Social Apostolate, Sr. Maria Goretti T. Sangma, Provincial of Shillong Province (Sr. Pauline's aunt), Sr. Asha Paul, Provincial of Tezpur Province, and Sr. Ancy Varghese, Provincial of Tinsukia Province, were among the many who paid their last tribute to Sr. Pauline.

In her condolence message, Sr. Christine Mynsong, the Superior General, expressed that Sr. Pauline's life was a testament to missionary zeal, boundless generosity, selfless service, and profound kindness. Through her deep faith and trust in the Blessed Mother, she overcame life's challenges with grace. Sr. Pauline was a true shepherdess who knew her flock intimately, guiding them with love, hope, and unwavering faith. May the Lord receive her soul into His heavenly kingdom.



Sr. Veronica Lathanmawii, Provincial House

Laying the Foundation and Blessing of Maria Nivas Convent

On 8 September 2024, the foundation of the Maria Nivas Convent, Pitra was blessed in a heartfelt ceremony officiated by Fr. K. K. Joseph SDB. The event was graced by Sr. Liza Chetri, Provincial, Sr. Mercy Luke, Provincial Economist, the MSMHC communities of the Agartala region, and members of the parish community. Fr. Joseph led the prayers and bestowed blessings for the successful completion of the convent, highlighting its significance as a center for spiritual growth and community support. The ceremony was filled with a sense of joy and hope, as all present eagerly anticipated the positive impact the convent will have on both the parish and the surrounding area. The gathering concluded with blessings for everyone involved in the project and a heartfelt call for continued prayers and support for the convent's future endeavours.

Sr. Teresa Sangma, Pitra



A Joyous Beginning for the New Mission in Umrang Nongbah



8 September 2024 marked a significant milestone for the Ferrando Province in Guwahati, as three sisters were sent on their new mission to Umrang Nongbah. While the official blessing and inauguration will take place on 29 September 2024, this day was a momentous unofficial start. Sr. Maya Pohshna, Vice Provincial, Sr. Melita Syiem, Councillor for Social Apostolate, and Sr. Kimlan Hynniewta, Councillor for Formation accompanied the sisters to Umrang Nongbah. They were joined by Sr. Consolata Minj, Superior of Umroi, and Sr. Grace Minj from Nongpoh.

The sisters arrived in Umrang Nongbah at 10:15 AM, where they were warmly welcomed by local leaders at the village. The Holy Mass was celebrated at

10:30 AM, by Rev. Fr. Michael Khongngain, Parish Priest of Umden Parish. In his introduction to the Mass, Mr. Rusing Ingjal, the Catechist of Umrang Nongbah, expressed the joy of the villagers that their long-held dream of having the sisters in their village had finally come true. He emphasized that this day was a fulfilment of their collective hard work and prayers.

Fr. Michael also extended a warm welcome to the sisters and offered his blessings for their new mission. In his homily, he reminded the sisters of the core purpose behind their diverse apostolates-healing, teaching, and pastoral care. He encouraged them to always aim at bringing people closer to Jesus and to foster the integral growth and development of the people they serve. He highlighted that their work, whether through teaching virtues, offering a healing presence, or being good listeners in pastoral ministry, would be a testament to their unity and love for one another.

Following the Mass, a short felicitation ceremony was held, where the village expressed their gratitude. Mr. Bistocan Timung, the village headman, presided over the ceremony, underscoring the unity and cooperation that has been a hallmark of the village's efforts. Mr. Silvester Ronghang, the village church secretary, also spoke, sharing the village's history of striving to bring the



sisters to their community. He recounted how, during the time of Fr. Glorius Syiemlieh SDB, the people had prayed earnestly for the intercession of the congregation's founder, and their prayers were finally answered.

During the felicitation, the Salesian Cooperators presented Karbi mufflers (Pongho) on behalf of the parish. In her speech, Sr. Maya Pohshna, on behalf of the Provincial Superior, expressed gratitude to Fr. Michael for his support and guidance, as well as to the leaders of Umrang Nongbah and the neighboring villages. The program concluded with a speech by Fr. Michael and a vote of thanks by Mr. Bistocan Timung. Then, the group proceeded to the sisters' residence for the blessing of the chapel and a communal lunch. This day marks the beginning of a new chapter in Umrang Nongbah, and the village community eagerly anticipates the sisters' continued presence and service.

Sr. Queentina Taropi, Umrang

Uniting in Love and Faith: A Blessed Day of Matrimony and Baptism

Rongmesek village witnessed a remarkable occasion as six couples received the Sacrament of Matrimony after three days of training on 25 September 2024. This special day marked the beginning of a new chapter in their lives, filled with love and commitment. The ceremony was an inspiring sight, as three men-Mr. Mar-ia Budlang Laloo, Mr. Boniphas Lapang, and Mr. Elius Syngkli-publicly declared their faith by accepting Jesus into their hearts and becoming Catholics of their own volition.

Among the six couples, four were also blessed with the Sacrament of Baptism, administered by the priest. The joy and delight of the newlyweds were evident in the smiles



on their faces, reflecting the happiness they felt in that moment. Heartfelt thanks to God for the gift of these couples, who have chosen to unite in the Church through the Sacrament of Matrimony. Their decision to commit to one another and to their faith is a testament to the power of love and the guiding grace of the Holy Spirit.

Sr. Patrisha Thongni, Nongpoh

International Day of the Deaf: A Celebration of Inclusion and Empowerment

Ferrando Speech and Hearing Centre, Barapani proudly marked International Day of the Deaf, a global event dedicated to recognizing the rights and contributions of individuals who are hard of hearing on 28 September 2024. This day served as an important platform to highlight the ongoing efforts to promote the inclusion and rights of the deaf community worldwide. It provided participants with a deeper understanding of the challenges and triumphs faced by the community, while underscoring the need for continued advocacy and awareness.



This year's theme, "Unity in Diversity," resonated strongly with the mission of the center to foster equal opportunities and accessibility for all. The event featured an inspiring lineup of performances and speeches, creating a meaningful dialogue around deaf culture and sign language. It successfully raised awareness about the importance of inclusivity and motivated many attendees to engage with and support the deaf community.

The center was honored to have Ripaia Passah, the Deputy Commissioner for Persons with Disabilities, as our chief guest. In her speech, she commended the noble work done by the sisters and staff at Ferrando Speech and Hearing Centre, acknowledging their unwavering dedication to the cause. Overall, the event was a resounding success, leaving participants inspired and motivated to take action in support of a more inclusive society.

Sr. Maya Pohshna, Barapani



Confluence of Hearing and Speech-Impaired Children 2024



The 23rd edition of the Confluence of Hearing and Speech-Impaired Children 2024 was organized by "Anan Prem," a non-governmental organization, in Rajasthan from 28 September to 2 October 2024. The event aimed to empower children with disabilities, providing them with opportunities to showcase their talents, build confidence, and gain new skills.

A group of 10 students from Ferrando Speech and Hearing Center, Barapani accompanied by Sr. Joicy Thomas and Miss Colety Mary, participated in this enriching program. The event was designed not only to

celebrate the participants' abilities but also to offer them a platform for learning, collaboration, and personal growth through stage performances and skill-building activities.

Upon arrival, all participants were warmly welcomed in the traditional style of Rajasthan, with music and dance, creating a festive atmosphere for introductions and orientation. The event featured a series of skill-training workshops, which included topics such as soap-making, hand wash production, garland-making, beauty parlor



techniques (face massage and threading), phenyl production, art & craft, and micro farming. These workshops were designed to enhance the participants' practical skills and creativity.

In addition to the workshops, the event included competitions in singing, dancing, rangoli, and acting. Two of our students, Rebon Warjri and Kyrshanlang, excelled in their respective fields, winning first prizes for singing and acting. They were presented with mementos and cash prizes as a recognition of their talent and hard work.

The program was a source of great encouragement for all participants, fostering an environment of active learning and engagement. Around 1,000 participants from different parts of India attended, making the event a vibrant and diverse celebration of talent, determination, and unity. This experience provided invaluable exposure and skill development for our students, reinforcing the belief that every child, regardless of disability, has the potential to thrive and succeed.

Sr. Joicy Thomas, Barapani

Inauguration and Blessing of Ferrando Convent, Umrang Nongbah

On 29 September 2024, Ferrando Convent in Umrang Nongbah, Meghalaya, was officially inaugurated and blessed, marking a historic day for the community. The village, nestled among lush hills and fertile fields, is home to a hardworking and joyful Karbi tribe, most of whom practice farming. Among the 70 households, 60 have embraced the Catholic faith, with others following traditional or other Christian beliefs. The village is known for its unity, hospitality, and devotion, especially through a prayer group that has been active since 2019.

The event was organized under the leadership of Parish Priest Fr. Michael Khongngain and the Parish Pastoral Council, with the guidance of the MSMHC sisters: Rev. Sr. Christine Mynsong, the Superior General, Sr. Lisa Chettri, the Provincial Superior, and Sr. Melita Syiem, Councillor for Social Apostolate. Over 1,000 faithful attended, including dignitaries and local leaders.



The day began with a prayer by the Don Bosco Choir, followed by a solemn Eucharistic celebration led by Rev. Fr. Pius Shadap with other priests concelebrating the Mass. The highlight of the Mass was the unveiling and blessing of the foundation stone for the new convent. The faithful participated in various liturgical celebrations, including an offertory dance by the youth and prayers led by village leaders.

After Mass, the dignitaries were honoured with Karbi shawls. A Benediction was held at 1:15 pm, followed by a vibrant cultural program. Notable attendees included Shri Mayralborn Syiem, the local MLA, who expressed his support for the MSMHC's mission in the village, and Fr. Pius Shadap, who assured the community of the sisters' dedicated service.

In her speech, Rev. Sr. Christine Mynsong, the Superior General shared the congregation's mission and history, emphasizing collaboration with the community for their welfare and spiritual growth. Sr. Lisa Chettri, the Provincial Superior acknowledged the challenges and hard work of the village leaders, especially Mr. Bistocan Timung and Mr. Rusing Ingjal, for making the convent a reality.

The program concluded at 4:30 pm, with tea served at the home of Mr. Rusing Ingjal, the village Catechist. Despite the rain that fell earlier in the morning, the weather remained clear throughout the day, a testament to God's blessings.

As the day ended, the community reflected with gratitude on the blessings and guidance that made this remarkable event possible, concluding with a prayer of thanksgiving for the divine guidance that continues to lead them. The program was a success, marked by clear weather and a strong sense of community spirit, as Umrang Nongbah celebrated the fulfillment of a long-cherished dream.

Sr. Queentina Taropi, Umrang



Youth Seminar Organized by the WAC of Pamlaban Village, Umsohlait Unit



The Women Apostles of Christ (WAC) of Pamlaban Village, Umsohlait Unit, successfully organized a two-day seminar for the youth of their community. A total of 100 young participants attended the program, engaging in discussions and learning valuable life lessons.

The seminar featured a panel of distinguished resource persons, including Sr. Bandarilang Diengdoh, Mrs. Emilda Diengdoh, Mrs. Rosina Ryntathiang, Mrs. Icydora Diengdoh, and Sr. Justina Kalwing. Topics

covered included "The Dangers of Early Marriage," "The Importance of Saving," "The Dangers of Drugs and Alcohol," and "Digital Wellness." These sessions provided the youth with essential insights and tools for navigating various challenges in their personal and social lives.

The seminar concluded with a celebration of the Holy Mass, presided over by Rev. Fr. John Paul Syiem, the Youth Director of the Parish. The final session was guided by Mrs. Therina Mynsong and Mrs. Lobina Sakra, who helped the participants develop an actionable plan for the year ahead. This event was a significant step towards empowering the youth of Pamlaban Village with the knowledge and skills to make informed, positive choices for their future.

Mrs. Therina Mynsong
General Secretary of the WAC, Umsohlait Parish

Seminar in Ingjal B: Spreading Hope and Faith

Seminar for the faithful of Ingjal B village was animated by Sr. Queentina Taropi on 19 October 2024. The seminar focused on the topics: The Christian Family, The Christian Faith and The Holy Rosary. The day's program was divided into three one-hour sessions. Sr. Queentina was accompanied by Sr. Perina Mary Khongsit and five youth from Umrang Nongbah: Minarisha Timung, Sina Ronghang, Bilarius Phangcho, and Defender Timung. While Sr. Queentina led the teachings, Sr. Perina and the youth enhanced the experience with singing and action songs.

It was a truly enriching experience for the sisters and their companions to meet such warm and lively faithful, who eagerly awaited their arrival. Despite the two-hour walk it took to reach the village, the joy and enthusiasm of the people made the journey worthwhile. The villagers expressed their deep gratitude for the pioneering work of the first MSMHC sisters, such as Sr. Christine Mynsong, the Superior General who had first brought the faith to the area. They fondly refer to themselves as "God's children" and have committed to encouraging young girls to follow the path of Jesus through the MSMHC vocation.

The sisters were deeply moved by the joy and resilience of the people, especially given the challenging conditions of the village, where poor road access makes travel difficult. Despite these obstacles, the people's vibrant faith and cheerfulness were a powerful testament to the strength and grace God has blessed them with, even amidst daily hardships.

Sr. Perina Khongsit, Umrang



Celebrating a Golden Milestone and Inauguration of the Newly Constructed School Wing at Kristu Jyoti Higher School, Tikrikilla

On 19 October 2024, Kristu Jyoti Higher School, Tikrikilla marked a momentous occasion with the celebration of the Golden Jubilee of MSMHC's presence in Tikrikilla and the inauguration of its newly constructed higher secondary school wing. The event was honored by the distinguished presence of His Lordship Rt. Rev. Andrew R. Marak, Bishop of the Tura Diocese; Sr. Christine Mynsong, the Superior General; Sr. Katherine Joseph, General Councillor for Education; Sr. Lisa Chettri, Provincial Superior; along with Priests, Sisters, teachers, parent representatives, students, and well-wishers.

The highlight of the celebration was the inauguration of the newly built school building, with Rev. Sr Christine Mynsong, the Superior General cutting the ribbon, while Rt. Rev. Andrew R. Marak offered a blessing for the new structure.

The event was especially marked as it celebrated the Jubilee, both the Golden and Silver of the religious commitment of the Sisters. It honored the remarkable contributions of several Sisters celebrating their jubilees. The Province celebrated the Golden Jubilee of Sr. Mary Immatty, Sr. Rosely Augustine, Sr. Rose Thomas, Sr. Agatha Marak, and Sr. Teresa Kerketta, as well as the Silver Jubilee of Sr. Shainy Abraham, Sr. Mukta Xaxa, and Sr. Reena Philip.

The solemn Holy Eucharist, presided over by Rt. Rev. Andrew R. Marak and concelebrated by 11 priests from neighboring parishes, served as a heartfelt moment of thanksgiving for God's abundant blessings. The Novices enhanced the service with their angelic voices, adding to the solemnity and beauty of the celebration. After the Mass, the students and Novices captivated the audience with vibrant cultural performances, filling the air with energy and joy. Their spirited displays added a festive touch to the occasion, leaving a lasting impression on all present.



As the event came to a close, the Superior General Sr. Christine Mynsong officially declared the Golden Jubilee of Kristu Jyoti Higher Secondary School open by releasing a dove—a symbol of peace and hope for the future. It was a jubilant and poignant moment, marking the beginning of a new chapter in the school's enduring legacy, built on the dedication and hard work of so many over the years.

Sr. Bateilin Mary Khongsti, Tikrikilla

Celebrating 50 Years of Faithful Service to the Lord

The vibrant community of St. Clement College gathered to celebrate a momentous occasion—the Golden Jubilee of Sr. Rose Thomas, marking 50 years of dedicated service to the Lord on 20 October 2024. The day's celebrations were graced by the presence of Archbishop John Moolachira, Archbishop of the Guwahati Archdiocese; Sr. Christine Mynsong, the Superior General of the MSMHC; and Sr. Liza Chettri, Provincial Superior of the Guwahati Province. The festivities began with a lively procession, as students, faculty, staff, and community members united in a joyful march from the college grounds to the church. The air was filled with both excitement and reverence as the community came together to honor a life devoted to service and faith.

At the church, the community gathered for a solemn Holy Mass, celebrated by His Grace, Bishop John Moolachira. In his homily, the Bishop praised Sr. Rose's unwavering commitment to her students and the community, describing her as a beacon of hope and inspiration. He shared heart-warming stories of her compassion and dedication, highlighting how her influence has touched countless lives over the past five decades.

Following the Mass, a heartfelt felicitation ceremony was held in the college auditorium. The students, dressed in festive attire, performed traditional dances, songs, and musical numbers, all celebrating Sr. Rose's legacy and the values she has instilled in them. Their performances were a beautiful tribute to the love, gratitude, and sense of community that Sr. Rose has nurtured within the college.



In her speech, Sr. Rose expressed profound gratitude to Rev. Fr. Emmanuel Uppamthadathil, the Rector of St. Clement College, for his thoughtful initiative in organizing the Golden Jubilee celebration and for his meticulous planning that made the day truly memorable. She also expressed her thankfulness to God for calling her to this vocation and to the Congregation for nourishing her spiritual journey.

This Golden Jubilee celebration was not only a tribute to Sr. Rose Thomas but also a reminder of the enduring values of dedication, compassion, and faith that she has exemplified throughout her extraordinary journey. The St. Clement College community stands united in gratitude, celebrating a legacy that continues to inspire future generations.

As Sr. Rose embarks on the next chapter of her journey, the love and appreciation shared during this unforgettable day will undoubtedly remain in her heart, as well as in the hearts of all those fortunate enough to know her.

Sr. Sinovia Clare Makri, Mariam Niwas, Nagaon

Revival of the YAC Movement at Ferrando School, Umroi

After much anticipation, the Young Apostles of Christ (YAC) movement was successfully revived and re-launched at Ferrando Higher Secondary School on 24 October 2024, coinciding with the foundation day of the Congregation. On this significant occasion, 57 enthusiastic Catholic students came forward to join the movement, marking a milestone for the school community.

In the days leading up to this event, the students were introduced to the mission and objectives of YAC. The official enrolment took place during a solemn Holy Eucharist, celebrated by Fr. Samuel Nahar. In his homily, Fr. Samuel reflected on the scripture passage from Luke 10:1-24, emphasizing the mission of sending disciples to proclaim the Good News. He noted that the growth and formation of new groups, in collaboration with the Congregation, signals the vibrant expansion of the MSMHC family. The celebration concluded with festal songs, adding to the joy and excitement of the newly inducted YAC members as they embraced their role in the larger mission of the Congregation.

Sr. Genevieve Mallai, Umroi



Boarders' Spiritual Retreat at St. John's Convent, Chibragre

The Boarders of St. John's Convent, Chibragre were truly blessed to participate in their Spiritual Retreat held on 25-26 October 2024. The retreat was guided by Rev. Fr. Anthony A. Sangma, SDB, from Bosco Mount, Rongkhon.

The retreat began with the Holy Mass, followed by inspiring talks on key topics including Faith, the Call of God, Obedience, the Rosary, and the role of Mother Mary. On the first day, Fr. Sangma helped prepare the boarders for a meaningful reception of the Sacrament of Reconciliation. All Catholic children received the Sacrament of Reconciliation, while Non-Catholic children were given special blessings.

The retreat was marked by the enthusiastic participation of the Boarders, who engaged actively in the sessions, which were enriched with inspirational video clips, songs, and music. The Holy Rosary and Adoration of the Blessed Sacrament were beautifully organized, adding to the spiritual atmosphere. The day concluded with a reflective "Good Night Thought" and the screening



of the movie Journey of Faith. The retreat came to a close on 26 October with a solemn celebration of the Holy Mass, followed by a heartfelt Vote of Thanks delivered by Bairimchi B. Marak of Class VI. It was a spiritually enriching experience for all the Boarders, fostering a deeper connection with their faith.

Sr. Rebecca Daime, Chibragre

Animation for Students at St. John's Higher Secondary School

St. John's Higher Secondary School, Chibragre, organized an engaging one-day animation session for students of Classes VII to XI on 24 October 2024, with the theme "Hope." The session, led by Rev. Fr. Daniel M. Sangma, SDB, was both inspiring and lively, captivating the students and encouraging their active participation. Through his creativity, Father effectively captured the students' attention, and they responded with great enthusiasm and cooperation, making the program a resounding success.



Following this, an animation session for students of Classes I to VI was held on 6 November 2024, under the same theme. Sr. Sindhu Joseph, the Principal of the School, conducted this session, incorporating video clips from the movie Taare Zameen Par. The students, along with their respective Class Teachers, found the session to be both beneficial and enriching.

Sr. Wandaris Lyngkhoh, Chibragre

Jubilee Celebration of Dedicated Missionaries in the Diocese of Agartala

A momentous Jubilee celebration was held at Maria Nivas Convent Pitra on 27 October 2024 to honor three distinguished missionaries in the Diocese of Agartala: Sr. Teresa Kerketta (50 years), Sr. Agatha Marak (50 years), and Sr. Mukta Xaxa (25 years). This special event marked their decades of unwavering service to the Church and community.

The ceremony was officiated by Fr. K.J. Abraham CSC, the Provincial of the NEI Province of the Holy Cross, and was attended by approximately 700 people, including neighboring religious communities, priests, and faithful from St. Joseph Parish Pitra, Twikarmaw, Bujungnagar, Champaknagar, and Bishramganj parishes where the sisters had served for many years. Sr. Mercy Luke, the Provincial Economer, also graced the occasion.

The event was filled with joy and gratitude, as attendees gathered to celebrate the profound impact these sisters have had on the community over the years. The ceremony included moving speeches, prayers, and moments of reflection, underscoring the strong bonds within the religious community and the immense respect and admiration held for the sisters.



This Jubilee celebration was a heartfelt tribute to their dedication, reinforcing the core values of service, faith, and community that are at the heart of the Diocese of Agartala. It marked a significant milestone in their spiritual journey and served as a reminder of the lasting impact of their devoted service.

Sr. Teresa Sangma, Pitra

Cultural Week: Unleashing Talent and Creativity

The Cultural Week at Kristu Jyoti Higher Secondary School, held from 28-30 October 2024, was a grand celebration of talent and creativity. The event was inaugurated by Sr. Reena Philip, the Principal, and continued over the course of three exciting days. Students from Nursery to Class XI participated enthusiastically in a variety of competitions, showcasing their talents in music, dance, drama, and more. Their vibrant performances filled the campus with joy, and a sense of community, making the event an unforgettable experience for all involved.

Sr. Tipkyndiang Dominica Kharsyntiew, Tikrikilla



A Joyous Celebration of Faith: Adult Baptism at Umtasor Village



On 30 October 2024 at Umtasor village, a significant spiritual event unfolded as Sr. Pasqualina Sumer and Sr. Patrisha Thongni guided five individuals for the reception of the sacrament of Baptism. Although they originally belonged to the Presbyterian Church, they have now embraced the Catholic faith. Sr. Pasqualina and Sr. Patrisha meticulously prepared the candidates over several days, offering in-depth instructions on Catholic teachings and practices. On the 30 October these individuals were joyously initiated into the Catholic Church through the reception of the Sacrament of Baptism, marking the start of a new chapter in their spiritual journey.

Sr. Pasqualina Sumer, Nongpoh

Festive Oratory at Lower Bulsanag, Focus Village

3 November, 2024 Sunday was different for the oratory children of the focus village at Lower Bulsanag, Tura. The Community of St. Stephen's Convent, along with the YAC and WAC members organized annual festive Oratory. The event was filled with moments of learning, inspiration, and joy, aimed at nurturing the faith and talents of the children.

The program began with an enlightening talk by Sr. Shiji James, the Superior, who spoke about the importance of having a grateful heart. She encouraged everyone to reflect on their blessings and to live in gratitude. She also highlighted the forthcoming Jubilee Year with the theme, "Pilgrims of Hope" and urged the gathering to embrace it as a guiding light for the future. Sr. Marietta Joseph led the group in prayer, fostering a spiritual atmosphere, while

Sr. Elizabeth Marak delivered the concluding message, leaving everyone with words of encouragement and faith.

The members of YAC captivated the audience with a meaningful Bible skit that imparted a lesson on faithful obedience, inspiring the children and others present. The Oratory children brought joy to the gathering with their meaningful song and dance performances, showcasing their talents and enthusiasm. The program concluded with a prize distribution ceremony to celebrate the children's participation and achievements, followed by

refreshments for all attendees, leaving everyone with smiles and a sense of fulfilment. Following the Oratory event, a meeting was convened with the WAC members and Sisters to discuss a new initiative for the women's group. A committee was formed to take forward the planned project, assuring possibilities for collaboration and growth.

This festive Oratory was not only a celebration but also a day of spiritual enrichment and unity, leaving a lasting impact on everyone involved.



Sr. Anastasia Marbaniang, Matchakolgre

Post P.U. Aspirants Retreat: A Spiritual Awakening



From 11 - 17 November 2024, a transformative retreat unfolded for twelve Post P.U. aspirants of Sonaighuli, held in Ferrando Provincial House, Guwahati. In presence of Jesus powerfully present in the Blessed Sacrament, the retreatants embraced the five guiding principles: Rest, Read, Reflect, Repent, and Resolve. This sacred time marked a significant turning point in their spiritual journey as the Word of God deeply nourished their souls and strengthened their vocational call. Constant immersion in the Word and devotion to the Blessed Sacrament served as a shield and armour, fortifying their resolve. It was during this retreat that they began to deeply understand their true selves and the essence of Jesus, their most chaste spouse. Guided by Sr. Molly Edakkattu mschc their time of reflection was filled with dedication and commitment. Her compassionate guidance, reflective of the heart of Jesus, became a source of immense gratitude for the aspirants. They were profoundly thankful for her spiritual



mentorship and care, which greatly enriched their journey towards their vocation.

Rita Bakimchi Sangma, Sonaighuli

Thanksgiving Celebration at St. John's Higher Secondary School

St. John's Higher Secondary School celebrated a special day of Thanksgiving with a solemn Holy Mass on 12 November 2024, led by Rev. C.J. Jose, the Auxiliary Bishop of Tura. The entire school, from Classes I to XI, gathered in a spirit of joy and reverence, maintaining a prayerful and disciplined atmosphere throughout the Mass. As a gesture of gratitude for the Academic Year 2024, many teachers and students presented offerings during the service. During the homily, Bishop C.J. Jose engaged with the students, who responded enthusiastically, creating a lively and interactive moment.



The day was truly a blessing, as students participated wholeheartedly, praying and singing with enthusiasm. After the Mass, the Bishop was warmly welcomed in a traditional Garo style, and the students joyfully sang a welcome song in unison. It was a memorable occasion, filled with grace and community spirit, marking a significant moment of thanksgiving for the entire school.

Sr. Wandaris Lyngkhoh, Chibragre

India International Science Festival (IISF) 2024: A Celebration of Innovation and Discovery

The India International Science Festival (IISF) is an annual event that celebrates the remarkable innovations in science and technology. Held from 30 November to 3 December 2024 at the IIT Guwahati campus, this mega event brought together a diverse group of scientists, students, researchers, and science enthusiasts to foster scientific engagement. One of the primary objectives of IISF is to demonstrate the transformative power of science and technology, particularly in rural development.

This year's festival was a platform for students and researchers to explore new scientific breakthroughs, with a strong emphasis on innovation and student participation. A series of engaging competitions, quizzes, and direct interactions with renowned researchers allowed participants to showcase their scientific ideas.

Five students from Don Bosco School, Udaipur-Afreen Akter, Ankit Saha, Adrita Das, Aditya Srivastav, and Soumyadeep Saha had the privilege of attending the workshop titled "The New Nalanda Student's Science and Technology Village", guided Babitha N Majumdar. Alongside 18 other students from Tripura, there were over 2,350 students from across the country in this enriching experience.



The workshop provided students the unique opportunity to engage with cutting-edge scientific advancements in fields such as space science, biotechnology, renewable energy, and artificial intelligence. Interactive exhibitions and hands-on demonstrations allowed students to connect theoretical knowledge with real-world applications, enhancing their understanding of complex concepts.

A highlight of the event was the chance to meet prominent figures in the scientific community, including Dr. S. Somanath, the current Chairman of ISRO. Networking with such distinguished professionals opened doors for potential internships, research collaborations, and career opportunities in science and technology. Students gained invaluable career advice and insights into the diverse paths available within these fields.

For educators, IISF also offered workshops aimed at professional development, allowing teachers to stay abreast of the latest trends and advancements in science and technology. It was a memorable and enriching experience that has added another cherished chapter to my journey.

Babitha N Majumdar, Assistant Teacher
Don Bosco School, Udaipur

International Day of Persons with Disabilities & Annual Day Celebration

The Ferrando School for Speech and Hearing, Nandan Nagar marked the International Day of Persons with Disabilities in conjunction with its Annual Day on 2 December 2024, at the school hall. The event saw a remarkable turnout, with distinguished guests including Shri Tapan Das, IAS, Director of Social Welfare, who served as the Chief Guest, and Shri Acintam Kallikdar, Deputy Commissioner for Disabilities, who was the Guest of Honour. Other notable attendees included Mrs. Sushmita Sen, District Inclusive School Coordinator, Ms. Hanna Perry, a Speech and Language Therapist from New Zealand, Shri Mauna Darlong, Professor at Tripura University, along with school staff, parents, and representatives from local Deaf associations.



The ceremony began with a prayerful invocation, where the ceremonial lighting of the lamp symbolized the start of a journey toward enlightenment and positivity. The event featured a series of exceptional performances, including captivating dances and a thought-provoking skit based on the theme of the year, "Amplifying the Leadership of Persons with Disabilities for an Inclusive and Sustainable Future." These performances not only highlighted the students' remarkable talents but also underscored their creativity, resilience, and dedication.

In his address, Chief Guest Shri Tapan Das emphasized the empowering message that "there is ability in every disability." He praised the students for their extraordinary performances and commended the school for its role in nurturing their potential. He expressed deep admiration for the students' skills, noting that their performances were truly inspiring.

The celebration was a powerful reminder of the importance of inclusivity and a platform to recognize the achievements of persons with disabilities. The event concluded with a heartfelt vote of thanks, leaving the audience inspired and filled with appreciation for the students' hard work and commitment.

Sr. Christina Sangma, Nandan Nagar



Winter Camp 2024: Nurturing Talent and Building Confidence

"Nine-tenths of education is encouragement," said Anatole France. St. Joseph's Secondary School, Dalu, fully embrace this philosophy, knowing that every child is a bundle of untapped potential. With a focus on enhancing fundamental skills, especially for younger learners, the school organized a week-long Winter Special Camp from 2 - 6 December 2024 for students of Classes I-V.

The primary goal of the camp was to reinforce the basics of Reading, Writing, and Arithmetic in a fun and engaging way. The event saw overwhelming success, with over 160 students participating and enthusiastic feedback from both parents and children alike. The camp was thoughtfully structured, with sessions organized by class levels to ensure personalized attention. To make learning more interactive, each session was enriched with songs, games, and art activities, fostering a dynamic environment where children could thrive.

The Winter Camp not only provided a valuable educational experience but also created a joyful atmosphere for the children to interact with their peers. It was a wonderful opportunity for them to learn in a relaxed, supportive setting.

As the camp concluded, both the Sisters and teachers left with new insights, particularly discovering the hidden talents of many children-especially those who were shy or lacked self-confidence. This experience has truly inspired the school to approach the New Year with even more passion and dedication toward nurturing every child's potential. The school looks forward to carrying the momentum of this successful Winter Camp into the upcoming year, as we continue to encourage, support, and inspire our students to reach their fullest potential.

Sr. Ashily Benny, Dalu

Re-affirming Vows and Re-dedicating Commitment to God and Mission

On 3 December 2024 the 26 Junior Sisters of the Guwahati Province gathered at Ferrando Provincial House to prepare themselves for the renewal of their religious commitment. Sr. Lisa Chettri, the Provincial Superior, warmly welcomed the sisters and to help them enter into the spirit of retreat, Sr. Provincial delivered an inspiring conference on the theme: "Letting Go," a key aspect of religious life. She emphasized this concept with a fitting passage from Isaiah 43:18-19.

The following day, 4 December, marked the first step of their inner journey. The sisters began the day with a well-structured meditation led by Sr. Provincial, centered around the theme: "You are the heart, you are the hand, you are the voice, and you are a blessing." The retreat was further enriched by the presence of Fr. V. M. Thomas, who served as the retreat preacher. He encouraged the sisters to recognize their vital role as the face of the Church and the future of the Congregation, urging them never to lose sight of their missionary identity. Through thought-provoking stories, moments of reflection, and group discussions, Fr. Thomas deepened the sisters' understanding of their mission and their personal relationship with God.

The retreat offered the sisters a profound opportunity to reflect on the meaning of their vocation and their connection with Jesus. On 6 December 2024, they approached the altar with renewed vigour and passion, renewing their vows with a deeper commitment to Christ and His Mission.

Sr. Melita Diengdoh, Umsohlait



Embracing Commitment and Growth: Aspirants Receive Postulant Medals in a Spirit of Dedication

On 6 December 2024 at 6 pm., the community of Resurrection Convent, Sonaighuli gathered in gratitude to God, thanking Him for the blessings of a fruitful spiritual year. As the Book of Proverbs 16:3 says, "Commit to the Lord whatever you do, and He will establish your plans." This spirit of thanksgiving and dedication was at the heart of the Solemn Holy Mass, celebrated by Rev. Fr. Sojan Pulickal, Rector of St. Jerome Minor Seminary, along with co-celebrant Rev. Fr. Nicholas D. Sangma, Assistant Parish Priest.



The occasion was further graced by the presence of Rev. Sr. Lisa Chettri, the Provincial Superior, Sr. Veronica Lalthanmawii, the Provincial Secretary and other Sisters whose support and prayers enriched the event.

During the Holy Eucharist, 12 aspirants received their Postulant Medals, each symbolizing their commitment and growth in their spiritual journey. Fr. Sojan blessed the aspirants with encouraging words, urging them to remain steadfast in their faith. In receiving the Medal the aspirants embraced an important milestone in answering to the call of God to commit themselves totally to Him. The gathering wished and prayed that they may continue their journey with reverence and hope, drawing strength from God's unchanging love and trusting that He will guide and sustain them through every challenge.

Sr. Gemma Dkhar, Sonaighuli

Empowering Parents through Seminar on Self-Awareness and Growth



On 8 December 2024, a seminar titled "Know Thyself" and "The Third Commandment" was organized for parents at Pahamsyiem Syiem Village, Nongpoh. Sr. Pasqualina Sumer and Sr. Patrisha Thongni were the esteemed resource persons for the event. During the seminar, they provided valuable insights on self-awareness, emphasizing the importance of understanding, helping, and loving oneself. They also highlighted the significance of

self-care as an essential aspect of personal growth and holistic well-being.

The seminar offered numerous benefits to the attendees. The participants gained a deeper understanding of themselves, enabling personal growth. They discovered practical ways to nurture their mental and emotional health. It helped them to develop healthier relationships with themselves and others. The attendees left the seminar with actionable tools for enhancing their overall well-being.

Sr. Pasqualina Sumer, Nongpoh

A Sacred Commitment: 34 Novices Embrace Religious Life with Profound Dedication

On 8 December 2024, the Feast of the Immaculate Conception, Ferrando Province, Guwahati, joyfully celebrated the First Religious Profession of 34 novices at Little Flower Convent, Hatigaon. This momentous event marked a significant milestone for the province and congregation.

The Holy Mass was celebrated by Archbishop John Moolachira, who delivered a heartfelt homily highlighting the importance of religious life in today's world. He

spoke of the divine calling to serve God—who called each of us before the foundation of the world—and the pivotal role of Mary as our protector and guide. The Archbishop's words deeply resonated with the newly professed sisters as they made their vows, embracing a life of sacrifice, commitment, and devotion. The liturgical celebration was further enhanced by a beautiful choir, led by the postulants from Sonaighuli, whose hymns of praise filled the air with joy, reflecting the sacredness of this momentous occasion.



Sr. Veronica Lalthanmawii, Ferrando Provincial House

Vestition Ceremony Welcomes 20 Novices into Religious Life



On 10 December 2024 vestition ceremony of 20 novices was held in Ferrando Provincial House, marking a pivotal moment in their journey towards religious life. The event, officiated by Sr. Lisa Chettri, the Provincial Superior, was held in a private ceremony attended by sisters from the Sonaighuli, Azara, and CDI communities. In her address, the Provincial encouraged the newly vested novices to remain always in the company of Jesus, to learn from Him, deepen their relationship with Him, and grow in His love. She emphasized that the Novitiate is a transformative journey requiring active participation, honesty, and a willingness to surrender. The Provincial also highlighted the example of Mary, our Mother, whose openness to God's will serves as a powerful source of inspiration for all. Following the ceremony, the novices were warmly congratulated, and the celebration concluded with light refreshments shared by all who attended the ceremony.

Sr. Veronica Lalthanmawii, Ferrando Provincial House

A Transformative Three-Day Marriage Training at Nongpoh Parish

A transformative three-day marriage training took place at Nongpoh Parish from 8-10 December 2024, aimed at enriching and renewing the spiritual bonds of couples. On 11 December 2024, 35 couples participated in a special ceremony to renew and rectify their marriage vows.

The training was guided by esteemed resource persons: Fr. Johny Epen, SDB, Sr. Pasqualina Sumer, and Sr. Patrisha Thongni. Throughout the sessions, couples explored the profound significance of the Sacraments of



Baptism, Holy Eucharist, Matrimony, and Reconciliation. These sessions were designed to strengthen not only their faith but also their relationship with each other, fostering deeper communication, understanding, and love. The couples were given the tools to reconnect with the spiritual foundations of their relationships, ensuring a harmonious and faith-filled partnership. The program emphasized the importance of open and honest communication, helping couples navigate challenges with faith and understanding. The exploration of the Sacraments helped couples grow spiritually, enriching their shared religious practices at home.

This event proved to be a beautiful reminder of the importance of nurturing both faith and love within marriage, and the couples left with renewed hearts and spirits to continue their journey together in Christ.

Sr. Pasqualina Sumer, Nongpoh

A Thanksgiving Event for the Newly and Finally Professed Sisters

Ferrando Provincial House, Guwahati had a Thanksgiving Mass on 12 December 2024, at 6:30 PM to honour the twelve newly professed sisters and two finally professed sisters. The Holy Mass was presided over by Fr. Roshan Kujur, the Rector of the SVD House, Guwahati. In his homily, Fr. Roshan emphasized the importance of responding to God's call with a generous heart, remaining faithful to that call until death. He urged the sisters to continually seek the Lord with a willing spirit, professing their faith so that they may be strengthened by the virtues of chastity, faithfulness, and humility, which are essential in combating the evils of our time. Following the Mass, the sisters were presented with tokens of appreciation. The novices added to the celebration by singing a festive song, and the evening concluded with a joyful family meal.



Sr. Veronica Lalthanmawii, Provincial House



FSSH, Barapani Shines at 'Khelo Tripura Para Games 2024'

Ferrando School for Speech and Hearing, Nandan Nagar, made a remarkable impression at the final round of the Khelo Tripura Para Games 2024, held at Vivekananda Maidan, Agartala, from 18 - 19 December 2024. The event was a collaborative effort between the Social Welfare, Education, and Youth Affairs & Sports Departments of the Government of Tripura. Eleven talented athletes from Ferrando School secured their spots in the competition through successful district-level selections on 3 December 2024.



The Honorable Chief Minister of Tripura, Shri Manik Saha, graced the event as Chief Guest. In addition to their participation, Ferrando School had the privilege of setting up a stall at the event, where they showcased the creative works of their students.

The school's athletes excelled, winning multiple awards and bringing pride to both the institution and the West District. The event not only celebrated their accomplishments but also offered a platform to showcase their skills on a larger stage, further promoting inclusivity and talent in sports.

Sr. Christina Sangma, Nandan Nagar



Faith Animation at Solokpara Village

On 19 December 2024, the Sisters of St. Joseph's Convent in Dalu organized a half-day program for 41 children from Sorokpara village. The event aimed to lay a strong foundation in the Catholic faith for these young participants. The animation program was designed to be both engaging and educational, covering key aspects of faith, including: The Sacraments, The Ten Commandments, The Five Commandments of the Church, Discipline and Moral Values.

Sr. Krenila M. Sangma and Novice Kimchi B. Marak led the initiative, expertly guiding the children through interactive lessons, action songs, and hands-on



activities. The event received an overwhelmingly positive response from both the children and their parents. An evaluation showed that all participants expressed joy and gratitude for the valuable lessons learned, which will certainly help in their spiritual growth and deepen their Catholic faith. This successful event underscores the parish's ongoing commitment to nurturing the spiritual development of its young members, ensuring a bright future for the community's faith.

Sr. Krenila Sangma, Dalu

Spreading Holiday Cheer: Carol Christmas 2024



On 23 December 2024, Sr. Pasqualina Sumer and Sr. Patrisha Thongni organized a heart-warming Carol Christmas event that brought joy to the community. A vibrant group of participants took to the streets, spreading festive cheer by singing Christmas carols and offering warm holiday greetings to passers-by. This initiative not only helped in celebrating the spirit of Christmas, but it also fostered a sense of unity and joy among participants and the people they encountered. By engaging in this event, everyone involved experienced the true meaning of the season-togetherness, kindness, and goodwill. The program serves as a reminder of the positive impact of spreading festive cheer during the Christmas season.

Sr. Pasqualina Sumer, Nongpoh

Celebrating the Feast of St. Stephen: Honoring Our Founder

On 26 December 2024, the Church joyfully commemorated the Feast of St. Stephen, the first Martyr. Festivity and joy was magnified as it coincided with the name feast of our beloved Father and Founder, Bishop Stephen Ferrando. The Community at Ferrando Provincial House marked the day with a heartfelt Holy Eucharistic Celebration, presided over by Fr. Paul Pudussery CSC. Following the Mass, a meaningful ceremony, organized by Sr. Merciful T. Sangma and Sr. Celine Pamei, brought the entire assembly together to honor Bishop Ferrando at his statue, seeking his intercession. The Novices shared inspiring thoughts from Founder's teachings, enriching the experience for all present. As a gesture



of gratitude for the abundant blessings received, Sr. Lisa Chettri, the Provincial Superior, offered floral tribute to the Founder, followed by the sisters and novices. The day concluded with a reflective prayer service, led by the sisters, and a delightful dinner, marking the celebration in both prayer and community spirit.

Sr. Merciful T. Sangma, Provincial House

A Memorable Children's Retreat at Tawahstar Village

The Children's Retreat held at Tawahstar Village on 27 and 28 December 2024, led by Sr. Pasqualina Sumer and Sr. Patrisha Thongni, was a spiritually enriching experience. The retreat focused on key topics such as catechism, prayer, the wonders of creation, and understanding our purpose on earth-to know, serve, and love God. The children were also guided on how to lead prayers, deepening their connection with faith.

As a follow-up program for children who have already received their First Communion, the Sisters thoughtfully divided the group into two categories: those who have received their First Communion and those who are preparing for it. Tailored instructions were provided to meet the spiritual needs of each group, ensuring personalized guidance.

The retreat was a success, fostering both spiritual growth and a sense of community among the children. It was a beautiful opportunity for the young ones to strengthen their faith and deepen their relationship with God.

Sr. Pasqualina Sumer, Nongpoh



Inaugurating the Jubilee Year : A Symbolic Beginning of "Pilgrims of Hope"



The Jubilee Year 2025 was officially inaugurated on 29 December 2024, at the Ferrando Provincial House in Guwahati with the Jubilee theme 'Pilgrims of Hope'. The event began with a symbolic gesture as Fr. Joseph Nellanath SDB from Don Bosco University, Azara, opened the curtain while the Jubilee theme song is played and the community stood in silence. Sr. Nadasilian Wahlang set the tone of the gathering with her insightful introduction, followed by Sr. Mercy Luke, the Provincial Economist, who explained the significance and symbolism of hope. The short but meaningful ceremony concluded with a prayer of unity, as all present recited the 'Our Father'.

Sr. Celine Pamei, Provincial House



Enlivening the Faith of the People through Catechesis

From August to December 2024, Sr. Theresa Shadap and Sr. Melita Mary Diengdoh dedicated themselves to a full-time touring program, reaching out to the faithful through Marriage Training, Baptism preparation, and family visits. During this period, they baptized 198 infants, 9 adults, and helped rectify 41 marriages. In addition, they visited 233 families, offering support and spiritual guidance. In preparation for the reception of the sacraments, the catechumens were carefully guided for days in advance. To further strengthen the faith of the community, Sr. Theresa and Sr. Melita made personal visits to the homes of families, often traveling from village to village. Whenever there were no other scheduled programs, they would go door-to-door, spending quality time with people, listening to their stories, and offering comfort as they shared their joys and struggles. This hands-on approach has been a powerful way to foster deeper connections with the people, nurturing both their faith and sense of community.

Sr. Teresa Shadap, Umsohlait



Reflecting on a Year of Blessings: A Year of Growth and Grace

As we reflect on the year 2024, the MSMHC Touring Sisters of Nongpoh Parish are filled with gratitude for the many spiritual blessings showered upon the faithful of the Parish. Through God's grace, the Parish witnessed 464 baptisms and 99 marriages blessed in the year 2024, marking a year of growth, faith, and unity for our parish family.

The words of Scripture, "How lovely on the mountains are the feet of those who bring good news" (Isaiah 52:7) have a special meaning to the Touring Sisters. Glancing back on the year, we are reminded of the beauty of those who carry the message of God's love—whether through the act of baptizing new members or blessing the union of couples. The spreading of God's word and the strengthening of the faithful of the Parish through these sacraments are true reflections of the good news we are called to share.

Sr. Pasqualina Sumer, Nongpoh

*Congratulations
Dear Sisters*



Final Commitment



First Profession

Congratulations Dear Sisters



Golden Jubilee



Silver Jubilee

HEALING THROUGH THE INTERCESSION OF BISHOP STEPHEN FERRANDO

In a remarkable display of faith and divine intervention, a 1-year-and-9-month-old girl named Philawanpli Thongni, who had been suffering from a severe breathing problem, experienced an unexpected healing through the intercession of the late Bishop Stephen Ferrando. Philawanpli Thongni is the daughter of Mr. Johnny Paliar and Mrs. Rina Mary Thongni, residents of Nongsynrang Riangdo, West Khasi Hills.

The incident occurred one evening when Philawanpli Thongni suddenly began to struggle with breathing. Alarmed, her parents rushed her to a nearby convent dispensary, where the nurse sisters immediately informed them that the child was experiencing dangerously low oxygen levels. Oxygen was administered, and the child was then transferred to a hospital for more intensive care. Amidst their worry, Philawanpli's parents, deeply devoted to their faith, sought the intercession of Bishop Stephen Ferrando, a beloved figure known for his love for children. As they made their way to the hospital in an ambulance, they prayed to God through the Bishop's divine intervention. Upon arriving at the hospital and being examined by doctors, the parents were astonished to hear that Philawanpli's breathing had returned to normal. Doctors confirmed that her condition had miraculously improved, and she was admitted to the general ward for observation. After a few days, she was discharged in perfect health. Today, Philawanpli Thongni is fully recovered, and her parents continue to express their gratitude. They attribute

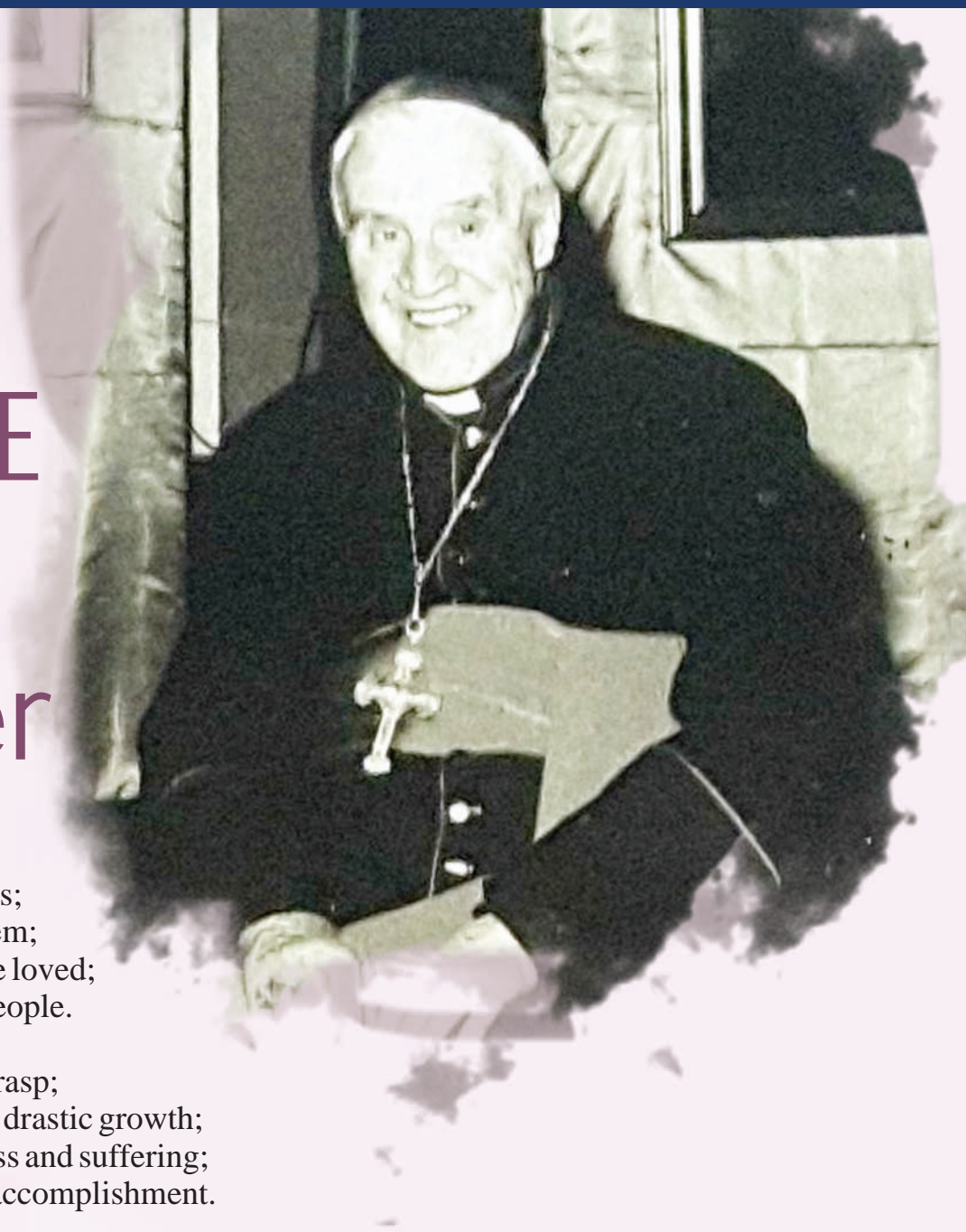
their daughter's healing to the powerful intercession of Bishop Stephen Ferrando, whom they believe answered their prayers. "Praise the Lord, and thanks to Bishop Stephen Ferrando for his intercession," said Mrs. Rina Mary Thongni, Philawanpli's mother. This miracle has strengthened their faith and serves

as a testament to the enduring power of prayer and divine intervention. This story continues to inspire many, offering hope to those in need of healing and reminding the faithful of the compassion and mercy of God.

Sr. Patrisha Thongni, Nongpoh



A TRIBUTE TO Our Founder



A man with passion for souls;
With a vision to conquer them;
Greater he grew, stronger he loved;
Ever at the disposal of his people.

Perceived beyond human grasp;
The future that would make drastic growth;
Trudging the path of holiness and suffering;
Achieved indeed a fruitful accomplishment.

Paved a path to walk with a joyful spirit;
Intertwined with mission and vision;
He ventured into a challenging world;
Expecting nothing, gaining souls for God.

Now in heaven with multitudes of angels and saints;
Singing forever joyful songs of angels;
Ever in the embrace of God;
He deserves a hundred fold in heaven!

Sr. Jincy Thomas

D estined FOR HIS GLORY

We live in a society where we speak often about inclusiveness more than in the past. As we live and move within society it's important to include everyone without letting them feel left alone and rejected because of who and what they are. It was not long ago the term "disabled" was replaced by the term "differently abled", as a way of looking at these persons with a positive perspective instead of being speculative. In the world around we see many initiatives and foundations formed to bring them to the forefront of the society, exposing their talents and abilities before the world, and at the same time giving them the assurance that they too can hold their head high and look straight into the eye of the person standing opposite to them.

We can become 'less abled' at any moment of life from the moment of our conception, until our death. Some of it may be temporary and others permanent, some light and others severe, some more visible than others. The family, society or the environment and the surroundings where these people live will also contribute much to their survival or destruction. In most of the developed countries the governing system (other than the NGOs) takes much initiative to provide the differently abled people with inclusiveness. These countries have designed their roads, buildings and transport system such a way that all can move freely anywhere without hindrance, allowing and enabling the differently abled persons to have access to the normal rhythm of the society.

The Eternal Blueprint

Fulton J. Sheen in one of his most famous books called, "The World's first Love" describes about the 'blueprint'. He writes, "Every person carries within his heart a blue print of the one He loves...Otherwise, how would we know immediately, on seeing persons or things, that we loved them?...A tiny architect works inside the human heart drawing sketches of the ideal love from the people it sees, from the book it reads, from its hopes and day dreams, in the fond hope that the eye may one day see the ideal and the hand touch it. Life becomes satisfying the moment the dream is seen



walking, and the person appears as the incarnation of all that one loved.

God too has within Himself blueprints of everything in the Universe. ...there never was a brush touched to the canvas or a chisel to marble without some preexisting idea. So too every atom and every rose are a realization of an idea existing in the mind of God from all eternity. All creatures below man correspond to the pattern God has in His mind...but it is not so with persons. God has to have two pictures of us. One is what we are, and the other is what we ought to be...God has to have these two pictures because in each and every one of us there is some disproportion and want of conformity between the original plan and the way we have worked it out....Like unhatched eggs, some of us refuse to be

warmed by the Divine Love, which is so necessary for incubation to a higher level. We are in constant need of repairs; our free acts do not coincide with the law of our being; we fall short of all God wants us to be."

Since none of us are perfect and we fall short of the glory of God mostly because of our free will, we too are 'disabled' or 'less abled' in one area or the other. We feel blocked, disappointed and devastated or feel handicapped when things do not happen as we wished or planned. We feel paralyzed in these situations, and we allow discouragement to creep in forgetting who God wants us to be.

Pope Francis says, "No one is saved alone, as an isolated individual, but God attracts us looking at the complex web of relationships that take place in the human community." So when we realize that we are human beings with limitations and we need the help and collaboration of others to progress in life, we should also have more understanding and have the feelings of responsibility to bring up the differently abled people living in our vicinity through our initiatives that are visible, concrete and inspiring.

Examples to Follow

In Japan, which is known as the super aging society, there is a restaurant named "The Restaurant of mistaken orders." Its home page on the internet goes like this; *'You may think it's crazy. A restaurant that can't even get your order right. All our servers are people living with dementia. They may or may not, get your order right. However, rest assured that even if your order is mistaken, everything on our menu is delicious and one of a kind. This we guarantee... "It's OK if order was wrong. It tastes good anyway..."*

This restaurant has won one of the world's highest creative accolades, the Cannes Lion, and various awards both within Japan and overseas. The impetus for starting this pop-up restaurant comes from an encounter between the founder Shiro Oguni and a

group home where people with dementia live. Made possible by the help of many people, "The restaurant of Mistaken orders" is indeed a place where mistakes happen. *"It's OK if order was wrong. It tastes good anyway..."* Given that kind of tolerance the dining scene can become relaxed and delightful. If there was to be no restaurant of mistaken orders, we would have missed the heart touching scenes of an older woman who serves a hot coffee with a plastic straw, another woman who struggles to twist a large pepper mill, not entirely sure that the pepper will fall where it is wanted etc. However, "the restaurant is not about whether orders are correctly executed or not, the important thing is the interaction with people who have dementia." The restaurant is succeeding as a "restaurant of never-ending laughter." When guests see the smiles of the staffers with dementia, and the joy that motivates their work, while others are moved to tears. Dementia is not what a person is, but just part of who they are.

Another trendy establishment located in Powai, Mumbai, Mirchi & Mime is a unique restaurant that employs speech and hearing-impaired staff. To facilitate smooth communication, the restaurant has the practice of using sign language in place. "Good food served quietly" - This is what Mirchi & Mime's social media bio says. The wait staff won't talk to you, or even listen to you, the usual way.

And in the process, you might, during those two hours that you're there, learn what it is like to inhabit that silent word where words cannot be heard or spoken clearly, and complex thoughts are shared with gestures of the hands and eloquent expressions.

Being the Beacon of Hope to the Differently Abled in My Own Way

The opportunity to serve differently abled people was for me a dream that came true unexpectedly. I have come across people from various walks of life, from infants to the elderly as I served in Nandannagar Rehabilitation Centre as a Rehabilitation Therapist. Among the many positive and encouraging encounters I had with these people, one of the most touching experiences I had was with Nimmy.

She was a 22-year-old Bengalee girl teaching nursing students at ILS hospital in Tripura. She came to the Physiotherapy Centre immediately after being discharged from the hospital following stroke treatment. She stayed back in our compound where we have the accommodation facility for people coming for the treatment from the faraway places. During my encounters with her, I realized that she was undergoing a kind of depression and disappointment, having no hope to live further. She was devastated by the stroke at



this young age as she was about to stand on her feet. In the first week during the Physiotherapy sessions, I tried my best to bring smile into her face and to instill positivity to her mind, besides praying for her complete recovery. Gradually she started to understand me, and I saw the cloud of disappointment gradually disappearing from her. The following two weeks she gave her best and she began walking without the support of the walking aid. She and her parents were overjoyed at the improvement she made and the smile and the confidence she had on her face; and she expressed her desire to donate her wheelchair (as she will not be needing it any longer) to the Physiotherapy Unit for the use of other people who may be needing it.

The next day, in the late afternoon, Nimmy was expecting a visit from one of her closest friends. The friend arrived around 5:30 pm and at 6:30 pm she got a second stroke and collapsed unconscious. We rushed her to ILS hospital and the next day morning she passed away. The following night she came to thank me in my dream in a white gown and then flew to heaven with a smile on her lips.

"The nice thing about HOPE is that you can give it to someone else, someone who needs it even more than you do, and you will find you have not given yours away at all."

- Maya Angelou

Conclusion

In the book of Jeremiah chapter 18 depicts us the beautiful narration about the Potter and the clay. No matter how often it seems that the clay is messed up, the potter can always add a little water to it and start all over again. When we realize the truth that God is the potter and we are the clay, we are reminded of the fact that no matter how we come to Him, whether bent down, out of shape by the storms of life, broken down by hurts and pains, defeated or laughed at, marred or disfigured in the process of searching for eternal happiness; it does not matter to the Potter. He still takes the marred lives into His hands...And then recreates it



into a new creation! Most often, the things that happen to us mould us into who we are. And when we come to Christ, He then remould us into who He created us to be.

"You are a Divine creation, a Being of Light who showed up here as a human being at the exact moment you were supposed to. You are the Beloved, a miracle, a part of the eternal perfection."

- Wayne W. Dyer

Sr. Asha Michael, Germany



HOPE & GIVES RESILIENCE & GROWTH

As Desmond Tutu, a South African theologian and human right activist said, "Hope is being able to see that there is light despite all of the darkness." This perspective underscores the power of hope in personal growth and transformation. Indeed hope is an essential human emotion that fuels personal resilience and growth, especially in difficult times. It provides a sense of purpose and a belief that circumstances can improve. In the face of adversity, hope becomes a powerful tool for overcoming obstacles and achieving personal transformation.

The Role of Hope in Resilience

Resilience refers to the ability to bounce back from hardships and adapt to challenging situations. Hope plays a critical role in developing this capacity by:

Enhancing Positive Thinking- Hope helps individuals focus on potential solutions rather than dwelling on the problem.

Building Motivation- With hope, people are more likely to take action and work toward their goals, even when the outcome is uncertain.

Strengthening Emotional Well-being- Hope reduces feelings of helplessness, promoting mental health by fostering optimism and reducing stress. Consider individuals recovering from personal loss or illness and still maintain hope are more likely to persevere and find meaning in their struggle. Hope enables them to visualize a future where life improves, giving them the strength to endure difficult moments.

Hope as a Catalyst for Personal Growth

Personal growth involves learning, adapting, and improving oneself, often through experiences of adversity. Hope acts as a catalyst in this process by:

Encouraging Self-Reflection - Hopeful individuals reflect on their circumstances to find lessons that promote personal development.

Inspiring Goal Setting - When people have hope, they tend to set meaningful goals and take proactive steps toward achieving them.

Promoting Learning from Failure - Hope helps people view failure not as a permanent setback but as an opportunity for growth.

Research in positive psychology shows that hope is closely linked to higher life satisfaction and improved coping mechanisms. Individuals who cultivate hope are more likely to achieve personal success, even in the face of significant challenges.

Nurturing Hope in Daily Life

Cultivating hope requires conscious effort. Here are strategies to nurture hope in daily life:

Practice Gratitude - Focusing on positive aspects of life helps build a hopeful mindset.

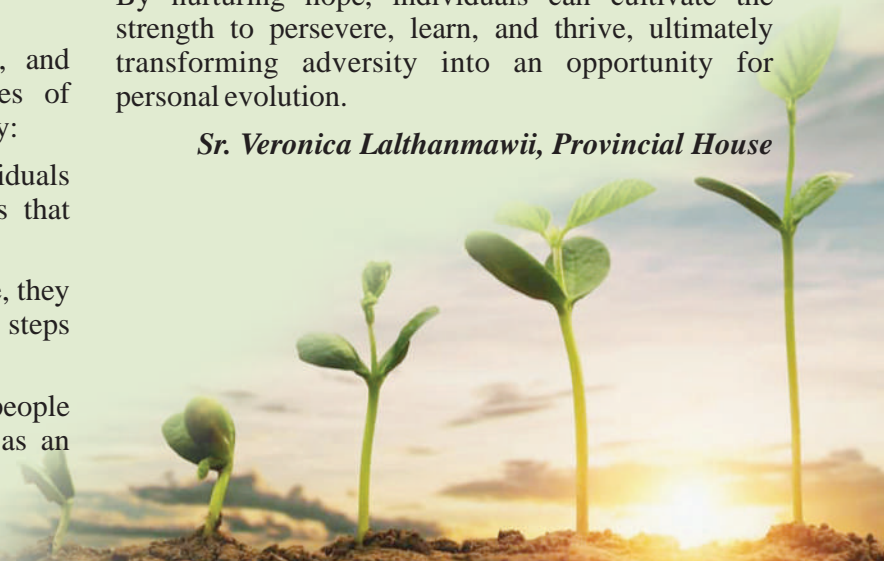
Set Realistic Goals - Achieving small, attainable goals reinforces hope by providing a sense of progress.

Seek Support - Connecting with supportive individuals fosters a hopeful outlook, as shared encouragement strengthens belief in a better future.

Mindfulness and Meditation - Mindfulness involves staying present and observing one's thoughts and feelings without judgment reduce anxiety about the future and enhances optimism. And loving kindness meditation encourages present moment awareness and acceptance which helps us view difficult situation with positive emotions and compassion which are the key to towards hopeful outlook on life. Thus, we can avoid being trapped in negative thought cycles.

In an ever-changing world filled with uncertainties, hope remains a crucial element in building resilience and fostering personal growth. It helps people journey through life's challenges with optimism and purpose. By nurturing hope, individuals can cultivate the strength to persevere, learn, and thrive, ultimately transforming adversity into an opportunity for personal evolution.

Sr. Veronica Lalthanmawii, Provincial House





THE JUBILEE LOGO

Four stylized figures: The logo shows four stylized figures, representing all of humanity, coming from the four corners of the earth. They embrace each other to indicate the solidarity and fraternity which should unite all peoples.

The Cross: The figure at the front is holding onto the cross. It is not only the sign of the faith which this lead figure embraces, but also of hope, which can never be abandoned, because we are always in need of hope, especially in our moments of greatest need.

The rough waves: There are the rough waves under the figures, symbolising the fact that life's pilgrimage does not always go smoothly in calm waters. Often the circumstances of daily life and events in the wider world require a greater call to hope. That's why we should pay special attention to the lower part of the cross which has been elongated and turned into the shape of an anchor which is let down into the waves.

The anchor: The anchor is well known as a symbol of hope. In maritime jargon the 'anchor of hope' refers to the reserve anchor used by vessels involved in emergency manoeuvres to stabilise the ship during storms.

It is worth noting that the image illustrates the pilgrim's journey not as an individual undertaking, but rather as something communal, marked by an increasing dynamism leading one ever closer to the cross.

The cross in the logo is by no means static, but it is also dynamic. It bends down towards humanity, not leaving human beings alone, but stretching out to them to offer the certainty of its presence and the security of hope.

At the bottom of the logo is the motto of the 2025 Jubilee Year: Peregrinantes in Spem (Pilgrims in hope), represented in green letters.

THE JUBILEE PRAYER

*Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.*

*May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within
both humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.*

*May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.
May that same grace spread
the joy and peace of our Redeemer
throughout the earth.
To you our God, eternally blessed,
be glory and praise for ever.
Amen*



Happy New Year 2025

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