



Flame

Ferrando Leading And Motivating Evangelizers

Vol. 10 # Issue 1

January - July 2025

HOPE
IS A CONSTANT
SOURCE OF JOY,
NO MATTER
OUR AGE

POPE LEO XIV



CONTENTS

| | |
|--|----|
| Editorial | 1 |
| Provincial's Message | 2 |
| Dialogue | 3 |
| Province News | |
| Laying the foundation of the Extension of School Building, Dalu | 5 |
| Celebration of Various Sacraments | 5 |
| Empowering Educators: Shaping Tomorrow | 6 |
| Parents Training Program on Home Based Education | 7 |
| Faith in Bloom: Boarding Girls at the Opening Ceremony of Golden Jubilee Celebration | 7 |
| International Women's Day Celebration 2025 | 8 |
| 'We Ring the Bell Campaign'- A Voice for Every Child | 8 |
| Sports Week 2025- A celebration of Energy, Unity and Sportsmanship | 9 |
| Mother Rose Thapa Turns 90 | 9 |
| Ferrando Speech and Hearing Centre shines in Arm wrestling Competition | 10 |
| A joyful Beginning: Initiation Ceremony at Don Bosco School, Udaipur | 10 |
| Empowering Teachers and Motivating Students: A Transformative Visit | 11 |
| Awakening the Educator Within: Embracing Change and Chaos with Purpose | 11 |
| NCC of St. John's Higher Secondary School, Chibragre Shines | 12 |
| From Learners to Leaders: Second Batch of Class XI Journey Starts | 12 |
| Athletic Excellence by St. John's Higher Secondary School, Chibragre | 13 |
| Fostering Friendship, Unity and Leadership | 14 |
| Report of Seniors Animation | 14 |
| Mary Help of Christians Honoured | 15 |
| Marian Day Celebration in the Provincialate | 16 |
| First Holy Communion at Ferrando Speech and Hearing Centre | 16 |
| Training Programme for YAC and WAC | 17 |
| A Family's Journey to Christ | 17 |
| International Domestic Workers Day Celebration in Tura | 17 |
| School Level Science Exhibition cum Creative Week 2025 | 18 |
| Spiritual Retreat: An Inner journey Toward Transformation | 19 |
| Official Visit and Inspection of Ferrando Higher Secondary School, Umroi | 20 |
| Celebration of the Gift of Life | 21 |
| Online Animation for Superiors and Boarding Assistants | 21 |
| Articles | |
| Hope & Healing | 22 |
| Hope & Motivation | 23 |
| A Hopeful Gaze of the Leader | 24 |
| Finding Hope In Difficult Times | 25 |
| Transformative Power of Hope | 26 |
| Poems | |
| My Queen and My Mother | 27 |



Editorial

LIVING A HOPEFUL LIFE WITH LOVE : A LESSON FROM SOREN KIERKEGAARD

As Christians, we are called to be people of Hope and Love, not just in word but in the very rhythm of our lives. Yet in a world filled with lot of suffering, broken relationships and uncertain futures, its easy to lose sight of what hope really means. The 19th century Christian philosopher Soren Kierkegaard offers us a profound vision of hope - one that can transform how we love, how we wait, and how we live. Kierkegaard teaches that true hope must be grounded in the eternal, not in fleeting worldly things. The Christians does not hope merely for a better job, health, or improved circumstances but hope in God Himself. A hopeful Christian life is not built on what we can control or predict, but on trusting God's unchanging nature. This gives us freedom to love without fear, because our hope is not dependent on how others respond or how things turn out but on God who is faithful.

In his spiritual writings, Kierkegaard mentions that love strengthens hope and hope purifies love. Love that depends only on human emotion or mutual benefit fades quickly. But Christian love, like Christian hope, is selfless, patient and enduring. Love hopes all things (1Cor 13:7). When we love others with hope not for what we can get from them, but for who they are in Christ, we replicate the love of God. Hope allows us to love the unlovable, to forgive the unforgivable, and to serve without recognition. Kierkegaard does not see hope as passive or weak. Rather, he calls it a risk of faith, an act of courage. To hope is to stand firm when all signs point to giving up. It is to believe in the invisible and to live as though God's promises are already true. Hope therefore, gives spiritual strength that keeps love alive during trials, disappointment and suffering. Every Christian walk through seasons of waiting, grief or silence from God. Therefore, we understand that hope is not the denial of suffering, but its companion, which keeps us rooted in the truth that our suffering is not the end of the story.

Kierkegaard's vision of hope is not abstract philosophy. It is a holy calling, an invitation to live deeply, to suffer faithfully and to love boldly. In this way hope becomes a witness, leading us to God who is love, the God who is faithful and the God in whom all hope finds fulfillment. Let us, then, continue to walk with hope not in what we can see, but in the One who sees us. And let our hope be the foundation for a life of radical, enduring, Christ-like love.

If we are struggling to hope today, let us take heart and place ourselves before God, again and again, trusting that He is the giver of all good things including the gift of hope.

"Be strong and take heart, all you who hope in the Lord." (Psalm 31:24)

In the quiet, in the waiting, even in the weeping, He is near. May this deep, eternal hope be the anchor of our soul.

Sr. Veronica Lalthanmawii

Provincial's Message



JUBILEE OF YOUNG PEOPLE 2025: A CELEBRATION OF FAITH AND HOPE

The summer of 2025 witnessed a historic and joy-filled moment for the Church, as over one million young people from around the world gathered in Rome and Vatican City for the Jubilee of Young People. From July 28 to August 3, 2025, the Eternal City was transformed into a vibrant mosaic of faith, music, prayer, and cultural exchange.

A Global Gathering

Pilgrims from 146 countries made the journey, bringing with them songs, flags, and testimonies of hope. Europe had the largest representation, but young people from war-torn regions such as Ukraine, South Sudan, and the Middle East also joined, making the gathering a powerful witness of resilience and unity.

Pilgrimage of Prayer and Encounter

Throughout the week, Rome's streets and squares became spaces of encounter. Dialogues with the City brought theatre, music, and testimony to more than 70 venues across Rome. Confessions at Circus Maximus allowed thousands of young people to experience God's mercy in multiple languages. A moving Prayer Vigil at Tor Vergata- where Pope John Paul II once gathered youth in 2000-brought together song, silence, and sharing of personal stories

Words of the Holy Father

At the closing Mass, Pope Leo XIV encouraged the young pilgrims to be "the salt of the earth and the light of the world," reminding them that their faith is not just for celebration in Rome but a mission to carry home. He called the youth "a sign that a different world is possible," and spoke tenderly of those suffering in conflict zones, urging solidarity and courage.

A Living Church for the Young

What made this Jubilee unique was not just its scale but its inclusivity. From the presence of groups working with the poor, to the participation of youth movements, schools, and parishes, the Jubilee highlighted the Church's commitment to walk with young people in their search for meaning. Even the Jubilee mascot, "Luce", with her modern, youthful design, symbolized light and hope for today's generation.

Seeds for the Future

As the pilgrims returned home, many carried with them not just memories of Rome, but renewed zeal to live their faith in daily life. The Jubilee of Young People was more than an event; it was a testimony of a living, joyful Church, called to accompany the young in building a world of peace, fraternity, and hope.

This Jubilee is not only a memory for those who travelled to Rome. It is a call for all of us to renew our own faith and to accompany young people with openness, compassion, and joy. May the example of their energy and enthusiasm inspire us to live our consecrated life with renewed zeal, and to bear witness to the Gospel in our communities and mission.

Sr. Lisa Chettri
Provincial Superior

DIALOGUE BETWEEN HIS HOLINESS POPE LEO XIV AND YOUNG PEOPLE DURING THE JUBILEE OF YOUTH 2025

Holy Father, my name is Dulce María, I am 23 years old and I am from Mexico. I come to you as a spokesperson for a reality that young people experience in so many parts of the world. Holy Father, we are children of our time. We live in a culture that shapes us without our realizing it; it is a culture marked by technology, especially by social media. We often get excited about having lots of friends and creating close relationships, but at the same time we increasingly experience different forms



of loneliness. We are close and connected to so many people, yet they are not true and lasting relationships, but rather fleeting and often illusory. Holy Father, my question is: how can we find true friendship and genuine love that will lead us to true hope? How can faith help us build our future?

Dear young people, human relationships, our relationships with others are essential for each of us, starting with the fact that all men and women in the world are born as someone's children. Our life begins with a bond, and it is through relationships that we grow. In this process, culture plays a fundamental role: it is like the lens through which we understand ourselves and interpret the world. Just like a dictionary, every culture contains both words that are noble and words that are vulgar, values and also errors that we must learn to recognize. By passionately searching for the truth, we do not merely receive a culture, but also transform it through the choices we make. Truth, in fact, is a bond that connects words to things and names to faces. Lies, on the other hand, divide these elements and lead to confusion and misunderstanding.

Now, among the many cultural connections that characterize our lives, internet and social media have become "an extraordinary opportunity for dialogue, encounter and exchange between persons, as well as access to information and knowledge" (*Christus Vivit*, 87). However, these tools are misleading when they are controlled by commercialism and interests that fragment our relationships. In this regard, Pope Francis recalled that sometimes "the whole apparatus of communications, advertising and social networking can be used to lull us, to make us addicted to consumerism" (*Christus Vivit*, 105). It is then that our relationships become confused, restless or unstable. Furthermore, as you know, today there are algorithms that tell us what we should watch, what we should think, and who our friends should be. And so our relationships become confusing, sometimes anxious. When a tool controls someone, that person becomes a tool: a commodity on the market and, in turn, a piece of merchandise. Only genuine relationships and stable connections can build good lives.

Dear young people, every person naturally desires a good life, just as lungs long for air, but how difficult it is to find it! How difficult it is to find true friendship! Centuries ago, Saint Augustine understood the deepest desire of our hearts, the desire of every human heart, even without the technological developments of today.

He too had a restless youth, but he did not settle for less, he did not silence the cry of his heart. Augustine sought the truth, the truth that does not disappoint and the beauty that does not fade. And how did he find it? How did he find true friendship and a love capable of giving hope? By finding the one who was already looking for him, by finding Jesus Christ. How did he build his future? By following the one who had always been his friend. In his own words, friendship is nowhere faithful but in Christ. Saint Augustine tells us there is no friendship that is authentic if that is not in Christ. And the true friendship is always in Jesus Christ with truth, love and respect. Only in him can it be eternal and happy. The one who loves God in his friend, truly loves his friend, Saint Augustine tells us. Friendship with Christ, which forms the basis of faith, is not just one aid among many others for building the future; it is our guiding star. It is when our friendships reflect this intense bond with Jesus that they really become sincere, generous and true. Dear young people, love one another! Love one another in Christ! Know how to see Jesus in others. Friendship can truly change the world. Friendship is a path to peace.

Holy Father, my name is Will. I am 20 years old and I am from the United States. I would like to ask you a question on behalf of so many young people out there who yearn, in their hearts, for something deeper. We are drawn to the interior life even if at first glance we are judged as a superficial and thoughtless generation. Deep within ourselves, we feel drawn to the beautiful and the good as sources of truth. The value of silence, as in this Vigil, fascinates us, even if at times it instills fear because of a sense of emptiness. Holy Father, I would like to ask you: how can we truly encounter the Risen Lord in our lives and be sure of his presence even in the midst of trials and uncertainties?

To launch this Jubilee Year, Pope Francis released the document called *Spes non confundit*, which means "hope does not disappoint". In that document, he wrote: "In the heart of each person, hope dwells as the desire and expectation of good things to come" (*Spes non confundit*, 1). In the Bible, the word "heart" usually refers to a person's innermost being, which includes our conscience. Our understanding of what is good, then, reflects how our conscience has been shaped by the people in our lives; those who were kind to us, those who listened to us with love, those who helped us. Those people helped to raise you in goodness and, therefore, to form your conscience to seek the good in your daily choices.

Dear young people, Jesus is the friend who always accompanies us in the formation of our conscience. If you truly want to encounter the Risen Lord, then listen to his word, which is the Gospel of salvation. Reflect on your way of living, and seek justice in order to build a more humane world. Serve the poor, and so bear witness to the good that we would always like to receive from our neighbours. Be united with Jesus Christ in the Eucharist. Adore Christ in the Blessed Sacrament, the source of eternal life. Study, work and love according to the example of Jesus, the good Teacher who always walks beside us.

As we seek what is good, let us ask him at every step: stay with us, Lord (*cf. Lk 24:29*). Stay with us, because without you we cannot do the good we desire. You want what our good; indeed Lord you are our good. Those who encounter you also want others to encounter you, because your word is a light brighter than any star, illuminating even the darkest night. Pope Benedict XVI liked to say that those who believe are never alone. In other words, we encounter Christ in the Church, that is, in the communion of those who sincerely seek him. The Lord himself gathers us together to form a community, not just any community, but a community of believers who support one another. How much the world needs missionaries of the Gospel who are witnesses of justice and peace! How much the future needs men and women who are witnesses of hope! Dear young people, this is the task that the Risen Lord entrusts to each one of us!

Saint Augustine wrote: "You stir us to take pleasure in praising you, because you have made us for yourself, and our heart is restless until it rests in you... Lord, I would seek you... and calling upon you is an act of believing in you" (*Confessions*, I, 1). Following those words of Augustine, and in response to your questions, I would like to invite each of you, dear young people, to say to the Lord: "Thank you, Jesus, for calling me. My desire is to remain as one of your friends, so that, embracing you, I may also be a companion on the journey for anyone I meet. Grant, O Lord, that those who meet me may encounter you, even through my limitations and frailties." Through praying these words, our dialogue will continue each time we look at the crucified Lord, for our hearts will be united in him. Each time we adore Christ in the Eucharist, our hearts will be united in him. Finally, my prayer for you is that you may persevere in faith, with joy and courage! And we can say, "Thank you Jesus for loving us." Stay with us Lord. (*source: <http://www.vatican news>*)

Laying the Foundation of the Extension of School Building, Dalu

On the blessed morning of 5 February 2025, at 7:10 am, the foundation stone for the new school building of St. Joseph's Secondary School, Dalu, was solemnly laid after the Holy Mass. The Eucharistic celebration was presided over by Rev. Fr. Biju Paul, the Parish Priest, invoking God's abundant blessings upon this sacred endeavour. The momentous occasion was graced by the presence of Provincial Sr. Liza Chettri, Sr. Mercy Luke, the Provincial Economer, Sr. Shiji James Provincial Councillor for Education and Sr. Bernadeth Kropi, the Provincial Councillor for Evangelization, as well as the Sisters of St. Anne's, M.C. members, the engineer, hostel boys and girls, and the entire St. Joseph's Convent Community



which added significance to this milestone in the school's journey. The new structure will stand as a testament to our commitment to shaping young minds with knowledge, wisdom, and virtue which reflects the noble vision of the institution: "To educate persons with character and competence to build a civilization of love."

Sr. Lucia Suting, Dalu

Celebration of Various Sacraments

Adhered to the clarion call of the Church to proclaim the Good News to the whole creation, Sr. Devina Sutnga and Sr. Melita Diengdoh along with community members carried out this mission faithfully. From January upto July, 2025 they prepared the faithful of Umsohlait Parish for different sacraments. They had 300 baptism both adult and infants, 30 rectification of marriages, 500 First Communion.

On the 5th February Sr. Devina along with Sr. Melita went to Pamlatar village for two day seminar on the Theme of the jubilee year "Pilgrims of Hope". The Seminar emphasized fostering faith and unity, guiding all to become true agents of hope in today's world. The 50 participants were led to recognize the Lord's presence in their own 'Emmaus Journey' strengthening their commitment to live as joyful witnesses of the Gospel. The participants were active and enthusiastic, eager to know more about God and to deepen their understanding of His Word. It was truly a time of grace and renewal for all.



On the 6th of July Sr. Devina Sutnga with the help of two aspirants Chimalisa Marak and Aisinobia Maring conducted one day seminar for the children of Savio Catholic Church, Mawrathud on the topic 'Children obey your parents in everything for this pleases the Lord.' The sessions guided the Children to reflect deeply on their duties and responsibilities toward God, their parents, and elders. They were reminded that love for God need be shown not only through prayer but also through obedience, respect, honesty and act of kindness.



To make the Seminar lively and engaging, the aspirants led the children in joyful action songs and dance, filling the atmosphere with music, movement and laughter. The moments not only energized the children but also strengthened their sense of unity and joy in the Lord. The Seminar concluded with a prayer of thanksgiving, entrusting every child to the loving guidance of Jesus, the best Friend and Teacher of all.

Sr. Devina Sutnga, Umsohlait

Empowering Educators: Shaping Tomorrow

Ferrando Educational Institutions of Guwahati Province organised a day of Teacher-Enrichment Programme at Matchakolgre, Tura on 21st February 2025 for all the teachers and sisters engaged in the mission of education in Garo Hills Region. Fr. Cleatus SDB, Director of DBI, Guwahati was the resource person of the programme.

The day's programme began at 9.00 am with a few moments of prayer, seeking God's blessings and guidance. Sr. Shiji James, Provincial Councillor for Education then introduced the resource person and welcomed everyone. Fr. Cletus, the resource person began his session, inviting everyone to understand the importance of upholding values and imparting the same in the students. He emphasised on the need of having humane qualities and spoke of its importance through various stories and examples at the same time having faith and trust in God and building strong relationships with students. He gave insights on the crucial role of teachers in shaping students' future and communicated to them how to handle difficult situations and challenges while carrying out the profession of teaching. The teachers also had the opportunity to listen to Mr. Rinse from Eloit Company, who spoke on "Integrating the Technology in Education in this New Era". He insisted the teachers to update themselves and be innovative in their teaching skill. He too introduced to them the features of 'Edisapp', a software for improving the school management system. The day-long programme gave the teachers a rejuvenating experience to carry forward their mission of teaching. It not only empowered them but also enthused their spirit to be creative and proficient. There were about 130 participants from all the five Schools in Garo Hills Region.

Sr. Lucy R. Marak, Matchakolgre



Christian hope flows from knowing that even if we fail, God will never fail us.
Even if we betray him, he never stop loving us. - Pope Leo XIV

Parents Training Program on Home Based Education

Parents Training Programme on Home Based Education was successfully conducted on 28th February 2025 in Ferrando Speech and Hearing Centre, to equip parents with the knowledge and skill needed to support their children's learning at home. The Director, Sr. Maya Pohshna warmly welcomed the participants and gave a brief introduction, highlighting the significance of Home Based Education, especially for children with special needs. The session was led by two resource persons, Miss. Colety Mawlong and Miss. Lavanya who provided practical guidance and shared effective strategies for creating a supportive learning environment at home. The training was interactive and informative. The parents expressed their appreciation for the valuable insights received and felt more confident and motivated to assist their children in their educational journey.



Sr. Maya Pohshna, Barapani

Boarding Girls at the Opening Ceremony of Golden Jubilee Celebration



On 2 March 2025 at 10:00 am, St. Thomas Parish, Chokpot, joyfully marked the opening of its Golden Jubilee celebration. The solemn Holy Mass was beautifully enhanced by the melodious voices of our boarding girls' choir group. The day was made even more memorable as six of the boarding children received their First Holy Communion, marking a significant milestone in their spiritual journey. Furthermore, seven other boarders received the sacrament of Confirmation, deepening their commitment to their faith. The community expressed their heartfelt appreciation to Sr. Kesori Toppo, Sr. Jesina Marak, and Sr. Badarisha Mawlong and Sr. Sherly Joseph who diligently accompanied the children throughout their

catechism classes, preparing them to receive these sacraments. May their faith continue to grow stronger each passing day.

Sr. Elizabeth C. Lalmunsiami, Chokpot

International Women's Day Celebration 2025



On 8th March 2025 International Women's Day was celebrated at Stephen's Hall, Matchakolgre Tura. The celebration focussed on the theme of the year 'Accelerate Action'. The program began at 10 a.m. with a welcome note addressed by Sr. Marietta Joseph. Forty five

women from different groups participated in the event. The celebration was enriched by various cultural programs presented by the sisters and hostellers. It included meaningful songs, dances and a short skit that emphasized the importance of women in the society. Sr. Shiji James delivered an inspiring message highlighting the achievements, strength and resilience of women across the world. Smit Walchirik B. Sangma, Deputy Chief Legal Aid Defence Council, the Chief Guest of the event, addressed the women and enlightened them on legal rights and protection, emphasizing the importance of awareness of their rights in order to live with dignity in society. The day was truly memorable, filled with joy and sense of unity. The event was concluded with a vote of thanks by Sr. Elmina Marak who appreciated the efforts of all the participants and acknowledged their contributions in making the celebration a grand success.

Sr. Elmina G Marak, Matchakolgre

'We Ring the Bell Campaign' - A Voice for Every Child

In a heartwarming celebration of voices that often go unheard, JAN VIKHAS SAMITI in collaboration with Ferrando Speech and Hearing Centre organized the "We Ring the Bell" Campaign - a powerful movement to ring loud for the right to education for children with disabilities. The programme includes a vibrant Rally to nearby government school, where students, and the teachers marched with messages of inclusion, acceptance and equal opportunity. The sound of bells, cheers and slogans filled the air-symbolizing a call to break down the barriers faced by children with disabilities. The event was conducted by Sr. Maya Pohshna, the director of Ferrando Speech and Hearing Centre, whose heartfelt speech ignited



hope and determination in every listener. She spoke passionately about creating a world where every child, regardless of ability has a place in the classroom and in the society. The campaign was more than an event, it was a movement of compassion, awareness and a promise to build a brighter more inclusive future for all.

Sr. Joicy Thomas, Barapani

True love is love that causes us pain, that hurts, and yet brings us joy.
That is why we must pray to God and ask Him to give us the courage to love.

St. Teresa of Kolkota

Sports Week 2025- A celebration of Energy, Unity and Sportsmanship

The Sports week 2025 kicked off with great enthusiasm and excitement at Ferrando Speech and Hearing Centre from 10th to 13th March 2025. The grand opening ceremony began with a warm welcome speech by Sr. Arda Ryntathiang, the Principal who greeted the guests, as she emphasized the importance of sports in building character, discipline and unity among students setting an inspiring tone for the entire event. The event was officially inaugurated by Shri. Utal Moral, the esteemed owner of Bamon Fram, Umsning, who encouraged the students to participate with passion, fairness and team spirit.



The students showcased remarkable talent, sportsmanship and unity throughout the week as vibrant activities from thrilling races, energetic games and fun relays were conducted making every event memorable. The closing ceremony was graced by the Shri. MB. Tongper, ADC of Nongpoh, Ri-Bhoi District Nongpoh, who congratulated and motivated the winners and participants alike and distributed prizes. The sports week concluded with cheers, applause and renewed spirit of teamwork and friendship making it a truly memorable chapter in the annal of the school.

Sr. Arda Ryntathiang, Barapani

Mother Rose Thapa Turns 90

The Provincialate Community joyfully celebrated the birthday of Mother Mary Rose Thapa, the first Mother General of the MSMHC on 11 March 2025. On the eve of her birthday, a special prayer service was conducted by Sr. Veronica Lalthanmawii near her bedside. All the community sisters were present in this moment of prayer, lifting their voices in thanksgiving and petitions for Mother Rose intentions especially for her recovery. The presence of Mrs. Manju and her daughter added more joy to Mother Rose. On the day of her birthday, Fr. John Paul, the Procurator of the Archdiocese of Guwahati solemnized the Holy Eucharist and prayed for Mother Rose. The Holy Mass was followed by a joyful cake-cutting ceremony where the sisters and aspirants expressed their love and affection with heartfelt greetings around her bed. The presence of Mother Christine Mynsong the Superior General, General Councillors and Sisters from nearby communities added much joy to the occasion.



Sr. Monica Lakra, Provincial House

Ferrando Speech and Hearing Centre shines in Arm wrestling Competition

On 22nd March 2025, an exciting Arm Wrestling Competition was held in Shillong, drawing strong and determined participants from various centers. Among them were 10 enthusiastic boys from Ferrando Speech and Hearing Centre who stepped up to the challenge with confidence and spirit. The event was filled with thrilling moments, cheers and displays of true sportsmanship. The boys showcased not just physical strength but also courage determination and team work. Their hard work paid off as they secured first, second and third prize and made the entire Ferrando family proud.

Sr. Joicy Thomas, Barapani



A Joyful Beginning: Initiation Ceremony at Don Bosco School, Udaipur

On 5th April at 9:00 a.m. Don Bosco School, Udaipur marked a memorable beginning for its young learners with a grand initiation ceremony. The event witnessed 127 students accompanied by parents and enthusiastic teachers. The school gate was beautifully adorned, setting a festive tone. As students entered they were greeted with a traditional gesture 'tilak' on the forehead, symbolizing auspicious beginnings. Each child received a diary and a pencil at the entrance, a tool that symbolized their new academic journey. This day was made even more special as students for the first time, proudly put on with their school uniforms, creating a heartwarming sight of unity and joy. The ceremony featured a few delightful cultural performances which displayed the talents of the young ones and adding vibrancy to the occasion. The chief guest Dr. Bikash Chakraborty a noted audiologist and speech therapist addressed the gathering with insightful words. His talk centered around early childhood parenting, offering practical tips for nurturing young minds. He emphasized that setting small goals every day can lead to significant achievement overtime. His message highlighted that even the smallest act during early childhood can create a profound and lasting impact. The event concluded with a refreshment served to all attendees, wrapping up the morning with the smiles, laughter, and a sense of excitement for the journey ahead. The initiation ceremony was not just an event but a beautiful celebration of new beginnings, dreams and promise of a bright future.

Sr. Jesicca Dkhar, Udaipur



Empowering Teachers and Motivating Students: A Transformative Visit by Sr. Katherine Joseph MSMHC

Don Bosco School, Udaipur was honoured to welcome Rev. Sr. Katherine Joseph MSMHC, General Councillor for Education, during her official visit from 9th to 14th April 2025. Her presence brought insight, encouragement, and a deep reflection on the school's mission of holistic education. During her visit, Sr. Katherine interacted with students in their classrooms. She also offered a motivational session for Classes X and XII, encouraging them as they prepared for their board examinations. In appreciation, students presented a heartfelt cultural programme.



On 10th April, Sr. Katherine conducted a special teacher animation session. She highlighted the importance of purpose-driven growth, self-updating, and creating energy in classrooms to inspire excellence. She also shared the top 10 Soft Skills essential for students, including communication, empathy, critical thinking, and responsibility. A vital part of her session was devoted to Child Protection. She outlined the congregation's commitment to safeguarding children, aligned with national laws like the POCSO Act. Teachers were reminded to maintain safe, respectful boundaries and recognize all forms of abuse-physical, emotional, verbal, and sexual. The session concluded with a vote of thanks by Miss Urmila Poddar, followed by a shared meal among the staff as a gesture of unity and gratitude. Sr. Katherine's visit left a lasting impression on the school community, reigniting a passion for compassionate, values-based education.

Sr. Tessy Joseph, Udaipur

Awakening the Educator Within: Embracing Change and Chaos with Purpose

On 12th April 2025, Don Bosco School, Udaipur, hosted a highly enriching and inspiring Teachers' Animation session led by Fr. V. M. Thomas SDB. The session was meticulously designed to awaken educators to their vital role in the modern world and prepare them to meet the demands of a rapidly changing educational landscape to evolve themselves into mentors, guides, and lifelong learners, fostering not only academic growth but also resilience, adaptability, and global citizenship in their students. Some of the topic that he dealt are; the Role of Teachers in the Modern World, A Vision



for the Future: Insights from "The World is Flat", the Globalized Economy, Living in the Age of Chaos, The Evolving Nature of Work, Embracing Technology in Education, The Learning Pyramid, Bloom's Taxonomy: A Framework for Higher-Order Thinking and UNESCO's Four Pillars of Education, which provide a holistic framework for learning. Fr. Thomas's session was a powerful call to action for educators to rethink their roles in a rapidly changing world. His insights illuminated the path forward, urging teachers to embrace their roles as visionaries who inspire, guide, and prepare students to face an uncertain future with confidence and purpose.

Sr. Amelia Lalduhzuali, Udaipur

NCC of St. John's Higher Secondary School, Chibragre Shines

The students of St. John's Higher Secondary School, Chibragre were officially enrolled in NCC in 2025 with 50 participants from Classes VII to X. They had the opportunities to attend their 1st camping in ISBT, Chasingre, Tura for 10 days and the other trainings in different time and occasion. NCC cadets Saina N. Areng and



Saldo Saviour A. Sangma participated in the NCC North Eastern Region Training 2025- 2026 held at NCC Academy Jorhat on 21st to 30th April 2025 and were selected from Meghalaya for further trainings to Delhi. Saina N. Areng took part in Inter Unit Service Shooting Competition during the training and won a Silver medal. The School feels privileged to help students embrace new ventures and seize opportunities with enthusiasm.

Sr. Wandaris Lyngkhohi, Chibragre

From Learners to Leaders: Second Batch of Class XI Journey Starts

The second batch of Class XI students at Stephen Memorial School, Tura, embarked on their new academic journey with a solemn opening ceremony held on 24th April 2025. The event was officiated by Most Rev. C. J. Jose, the Auxiliary Bishop of Tura, and was marked by the gracious presence of parents, students, and faculty members. The ceremony was hosted by the students of Classes XII and X under the guidance of their teachers. It commenced with moments of prayer led by Sr. Alphonsa Bareh and Sr. Lucy Marak followed by the traditional lighting of the lamp by the Chief Guest, the Principal, the Class Teacher, and representatives from the students and parents. Sr. Shiji James, the Principal, warmly welcomed Bishop Jose, the Chief Guest of the



occasion, and all those present. She expressed her heartfelt gratitude for his esteemed presence, which added great significance to the day. In his address, Bishop Jose emphasized the value of education and personal growth. He shared meaningful stories and examples to convey his message, encouraging students to strive for excellence and pursue knowledge as a path toward realizing their dreams. The event was further enlivened by vibrant performances including group song, skit, and dance by the students. The programme was seamlessly anchored by Teresa Marak of Class XII and Meghachuame M. Sangma of Class X, whose thoughtful commentary and introductions enriched the entire proceedings.

Sr. Shiji James, Matchakolgre

Athletic Excellence by St. John's Higher Secondary School, Chibragre

The students of St. John's Higher Secondary School, Chibragre have brought pride and joy by bringing victory and laurels to the institution and to their personal lives. Taekwondo students, Chimikdilsa R. Marak and Rahi Hajong were fortunate to take part in the 6th Meghalaya Games held in Jowai on 20th & 25th January 2025, Meghalaya this year and won Silver and Bronze medals. On 29th & 30th April 2025, 42 students participated in the District Level Inter School Athlete Meet - 2025 organized by the District Sports Office, Tura at Don Bosco School, Chandmari playground and brought forth flying colors as they won 5 Gold medals, 10 Silver medals, 13 Bronze medals and 3 Trophies for 'Best Discipline', Runners Up for Under - 14 & Under - 16 Boys. On 29th & 31st May 2025, the Taekwondo students and the Under - 15 Boys participated in the 1st District Level Inter School Games - 2025 at Don Bosco College, Tura ground and won 6 Gold medals, 2 Silver medals, 6 bronze medals, Runners Up in Volley Ball - Boys and over all group Runners Up - 2025. As the saying goes, 'Success is the sum of small efforts, repeated day in and day out', the efforts made by the students under the supervision of their teachers are indeed commendable. The Under-15 & 17 Boys & Girls took part in the 'Subroto Mukherjee Inter School Foot Ball Tournament - 2025' organized by the District Sports Office on 10th to 12th June 2025 in Tura and their untiring and relentless effort earned a trophy. May God be praised for His constant accompaniment in all success and failures.



Sr. Wandaris Lyngkholi, Chibragre



Fostering Friendship, Unity and Leadership



Sr. Wansuk Lyngdoh, the North East Regional Youth Lady Animator and Sr. Jorina Marak, the Youth Animator of the Archdiocese of Guwahati conducted a one day program for the aspirants (Orientation Group) in Ferrando Provincial house, Guwahati on 30th April 2025 aimed at fostering group bonding, familiarity and personal breakthrough. The aspirants were led into various meaningful group activities, a series of engaging and interactive games which were filled with fun and laughter. At the end of the day Aspirant Martina delivered a vote of thanks on the behalf of Aspirants and Provincialate community, she expressed her gratitude to Sr. Wansuk and Sr. Jorina for their loving presence, creative efforts and for making the day a memorable one. Her words reflected the appreciation and joy felt by everyone present, thus bringing the day to a graceful and cheerful conclusion.

Sr. Christina Rymbai, Provincial House

Report of Seniors Animation

Guwahati and Ri-Bhoi Region

The Ferrando Province, Guwahati, organized a two-day Spiritual Orientation Seminar on the 17th and 18th of May 2025 in the Provincial House. Sr. Mary Thadavanal, who facilitated the sessions emphasized that every Christian is called to abide in the love of God and to allow His presence to work from within. This requires overcoming lukewarmness, hypocrisy, and unforgiveness through unceasing prayer, which ignites the heart with divine love. Prayer, along with the daily reading of the Word of God, was presented as the only means to overcome the negative emotions stemming from human weakness. The seminar was attended by 43 members and was aimed at deepening the participants' love for God and renewing their commitment to religious life. The importance of faith in Jesus, persistent prayer, and trust in His transformative power was strongly underlined. The seminar, titled 'Abide in Jesus and Experience the Transforming Love of God' was an enriching and spiritually uplifting experience for all who attended.



Sr. Projila Sangma, Sonaighuli

Garro Hills Region

A two days animation program was held on the 10th and 11th of May 2025 at Matchakolgri, Tura, for the senior Sisters of the Ferrando Province. The event brought together 48 participants for a time of reflection, renewal, and spiritual growth. The program centred on the theme, "Focussing on self and growing in the knowledge of God through Word of God and Holy Eucharist", animated by Sr. Mary Thadavanal, Assistant



General, played a pivotal role in guiding the participants toward a deeper understanding of self-worth and the profound beauty of their committed religious life. With a focus on inner renewal and continued dedication to their vocation, the animation program included interactive sessions, moments of prayer and personal sharing. Convinced of the plan of God in one's life, Sr. Thadavanal said, "Each of us are created through Jesus Christ and for Jesus Christ" (Col.1:16). She called on the members to seek out the first love and

grace through Holy Eucharist, Word of God and Sacraments. The two-day animation helped the members to grow in love towards self, God and one another. Everyone felt the urge to grow in grace and to remain committed to the call of God.

Sr. Ashly Benny, Dalu

Tripura Region

On 6th - 8th June 2025 Rev. Sr. Mary Thadavanal, the Assistant General, animated the seniorsisters of Tripura region at Ferrando Nivas, Udaipur. Sr. Tessy Joseph, the principal and superior of the community heartily welcomed Sr. Mary Thadavanal, and thanked her for availing her precious time to animate the sisters. The seventeen sisters present from the four neighboring communities participated the enriching sessions enthusiastically.



Some of the highlights of the sessions were:

- 1) The power of the Holy Eucharist.
- 2) The Word of God.
- 3) Importance of being connected with God.
- 4) The significant role of the Holy Spirit in our lives.
- 5) Prayer life

The animation was indeed a profound intervention of God as every topic during the animation was a hearttouching wakeup call towards an authentic life. The animation indeed helped the sisters to draw closer to the Lord as everyone felt the tangible presence of God.

Sr. Jessica Dkhar, Udaipur

Mary Help of Christians Honoured

The community of St. Thomas Convent, Chokpot celebrated the solemnity of Mary Help of Christians with joy on 24 May 2025 with a meaningful prayer service conducted by the sisters and Holy Eucharistic Celebration which was presided over by Fr. Rikseng Sangma, the Parish Priest. To add festivity and honour to our Blessed Mother, various competitions were organized allowing the children to express their faith and talents in creative ways. As the celebration drew to a close, Sr. Elizabeth, the Superior of the community, delivered a message on the role and importance of Mother Mary in our life, inspiring all to remain steadfast under her guidance. The joyous occasion concluded with a fraternal sharing of refreshments, strengthening the bonds of love and unity among each one gathered.

Sr. Elizabeth C. Lalmunsiami, Chokpot

Marian Day Celebration in the Provincialate

The Provincialate Community observed Marian Daycelebration on the 20th May 2025 with devotion and vibrant enthusiasm. It was a special day organized for the aspirants. The day commenced with a solemn prayer service, invoking the blessings and protection of our Blessed Mother. Following the prayers, Sr. Lisa Chettri, Provincial Superior lit the ceremonial lamp, followed by a floral tribute to Venerable Stephen Ferrando. Sr. Provincialthen officially declared the Marian Day open, inviting all the aspirants to actively participate and grow in the virtues of the Blessed Virgin Mary. The inaugural ceremony was followed by a live presentation on Mary,creatively performed by the aspirants themselves. The day was spent with various activities. Each competition witnessed enthusiastic participation, joyful collaboration, and a strong spirit of togetherness among the aspirants. The celebration concluded with a heartfelt vote of thanks delivered by Aspirant Wincy, expressing deep gratitude to Sr. Lisa Chettri, the Provincial Superior, Sisters the organizers, and most importantly, the aspirants, whose participation made the day truly meaningful. The Marian Day was a memorable event for everyone and it is not only a tribute to Our Lady but also a moment of grace, growth, and joy in the formative journey of the aspirants.

Sr. Merciful T. Sangma, Provincial House



First Holy Communion at Ferrando Speech and Hearing Centre



On 24th May 2025, the Feast of Mary Help of Christians, ten students of Ferrando Speech and Hearing Centre received their First Communion, welcoming Jesus into their hearts with great joy and reverence. The Holy Mass was celebrated by Fr. George Palamattam, SDB from Siloam, who led the children and the community in a meaningful and spirit-filled liturgy. The students dressed in white approached the Altar with lighted candles, making the sacred moment truly special. They were lovingly prepared over several weeks by Miss Rosina Sutung and Sr. Joicy Thomas, who helped them understand the deep meaning and importance

of the Holy Eucharist. Adding to the solemnity of the occasion, the parents of the children were present and witnessed the ceremony with pride and emotion, sharing in the spiritual joy of their children's special day. It was a day of grace, love and celebration- a memory that will remain in the hearts of all who were present for the celebration.

Sr. Joicy Thomas, Barapani

Training Programme for YAC and WAC

The community of Assumption Convent Tikrikilla took the initiative to organise the two days Training Programme for the WAC and YAC members on 14th & 15th June 2025. Sr. Bernadeth Kropi the Provincial Councillor of Evangelization, Sr. Probitha Ch. Momin and Sr. Mollina D Marak were the resource persons of the programme. There were 75 participants came from the different villages of Tikrikilla Parish. During the Inaugural function Sr. Reena Philip, the Superior warmly welcomed the members and appreciated them for their positive response and collaboration. The two days training session was well animated by the resource persons. Sr. Bernadeth Kropi stressed on the topic 'Evangelization through media and how to conduct prayer meeting as WAC and YAC'. Sr. Probitha Ch. Momin enlightened the gathering with the topic 'Living the Catholic faith in today's world; Our responsibility as WAC and YAC'. Sr. Mollina D. Marak animated the members with the topic 'Go proclaim (Mk16:15) and the Sacrament of the Holy Eucharist'. At the end of the training, certificates were presented to the participants. It was indeed a remarkable day where the participants took part actively and expressed their thankfulness to the sisters for the new learnings and insights of the day. The program ended successfully through the joint efforts of the community sisters and the participants. Mrs. Martha M. Sangma the general secretary of WAC on behalf of the participants expressed her special note of thanks to the resource persons and Sisters for the success of the programme.



Sr. Mollina D. Marak, Tikrikilla

A Family's Journey to Christ



With profound joy and heartfelt thanksgiving to the Almighty, the sisters encountered the wondrous work of God's grace in the life of the family of Mr. Eanbok Makri and Mrs. Sumon Bharghav, together with their children. In the mysterious designs of Divine Providence, the Lord permitted them to pass through a period of trial and suffering through which He gently opened their hearts to the truth of the gospel. In the midst of their pain, they came to recognize their utter need for the Living God, and with humble hearts, they have resolved to accept our Lord Jesus Christ as their only God and Saviour. They were lovingly accompanied by the pastoral and spiritual

care of Sr. Pasqualina Sumer and Sr. Jacinta Nongsiej, who with their tireless dedication, visited them frequently, instructing and guiding them in prayer toward Christian faith.

Sr. Pasqualina Sumer, Nongpoh

International Domestic Workers Day Celebration in Tura

On 14th June 2025, the International Domestic Workers' Day was celebrated in anticipation of 16th June the actual day, with the theme 'Honouring Strength and Solidarity' at Stephen's Hall, Matchakolgre, Tura. Around 110 women attended the programme. The occasion and the get together was to recognize and honour the invaluable contributions made by domestic workers to the society. The programme began at 11:30 am with a

warm welcome address by Sr. Marietta Joseph (Co-ordinator) who also introduced the work and mission of the AMDWU (All Meghalaya Domestic Workers' Union). The celebration was vibrant and lively, featuring cultural performances, including dances and music by women themselves from various groups, reflecting the unity and spirit among them. It was they (women) who organised the programme thus displaying their talents and the ability to carry out their responsibilities. Chief guest of the day Dr. Sr. Shiji James, Provincial Councilor for Education, delivered the keynote address, emphasizing the dignity of labour and the importance of respecting the efforts and rights of domestic workers in the society, as she starts with a statement 'Dignity in Every Home, Power in Every worker'. Connecting with a theme she made them aware of their dignity and self-worth. One of the highlights of the day was the sharing session. Mrs. Urmila Marak (President of AMDWU) who spoke from her personal experience in house keeping underlined the value of commitment, trust, and building a good relationship with employers, as key elements of her profession. The atmosphere was filled with joy, laughter, and a strong sense of solidarity among the participants. The celebration concluded with group photo and refreshments, leaving everyone inspired and appreciated.

Sr. Marrieta Joseph, Matchakolgre

School Level Science Exhibition cum Creative Week 2025

A highly anticipated School Level Science Exhibition was organized on June 24, 2025 at Ferrando Higher Secondary School, Umroi. The theme for this year's event was, "*Science in Everyday Life.*"

Students from Classes VI to X enthusiastically participated, with every student from these classes taking part. The event was graced by Shri. Savio Blah, the Science Supervisor in the Education Department of Ri-bhoi District, who served as the Chief Guest. Other distinguished invitees who were the judges included Sir Sajan Augustine, the science and Maths teacher of Mynken Higher Secondary School, Sir Shatborlang Kharpan, science teacher of Lord's Academy School, Umroi, Sir Michael Lyngdoh, a retired teacher of Mynken Higher Secondary School, Sir Leonard Ekka, Vice Principal of Infant School for Little Angels, Umroi, and the school alumni, Mr. Albert Kharumnuid, Miss Ibashongdor Warjri and Miss Munmun Makri. The school is glad to have students from Lord's Academy School and Infant School for Little Angels participating in the event.

The inaugural ceremony commenced at 10.30 AM with the lighting of the lamp by the dignitaries, followed by a prayer dance, other performances, and a musical presentation by the Ferrando Choir. During this ceremony, the Chief Guest officially inaugurated "Science Exhibition cum Creative Week 2025." In his address to the students he stressed on giving glory to God by their very life as students and aim at being useful members of the society. Following the inauguration, the Chief Guest and judges meticulously toured the exhibition, engaging with students as they explained their 58 scientific models. The comprehensive evaluation of all displays occupied the entire day. The event proved to be a remarkable success, showcasing the students' innovative ideas and creativity. The school expresses profound appreciation to the Chief Guest and the judges for their invaluable time and dedication in evaluating and encouraging the participants.

Sr. Theresi Zoremsangi, Umroi



Spiritual Retreat: An Inner Journey Toward Transformation

The Annual Spiritual Retreat of the Province was held in Ferrando Provincial House, Guwahati in the month of July 2025 in three groups to ensure that the sisters could participate fruitfully and in an atmosphere conducive to prayer and reflection. All the three retreats were preached by Fr. James Mathew SDB. The sisters were guided into 'Mantle Retreat' to contemplate the life of Jesus with Mother Mary. He led them to have intimate union with the Lord by spending maximum time lovingly sitting at the feet of the Lord and remain in the love of Jesus. He also availed himself to meet the sisters and patiently listened to them and prayed for them. Through the meaningful celebrations of the Holy Eucharist, guided meditations, adorations and timely talks, Fr. James helped the sisters to simply be loved by the Most tender and merciful Heart of Jesus and to bury their past in His merciful Heart, and to surrender the future into His hands and live the present for the love of Jesus with a thankful heart. He also meticulously explained the mysteries of the Holy Rosary and increased the love and devotion to our Blessed Mother.

With hearts overflowing with gratitude, the sisters acknowledged the spiritual nourishment received and the gentle yet powerful presence of the Holy Spirit through the instrumentality of Fr. James Mathew. Strengthened in faith and renewed in zeal, they returned to their respective apostolates with a renewed resolve to live more fully for Christ and His kingdom.

By the conclusion of each retreat, Sr. Lisa Chettri, the Provincial Superior, gave some informations and reminders to the sisters which vividly shows her love and concern for the sisters. The sisters on their part grabbed the opportunity to thank Sr. Lisa Chettri the Provincial Superior and wished her Happy Birthday and Feast Day in anticipation as they will not be able to greet her on that day.



At the end of the three retreats there was a thought-provoking session on the 'Tracking the Trends in Social Media', by a renowned Professor, Dr. Anupa Lahkar Goswami, Department of Communication and Journalism in Guwahati University and a News Reader in Doordarshan Kendra in Guwahati. The session highlighted the growing importance of media in today's world especially its influence on young people and society at large. She emphasized the responsible use of media, guiding the participants to discern wisely what they watch, read and share. She pointed out both the positive and negative impacts of digital media, urging everyone to be critical yet creative users of modern technology. The session was an eye opener for the sisters to handle media with utmost care and to be an instrumental in helping young people to come out of the pressures and demands caused by media.

Sr. Amelia Lalduhzuali, Dengagre

Official Visit and Inspection of Ferrando Higher Secondary School, Umroi by Sr. Katherine Joseph, General Councillor for Education

From 9 to 11 July 2025, Sr. Katherine Joseph, General Councillor for Education made an official visit and inspection of Ferrando Higher Secondary School, Umroi. A cultural programme was organised by the students on 9 July 2025 at 9:30 AM in honour of Sr. Katherine Joseph, the General Councillor for Education. The students, dressed in traditional attire, lined up from the school to the convent to welcome her, as soft music was played in the background.

During the event, Sr. Katherine Joseph addressed the students and congratulated the teachers and students on the outstanding achievement of a 100% pass rate in both the SSLC and HSSLC examinations for the 2024 batch. She particularly praised the SSLC results, where all students passed with First Division. Encouraging the students to continue striving for excellence, she urged them to work hard, stay focused, and never retreat in the face of challenges. A key message from her speech was: "My life is in my hands, and it is my responsibility to choose the right path." She emphasized that success or failure depends on the choices one makes. The programme concluded at 10:45 AM.

On 10 July 2025, Sr. Katherine Joseph conducted an inspiring session for the teachers from 9:15 a.m. to 2:15 p.m. During the session, she shared the educational vision upheld by all schools within the MSMHC Congregation, "Educate persons with character and competence to build a civilisation of love," emphasizing the importance of building both character and competence in students. The ultimate goal, she explained, is to cultivate a "civilization of love"-a vision where education is rooted in love and purpose. She encouraged teachers to reflect deeply on their roles, reminding them that every educator must have a clear sense of direction for their students' growth. Her insightful presentation motivated the teachers to shift from conventional methods to a more positive, child-centered, and constructive approach to education. The session concluded at 2:15 p.m., followed by a group photo and a shared lunch.

In honour of Sr. Katherine Joseph's visit, several other events were also organised:

- * On 9 July 2025, an evening adoration was held, during which the entire community-Sisters, aspirants, and boarders prayed for her intentions.
- * On the morning of 10 July 2025, a Holy Mass was celebrated in her honour. In the evening of the same day, the boarders and aspirants presented a cultural programme dedicated to her.

The community expressed joy and gratitude for Sr. Katherine Joseph's presence, as her visit brought blessings and a renewed sense of order and purpose in the management of the school ministry.

Sr. Genevieve Mallai, Umroi



Celebration of the Gift of Life

The 10th of July 2025 was a day of joy and gratitude as the Community of Provincial House, Guwahati celebrated the birthday of Sr. Lisa Chettri, the Provincial Superior. The celebration began with the most fitting way with the Holy Sacrifice of the Mass offered by Fr. James Mathew SDB, invoking God's abundant blessings upon her life and mission and praying for all her dear intentions. Following the Eucharistic Celebration, the sisters and aspirants lifted their voices in a joyful birthday song. A solemn breakfast was then shared in a spirit of family and thanksgiving. The day was concluded in the evening with simple yet heartfelt community get-together as the aspirants presented a few delightful performances, expressing their love, joy, and appreciation for Sr. Lisa Chettri, the Provincial for her untiring sacrifices, selfless dedication and constant availability for the sisters and the needs of the province.

Sr. Anjella Bey, Provincial House



Online Animation for Superiors and Boarding Assistants



The Online Animation of the Superiors and the Boarding Assistants of all the boarding houses of Ferrando Province Guwahati was held on 30th July 2025 at 6:00 pm which was animated by Sr. Lisa Chettri, the Provincial Superior. The gathering was formally initiated with a warm and gracious welcome by Sr. Veronica, the Provincial Secretary followed by the invoking of the presence of God through the prayer led by Sr. Joicy Thomas. The session thus began with the words of appreciation by Sr. Liza Chettri the Provincial Superior who placed on the record all the contributions, sacrifices, hard work done by all the sisters for the growth and betterment of the boarders.

As a mother who cares for the needs of the children, she recommended that the sisters check into the time table of the boarding and give the boarders sufficient time for their studies and above all to instil in the children the ugliness of sin and to remain in the state of grace. She reminded the superiors to give the monthly conference to the boarders which is part of our tradition. In order to make the boarding house more active, vibrant and alive Sr. Provincial exhorted the sisters to organize various activities and competitions, to conduct tutorial classes and faith formation through Catechism classes to the children. She also suggested to conduct Career Guidance so as to enable the boarders to focus on their studies and update themselves according to the progress and flow of the time.

Sr. Shiji James the Provincial Councillor for Education reminded the sisters about the quality presence of the sisters and the impact made in the life of the boarders. She urged the sisters;

- * To be more observant while being with children
- * To ensure discipline with dignity
- * To have open communication with the boarders
- * To be more approachable towards the children
- * To take hard that safety is non- negotiable
- * To help children with small role but with responsibility.

There was a moment of sharing as the sisters expressed practical ideas and good practices, it was indeed an enriching moment where the exchange of experiences became an occasion to strengthen their commitment and zeal to forming the young in faith, love and discipline. The animation concluded with a warm and grateful note with a heartfelt vote of thanks delivered by Sr. Shimtilin Kurbah, who expressed appreciation to all for their active participation and generous sharing.

Sr. Shimtilin Kurbah, Denggagre



Living in a fast-moving world today faced with myriads of uncertainties, are you disappointed with repeated failures? Have you been desperate and discouraged? Never lose Hope! You know what is good for you, but God knows what is best for you. We don't really know what the future holds, but we know who holds the future. Failure is not the real end, it can be the real beginning to success.

Desmond Tutu also quotes beautifully on 'Hope'. He said, "Hope is being able to see that there is light despite all of the darkness." This is true in the life of William Cowper, one of the renowned poets of his time. Even though he expired many years ago, yet his hymns are still sung in the Churches all over the world. Cowper, at one point of his life was so desperate that he decided life was no longer worth living. He headed to the river to commit suicide. When he went there, he found the bridge was crowded with people standing around. So, he returned home even more dejected. He decided to try again at his home. He went up into the attic, took a coil of rope, tied it to a beam and then around his neck and jumped. The rope broke. Having failed again, he went into his study and took down an old sword that had been hanging on the wall. He held it against his chest and fell onto it. But the point hit a rib and broke off. Again, he failed. Later that evening, he wrote in his diary, "I was suddenly overwhelmed by God's

presence and love. I fell on my knees and cried out, 'Oh Lord be merciful to me a sinner. Save my immortal soul. And immediately I felt a surge of a new life and hope flow through my being. I was a new person. God's love and mercy were mine!'" From that point on, his life was different. His diary relates problems and difficulties, but there was a new theme of Life and Hope that overbalanced the struggles. And his hymns reflect his experience of hope in the midst of difficulties. We can experience that same hope in our life. God offers us hope. There is no despair so great, no corner of the mind or soul so dark, that it cannot be healed by the power of God. The change begins when we cry from the depths of our heart, "Oh Lord be merciful to me a sinner."

Sometimes, we are so stuck up with the ocean of our struggles to overcome the trauma of our past failures that we often lose sight of the lovely shore of a promising hope awaiting for us. How do we respond to failure? Failure does not mean that nothing has been accomplished. There is always opportunity to learn something. We all experience failure and make multiple mistakes. In fact, successful people have more failure in their lives than average people do. Great people through history have all failed at some point. If yesterday didn't end up the way you planned, just remember that God created today for you to start a new one! The best is yet to come. Our Lord assures us in the Prophet Isaiah 43:2, "When you go through deep waters, I will be with you." He is our Good Shepherd who gives us hope when all hope is gone and heals our brokenness. When people get knocked down; it is how fast they got up those counts. We need to learn the lesson and forget the details! Often what we do is remembering the details and forgetting the lesson. Robert Schuller wrote, "Look at what you have left, never look at what you have lost." Therefore, we are called to continue to build on the lesson, and get on with life reminding ourselves that the call is higher than the fall. We know that God uses willing vessels, not brimming vessels as we find in the Bible, in order to fulfil His plan, God called all kinds of people from all walks of life.

- * Abraham, a nomad who became the father of many nations.
- * Moses, a stutterer who became a deliverer.
- * Joshua, an assistant who became a conqueror.
- * David, a shepherd boy who became a king.
- * Isaiah, a man of unclean lips who prophesied the birth of God's Messiah.

- * Jeremiah, a child who fearlessly spoke the Word of the Lord.
- * Hosea, a marital failure who prophesied to save Israel.
- * Esther, an orphan who became a queen.
- * Elijah, a homely man who became a mighty prophet.
- * Peter, one who denied Jesus became the first Pope.
- * Paul, a self-righteous persecutor who became the greatest missionary in history and the author of two-thirds of the books in the New Testament.

The more broken we are, the more we feel the need of God in our lives. God can turn our weaknesses into strength when we allow ourselves to be formed by Him. He gives us unfailing hope, heal our brokenness and make us whole. The only thing we need is to be opened and cooperate with His grace. Let us keep in mind that yesterday is today's memory, tomorrow is today's dream. Let today embrace the past with remembrance and the future with HOPE!

***Sr. Amelia Lalduhzuali
Denggagre***



"Hope is the light at the end of the tunnel, and it is the light that shines within us, guiding us forward"

- Serena Smith

Life's intricate puzzle is pieced together by the fragments of our experiences, crafted by the hands of resilience and hope. As we navigate the twists and turns of life, we encounter moments of joy and sorrow, triumph and defeat. But it is in this moment that we discover the power of hope.

Hope is the thread that weaves together the fragments of our experiences, creating a tapestry of resilience and strength. It is the spark that ignites the flame of determination, fueling our passions and driving us forward. Hope is the light that guides us through the darkness, illuminating the path ahead and giving us courage to take the next step. And for those who believe, hope is the gentle whisper of God, reminding us of his presence and his love. And now these three remained: faith, hope and love. But the greatest of these is love" (1 Cor.13:13). But hope is not just a feeling; it is a choice. It is a decision to believe in ourselves, to trust in our abilities, and to have faith in the future. It is a commitment to persevere, to overcome obstacles, and to rise above challenges. "For I can do everything through Christ who gives me strength" (Phil. 4:13).

As we cultivate hope, we begin to see the world in a new light. We see the beauty in the brokenness, the potentiality in the imperfect and the possibility in the unknown. We begin to understand that every experience, no matter how difficult or painful, it is an opportunity for growth and transformation. And so, we need to hold on to hope, nurture it, feed it, and fan it into a flame. For it is hope that give us strength to carry on, to keep moving forward and to never give up.

Sr. Krenila M. Sangma, Chibragre

A Hopeful Gaze of the LEADER



The constant and universal rule of our existence and the driving force in all future endeavors is Hope. In attaining this; Jesus Christ our Savior is the one who leads, guides, teaches and He Himself is the Way of hope to the Father. According to the CCC 1817, "Hope is the theological virtue by which we desire the Kingdom of heaven and eternal life as our happiness placing our trust in Christ's promises and relying not on strength, but on the help of the grace of the Holy Spirit." We also find in Heb 10:23, "Let us hold fast the confession of our hope without wavering for he who promised is faithful" Hence, for Christians Hope means the certainty of being on a journey with Christ towards the Father who awaits us. Hope is the virtue that always help us to keep moving and doing our best; for Hope is a task that a person continue the work while hoping for the good result is yet to come.

A Hopeful Gaze of the Leader:

A leader played an important role in the life of the individual, community, society, nation and the world at large. When we look into our present world most of the leaders rule the nation with powers and authority and devalue compassion, kindness and justice. Thus, to promote a true Leadership in our world today we look up to Christ who is the King of Kings and the leader of all, Mathew 9:36 mentions, "When He saw the crowds, He had compassion for them, because they were harassed and helpless, like sheep without a Shepherd". Here, Christ stand as the perfect leader of compassion, for his gaze contain positive outlook that can inspire, uplift, motivate and renew. Because his gaze embodies divine love, compassion and

redemption. His gaze often conveyed a deep understanding and empathy towards others, His gaze seems to see beyond the surface, piercing the heart and soul of those He encountered. The gaze of Jesus communicated a profound sense of acceptance, love and mercy. Hence, amidst the dim light Christ comes as a ray of hope that transcends every challenge into opportunity.

In the gospel of John 8:1-11. We read about the life of a woman who had lost the respect and dignity in the society. She lost hope in improving her state of life. She hardly appeared in the public for people looked at her with condemnation. In her desolation, hopelessness, and discouragement she encountered Jesus, whose gaze brought transformation, comfort, healing and renewal. For his gaze is not condemning the wrong deeds instead he infused hope that she can rise from the past mistakes.

The qualities of the hopeful Leader:

A leader is the one who manages well in the crisis situations, who can take the right decision in a hopeless situation. Leadership qualities is much seen in the ability to be integrated in all spheres of life, the ability to judge and act according to the wisdom of the Holy Spirit. A leader is the one who respect the opinions of others, who deal fairly judge rarely. In fact, a successful leader is the one who challenge the wrongs and appreciate the good deeds. These qualities often flow from the hope and trust of the leader to the followers. In the Gospel we find that Jesus built the Church with great hope that His apostles will continue His footsteps. He had full trust and confidence in them, for He did not see them as the fishermen rather as the people who can give out the best in themselves. Hence, a good leader is a person who trust, share, appreciate and hope for the good result to come. A leader is always dare to take risk, doesn't give up easily, patient in inconveniences and able to see good things in small step. We have the example of Moses in Exodus 3:1-4:17. In his leadership of leading the Israelite she faced misunderstanding of all types yet in all these he never gave up because he had a clear mission, for he knew that his leadership is not to do the will of the people rather on the hope he put in God who called him.

Every step, every movement and every decision we take we are guided by hope. A farmer sows a seed with the hope that it grows and produce fruits. A teacher teaches the students that they learn and be someone in the future. A driver drives a vehicle with the hope to reach its destination. And every night we

go to bed with the hope that we get up the next morning; because our hope is not a new day but on the one who makes all things new. Let us continue to hold on hope and remind ourselves with the words of St Theresa of Avila who said, "Hope O my Soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and

turns a very short time into a long one. Dream that the more you struggle, the more you prove the love that you bear for your God, and the more you will rejoice one day with your Beloved, in a happiness and rapture that can never end."

Sr. Eulisha Kharkrang Barapani

FINDING HOPE IN DIFFICULT TIMES

Life often brings us to moment where the weight of hardship feels unbearable grief. A moment when our soul chill of despair, uncertainty or fear seem to have final word. In such times, hope becomes not just a concept, but a lifeline. Yet, how do we find hope when everything around us seems to be crumbling? The answers lies not in avoiding pain, but in learning how to see through it, because even in the most arduous times hope whispers.

The foundation of Christian hope is not in worldly assurances, but in the unwavering love and faithfulness of God. The Scripture is filled with testimonies of God's steadfastness of love and care, reminding us that we are never alone in our suffering. "For I know the plans I have for you, plans for welfare and not for evil, to give you a future with hope" (Jer 29:11). This passage, spoken to the Israelites during exile is a powerful reminder that God's providence transcend the present pain.

Finding hope in difficult times is often not about finding all the answers, but finding hope in small acts of kindness in moment of quiet prayer, in community and in the Sacred pages of the Scripture or the silence where God meets us.

St. Paul in his letter reminds us to rejoice in our sufferings, knowing that suffering produces

perseverance; perseverance produces character; and character produces hope. And hope does not disappoint us because God's love has been poured into our hearts.

In our darkest moments, when shadows seem to lengthen and the road appears uncertain, the human heart instinctively cries out for hope. As Catholics we believe that hope is not a fleeting emotion-it is a Divine gift that strengthens our soul in God's promises. In times of trials this hope becomes a beacon, guiding us towards light, even when surrounded by despair.

No reflection on hope in difficult times is complete without turning to Mary, our Mother. At the foot of the cross in silent agony, yet Her faith did not falter. Her presence teaches us that hope can coexist with sorrow. In Mary, we find a sure refuge and a model of steadfast hope. She teaches us to trust in God's word, even when the path is unclear because hope is God Himself.

Let us then lift our eyes to heaven placing our trust in the promises of God as pilgrims of hope, finding hope in every season, even in the hardest moment, not because the storms is over but because God is journeying along with us.

Sr. Merciful T. Sangma



Transformative Power of Hope



Hope is a profoundly human experience. It is the longing for something better, the anticipation of change, and the confident belief that what we yearn for can indeed come to pass. In its simplest definition, hope is the desire for a favourable outcome, grounded not merely in fantasy, but in reason, trust, and patient expectation. Hope, therefore, transcends the boundaries of optimism. It is a compelling force that urges us to rise when we stumble, to persevere when circumstances seem grim, and to believe in the promise of a better tomorrow even when the present appears bleak. It acts as a silent strength within us, enabling us to press forward in the face of adversity.

An Individual Experience of Hope

Each individual relates to hope in a deeply personal way. For some, it is the quiet prayer uttered in solitude; for others, it is the loud cry for justice and change. Regardless of its expression, hope carries with it a conviction that transformation is not only possible but probable when nurtured with faith, effort, and perseverance. It becomes a source of strength, inspiring individuals to embrace their struggles not as ends in themselves, but as necessary pathways to growth. From a broader perspective, hope unites people in times of crisis, fosters resilience amidst collective suffering, and generates a shared vision of renewal.

Hope for the Hopeless: A Sacred Responsibility

It is undeniable that many in our world today have lost their sense of hope. Overwhelmed by the burdens of life whether personal, social, emotional, or spiritual some individuals live in perpetual darkness, unable to envision the possibility of joy or recovery. These are the hopeless: those whose spirits are weary, whose voices are unheard, and whose pain is invisible to the world around them. Herein lies a sacred responsibility: to be a source of hope for the hopeless. Hope, in this context, becomes more than a feeling; it becomes an ethical duty. We are called not merely to hold hope for ourselves, but to embody it for others. As long as there is someone willing to extend a hand or speak a word of encouragement, hope remains alive.

Cultivating Hope in Daily Life

Hope is not an innate quality bestowed at birth. Rather, it is a virtue that must be cultivated, nurtured, and sustained through deliberate actions and inner discipline. Gratitude, gentleness, and a supportive environment are fertile grounds in which hope can flourish. It is in choosing to focus on blessings rather than burdens, in surrounding oneself with life-giving relationships, and in practicing kindness and forgiveness that hope takes root and grows. A cultivator of hope is someone who, even amidst crisis, chooses to uplift others. They are the ones who, through their words and actions, plant seeds of encouragement in the hearts of the weary. These individuals become beacons illuminating the path forward for those who can no longer see it for themselves.

Hope Restores a Path to Reconciliation

Human relationships are delicate, complex, and often fraught with misunderstandings. It takes only a moment of mistrust, hurt, or harshness to break what may have taken years to build. Yet, within this fragility lies the power of restoration and that power is rooted in hope. Hope teaches us that reconciliation is possible, that forgiveness can triumph over resentment, and that healing is never beyond reach. It prompts us to take responsibility for the pain we may have caused and to believe that our sincere efforts to make amends can be fruitful. As Pope Francis beautifully encourages, we must be "tangible signs of hope," not only in words but through the witness of our actions. Hope in relationships is not naïve; it is brave. It is the courageous decision to love again, trust again, and try again.

Hope Builds the Society

Imagine a community where people live in constant suspicion of one another where coldness replaces kindness and division is the norm. Such a society or community cannot thrive. Yet, hope challenges and urges us to believe in the capacity for change. Even when people are rude, indifferent, or broken, we are called to believe in their potential for transformation. When we act in hope, choosing dialogue over silence, inclusion over exclusion we contribute to the healing of society. Through our example, others are inspired to change, creating a ripple effect of renewed trust and solidarity.

We are called to learn to embrace hope not as a fleeting emotion, but as a daily commitment a discipline that shapes our thoughts, words, and deeds. Let us become custodians of hope in all situations of our lives. Let us never underestimate its ability to change lives, to rebuild communities, and to reshape the future. For hope, when nurtured and shared, becomes the very lamp that lights the world.

Sr. Jeeny Kyndait, Rongkhon

Hope Within

Hope, an anchor of the soul,
That holds our spirit and strength.
Stirring into flames, embracing the fire
Stretching out its arms to the one who hopes;
O brave souls, how could our hope be drifted away?

O faltering spirits, be lifted high,
Darkness in the hearts can't reach the sky;
For where hope dwells, worry vanishes.
With minds aglow, let's face the day,
Illumined by hope in its gentle way.

Pilgrims like snowflakes, unique and rare,
Each with a story, a journey to share;
From far off lands, they travel with zeal,
Seeking solace, peace and spiritual reveal.
Forget not, our God reigns supreme.

Let's gaze our eyes to each new day,
To see beyond life and beneath;
Recognizing the goodness of God.
May we bequeath the vision of hope,
A legacy that forever scopes.

Sr. Rebecca Daime
Chibragre



My Queen & My Mother

A humble handmaid on the Lord
Simple, yet lovely mother..
filled with virtue, filled with gold,
She is brave, courageous mother.

Woman of love, peace and joy.
Fought through prayer
In every trials and difficulties.
She is true queen and warrior.

A woman of faith, love and hope.
Submit to God's Holy plan.
In every trial, strength in hope;
Endured with love, God's holy plan.

She is my mother my lovely Queen.
She is my strength in need;
She is my guiding star
Surest way to her only son.

O Mary my mother my Queen,
I call your name in every breath.
May you be my model and guide,
Leading me to Jesus my only desire.

Sr. Beanchi Rita Chigasal Marak, Rongjeng



Congratulations Dear Sisters
50 and 25 Years of Faithfulness & Commitment



Sr. Mercy Jacob



Sr. Rosy Paul

Golden Jubilee



Sr. Kusum Vandana Topno



Sr. Theresi Zoremsangi



Sr. Anjellina Ch. Marak



Sr. Sheeba A. J.

Silver Jubilee



*"Leaving behind a
Legacy of Compassion
and Humility"*

POPE FRANCIS
1936-2025



Spark of Hope

When a spark of hope ignites within you
Darkness and despair may loom
Tribulations and anguish may beset you
But never once succumb to complain.

When a spark of hope ignites within you,
You'll discern the good, forget the pain
Love and serenity will permeate your bond
And a seed of joy will germinate within you.

When a spark of hope ignites within you
Courage to face the crummy path
New vision you'll find
Dreams and inspiration you'll hold on to.

When a spark of hope ignites within you
You'll treasure your experience as a lesson
New opportunities will unfold before you
And you'll discover hidden strengths and resilience.

Sr. Banisha Jyrwa
Rongkhon

When Hope seems Lost

The charts of violence,
brokenness and pain every where;
Covered the charm of love, peace and fair;
Whose sincere eyes would dare to gaze;

In fear where minds find the grace.
Courage, conviction and determination is upto you;
So, let's make time to love, pray and cheer;
It's God shares for all to bear.

Do you ever think that the world is your own;
The journey of life you ought to win.
Let seek openness rather hardness of heart;
Let seek humility rather pride of act;
Kindness and empathy must prevail over our life;
Merciful and loving as that of Jesus Christ.

Sr. Theresia Shadap
Barapani



HOPE