

The Dawn

# RIVERA

May - August 2023/ Vol. 48

*Relationships*



*Love in Action*

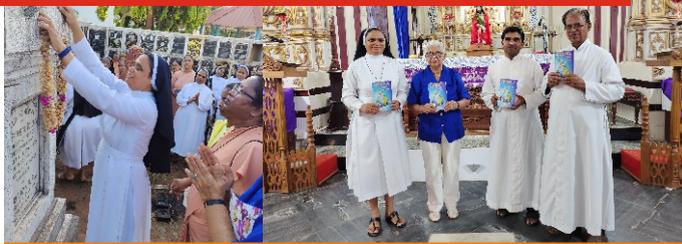
*John 13:15*



## Orientation — Creating Happiness



## Founders 48<sup>th</sup> Death Anniversary



## Celebration of May Day with SFN Helpers



## Sealed with an 'Yes' and a 'Ring'



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**SFN SAVERA - Vol. 48    May - August 2023**



From the Editor's Desk

**RELATIONSHIPS: LOVE IN ACTION**

*Sr. Molly Fernandes sfn*



*“Love cannot remain by itself, it has no meaning. Love has to be put into action and that action is service”. Mother Teresa*

The above quote is as if saying: don't talk, just act. Don't say, just show. Do not promise just prove? So what does love in action mean? That you choose to exhibit your love through a dignified action!

Love in action is doing the right thing, at the right time, in the right Spirit, completely given over to a Power that is beyond our own even, and perhaps most especially, when the risks are very great. But this kind of action is impossible without being radically in touch with that perfect love which casts out fear.

Jesus kept it simple. He taught and demonstrated that love in action (Jn13,15) as John explains, “Let us not love in word or in tongue, but in deed and in truth” (1 John 3:18).

Throughout His earthly ministry, Jesus showed His love for others by blessing and serving the poor, the sick, and the distressed. He commands His disciples, “If I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet” (Jn.13: 14-15). What Jesus taught His disciples and us is that the way to greatness is ministry, the way to power is humility, the way to position is service and the way to rule is self-emptying. Jesus showed us the importance of relationships in what He said, His act of love and the way He lived His life.

Jesus through this sacrificial act teaches us humility and service. This act shows us how to love, how to worship, and how to have respectful relationships.

His Eminence Filipe Neri Cardinal Ferrão in the Pastoral letter 2023-24 invites the faithful to love like Jesus, saying: “all of us are called to do as the Master did and in order to do as the Master did, it is important to know what the Master did: “to take off the robe of pride and clothe ourselves with humility” .”

So, let us do all the good that we can by all means, in all ways, at all times and to all the people for the key ingredient in interpersonal relationships is love and love has to be put in action.

From Superior General's Desk

# Message

*Rev. Sr. Berna Rodrigues sfn*



It's a delight to pen a few thoughts for "Savera" on the 88<sup>th</sup> foundation day of our Congregation, on the theme 'Relationships: Love in action' based on the Pastoral year's (2023-2024) theme: "You also should do as I have done to you" (Jn.13:15).

A relationship is a connection, a link, an interconnection. Humans float and swim in an ocean of relationships: temporary, permanent, habitual, occasional, physical, spiritual, familial, social, professional, official, religious, personal, natural, and supernatural.

Through original sin, many human relationships were weakened and broken. Pride, jealousy, lust, avarice, greed, were the viruses that corroded and corrupted human relationships. Through His Incarnation, Jesus suffered the effects of these viruses in the sense that He was wounded for our sake, in such a way that by His wounds, we are healed.

On the night before He suffered, He rose from the table at the Last Supper, and washed the feet of His disciples. After this act of humility, He said: "As I have done for you, so too must you do for one another" (Jn. 13:15) Jesus gives us an example of love in action. Humility is needed to build up human as well as supernatural relationships. The queen of these relationships is LOVE, which is also the fullness of the law. This love is also the work of faith. As St. James tells us: Faith without works is dead (Jm. 2:20). The action of love is seen in service.

Our Founder, Fr. Faustino De Souza was a man of relationships. His love for his neighbour was the consequence of his love for his creator. He was sensitive to the woes of the poor, could not restrict himself to spiritual matters only. He tried his best to help the poor and eradicate poverty.

As we celebrate, FOUNDATION DAY, let us keep in mind the life of Fr. Faustino, our Founder, who lived the teachings of Jesus and strengthen our relationship with one another.

## Family

### Building Strong Parent-Child Relationships

*Rosemary Rodrigues*



*'The Hands That Rocks the Cradle Rules the World'* - this often quoted proverb underlines parents' influence on a child, on the institution of family and on the human civilisation at large.

The Catechism of the Catholic Church says, “The family is the original cell of social life. It is the natural society in which husband and wife are called to give themselves in love and in the gift of life. Authority, stability and life of relationships within the family constitute the foundations for freedom, security and fraternity within society”. Therefore parenting is one of the most rewarding and challenging responsibilities. It is a long journey that requires courage, determination and patience; for parents are the ultimate role models for their children. Every spoken word, every movement they make and every action shapes the future of the child. No other person or outside force has greater influence on a child than a parent.



When it comes to family life, everyone strives to figure out how the relationship between parents and children can become ideal. Positive parenting techniques work well for raising children with discipline and good moral values, and are every parent's dream. However, it is not an easy feat. It is important to know that the parent-child relationship is a two-way street, in other words, it is actually a partnership between a parent and their child. Says James E. Faust “To be a good father and mother requires that the parents defer many of their own needs of their own desires in favour of the needs of their children. As a consequence of this sacrifice, conscientious parents develop a nobility of character and learn to put into practice the selfless truths taught by the Saviour Himself”. This is best exemplified in the lives of the Holy Family of Nazareth.

God sent His Son into the world in a family which had its hearts open to love; that had its doors open to love. Christ chose to be born and grow up in the bosom of the holy family of Joseph and Mary; it is here that he advanced in wisdom and age and in favour before God and man (*Lk 2, 52*). The Boy Jesus in the Temple (*Lk 41-52*) presents before us the many facets of life this holy family faced. It was a close-knit family bound with strong filial relationships with each other. They were faithful to God and the Jewish faith. Joseph and Mary were faithful to each other and in love. They loved their son dearly yet they gave Him freedom to walk through the journey with their relatives and neighbours (or so they thought He would be with them). It shows that they had strong relationships with their family and neighbours or who else would trust their son to the neighbours? But they found out that Jesus was not with them and acknowledging their responsibility they set out on their way back to Jerusalem, to search for him at that very night.

When they find Jesus, Mary expects Jesus to behave in a certain way but Jesus responds to her differently that is, he has to be in His Father's house doing His Father's will. Although Mary and Joseph did not understand what He said yet He went with them to Nazareth as an obedient child. As parents we too may face situations of confrontations with our children, but Jesus shows us the way to do things as He did, that is to show understanding and faith in each other.

In the document "*Amoris Laetitia*", on love in the family, Pope Francis wrote, "No family drops down from heaven perfectly formed, families need constantly to grow and mature in the ability to love". Therefore it is important to realise that effective parenting is actually the result of a collective contribution of each parent. Both, the father and the mother have a crucial role to play if they want to raise an individual who merit the worth of values that will establish a sense of belonging and facilitate an environment that inspires youngsters to be more humane, responsible and confident to face the world. And when the waters turn stormy the child is sure that he has his support system to fall back to.

St Paul's letter to the Colossians says, "and above all virtues put on love, which binds them all together in perfect unity". So as we guide our children let us strive first of all to grow in love of God and man and all goodness will follow us. I will conclude with the words of St Teresa of Kolkota, "*love begins by taking care of the closest ones - the once at home*".

## GUIDING LITTLE HEARTS IN EARLY CHILDHOOD

*Mrs. Carren Caiado*



Parenting, in a nutshell, is the act of caring for a child and taking on the role of being a parent. This can come in many different forms, and lots of parents have their own way of looking at it. The main responsibility that parents face is meeting the needs of their child from the time they are born, into adulthood. Parents are the child's first role model. It's the most fulfilling job that we will ever have, but it's not without its challenges. Today family life is becoming stressful and full of problems, it's not always easy. Ultimately, parents want what is best for their child and a strong parent-child relationship can help lead to better outcomes for their children.

Becoming a parent is, indeed, the most rewarding experience one can ask for during one's entire lifetime. Giving birth to a baby comes with several responsibilities as well as challenges with regard to the child's upbringing. While you are the first person to see your baby and hear it speak the first words, then why not be the first person in their journey of life as well? How about teaching the little one to take the right decisions and how to do the things in the right manner? Finding the correct approach of raising a child can help it face and prevent any future unforeseen happenings with confidence, courage, and determination.



Effective parenting helps in promoting good emotional and physical health in children. Unlike kids who have not been brought up under their parents' kind and gentle care, the children who have been brought up in parental care are in a better position to protect themselves from any harm

or injury in future. Further, good parenting will help them stay away from problems and if so faced, they will know how to make a way out of it successfully. The best advantage of excellent parenting is that it optimizes a child's potential, wherein the child grows up and becomes a productive member of the society and country.

As a parent, you influence your child's basic values, like religious values, issues related to their future, like educational choices. So, the stronger your relationship with your child, the more influence you'll have, because your child will be more likely to seek your guidance and value your opinion and support.

The Parent-Child relationship is one that nurtures the physical, emotional and social development of the child. It is a unique bond that every child and parent can enjoy and nurture. This relationship lays the foundation for the child's personality, life choices and overall behaviour. It can also affect the strength of their social, physical, mental and emotional health. Some simple positive parenting tips can help when it comes to your relationship with your child. Warm, loving interactions, treat every interaction as an opportunity to connect with your child. Be warm in your expressions, give a smile and encourage interaction. Talk to your children about what you expect of them and make sure they understand. Listen and empathise with your child. Help your child to problem solve. Be a good role model and show them how to behave through your own actions. When you work with your children to find solutions they learn how to deal with difficulties in an appropriate way. Acknowledge your child's feelings, show them you understand, and reassure that you are there to help them whenever they have problems.

Values are very important in parenting since they deeply influence all behaviors and attitudes and effect our decisions and relationships. For a value to be truly your own, you must act on it and your behavior must reflect it – not just verbally accept it or think that you should follow it.

Values guide us towards healthy development of positive relationships.

Values help us live with direction and purpose – like a guiding compass. Whatever is going on in our lives, our values can show us a path forward, and help us make better choices.

To conclude, a good parent can be defined as a loving person who surrounds one's child with warmth and affection, trains the child to help find one's place in the outer world and is a good example of a dignified citizen by him or herself.

Youth

## WALKING IN HIS FOOTSTEPS: A YOUTH PERSPECTIVE ON JOHN 13:15



*Fr. Edison Fernandes SDB*

**Introduction:** In today's fast-paced and ever-changing world, young people often find themselves seeking guidance and purpose. They yearn for role models who inspire them to navigate life's challenges with integrity and compassion. As youths deeply rooted in faith, they turn to the Scriptures for wisdom and inspiration. One verse that resonates profoundly with their generation is John 13:15, where Jesus imparts a profound lesson in servant leadership. Let us explore this verse from a youth perspective and discover its relevance in our lives today.

**Understanding the Verse:** In John 13:15, Jesus sets a powerful example for all believers, stating, *"For I have given you an example that you also should do just as I have done to you."* This statement comes in the context of Jesus washing the feet of His disciples, an act of humility and service that challenges societal norms of status and power. It highlights the essence of servant leadership, calling us to emulate Christ's actions in our own lives.

As young people, they recognize the significance of Jesus' words and the impact they can have on their lives and communities. Here are a few key insights on how youth can embody the spirit of John 13:15 in their daily lives:

1. **Humility:** Jesus' act of washing His disciples' feet teaches the value of humility. Youth can embrace this by treating others with respect, valuing their perspectives, and being willing to serve without seeking recognition or personal gain.
2. **Compassion:** The example of Jesus encourages them to show compassion and empathy toward others. This means actively listening to their struggles, extending a helping hand, and offering support whenever possible.
3. **Sacrificial Love:** John 13:15 calls youth to love sacrificially, just as Christ loved us. It challenges them to put the needs of others before their own, demonstrating selflessness and genuine care in their interactions.
4. **Leadership through Service:** As young leaders, they can inspire others by leading through service. This involves using their talents, skills, and resources to make a positive difference in the lives of

*Cont. on Page 10*

# LOVE BEYOND AFFECTATIONS

*Gloria Judy D Souza*



Have you ever acted or performed a deed only to impress certain people? Oh! And now since you initially acted in a particular way, you feel the need to continue acting, or rather be that person they think you are? If your answer was yes, then my next question is why would you continue displaying this inauthentic image of yourself? Is it because you yearn for their approval or acceptance....? I have been in this position too and let me tell you that that is okay, because it is human nature to want to be loved and recognized. We sense love and care when we feel accepted and wanted just the way we are. But the question we must ask ourselves is, to what extent are we going to go to feed this innate desire of being loved, and more importantly to whom are we going to turn to, to fulfill this desire of being loved?

Now a days we see the youth lost in a vague sense of happiness which is very often confused for love. The attraction girls and boys develop are driven by status, power, wealth, aesthetics, and beauty. It is only natural then when one's focus is on such external aspects, one would leave the person who initially could offer them these things for more, thus dissolving the essence of commitment in a relationship. The build-up around such things causes individuals to not see worth in their inherent gifts of human nature like our ability to show love, understanding, kindness, trust, and loyalty.

One might ask why does a person feel such an inherent need to be loved? The Catechism of the Catholic Church reads, "God created everything for man, but man in turn was created to serve and love God and to offer all creation back to him." By this logic we understand that we are made for love and that is why we, as human beings, so deeply crave to be loved.

We must be glad because God is Love. God has made us and every detail of our being is known to Him. He knows our strengths and weaknesses. God is our father and we are His children. Just like any parent loves their child, God too loves us unconditionally. So much so, that God sent His only Son Jesus to die for us so that we may have life and have life in abundance. One of the best depictions of God's love is the parable of the Prodigal Son. In this parable, the son initially rejects his father but decides to return home after being rejected by the world. This is depicted by his returning back home to the love and safety of his father.

Many times, the youth too like the Prodigal Son decide to shut ourselves from the Perfect Love, God has to offer us, and turn to other humans who momentarily remedy this desire! We eventually find ourselves with this constant compulsion to impress or serve or seek greater achievements only to

feel accepted by others. This eventually changes the meaning and direction of our lives. We no longer are living to serve and Love God but to serve and love those people or achievements, which by now become our 'gods'. With these idols, we never get truly satisfied as these cannot offer us the perfect unconditional love that only God can give us. Saint Augustine beautifully quotes, “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.”

We are called to love without affectations. God tells us to show our love to others and provide service to mankind without thinking about our gain. We are called to love just as He loves us. It is only after we experience the love of God that we can then truly love because we learn to love from God, killing in us the selfish desires

There are times we might have loved people only for what they had to offer us or shown this colorable form of love only when it was beneficial to us. We need to learn to be charitable without any motive and accept others as children of God without any illusion of power, money or fame they might have to offer us.

Today the youth is called to reflect on love beyond affectations which is very much prevalent and rampant living lives of throw away culture instead of the culture that appreciates, accepts and nurtures life. Life as a gift from God without running after temporary gratification and contentment which ultimately in the end leaves one restless, guilty and remorseful always wanting to feed the innate desire of being loved more and more... So it's an invitation to seek that lasting love and happiness which comes from being a relationship by true acts of love in action.

*Cont. from Page 8*

## **WALKING IN HIS FOOTSTEPS: A YOUTH PERSPECTIVE ON JOHN 13:15**

those around them. Whether it's volunteering in the communities or initiating projects that address societal challenges, they can lead by example.

5. **Breaking Barriers:** Jesus' act of washing the disciples' feet defied social norms and broke down barriers. Youth, too, can challenge stereotypes and prejudices by promoting inclusivity, embracing diversity, and fostering unity within the communities.

**Conclusion:** John 13:15 serves as a guiding light for young people seeking purpose and direction in their lives. By living out the example set by Jesus, they can become catalysts for positive change, creating a world that is defined by love, humility, and servant leadership. As they journey together, let them walk in His footsteps, inspiring others with their actions and being the embodiment of God's love in the world.

Nature

**RETHINKING OURSELVES,  
RESHAPING CLIMATE CHANGE**

*Winnie Joanes*



*Driving across a hazy world with cloudy mists of carbon dioxide  
Move out of your vehicle, all you need is a tree by your side.  
But we've destroyed it all, forgotten that we've got just one earth,  
Our planet is a supreme gift from God, when will we know its worth?  
Increasing carbon footprints, endless summers, unbearably hot,  
It's a global crisis; climate change is real, whether you like it or not!*

The sweltering heat of this summer has provoked me to pen down this little poem above and reach out to all of you reading this. As we can see, every summer now breaks the previous record for the hottest temperatures ever experienced. Heatwaves in India are becoming more frequent and



severe due to climate change, with over 90% of the country in the "extremely cautious" or "danger zone" of the impacts. Through this article, I wish to draw your attention to the phenomenon of 'Global Warming' which in fact is a 'Global Warning'.

Planet earth is indeed a marvelous gift from the almighty. Isn't it miraculous that we are perfectly positioned from the sun to avoid burning yet not too close to avoid turning to ice? We have refused to recognize its magnificence. Earth is often equated to a mother. It feeds and holds us like a mother, caring for all of our needs in a way that seems omnipotent, similar

to the image a baby has of its all-powerful mother until it is mature enough to take care of itself. Unfortunately, we have lost sight of our deep ties to all that is, including our shared identity.

We have modestly named ourselves as *Homo sapiens* - species distinguished by great intelligence and wisdom. With our intelligence we have built clever machines that navigate the universe in search of new homes. But have we found another one as wondrous as the EARTH? While intelligence speaks, wisdom listens, and we have very conveniently shut our eyes to the warning signs given by Mother Earth and plugged our ears to her cry. Every action has an equal and opposite reaction, as wisdom knows. If we were wise enough (as we proudly claim to be) wouldn't we be surprised to observe storms much more powerful than before, more wildfires and droughts? Let us pause and reflect on our ruthless actions that have led to all this.

Around the world, climate change is a significant environmental and socioeconomic issue and it is increasing global vulnerability. It refers to a wide range of environmental degradation that has brought about rising CO<sub>2</sub> levels, changes in precipitation patterns, global warming, changes in sea level, and more frequent and severe natural disasters. In the world we live in, industries have become essential. Trees are being felled down at a record pace. Our carbon emissions have drastically increased due to a rising number of vehicles plying on the road. Our lives are getting easier, and we're living in greater luxury than before. But this solace is only fleeting. We are putting the future of the earth on the back burner in favour of making life more comfortable for all of us.

How can we combat these urgent and present dangers? It's time to react to this sharp realisation of our imperilled state. It is imperative that we take prompt, sensible action in order to survive the current urgent crisis - fully, creatively, and collectively. First and foremost, let us join hands to reduce our carbon footprints. Some of the ways that we can do this is by turning off the lights when natural light is sufficient, evaluating our energy usage and waste generation. We need to track our transportation, shift to non-polluting or less polluting modes of transport. Consider carpooling to commute to work, take a bicycle for short distances. Say no to plastic, grow more trees and most of all create awareness among the masses.

Loss of connection with Mother Nature has created a chaos; we have forgotten that everything we do will contribute to her existence. It is not too late to start over and try to fix the environmental damage we have already caused. Let us renew our relationship with Mother Earth, let us express our love through wise actions and shift in lifestyle choices. Are we willing to revive your love for the planet? I will do my bit, what about you?

Coverpage Feature:

## RELATIONSHIPS: LOVE IN ACTION, THE NEW COMMANDMENT

*Fr. Joaquim Lakra OP*



During the Last Supper, Jesus shared a profound teaching with his disciples: "A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another" (John 13:34). In a world filled with division, conflicts, and hate, this New Commandment stands as a guiding principle that has the power to transform lives and bring about positive change in our relationships and communities. This commandment, given by Jesus Christ, transcends boundaries of religion, culture, and time, emphasizing the importance of love and unity among all people. Let us try to explore what it means to live the New Commandment and how it can guide us in our daily lives.

### **The Essence of the New Commandment:**

The New Commandment stands as a radical departure from the conventional understanding of love. This revolutionary commandment goes beyond the ancient law of loving one's neighbour as oneself and set a higher standard of love based on Christ's selfless sacrificial love. It goes beyond mere tolerance or superficial kindness. Jesus calls us to love one another with the same selfless and sacrificial love that he demonstrated during his time on Earth. This love is unconditional, compassionate, and seeks the well-being of others above our own. To truly live out the New Commandment, we must embrace unconditional love. This means loving others without expecting anything in return, regardless of their background, beliefs, or actions. It requires us to look beyond surface-level differences and recognize the inherent worth and dignity of every human being.



### **Practicing Love in Action:**

Living out the New Commandment requires more than just holding loving thoughts or emotions. It demands practical action in our interactions with others. It means forgiving those who have wronged us, showing kindness to strangers, and offering support to those in need. It means letting

go of judgment and embracing empathy and understanding. St John says, “Let us not love in word or speech but in deed and in truth” (1 John 3:18). Genuine love therefore entails showing compassion, forgiveness, and kindness even when it feels challenging or inconvenient.

**Overcoming Divisions:**

One of the greatest challenges we face in today's world is the prevalence of divisions based on race, religion, nationality, or ideology. The New Commandment calls us to break down these barriers and cultivate a spirit of inclusivity and unity. It challenges us to love without prejudice. It calls us to dismantle the barriers of discrimination, bias, and intolerance that separate individuals and communities. We are called to embrace diversity, celebrate our differences, and treat everyone with respect and dignity.

**The Power of Love:**

Living out the New Commandment can have a profound impact on our lives and the world around us. Love has the power to heal wounds, reconcile conflicts, and build bridges between people. When we choose to live the New Commandment, we tap into this transformative power. Our actions become a testimony to the love of God working through us, and we become agents of positive change in our families, communities, and beyond.

**Challenges and Rewards:**

Living the New Commandment is not always easy. It requires humility, patience, and a willingness to put the needs of others before our own. It means stepping out of our comfort zones and embracing vulnerability. However, the rewards of living a life guided by love are immeasurable. We experience deeper connections with others, find joy in serving, and become channels of love and grace.

**Conclusion:**

The New Commandment challenges us to love one another as Jesus loved us. By doing so, we become beacons of light in a world often overshadowed by hate and division. In John 13:15, Jesus says, “I have set you an example, that you also should do as I have done to you.” That is the call of Jesus for each one of us who follow him. Jesus has shown us the immensity of love and has commanded us to follow the path of that same love. The New Commandment can never be complete until it is put into action. When we improve our relationships with the people around us then that will be the love in action. Let us, therefore, strive to make love our guiding principle in all aspects of life, treating every person we encounter with compassion, empathy, and kindness. By living the New Commandment, we can contribute to the creation of a more loving, united, and harmonious world.

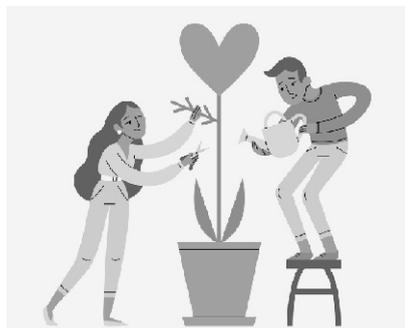
## LOVE IN ACTION: CULTIVATING HEALTHY RELATIONSHIPS



*Fr. Alex D Melo*

Anthropological studies have revealed the social nature of human beings. The archeological discoveries have revealed that man was always found living in groups. Staying together means relating with one another? It means to say that relationships are an integral part of humans. They are very essential to human existence. It reveals the ultimate truth that man cannot live alone. He needs other human beings to relate with. Therefore, someone has rightly said, man's quality of life is dependent on the quality of relationships.

We are aware of numerous benefits of happy relationships. It provides us comfort and love. A person who is in a good relationship enjoys emotional support. He or she feels secure and comfortable. The relationships reduce anxiety, fear and depression. It has a positive impact on the physical and mental health of the person. This has been proved by studies. In the relationship, we learn from one another because each person is uniquely gifted by God. The relationships bring perfection in our lives. We can say without any doubt that relationships bring meaning to one's life.



The present situation in the world posed dreaded challenges in the relationships before us. Social media and technology are supposed to bring all of us together but it has affected our relationships. We are caught up in the media and forgotten about our loved ones. Our addiction to social media has certainly brought disaster in our relationships. After the pandemic, we are tuned to virtual communication. It has become the norm. It has affected our emotional touch. A person cannot feel emotions or non-verbal communication when he or she uses virtual means of communication. We have lost the physical touch in our relationships.

The world that we live in is hostile to family life. We are challenged to give priority to our family where man finds his sense of living. Our relationships have become fragile and weak. There is no peace, love, joy and

happiness in the families today. We need to work against this current to make our relationships work for us. There are many ways to respond to this situation. But I suggest one which is governed by the principle of “Love in action”. I feel that every family should have an action plan. We need to put our thoughts into practice. Each and every member should be made aware that spending time with the family is the utmost priority. Everything has to be kept aside. The important jobs such as learning/studies, prayer time, office work, and bedtime needs to be well organized so that it does not get affected by the family time. Therefore, it should be planned properly with consultation among the family members. The experts say that it should be at least forty-five minutes to one hour every day and four to five hours during the weekend. The family which gives priority to their family means they have learnt to put their love into action.

To name a few family activities, I would suggest; have family meals together, celebrate family occasions such as birthdays, anniversaries, religious festivals, etc. together, visit a place of worship together, pray together, go for a walk together, play together (indoor or outdoor games), visit your children's friends, cook together, cleaning or gardening should be done together, learn new hobbies together, go for excursion/picnic/outing, etc. whatever may be the activity see that the objectives of the activity are achieved.

Let us draw inspiration from the life and ministry of Jesus who reveals to us that He was a man of relationships. He showed his love in action to all those who came to Him. He showed compassion, forgiveness and kindness towards each and every person, regardless of their background or status. He touched lepers who were outcast. He touched the dead and brought them to life. He healed the sick and the suffering. He forgave the sins. He washed the feet of his disciples. He loved his enemies at the point of his death on the cross. Jesus was successful in his mission because He gave priority to his relationships. After washing the feet of his disciples, he said, “So if I, your Lord and teacher, have washed your feet, you also ought to wash one another's feet” (Jn. 13:14). Jesus invites us to imitate him. He invites us to show our love in action.

This approach will resurrect our family life. We need to realize that our love should be seen in action in our relationship. It is the key to making our relationships successful. If we want our families and communities to be happy and joyful then our relationships should be good. We looked at the life of Jesus, the supreme model for our relationships. He converted his love into action. He makes us understand that our relationships which are governed by the principle of love in action have power to make this world a better place. Let us make our lives filled with love which is seen in our actions.

## MOGA SEVA SOMBONDAMCHI BUNIAD



*Sr. Anserine sfn*

“Mog ek darvontto, zantuntlean monis apleponn soddun, seventlean aplem sombond dusrea thaim ghott korta”. Jednam ami dusreancho mog kortanv tednach ki ami amkanch visrun tanchem sevek amchem aitemonn dakoitanv. Seva korop mhonnlear, mog korneantlean ugddapo korop. Moga seventlean monis kullache sombond ghott zatat. Monis ek zunvo nhoi punn tannem somazant jieunchi goroz. Monis eka-mekachea sombondhan jietolo zalear, tacho sombond Deva thaim ghott asunk favo. Dekhun amche mogache sombond ghott asunk gorjechem. Moga viret amchean seva korunk zainam anik mogacho sombond bandunk ghoddonam. Jea ghorabeant mog asta, tea ghorabeacho sombond ghott asta. “Monxeancheo ani devdutanchea bhaso hanv uloin punn mhaka pritimog nasot zalear, hanv vazte ghannte ani kinnkinnea kansallea sarko (1Kor: 13:1).

Dev mhonnlear mog ani Devachem soimb mog. Devan amcho itlo mog kelo, ki Tachea ekleach Putak amche soddvonne pasot dilo (Jn:3:16). Tacho xim-mer naslolo mog amchean dusrea mogak sor korunk zaina. Jezun Onnbhoulolo aplea Bapacho mog seventlean dakhoun dilo. Amchea moga pasot khursar melo ani amkam patkantlim soddoilim. Nimmannea jevnnar aplea xisanchem paim dhuvun apunn sevek raji mhunn dakhoun dilem. Tachea xisamni-i aplea Guruchi dekh gheun, osleach mogachea sombondan jieun, dusreancho mogan ani urben seva keli. Jezu aplea Bapachea sombondan jielo ani hea sombondantlean aplea Bapacho mog onnbhoulo.



Mog ani seva buniad sombondachi. Mogachea sombonda vorvim ami amchem kuttumb, somudaeo, somaz ani sogllo sonvsar mogall ani doyall korunk pautoleanv. Ho amcho sombond ghott zatolo zalear, poilo amcho sombond

amchea Deva lagim ghott asunk goroz. Devachea sombondan ami jielear, Tachea mogant ami ravlear, amchi seva mogachi zaunk pavtolim ani sombond

odik ghott zatolo.

Amcho ghoddnna Padr. Faustino de Souza, magnneantlean Jezu thaim aplo sombond odik ani odik ghott kelo. To dor sokallim, zaito vell dimbier poddon magnnem kori ani magnneantlean, Devacho mog onnbhovun, disbor hoch mog aplem porje sovem seventlean ugddapo kori. Tacho sombond tache porje sovem mogacho ani visvaxiponnacho aslo. Ani ho tanchem modem aslolo ghott sombond, sodanch tachea xelliank, Devak lagim sorunk ani Devachea sombondan jjeunk adhar zalo.

Onnbhoulolo Devacho mog nhoi fokot Kristavank, punn dusrea dhormachea lokank pasun vanttlo. Amchea xallamnim ani boardingamni dusrea-i dhormachea bhurgeank, xikop diunk svikarlim. Tacho ixtagoticho sombond dusrea dhormachea lokam sovem dekhun ghott aslo. Tannem kosloch bhed-bhav korinastanam ek sarkim tankam manun ghetlim. Amchea ghoddnaran, aplea lagim ghodtta te bhaxen Devacho mog, seventlean dakhol kelo. Tache kalliz dusreanchea mogan lastalem, dekhunuch tannem tanchi mogan seva kelim. Mogache sombond bandlem ani ixtagot zhoddli.

Ami amchea kuttumbani, somudayanim vo somazant moga-seve vorvim sombond zhoddunk vaurtat vo dusmankayechi durgam bandttat hacher thoddo niall korum-ya. Ami eka-meka sovem mogan jietat gai? Ami dusreancho khoro mog kortat zalea, khuxe-monan amchim kallzam tanchi seva korunk fuddem sortelim. Moga- seventlean amche sombond ghott zaunk nisuvartachi goroz. Kiteak apleakuch visrun dusreancho goroz polleta tantunt moga - seva dison yeta ani hie kornnea vorvim sombondachi buniad ghott zata. Mhonnntoch ami zonn eklea amkam visrun lhanvikayen jjeunk vaurunk goroz. Amchea kuttumbani hi mogachi kitt amchea bhurgeanchea kallzanim pettounk ani sevecho valor tanchea monant ani kallzant rigounk tankam uttezonn diunk favo.

Jednam amche ghorabhe Deva mogache ani dusreanche seveche zatolem, tednam amchea mogachea sombondachi buniad ghott urtolim. Amcho sombond Deva thaim ghott korun, hoch mogacho sombond kornneantlean jjeunk vaurum-ia.

Women

## MARY NURTER OF RELATIONSHIPS

*Sr. Prema sfn*



It is said that, every relationship starts with the spark of the divine. Yes Indeed! The human relationship is the expression of Divine relationship and the quality of every human relationship depends upon their relationship with the divine. As we reflect in the life of Mary we can clearly see that she valued each and every relationship.

The very fact that she was chosen to be the mother of God is itself, the result of her intimate relationship with God. God confirms this by the words of Angel Gabriel “Mary do not be afraid, you have found favour with God.” Mary in turn affirms her trust and confident in God by saying

“here I am, the handmaid of the Lord. Let it be done to me according to your will.” In order that a plant to bear fruits it needs to be nurtured. Thus Mary nurtured her relationship with God by surrendering herself into the hands of the Lord each and every day.



Let us have a look into her life. Her life clearly reflects her as the one who always was in hurry to build relationship. When she heard from the angel Gabriel that her cousin Elizabeth is in her six months, she went in haste to be at her side leaving behind all the tensions that she herself had. Her entry into the house of Elizabeth and her meeting with her not only nurtured her relationship with her but also with the child in the womb of Elizabeth which is seen from the fact that “the child in her(Elizabeth)

womb leaped for Joy.”

Mary is united to the will of God more closely than any other human being throughout all of time. If we want to know the will of God and nurture our relationship with God and each other there is no better example than Mary to look up to.

As Catholics we recognize that when from the Cross Jesus gave Mary to the disciple John, in turn, to Mary, Jesus made her as our spiritual mother. Fr. Michael Gitley writes in his popular guide to Marian consecration, “Mary’s task is to give spiritual birth to Christians, to feed and nurture them with grace and to help them to strengthen their relationship with Christ and with each other.”

There’s an important pattern in Mary’s life that’s meant to set the course of every Christian life: She received the Word of God, nurtured His life in her flesh and brought Him forth for the salvation of the world. If we’re going to nurture relationships then it’s important for us to think about how we can receive, nurture and bring forth the life of Christ in our own lives.

In quiet prayer, for example, we allow the Holy Spirit to overshadow our own hearts and minds. In the Eucharist, we receive the Body of Christ into our own flesh. In prayer with Scripture, we nurture the life of Christ in our minds and imaginations. In acts of service, we meet and serve Christ in others. In all the daily tasks of family life and work we can model our life on Mary: receiving, nurturing and bringing forth the life of Jesus.

Of course, the pattern called for Mary’s consent – it wasn’t something that just happened to her - and the same is true of us. We can receive Him, or refuse Him. We can nurture His life within us, or stunt its growth. We can bring Him forth for others, or keep Him to ourselves.

Mary was granted purity from the moment of her conception: then, with God’s grace, she preserved that purity her whole life through. Her purity led to the power of her consent, and the power of her consent led to the depth of her influence on the course of salvation history. We, on the other hand, need to rise to that purity by cooperating with the grace that God gives to us. As we grow in purity, the power of our consent grows. And as the power of our consent grows, we will enjoy ever deeper influence on the lives of those we encounter.

Global

## SERVANT LEADERS: GUIDING WITH COMPASSION



*Fr. Aidan Manuel Fernandes*

Deriving the word leader from Hebrew 'Nagiyd'<sup>i</sup> it literally means a person under an authority who fulfills the wishes of that authority. Often termed as a Servant Leader, Jesus, was under the authority of God the Father, fulfilling His will of bringing mankind out of the clutches of sins. Even though being the Son of God Jesus did obey The Authority of his Father thus setting an example to each of us to be obedient and not to have one's own ways. A true exemplary to the modern day leaders who have taken care of their own interests thus forgetting their responsibility of a true leader.

Biblically one can say Moses<sup>ii</sup> was the first to be a servant leader who fulfilled the will of YAHWEH. A lot number of leaders succeeded when they had God as their authority and worked tirelessly for the betterment of the masses. On the other hand the leaders who chose to have their own ways and considered themselves equal to God had a disastrous ending. For e.g. King Manaseh<sup>iii</sup>.

Keeping in mind Jesus as an exemplary leader, here are five important characteristics which Jesus showcased in his ministry, which could be used by the present day leaders.

- **Potential over perfection**

The disciples that Jesus chose, whom He would form into leaders ahead, instead of the pious men, were simple laborers, tax collectors, fisherman mostly sinners in whom he saw the potential of saints. Jesus worked from the roots, so that they could bear fruits.

- **Forgiveness over grudge**

Jesus knew Judas would betray him, yet he washed his feet. Jesus forgave him even before he was forsaken. Peter denied Jesus thrice yet Jesus forgave him and gave him the keys to heaven. Being a leader he was targeted, yet he forgave.

- **To Serve' over 'being served**

Being a leader he washed the feet of his disciples, an uncommon practice for a leader in Jesus' time wherein, not even the servants,

but the slaves washed the feet of their masters. And thus gave us one of the greatest principles of his life 'to serve and not to be served.'<sup>iv</sup>

- **Seek over content**

Jesus thought his disciples never to be content with the knowledge that they had. He asked them questions and made them think. When he was questioned, he reversed it on them and made them answer their own question. He was never content with things around him. He sought and taught others to do the same.

- **Mercy over judgment**

Jesus chose Mercy over judgment. He came so that mankind would taste the mercy of the father. A true leader who imparted grace yet the same time sent them with accountability. He forgave the sins of the adulterous woman yet sent her saying “sin no more”

It is indeed important that leaders imbibe such qualities if they indeed want to serve the people. It is easy to make promises at the time of elections, but difficult to fulfill those promises once in power. The attitude of “I am the Boss” needs to change to “I am a servant” no one is the boss except the Creator who runs the entire universe. A servant leader always aims in rendering service and not enjoying the service of others.

If our leaders are indeed servant leaders, it's high time it hits their realization that moving in an air conditioned vehicle, making the common man wait in the scorching sun isn't servant leadership. Felicitating and gaining publicity in one's achievement and deserting in one's need isn't servant leadership. Destroying the nature in the name of development isn't servant leadership. Servant leadership is when one realizes that God is the sole authority and he/she is bound by His authority, to follow his will in bringing about the good, the good with which he created the world and intends to run it with the same. A servant leader imparts love through his actions, guides with compassion, keeping no room for hatred and disharmony.

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<sup>i</sup> Trinity Western University. *Servant Leadership as a way of life*. [article on-line] (accessed on 29 May 2023) available from <https://www.twu.ca/about-us/commitments/core-values/servant-leadership-way-life#:~:text=Jesus%20was%20prepared%20to%20serve,and%20influence%20as%20their%20teacher.>

<sup>ii</sup> Cf Exodus 32:11

<sup>iii</sup> Cf 2Kings 21

<sup>iv</sup> Cf Mark 10:45

<sup>v</sup> Cf John 7

Vocation Stories

## LIFE IS WORTH



*Sr. Ramila sfn*

The Lord blessed me with a wonderful family, having born to Mr. John and Mrs. Rita Cardozo in the beautiful village of Navelim with two more siblings. I finished my secondary education in Perpetual Succour Convent High School, Navelim, run by the Sisters of Holy Family of Nazareth. At this time the notion of religious life never entered my mind however I can still remember God was preparing the way.

The daily rosary and reading of Bible in the house empowered me to live in the atmosphere of prayer and was of assistance to know JESUS and to fall in LOVE with Him. Since I was the beloved of my dad I was the most mischievous child in the family and loved by all. While I grew JESUS started to write straight on the crooked lines of my life through various people, situation and incidents but at this time I was unable to listen and harken the voice of my master. I felt that I was all lost. Nonetheless at the same time I felt I'm not alone rather God is beside me to lead me and to show me the right path as Prophet Jeremiah says, "the Lord is on my side like a mighty champion".

Well, after my SSC results, my desire to follow the Lord was supported by my family and having listened to His voice responded to the call of God and decided to offer myself to God.

On 10<sup>th</sup> June 2015 I joined the S.F.N garden to know more of Gods ways and grow in the love of God by being of service. During these years of pruning and trimming in the SFN garden I was able to experience the unconditional love of God in different ways and came closer to God. There were times in life where I have failed and fallen down but the grace of God and His love facilitated me to rise again, carry my cross and follow Him.

On 3<sup>rd</sup> May 2020 I committed myself totally to Him with my "YES" and promised to live with Him always. Today I am happy to be WHO I AM working in His vineyard and I can say that My life is a JOURNEY with GOD. It may be HARD sometimes but I am ASSURED it would be all WORTH it.

## REMAIN IN MY LOVE



*Sr. Cloisall sfn*

“For what will it profit a man, if he gains the whole world and forfeits his life”? (Mt. 16:26). This was the message that stayed with me as a teenager and continued to resonate in my soul as I discerned my vocation.

Looking back, I realize that throughout my discernment the Lord continued to reveal to me to remain in His love so that abiding in His love I can share him through my service.

I was blessed, to grow up in a loving and happy family and witnessed a beautiful marriage. Seeing my parents' love for each other and for the Lord naturally caused me to dream about my future family. I was born, bread and buttered in a small village of Chaudi, Canacona. I was the elder sister among the five siblings. In fact, I did not realize there could be another choice for my life. But as I recalling my past, there were many events where the Lord wanted me to grow in His relationship through love and service.

My desire continued to resonate in my heart as the Lord drew me to himself through the sacraments, Eucharistic adoration, catechesis and good friendships. During my school days on a Sunday, Parish Priest announced that all children must come for mass during summer vacation and I decided to go every day. I noticed Holy Family Sisters working and assisting the parish, visiting the sick, running school, working for the poor families to help them earn their livelihood, etc. and I began to relate with them, and a sort of flame began to burn within me. Later I was busy with my work and there was less communication with the sisters and the flame became deem.

My priorities began to shift, and my focus changed and I continued my studies till degree level reasoning that it was



my duty, to help my parents in their old age. I thought aviation will lead me to better prospects and I completed aviation management.

After completion, the decisions that I had once measured by the question, “What do I want?” I now began to assess in prayer: “Lord, what you want of me to be?” and I did not find the answer, believing, the Lord does not accept the weak and the lowly. No sooner, I completed my course I was offered good job package and I enjoyed my life. As days went by I begin to wrestle to decide for myself. I struggled to find the answer which I questioned the Lord what is next?

The world was enticing me. In the middle of my voyage I felt helpless in discerning myself and again asked the Lord, what do you want me to do? The question was unanswered. At one point, a big tragedy took at my workplace where innocent people were killed and I escaped the accident. The company stopped functioning. I was idle and did not show interest in working or earning. I decided to go for a retreat and the retreat experience was a tremendous grace where I was able to listen to the voice of the Good Shepherd leading me to the good pastures. At the same time it was difficult for me to convince my family about my desires. I spent time in prayers where all my questions were answered and I joined the Congregation of the Holy Family of Nazareth, Sancoale – Goa. In the beginning it was difficult for me to adapt myself to the religious way of life with limited freedom. In times of challenges I prayed and recap my past wherein I found meaning in the present life with the Lord in love.

When a tree is fit, it produces good fruit. In the same way, when a person is spiritually healthy, he or she shares that same love with others. A person will naturally shine the light of Christ when he or she is overflowing from His own relationship. When I remain in the love of God the Father (My Source), I can have the capacity to extend that to those around me.

With the Lord of life, there is much joy and fulfilment of my desires to serve Him.



You did not choose me,  
but I chose you and appointed you  
so that you might go and bear fruit  
—fruit that will last—  
and so that whatever you ask in my  
name the Father will give you.

**John 15:16**

Mission

## THE JOY WITHIN

*Sr. Martina Fernandes sfn*



Congregation of the Holy Family of Nazareth, the S.F.N sisters from Goa launched into North India at Noida (U.P) on 24th June 2017 to work in collaboration with Rev. Fr. Jose Alarico Carvalho, a member of the Society of Pilar. Our then Superior General, Sr. Alvita, undertook this mission in Noida. The first two sisters worked in this field of social work, along with academics and hostel.

Agnel Jan Kalyan Kendra is a social outreach project of Fr. Agnel School Noida and has been actively working for the community since year 2014. Agnel Jan Kalyan Kendra under one umbrella is training the students in different verticals like cutting- tailoring, beauty culture, computers, spoken English and music. These skilled courses are followed by placement. Every 45days 100 candidates are placed in garment industry and IT.

Besides this on daily basis about 100 children from the slum area who are born and brought up in the garbage dumps are brought to the center. Our motive behind bringing them is to change their mindset from the garbage picking towards education which transforms their lives. Here at the center we clean them, educate them, feed them



and reach they safely back to their place. We regularly go to the slums, organize different competitions and health camps that help us to build a good rapport with the people, especially women. We help them every month by giving them ration, wherein the families are satisfied and happy. Through our regular visits to the parents and families of our academic students, we try to provide an overall support in terms of health, education, skillset, coaching for various government jobs through Sarkari Pariksha.

By our Jan Sewa Kendra we have been helping the community with the benefits of pensions for the elderly, disabled and widows. They are also benefited with the services of Aadhar Card, Pan Card, Ration card, Income Certificate etc. All our staff goes for the mobilization after the school is over.

Today by working for the poor and the needy, I find **a joy within myself**. I also find happiness and able to experience lots of love and feel the presence of my lord in the marginalized people at all times.

## AN ACT OF LOVE IN ACTION

*Sr. Molly Fernandes sfn*



I was elated to celebrate a real-life story of the good Samaritan, an act of love in action. It was Easter Monday, with the sun glaring at a temperature of over 35 degrees Celsius, when something unusual happened. One of our sisters, Sr. Phileshin De Souza, told us about it. She works for the uplift of people living in poverty in the slums area of Birla-Zuari Nagar, Sancoale, at Kiran Niketan Social Service Centre, a 10-kilometer drive from the Dabolim Airport in Goa.

Sister Phileshin is a member of the Congregation of the Sisters of Holy Family of Nazareth, Sancoale-Goa. A social worker, born in Karnataka, she has many awards for giving life to the lifeless and neglected ones, and leaving indelible footprints in the lives of many — be they migrant workers, women, youth, girls and children (for whom she even had risked her life during the COVID-19 pandemic).

On that Easter Monday, April 10, Sister Phileshin was celebrating her gift of life - a life of seeking justice for the anawim of society - when she came across a grave situation.

Early the next day, I spotted her on our campus and was glad to see her since I couldn't be there for her birthday. I asked her to meet me before she left, as I needed some information about the recent medical camp held for the migrants.

She told me a heart-rending story. I said, "Wow!", and was glad I got to visit with her. She said that she remembered the good Samaritan parable when she passed by the airport road.

"Sister, in the scourging heat I saw a youth fallen in the roadside gutters. Many people passed that way. Not only people but the number of vehicles, four-wheelers, two-wheelers, carrier trucks moving to and



fro on the busy road. My heart was moved and I was filled with compassion. Though I had to reach for the appointment, the scene of the man going from Jerusalem to Jericho attacked on the road came to my mind. How could I leave him in that state? I was disturbed and remembered the words of Jesus, 'Go and do likewise.' "

She went on to say that many had seen him, yet they passed by. She parked her bike at the side of the road to go see him. She couldn't tell whether he was alive.

So she called the police — who took some time to arrive — but they found that the boy was alive. They were not kind but, on the contrary, smacked him as Sister Phileshin kept asking them to take him to a hospital. They would not, and made her call the ambulance to take him to the hospital.

When the ambulance arrived, the driver knew the boy, as he was from the same locality, and called the owners of the house he rented while the boy was being taken to the nearby Health Centre and admitted. The case was registered in the name of Sister Phileshin, to admit the youth and to give him further medication.

Sister said that her day was done, and felt peaceful. She said it was the best and most memorable gift for her birthday, to treasure and share with many to inspire and enlighten and motivate.

Yes, like the wounded man going from Jerusalem to Jericho, attacked by the robbers, the youth while returning from his job was robbed of his treasured belongings — his money and his mobile — and left to die in the gutter.

The youth robbed of his belongings is an example of what is still happening in today's society, and illustrates how we need to reach out and bandage their wounds and take care.

"Today, even after 2,000 years," Sister said, "We still have the parable of the Good Samaritan [Luke 10: 29-37], taking place on the roadsides and happening in many places elsewhere."

These little works give me immense joy, to see my sisters in places where we work all over India, fulfilling the saying of our founder — *Love the poor, do not hurt them* — and taking care of those living on the peripheries. And fulfilling the words of Jesus: *Whatever you do to the least of these little ones you did it for me* (Matthew 25:40) moreover set an example of love in action.

Health

## HEALTH IS WEALTH

*Sr. Hilda sfn*



'Health is Wealth' is the old saying and 'Old is Gold' is another saying. But all the saying has truth in itself.

When we speak of Health, the definition given by **WHO** is 'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'.

So health not just a physical fitness but also do with mental, social and spiritual well-being of the person.

**Physical health** - speaks of sleeping well, eating well (balanced diet), physically active, having good hygiene and getting enough relaxation.

**Mental health** - says to stay active, to have social connection, talk to someone and be positive.

**Social health** - is to treat people with kindness, developing meaningful relationships, communicating clearly.

**Spiritual health** - is a personal matter with involving values and beliefs, spending quiet time.

Health is the biggest wealth for a human being in his/her entire life time. One can survive without excess money but can't survive without good health. Health is something we can't buy with money but we can take care of it when needed with the help of money.

Some tips for maintaining healthy life style.

- Limit unhealthy foods and eat healthy foods: Do not forget to eat breakfast and choose a nutritious meal with more protein and fiber and less fats, sugar and calories.
- Take Multivitamin supplements: this is good idea especially when you do not have variety of vegetables and fruits at home. Multivitamin increase your immune system.
- Drink water, stay hydrated and limit sugar beverages
- Exercise regularly and be physically active: an exercise relieves stress and tension, strengthens muscles and helps your body work more efficiently.
- Get enough good sleep: there is very strong connection between sleep quality and quantity and your immune system. Good sleep of seven to eight hours each night keeps immune system functioning properly.
- Alcohol to be always consumed in moderation.
- Keep company with good people. Maximize the amount of time you spend with people you enjoy being around.
- Do something meaningful each day: do something you enjoy every day, even if it's a simple act like cooking, a healthy meal or listening to your favourite song, etc.

Living a healthy life style can help to prevent chronic disease and long term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem. Maintain a healthy life style by doing what is right for your body. Healthy body will help us to live happily. When we are healthy we will be able to reach to others to show our love in action.

## MY SUCCESS STORY...

~ Amrita Vernekar



"Self-Belief and hard work will always lead to success" ~ said Virat Kohli and I totally believe in it.

I still remember the sadness on my Mom's face because I was not chosen in Fatima School, but I believe it was God who had already decided my path in Perpetual Succour Convent High School(PSCHS) that changed my life entirely.

I entered as a coward and clumsy girl but soon as I was influenced with the lovely and friendly teachers, that all nervousness vanished. The various competitions made us all active and competitive. I won some but the teacher's never took credit which surprised me a lot. And oh! the stage fear and nervousness when I had to give a speech... Right up on the stage with mic in hand I could hear a voice from behind "Dear you can do it! just rock on the stage". It was none other than my teacher, and yeah it was a miracle.

There were ups and downs, sometimes I got scolding from teacher's which made me sad but I guess it was needed to oil the machines when they didn't work properly. In class 10 there were I scored less but my class teacher never stopped trusting and believing me even though I was somewhat shaken off. She and all the other teacher's encouragement and support enabled me to achieve my dream.

The Headmistress always kept us motivated. Discipline is the hallmark and very important value in life is what she said that I can never forget. Thank you PSC. I have spent my time and years under the patronage of Perpetual Succour and I'm blessed!

I Thank God for guiding and helping me and to you buddies who cheered me up in my miserable times. I was really lucky to have each of you. My backbone, my parents - I'm thankful that they admitted me in PSCHS that cradled and nurtured my educational skills. The success I achieved was because my life had been craved by all these people.

My advice to students, do remember the time that you are in school is very precious. Grab every opportunity. Never in your life forget your roots and manners. There's a lot to come in your life. But whatever it may be good or bad, always be ready and never give up! especially believing in yourself.

## Hofcom Reports: News in brief

### **Perpetual Vows**

The Holy Family Sisters from Sancoale, Goa-India, rejoiced and thanked God as Sr. Sarita Medha from Dudhni, Dadra Nagar Haveli, Sr. Anita D'Costa from Mallapur, Karwar - Karnataka, Sr. Francilla Mascarenhas from Usgao, Ponda – Goa, and Sr. Jeryssa Pereira from Saligao, Bardez – Goa, committed themselves through the Perpetual Vows of Religious Life on 25<sup>th</sup> April 2023, at Holy Cross Shrine nick named 'Fulancho Khuris', Bambolim, Goa-India.

The Eucharist was celebrated by His Eminence Most Rev. Filipe Neri Cardinal Ferrão, and con-celebrated by 23 other priests. His Eminence preached on the theme: “Service of Love through Life Offering (Seva Pritimogachi vomppni Jivitachi)” emphasizing the call to serve and not to be served.

### **Appointments**

Pope Francis has appointed Cardinal Filipe Neri Ferrão, the President of the CCBI as one of the members of the Section for Fundamental Issues of Evangelization in the World (New Evangelization) of the Dicastery for Evangelization on April 25, 2023.

### **Resignation and appointment of bishops where SFN's work**

His Holiness Pope Francis has appointed Fr. Joseph Kallarackal (59) as Bishop of Jaipur and accepted the resignation of Most Rev. Oswald Lewis (78) Bishop of Jaipur from the pastoral care of the diocese. This appointment was made public on Saturday, 22nd April, 2023.

The Holy Father has accepted the resignation from the pastoral care of the diocese of Poona, India, presented by Bishop Thomas Dabre and has appointed Bishop John Rodrigues, hitherto titular bishop of Deulto and auxiliary of Bombay, India, as bishop of the diocese of Poona, India, on 25<sup>th</sup> April 2023.

### **President of GHA**

Goa Headmasters Association (GHA) elected Sr Liberata Fernandes sfn as President of the association. She is the Headmistress at Perpetual Succour Convent High School, Navelim.

### **HFNES School results**

Holy Family of Nazareth Educational Society that caters to students' without-caste and creed especially the downtrodden achieved great results through the hard work and efforts put in by the teachers to prepare the students and the struggles were rewarded as the students excelled and brought laurels

**St. Theresa High School...Sto Estevam** Students appeared for the Goa Board SSC Exam April 2023: 92 Students

Distinction - 45, First Class – 42, Second Class - 05

School Percentage - 100 %

Ms Shreeja Mahadev Narvekar topped the school with highest 95.8 %

**Perpetual Succour Convent High School, Navelim**

Total 177 students appeared for the Goa Board SSC Exam April 2023  
Distinctions - 94, First Class - 65, Second Class - 16, Pass Class - 01,  
ATKT - 01. Pass percentage of the school 99.44%  
Ms Amrita Rajesh Vernekar topped the school with highest 96.33%

**St. Joseph Vaz High School, Sancoale**

Students appeared for the Goa Board SSC Exam April 2023: 36  
Distinction – 8, first class – 16, second class – 11, ATKT – 1  
The pass percentage of the school 97.22  
Pranav supugade topped the school with highest 93.83 %

**St. Michael's Convent High School, Anjuna**

Students appeared for the Goa Board SSC Exam April 2023: 71  
Distinction – 31, first class – 24, second class – 12, pass class – 2, ATKT - 2  
The School percentage: 97.18 Per  
Ms Riddh Ratnakar Bhosle topped the school with highest 95%

**St. Joseph Convent High School, Nagoa Verna**

Students appeared for the Goa Board SSC Exam April 2023: 31  
Distinctions ....05, first class... 14, second class... 09, Pass class 01,  
Needs improvement...01, ATKT ....01  
The School percentage 93.54%  
Miss Nikasha Fernandes topped the school with highest .....87.16%

**Summer Camps**

Summer camps with educative skills were organized by the HFNES Schools in their respective schools. Some schools had it for two days, some for 3 days and while PSCHS had it for 15 days. The children were rewarded with prizes



and certificates. These camps allowed the children to utilize their time and energy to study, explore, discover and grow in knowledge. They were enthused to see them physically involved and realized how they got motivated.

**Orientation Programs**

The orientation programmes for the Animators, and Hostel-in-charge of Holy Family Sisters was organized by the Centre at its headquarters–Holy Family Generalate, Sancoale for the year 2023-2024, on 1<sup>st</sup> and 2<sup>nd</sup> June 2023. The resource persons Rev. Fr. Edison Fernandes sdb, and Fr. Rosario Olivero enlightened and guided them with their inspiring sessions.

# Congratulations

To you dear Toppers



**Ms. Amrita Rajesh Vernekar of  
Perpetual Succour Convent  
High School, Navelim**

Has been awarded the Mother Gertrude Scholarship for the highest percentage 96.33% among the SSC students of Holy Family Nazareth Educational Society.



**Ms. Shreeja Mahadev Narvekar  
95.8 %  
St. Theresa High School  
Sto Estevam**



**Ms. Riddhi Ratnakar Bhosle  
95%  
St. Michael's Convent  
High School, Anjuna**



**Mast. Pranav Supugade  
93.83 %  
St. Joseph Vaz High School,  
Sancoale**



**Ms. Nikasha Fernandes  
87.16%  
St. Joseph Convent High  
School, Nagoa Verna**



As we congratulate the students, Hofcom acknowledges with deep appreciation the dedication and hard work of the teachers and management for the magnificent results.

Here I am, Lord, send me



Do you truly wish to follow Jesus?  
Join the SFN Family

To know more about us drop a line to:  
**THE VOCATION PROMOTER**  
Holy Family Generalate, Fr. Faustino Road,  
P.O. Cortalim, Sancoale, Goa 403710 Tel: 0832 2551355

