



The Dawn

# Savera

May - August 2024 / Vol. 49

"REMAIN IN LOVE & UNITY"

## Go Forth: The Great Commission





Congratulations



# CONTENTS

- 02** From the Editor's Desk  
**03** From Superior General's Desk

## Family

- 04** Fanning the flame of faith in the family  
**06** Young Couples: Building a Strong Christian Marriage in the Digital Age

## Youth

- 07** Bridging the Faith Gap

## Nature

- 09** Creation stewardship: Protect natural resources

## Communication

- 11** The Power of Empathy in Conversation: Speaking the truth in love

## Academics

- 13** Spreading Jesus's Message amidst Adversity

## Faith

- 15** The Power of storytelling in spreading faith

## Spirituality

- 16** Living an abundant life in the spirit

## Global

- 18** A Journey of faith and dedication

## Coverpage Feature

- 19** Missionary Mandate  
**22** Porgottnar to - Bhavart Posrailo

## Women

- 24** Empowered Women

## Formation

- 26** Fostering love for scripture in formation

## Mission

- 28** Chisda Mission

## Health

- 29** Emergency management

## Success Story

- 30** Believe in your abilities and set clear goals

- 31** Hofcom Reports

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From the Editor's Desk

## Hope beyond the Pews

Rev. Sr. Molly Fernandes sfm



***“How beautiful are the feet of those who bring the good news” Rom. 10:15***

The above quote is apt as we embark on a new pastoral journey 'Hope beyond Pews'. The world can feel heavy, a place where contempt stiffens our souls and darkness hides the path. But amidst the din, a timeless message still rings the Good News, a beacon for lost sheep and weary hearts, the good news remains – a transformative message of forgiveness, boundless love, and a second chance.

To proclaim the Good News, in season and out of season, is one of the important tasks of every disciple. It's about the liberating truth that no matter how far we stray, there's always a path back to hope. It's about a love that transcends mistakes and offers a chance to rebuild, piece by piece.

For those whose spirits have grown brittle with pessimism, and suspicion, the Good News whispers of a deeper purpose. It speaks of a world not defined by struggle, but sustained by compassion and connection. It's an invitation to see past the darkness and embrace the potential for light within ourselves and the world.

The Good News isn't confined to dusty scriptures or lofty sermons. It's a living force that can breathe life into our weary souls, mend fractured relationships, and ignite a fire for good in our hearts.

The Great Commission, at its heart, is about sharing the message of love, hope, and purpose found in faith. It's about creating disciples by being a witness in word and deeds. This doesn't require a plane ticket; it starts in our homes, and our communities, though in that situation St. Joseph Vaz went to Sri Lanka, and St. Francis Xavier came to Goa.

So, whether you're a seasoned believer seeking rekindled passion or a lost soul searching for solace, open your heart to the Good News. Share its message, and let it transform you, one act of love at a time. Together, we can build a brighter future, bathed in the warm glow of compassion and forgiveness.

As we mark the 89 Foundation Day, we honour Founder Faustino De Souza who chose to send forth disciples to proclaim the message, being beacons of hope, radiating kindness, and fostering connection in everyday interactions fulfilling the true purpose of the Great Commission. So, whether the time is favourable or not, Go Proclaim...Mk. 16:15.



From the Superior General's Desk

# Message

*Rev. Sr. Berna Rodrigues sfn, Superior General*



As we embark on another journey, we are urged to “Go Forth” to fulfill “The Great Commission,” reflecting deeply on our mission as disciples of Christ. This theme, rooted in Jesus' final instruction to His apostles, “Go, Proclaim the Good News” (Mark 16: 15), is not merely an invitation but a mandate that resonates through the corridors of time to each one of us today.

Our contemporary world is fraught with unprecedented challenges. We face the trials of a rapidly changing society, marked by technological advancements, environmental crises, and socio-economic disparities. Amidst this complexity, the Great Commission invites us to step out of our comfort zones and into the mission fields, wherever they may be.

To “Go Forth” in today's context requires a profound commitment to witnessing the Gospel through word and deed. It demands that we become living testimonies of Christ's love, compassion, and mercy. This mission is not confined to distant lands but begins within our families, parishes, and communities. We must strive to embody the values of the Gospel in our daily interactions, fostering a culture of encounter, dialogue, and service.



The Great Commission also challenges us to engage with the peripheries—those who are marginalized, suffering, or forgotten. In a world where many are deprived of dignity and justice, our call is to be beacons of hope and agents of transformation. By reaching out to the oppressed, advocating for the voiceless, and standing in solidarity with the vulnerable, we fulfill our mission of making disciples through acts of love and justice.

Furthermore, let us remember that the Great Commission is a collective endeavour. As the Sisters of the Holy Family of Nazareth, we are reminded of the strength found in the community. Therefore, together, we strive to overcome obstacles and amplify our impact through prayer, support, and shared efforts.

In this spirit of unity and purpose, I urge you to reflect on how you can contribute to this divine mission. Let us renew our commitment to Christ and His Church, allowing the Holy Spirit to guide and empower us. On our 89 Foundation Day in communion, let us “Go Forth” with courage and conviction, fulfilling the “Great Commission” in every facet of our lives.

## Family

## FANNING THE FLAME OF FAITH IN THE FAMILY

*Andrea Torcato D Costa*



I am a parent, that speaks volumes! ahem? whatever!

There are days when I feel like I am at loggerheads with my son on every darn issue. That's when I resort to little pick-me-up lines from the world's most printed yet probably least read book, 'The Bible'.

It's a large book; it's intimidating, it's too "don't don't don't". However, as Christians, knowing and treasuring the Word of God is paramount to drawing closer to Him. Especially during these difficult times when the world we live in, appears to be baffled in a great tribulation.

Its high time, we stop making God's Word as a coffee table book.

We as parents, need to start reading the Bible and incorporating it in our family prayer and fellowship so that our children will sponge up and look at God as a loving big daddy, Jesus as a fun-loving friend, the Holy Spirit as the captain of our conscience...



Sounds preachy. The practicality is questionable? Yup! but I do believe if we

make a conscious effort as I did years back, you and your family will reap the benefits of love and togetherness especially during adversities. "Don't worry that children never listen to you; worry that they are always watching you"; we have to reflect Christ

Just a few things to make the Bible amusing, entertaining, engaging and finally get them to fall in love with scripture:

1. A hand crafter printout, magnet it on the fridge or cello tape it in the washroom or the kid's gaming area. Fancy write a **hilarious slogan or tagline**, example:
  - \**1 cross + 3 nails = 4 given*
  - \**Brush your soul. Brush up on the Bible.*
  - \**Faithful Finances, Pay Your Tithe*
  - \**Forbidden fruit creates many jams. ...etc...*



2. Make Jesus firm yet fun. **Play** games based on the Bible, like:
  - a. **\*Tag** -*Don't just run around, adapt it to whatever topic you're teaching, for example, make the tagger be the good shepherd, and the runners be sheep, or let the tagger be Noah, and the runners can all be the animals he is trying to wrangle onto the boat.*  
**\*Bible Charades** - *Bring Bible stories to life by acting them out during rosary time.*
  - b. **Bible Bingo**
  - c. **Name the Commandment** - *Find a modern movie and discuss which Commandment goes with it. Eg. Tangled (you shall not steal...), The Emperor's New Groove (love your neighbour)*
  - d. **Word Jumble** - *Unscramble the names of Biblical characters*
  - e. **Bible Ring Toss** - *Cut out the centre of paper plates to make rings, use two plastic football/ traffic cones. Label one cone "yes" and the other "no." Ask yes or no questions related to the Bible. Have players toss their rings to the "yes" or "no" cone and see who can rack up the most correct answers.*
3. Familiarity breeds contempt, making Bible reading more real by **watching a movie** and then reflecting rather than plain drab daily reading, works wonders. Serve popcorn to add to the fun element.
  - \*Esther and the King
  - \*Noah ...etc. ...
4. **Picnics or travel to religious sites**
5. **Bible apps**
  - \*Superbook Kids Bible App
  - \*Book of Hope... etc. ...
6. Kids love to associate with **celebrities (sports and silver screen)**. Reels/apps like 'Christ Athlete' feature prominent sports personalities who love Christ; Chris Pratt (Jurassic World) ...
7. It takes approximately, 66 days to form a habit. Do it, accept their tantrums... trust me it's worth it in the long run.

In the end, the objective of all these games and activities is not just to have fun, but to instill God's word into the hearts of the children in a memorable manner. An energetic game or an interactive activity might seem like just entertainment, but if it can hold a child's interest long enough to plant the seed of God's word in their heart, then it has served its purpose.

## YOUNG COUPLES: BUILDING A STRONG CHRISTIAN MARRIAGE IN THE DIGITAL AGE



*Alba Moraes*

Religion plays a vital role when we talk about the success of a marriage life. Technology has become part of our day-to-day life. In some way or another, we are connected to the digital world in the form of Facebook, WhatsApp, Smartphones, Internet, etc. In today's digital world building a strong marriage is a skill. Couples face unique difficulties and challenges as they strive to build strong Christian marriages. The presence of technology can either build or break marriages. Let's explore some key notes for young couples seeking to cultivate a strong Christian Marriage in this digital age.

### 1. Establish Shared Spiritual Practices

A healthy relationship with God contributes to a healthy marriage. Set aside time for prayer, Bible study, and worship together. Reflect on passages that speak of love, forgiveness, and mutual respect. Embrace technology by using apps or online resources that offer prayer guides designed for couples. This not only strengthens your faith but also deepens your bond as partners in Christ.

### 2. Set Boundaries for Technology Use

In this digital world, it is very important to set boundaries for the use of technology Within both partners. Determine when and where technology will be used among both of you, like screen-free zones during meal times and before bed.

### 3. Communicate Openly and Honestly

Effective communication is crucial in any marriage, especially in this digital world. Be intentional about discussing your feelings, concerns, and aspirations with each other. Practice active listening and empathetic understanding. Address any issues that arise promptly and lovingly. Spend time together & be fully present for each other. Discuss the issues and don't keep it for yourself to become a block.

### 4. Embrace Grace and Forgiveness

No marriage is perfect, and challenges will surely arise. Cultivate a spirit of grace and forgiveness towards each other. In marriage life forgiveness is very important.

In conclusion, building a strong Christian marriage in the digital world requires intentionality, faith, and a commitment to honour God in your relationship. Let your marriage be a testament to the transformative power of faith in navigating the complexities of the digital age.



Youth

## BRIDGING THE FAITH GAP: REACHING YOUNGER GENERATIONS IN A CHANGING WORLD

Antony A. J



*“What is needed today is a church which knows how to respond to the expectations of young people. Jesus wants to enter into dialogue with them and, through his body, which is the church, to propose the possibility of a choice, which will require a commitment of their lives. As Jesus with the disciples of Emmaus, so the church must become the traveling companion of young people...” (Pope John Paul II)*

In a rapidly changing world, people are questioning traditional beliefs, including religion. Younger generations, raised in a vastly different environment than their parents, are particularly unsure. This begs the question: can the Catholic faith still provide solace and purpose in a constantly evolving world? This essay will delve into how different age groups view religion and how core Catholic principles offer hope and direction for all.



According to Pew Research, there is a noticeable trend of scepticism and declining religious affiliation among younger generations. A recent study (January 2024) indicated a shocking trend in the US: religious unaffiliation is now the most common religious identity in the country. A similar trend is growing in most European countries and Canada.

To know and understand younger generations, it will be ideal to analyse the unique characteristics of each generation and their general attitudes towards religion.

**Gen X (1965-1980):** Tech-savvy and independent, their religious involvement varies. While some are religious, fewer attend church regularly compared to older generations.

**Millennials (1981-1996):** Digital natives who grew up with social media, they are considerably less religious than their parents' generation. Religion is less likely to be very important in their lives.

**Gen Z (1997-2012):** True digital natives with strong information access, Gen Z shows a significant decline in religious affiliation. They are less likely to believe in a higher power and identify as non-religious or non-spiritual.

**Gen Alpha (2010-2025):** Growing up with technology and often raised in nominally Christian families, Gen Alpha might be less familiar with strong biblical teachings. However, their digital exposure could lead them towards personalized spiritual beliefs based on their own values.

Pope Francis has been engaging in conversations with young adults from various backgrounds and recognizes a gap in understanding younger generations.

To bridge this gap, it very essential to know the Youth and their world and to guide them. As youth ministers, the following steps might help -

**Love Youth:** Show genuine interest in young people's needs, dreams, and challenges. This love translates into actions that support their growth.

**Be Near Them:** Build relationships with young people, understand their world, be in the online space where they are available and be a reliable source of guidance and support.

**Introduce Jesus:** Help young people develop a personal relationship with Jesus through Church teachings, and personal examples. Giving reasons for their faith and deliver it in the 'language' they understand will help them grow in love with Jesus.

**Self-Discovery:** In their confusions and identity crisis, guide young people to explore their strengths, weaknesses, passions, and purpose to build a strong identity.

**Active Participation:** Encourage young people to use their talents to serve the Church and community, finding meaning and purpose. Youth can reach out to other youths in a better way. Utilise the services of youngsters in communicating to the new generation in novel ways and approaches.

**Unique Mission:** Help young people discover their life's calling, how they can uniquely contribute to the world based on their gifts. Once they have a strong conviction, they can give their life to it.

**Spiritual Growth:** Support young people's spiritual journey by providing resources and guidance to deepen their faith and live it daily.

The church must become the traveling companion of young people and journey with them as they grapple with the Good News and respond in discipleship.

The Catholic faith can help individuals find purpose in life, regardless of generational differences. The ultimate goal is to help the youth to grow in their love for God and for others, and to become active and faithful members of the Church and society. For this, we need to know the new generations and their world.



## Nature

**CREATION STEWARDSHIP:  
PROTECT NATURAL RESOURCES***Alexandre Moniz Barbosa*

A healthy planet will eventually result in a healthy human. This is logical and there can be no debate on this. So, why is it that despite knowing this we are not willing to safeguard the environment – the creation of God – that surrounds us?

The natural world that we abide in is the creation of God. We believe it and scripture tells us it is so. On creating man and woman, God sent them forth into the world. Genesis 1:28 says, 'And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.' And since then, the generations that have followed the first man and woman have had the responsibility of 'replenishing the earth'.

Therefore, we are stewards of creation and responsible for protecting the natural resources. These natural resources are nothing other than the environment that we live in, that which we have inherited from our ancestors, and that which we will bequeath to our descendants. Shall we leave them something less than what we inherited?

The environment that surrounds us has never been in more danger than today. In the rush to modernise, develop and get comfortable, it is



nature that has been the biggest casualty. Yet, it is precise because of this that several individuals have taken up the defense of the environment, its protection, and its regeneration. The concept of creation stewardship, or in common terms environment stewardship, has gained currency and commitment from people across the world.

Creation stewardship entails us, the current generation, playing a meaningful, positive, and active role in protecting nature, that which God has so lovingly bestowed upon us. Primarily, what it calls upon us to do, is to undertake responsible management and conservation of nature and its resources. This is not only so that future generations will be able to enjoy the same fruits of creation that we have enjoyed, but also to protect the creation of God.

In Goa, the past few years have seen an increasing number of protests over projects that are a threat to the environment. We have seen also a host of individuals taking up the fight for the environment. They have gone out on the streets to fight the good fight to save creation or to save what is left of creation. They are truly the stewards of creation and we need more like them.



Yet, this creation stewardship need not necessarily mean us taking to the streets to fight the assault on the environment. A person who is comfortable in doing that may do so, but there are many who may not be willing to publicly raise their voice. For these, various personal environmentally conscious practices can be adopted to reduce the ecological impact. But these individuals can go beyond this by supporting the environmental groups in their neighbourhood, and as Catholics, especially supporting the church groups that would definitely exist in every parish.

Don't think of this as only a means of supporting the environment. Taking interest in any issue – environment or otherwise – leads to enlightenment but also any action that brings a positive result has an impact on one's personal life. It is true, isn't it, that time spent with nature and in a natural environment is beneficial to one's health?

So, what can individuals do? Is installing solar panels the only option? No, each one can reduce their carbon footprint, reduce waste within homes, which can be accomplished by not buying items that come in single-use packaging, by recycling, and even starting composting in the backyard. But we can't do it once and then forget it. That won't help. Creation stewardship, to succeed, has to become a habit and only we can do it.

## THE POWER OF EMPATHY IN CONVERSATION: SPEAKING THE TRUTH IN LOVE

*Rev. Fr. Biju Alappat*



Most of our relationships are developed through effective communication, both verbal and nonverbal. We all like a person who can articulate their thoughts while understanding the feelings and emotions of others. We call them people with a Heart. Pope Francis speaks about “speaking with the heart” in his 57th World Day of Communication message. Empathy comes from the Heart. Britannica defines empathy as “the feeling that you understand and share another person's experiences and emotions”.

Empathy of a person finds its true meaning in his or her capacity to listen to whom he or she converses.

Only a true listener can be a good person; moreover, a true communicator. Listening doesn't mean that you accept all of what the other person says. Pope Francis says, "listening with an ear of the Heart" in his 56th World Day of Communication message. Listening is "the grammar of communication and a condition for genuine dialogue."



Jesus is the perfect model for empowering others with his way of conversation. Throughout his life, Jesus was empathetic towards various types of people, whether sick or healthy, sinners or "good Samaritans," even to those who criticized Jesus. The narrative of the disciples who were going to Emmaus is the best example of the power of empathy in conversation. Jesus was accompanying them. He heard their fear, anguish, and felt with them “Jesus himself, drawing near, travelled with them”. Lk 24:15. Jesus didn't make any accusations against their way of thought. Instead, he listened to them and began to converse with them from Scripture. Jesus'



conversation was from heart to heart so that they could experience the power of Jesus. The disciples finally experienced the power of sympathy in conversation, “Was not our heart burning within us, while he was speaking on the way, and when he opened the Scriptures to us?” Lk 24:32

Furthermore, empathy in conversation is cordiality. Pope Francis defines cordiality in communication as “Communicating in a cordial manner means that those who read or listen to us are led to welcome our participation in the joys, fears, hopes and suffering of the women and men of our time.” (57th WDC) True communication is in the manner of dialogue, which means participatory communication. This is the Synodal way of journey.

Goodness comes from the heart, and it is a sign of empathy. Empathy is a state of mind where we see the other person as our own; it goes beyond sympathy “A good man, from the good storehouse of his heart, offers what is good. And an evil man, from the evil storehouse, offers what is evil. For out of the abundance of the heart, the mouth speaks” Lk 6:45. Goodness could be seen in a person where the gifts of the Holy Spirit are bloomed.

We are living in a world where we hear many hate speeches. The result is obvious: enmity and hatred. Conversations should lead to uplifting our minds from negative thoughts to positive aspirations, which means imparting empathy and peace to those who hear us. How to speak and what to speak with others is clearly said by St. Paul. “Only such as is good for edifying, as fits the occasion, that it may impart grace to those who hear” Eph 4:29.

We experience and nurture empathy from our family through our conversations with family members. Try to love the other person before we begin our conversation. Of course, it is challenging in the digital way of communication. “A pleasant voice multiplies friends, and a gracious tongue multiplies courtesies” Sir 6:5. Just like the relationship between honey and honey bees.

In our daily life, we converse with various types of people with different ideologies, belief systems, qualifications, and business perspectives. There may be occasions where we have to profess our faith and values. We should not be afraid of communicating the truth but speak it with love so it may not hurt the listener. “Acting according to truth in charity, we should increase in everything, in him who is the head, Christ himself.” Eph 4:15.

## Academics

## SPREADING JESUS'S MESSAGE AMIDST ADVERSITY

*Rev. Sr. Liberata Fernandes sfm*



“And we know that for those who love God all things work together for good, for those who are called according to his purpose.” Romans 8:28

In the peaceful moments just before dawn, the first rays of sunlight, are a comforting reminder of the spiritual blessings bestowed upon me. With this profound assurance and divine guidance, I feel empowered to greet the meticulously planned new day with unwavering resolve, knowing that every step I take is by God's will.

I firmly believe that God has a purpose, and a life's calling for each of us. Mine is to spread the message of Christ to the students entrusted to my care and to do good in every way I can, to all those who seek help. I hope to offer comfort and to reach out to those silently suffering, as well as the marginalised.



The journey has not been an easy one. My day begins at dawn and ends way beyond dusk. My mind is constantly active, adding to my to-do list, and this drive keeps me going. I have so much I want to accomplish for the school, my students, the villagers of the schools I have led, and for the community as a whole.

The youth of today is faced with so much adversity. Young minds are engulfed by the ill effects of mobile phone addiction, easy access to vices and a deterioration of the value system. Earthly iniquities are drifting them away from Jesus. I believe in teaching by setting an example, so, I take my students along when I work for social causes, such as providing relief for orphans and street children at the railway station. Additionally, I make an effort to sensitize the students to care for the elderly in nursing homes and ailing nuns by visiting them and providing basic necessities. I involve students in activities such as paddy cultivation, tree planting, cleanliness drives, organic fruit and vegetable plantation, waste segregation, and

making and distributing cloth bags in the vicinity. This helps instill in them a sense of responsibility towards the environment and the community.

Goa is a tranquil state, blessed with the spirit of secularism and brotherhood, protected by St. Francis Xavier and various other saints who have walked these sands. Unfortunately, we cannot ignore the alarming reality that surrounds us. the degradation of the environment in the name of progress, the increasing number of unemployed youth lifestyle diseases, broken families, and increasing indifference between people.

As a religious dedicated to the service of humanity, I strive to reach out to those in need of guidance and support. The path is not an easy one. There are so many obstacles trying to weigh me down mentally and emotionally. Yet, I choose to stand firm and continue my journey rising above the adversities. I feel optimistic under the protective mantle of Our Lady of Perpetual Succour. It is a guarantee that we will have trouble in this world as Jesus himself did. But, with his power and presence in our lives, we are called to endure and thus shine the light of Christ.

The Lord has been gracious and has rewarded my work. I was invited to Delhi to deliver a presentation on 'Effective School Leadership', an honour given to a few selected schools across the country. Additionally, I was invited to Kristu Jayanti College, Bengaluru, for being one of the top three schools in India for implementing 'Sustainable Development Goals'. I am humbled by this recognition. My greatest reward is the overflowing respect and unwavering support that I have earned of my students, their parents and the community at large.

My heart goes out to all those spreading the message of Jesus amidst adversity. I understand your struggles. Have faith in God's providence and be assured of his constant presence and guidance. Together, let us continue to bring the estranged flock closer to Jesus.

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***Consider it pure joy, my brothers and sisters, whenever  
you face trials of many kinds, because you know that the  
testing of your faith produces perseverance.***

***Let perseverance finish its work so that you may be  
mature and complete, not lacking anything.***

*James 1:2-4*

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## Faith

**THE POWER OF STORYTELLING  
IN SPREADING FAITH***Dolcy D Cruz*

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." is a verse from Psalm 46:10. There is great joy in this simple sentence. It gives you assurance that you don't have to do anything but have full faith in God. You cannot stress about tomorrow and you cannot plan for the future without the will of God.

Every opportunity given to write a story is a chance to praise the Almighty. As a feature writer for a leading newspaper in the state, I have been using my gift to tell the good news for the past decade and a half. However, my love for telling stories goes back way before I started writing. Every family has a great storyteller and, in my family, it was my maternal grandmother, Estefania Rodrigues. However, this bond was sacred, her stories were meant only for me. I made it a point to spend my holiday at her home so that I could learn about the different aspects of Goan life, which I would miss out on while being busy with my studies in the town.

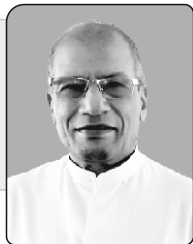
She had a small bedroom in a mud house with a tiled roof. From her window, she could see everyone passing by on the main road. In this small room, she had made her own space for Mother Mary and the Saints. As a school-going child, I was introduced to St Dominic Savio, St Francis Xavier, St Anthony of Padua, The Guardian Angel, Fr Agnel, and Mother Mary. Each of these paintings was beautiful and well-framed. Every morning, she collected white 'mogras' from her garden and made small garlands, sometimes even with five flowers. However, every frame was garlanded and every saint was prayed to with their Novena and prayers.

It was this initial love for God and the stories of these saints that brought me closer to religion and taking it to my friends. I believe that everything happens for a reason and we are all put in a certain situation, not just for our good but also to help others. In the end, all the pieces fit together as a perfect jigsaw puzzle. That is the reason God gave me the opportunity to use my talent to take his message to the world through my writing.

Through my articles, I have been able to cover almost all the feasts in Goa. Over the 16 years of my career as a feature writer, I have written about the origin of Christianity in Goa, the love for St Anthony, the patron Saint of Goa, St Francis Xavier, and the staunch belief that devotees have in him.

*Cont. on page 17*

## Spirituality

**LIVING AN ABUNDANT  
LIFE IN THE SPIRIT***Rev. Fr. Norman Almeida sfx*

In a world buzzing with ceaseless activity and endless demands, finding moments of genuine peace and tranquility can feel like chasing shadows. The external world forces itself on us, insisting that power, possessions, popularity, and pleasures of the flesh bring happiness. They do not! They cannot! However, as many come to realize, these external markers of success ultimately leave us feeling empty and unfulfilled.

It is amidst this cacophony of the noisy world that we must seek out a realm of profound serenity—a sacred space where the soul finds solace, and the spirit finds its true home. This tranquil oasis of the spirit is a sanctuary of stillness—a place where the distractions of the outside world fade away, and we are enveloped in the gentle whispers of the divine. Here, in the quietude of the spirit, we discover a deeper, more meaningful connection with the divine—a connection that transcends the confines of time and space, and opens our hearts to the infinite possibilities of grace and peace.

Someone once noted, “The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.” Each of us can transform our life—and we must if we desire the constant influence of the Holy Spirit, and want to realize our own divine potential. Therefore, the constant plea to repent daily is really a loving invitation to enjoy more abundance in our lives.

This transformation begins with placing our Lord at the center of our lives, striving to live according to His higher commands, and seeking first the kingdom of God and His righteousness. As we align our lives with the teachings of Jesus Christ, our hearts and our very natures begin to change. We find ourselves filled with a sense of peace and contentment that surpasses all understanding—an abundance that cannot be measured by worldly standards. It is a richness of spirit—a deep and abiding joy that sustains us through life's trials and tribulations.

Living an abundant life in the spirit means embracing a lifestyle that prioritizes spiritual growth and inner peace over material gains and societal approval. It involves a conscious effort to cultivate virtues such as love, patience, kindness, and humility. By doing so, we create a spiritual environment within ourselves that allows the Holy Spirit to dwell and work

within us, guiding our thoughts, actions, and decisions.

In this sacred journey, prayer and meditation become essential practices. They are not just religious rituals, but profound experiences that connect us directly to the divine. Through prayer, we communicate with God, expressing our deepest desires, seeking guidance, and offering gratitude. Meditation, on the other hand, allows us to quiet our minds, listen to the divine whispers, and immerse ourselves in the presence of God. These practices anchor us, providing a solid foundation upon which our spiritual life is built.

Moreover, the community plays a crucial role in our spiritual journey. Surrounding ourselves with like-minded individuals who share our faith and values can provide support, encouragement, and accountability. Together, we can grow, learn, and navigate the challenges of life, reinforcing our commitment to live abundantly in the spirit.

Let us strive to live lives that are abundant in the Spirit—lives that are filled with love, joy, and purpose. It is about shifting our focus from the transient to the eternal. It is about nurturing our relationship with God, transforming our inner selves, and allowing the Holy Spirit to lead us to a life of true fulfillment. By embracing this spiritual abundance, we can find lasting peace, joy, and purpose, regardless of the chaos that surrounds us. May we all seek and find this profound serenity, living each day with a heart full of divine love and grace.

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## **THE POWER OF STORYTELLING IN SPREADING FAITH**

*Cont. from page 15*

The Feasts celebrated in Goa are known all over the world. There are also unique celebrations that are only held in Goa like Touxanchem Fest for the Feast of St Anne at Telaulim or the Tisreachem Fest at Nerul. There are very few who knew about these feasts like the villagers and their relatives and friends. But since I had the opportunity to write about it in the newspaper, these feasts reached every Goan.

Storytelling can inspire people to explore their faith and visit these places in Goa and experience the wonders of God. They can offer their petitions to different Saints who will intercede for them. This was my way of bringing these local stories to the Goans and spreading the Good News of God and his miracles. Miracles happen every day in one's life and one has to only believe in God and his works.



Global

## A JOURNEY OF FAITH AND DEDICATION

*Rev. Fr. Anthony Swamy svd*



Twenty years ago, I was in a small town in Rajasthan, nestled in the hills, and the air was filled with the sweet fragrance of blooming flowers. I was in charge of the hostel of 480 boys and girls. The classes were up to 7<sup>th</sup> standard. The children were from different villages, a bit shabby but very cute, and had a lot of hope and love in their eyes.

After a few months of being with the children and teaching them, I could recognize a girl named Kamla, one who was very different from the others. She hails from an interior village and her village was a place where everyone knew each other, and life followed the rhythm of nature and tradition. Her parents were farmers and she was the youngest among the three siblings. Despite their humble means, they valued education and the power it held to transform lives.

Kamla was a bright and curious child, always eager to learn and explore. Her parents, recognizing her potential, decided to send her to a boarding school in the nearby town. The school, Nirmala Niketan, was the first school and boarding by the SVDs. For Kamla, this meant leaving behind the familiar comforts of her village and embracing a world that was entirely different from what she had known.

She was good in her studies, shy in her approach, helping the small kids like a mother. Yet, she stood out among the girls not because of her circumstances but because of her unwavering faith and dedication. I could notice every morning, she could run to the grotto to just pray, seeking strength and guidance. Every evening, she used to lead the rosary. Her regularity in prayers and her quiet, serene nature earned her the respect of her peers and teachers alike.



Kamla's devotion did not go unnoticed. I could see in her a rare blend of intelligence, humility, and deep spirituality. She excelled in her studies, after completing class 7 from Nirmala Niketan school, joined Government school in that town. Along with studies, her commitment to her faith only grew stronger.

*Cont. on page 21*

## Coverpage Feature

# MISSIONARY MANDATE: PROCLAMATION THROUGH WITNESS

*Rev. Fr Suresh Mathew OFM Cap*



The Catholic Church teaches that she is missionary by her very nature. It means that evangelization activity is something, that flows from the very nature of the Church herself. Evangelization is the essential mission of the Church. The concept of evangelization may be controversial in the Indian context. It is looked at with suspicion and equated with proselytization.

The purpose of this evangelization is described as “to make men share in the communion between the Father and the Son in their spirit of Love.” The Church believes that the message and content of the evangelization is the Good News, the Word made flesh. It is pointing to Jesus Christ. People who proclaim it are only instruments in the hands of God.

Pope Francis breathed fresh air into the Church's missionary activities through his First Apostolic Exhortation, *Evangelii Gaudium* translated as 'The Joy of the Gospel.' The Pope invites Christians to embark on the mission of evangelization with the joy of the Gospel. The essence of evangelization does not change and it still, is the proclamation of Christ. “The heart of its message will always be the same: the God who revealed his immense love in the crucified and risen Christ.” In fidelity to the teachings of Christ, the baptized have a duty to go and proclaim Christ. “All the baptized, whatever their position in the Church or their level of instruction in the faith, are agents of evangelization.” The source and strength of evangelization is explained as going beyond oneself and sharing what a believer has received in baptism. It is this sharing that makes a person fully human. A dignified and fulfilling life is attained only when we reach out to others. Evangelization is not to be seen as an isolated individual activity, but rather a communitarian activity.



The mission is accepted by, every baptized Christian, but the mission is accomplished in a community. Therefore, communion and mission are interconnected. This communitarian aspect forces people, to get involved in the lives of people, by word and deed. Therefore, an evangelizing community is willing to abase itself to touch human life especially the suffering flesh of Christ. An evangelizing community is supportive and stands by people at every step of the way, no matter how lengthy or difficult it may be. Pope Francis,

rightly uses the term 'evangelizers smell the sheep' to express the involvement of evangelizers in the daily lives of people.

It is an invitation to imitate Christ who 'knows his sheep.' Pope Francis expresses his dream of missionary evangelization where the missionary impulse would first take on the Church, transforming herself, its customs, and structures. He recommends, the cohesive and comprehensive sense of human life that the Gospel offers as the best remedy for all the ills of our cities. At the same time, 'a rigid and uniform program of evangelization' is not apt to face the multifaceted realities of cities. Therefore, the Pope exhorts, to face the challenges of the culture of cities with the leaven of the Gospel.

### **Mission in Indian Context**

Kandhamal had become a synonym for communal carnage. Its land was soaked with the blood of scores of Christians massacred. Its horizon was blanketed with smoke smoldering from the houses and worshiping places of Christians which were set on fire; its air was filled with the venom of hate-mongers of the Hindutva breed.

Fifteen years down the lane 35 stars are emerging, from the same place to brighten its gloomy sky. The announcement by the Vatican Congregation for the Cause of Saints granting permission for initiating the process of beatification of 35 martyrs of Kandhamal in Odisha, who gave up their lives for their faith during the 2008 anti-Christian riots, is nothing less than a miracle. From now on, they will be called the 'Servants of God' and it is the first step towards sainthood.

It is only on the rarest of the rare occasion that the Vatican gives its green signal for initiating the beatification of a group of persons. Some of the group's canonization in the past are the 120 martyr saints of China, 103 Korean martyrs, 117 Vietnamese martyrs, and French Revolutionary martyrs. It is of unprecedented significance that 34 of the 35 Kandhamal martyrs are lay people, the only other person being a priest. Among the lay people, 11 are women. India has hitherto got just one lay person saint in Devasahayam Pillai. This makes the Vatican announcement an epoch-making one.

The Church in Kandhamal is less than two centuries old. But the faith of the Christians there is deeper than the deepest seas and stronger than the strongest. The orgy of violence that hit Kandhamal put their faith to the test. The Hindutva goons put to use the most gruesome methods like beheading, strangulation, setting on fire, and many more cruel measures to break the back of their faith. Houses of umpteen Christians were vandalized; worshiping places were demolished; thousands were forced to leave their hearth and home and live in jungles for days together.

But, many of them like Kantheswar Digal, Fr. Bernard Digal, and 33 others, whose process of beatification is underway, preferred to give up their life rather than give up faith. Their faith in the Lord Jesus Christ could not be lessened even a bit by the most heinous and brutal attacks unleashed on them. This should be an eye-opener for those who boast of caste, rite, or similar mundane things as a yardstick of faith. We have a true example of an evangelized church in Kandhamal. The relatively young evangelized community has given to the

Indian Church a group of martyrs who shed their blood for Christ.

The message from the martyrs of Kandhamal is loud and clear in the context of challenges in evangelization in India. It is not only priests, nuns, and religious, but the lay people too can be on the way to becoming saints if their lives measure up to the Christian faith. It is, neither rituals and rubrics nor ceremonies and celebrations that make one truly Christian.

The unadulterated faith in Jesus Christ and observance of the core values He preached should be the soul of our Christian life. That is the message coming from the martyrs of Kandhamal. There is a message for the Church in India to focus on strengthening the faith of the people, rather than splitting its energy on amassing material possessions. The growth of the Church lies in strengthening its spiritual base, not enlarging its physical empire.

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## **A JOURNEY OF FAITH AND DEDICATION**

*Cont. from page 18*

As the years passed, Kamla felt a growing call to serve God and humanity. After much contemplation, prayer, and guidance by the Parish Priest, she decided to join the convent after completing her education. Her decision was met with mixed reactions. Her family, though supportive, was saddened to see her leave a potential career in the world outside. Her friends admired her courage but couldn't fully understand her choice.

Kamla joined the Sisters Servants of the Holy Spirit (SSpS) after completing her class 10. The transition was not easy. The life of a nun was one of strict discipline, selflessness, and often, solitude. But for Kamla, it was a life filled with purpose and peace. She immersed herself in the daily routines of the convent, from early morning prayers to community service, always finding joy in the simplicity of her existence.

Her dream was realized when she made her first profession on 03 May 2013 and took her final profession on Perpetual vows on 25 July 2020. She is the first SSpS sister from Jhadol to become a missionary to Argentina. She furthered her education by completing her Master of Social Work (MSW) in Bhopal. Kamla, now Sister Kamla was commissioned to a mission in Argentina, a place far removed from the arid landscapes of Rajasthan after her final vows. The transition was daunting, but her faith was her anchor. She embraced her new role with grace, seeing it as a divine calling to bring hope and love to those in need across the world.

Sister Kamla's story became an inspiration to many. A small girl whom I saw 20 years ago is now commissioned to the mission. She is also an inspiration for the three those who followed her and became missionaries in the Holy Spirit (SSpS).

God Calls and commissions each and every time whenever it is needed. Sister Kamla's journey from a small village in Rajasthan to a mission in Argentina is a testament to the power of faith, education, and unwavering dedication. Commissioned by God to a global mission, her life of service, rooted in deep spirituality and compassion, continues to inspire and transform lives across continents.



## PORGOTTNAR TO – BHAVARTH POSRAILO

*Maria Darlene Almeida*



Devan amkam soglleank ginean ani sotea diun, amchea hatant vaur ani zababdari dilea ani aplem karya sonvsarant fuddem vhorunk to anvddeta. Jezuche bore khobreche porgottnar zaun, Jezucho rupkar amche bhonvtonnim asleank ani akhea moniskullak, Devachi vollokh diun jiyeunk, tachi yezonne ani hetu.

Jezun, had'dleli bori khobor sam'nea ani sadea loka meren pavounk kalla-kalla ani yugam-yugam zaitea lokamni zaun te yadnik, madri, mottvaxi ani loukik bhavam-bhoinnamni aplem yogdam diun, Jezuchem Raj staphunk aplem jivit korchilem ani aiz pasun korchit asat.

Aplea apovneantlean, amchi Göychi bhuim girest korpi, amcho Göykar put Sorgest Padr Faustino de Souza. Lhan Faustino, aplea jivitant Devachem hajirponn on'nbhovtat ani aplem missanv ollkhun gheun, veta thoimsor aplea jivitant Devachem karya jiyeunk proitn korta. Xikpan uxar aslolean, Faustino ugtea monan ani visvaxiponnan aplea sangatean borobor vagun, Tot-ginnean ani Dev-xastrachem xikop Raiturche Siminarintlean sompun, 6-ver Abrilache 1919 vorsa, Pilarachea Mottant Yadniki Sonskarnni ghetla.



Ek yadnik koso lok bhavarthan jiyeunk Padr Faustino sopna sopnetalo. Poilo Franciscan Mottvaxi bhavamchi Sonstha, Duler hanga ugti korunk chintalo punn magir Göyant zaiteo dadleamcheo dusreo sonstha asleo to vaddtat tem polloun khuxal zata, ani kitem unne asa tem korunk ievjita. Tea kallar Göyant madrinche Konvent nasle ani madriponnachem apovnnem asa tea cheddvank Göyam bhair vechem poddtalem. He sondhecho faido kaddun, sogllo thokos gheun madri bhoinnank Junhache 16-ver 1935 vorsa, "Congregation of the Sisters of the Holy Family of Nazareth" ghoddta. Aiz, tachem missanv ani karya, he sonsthecheo madri aplea vaurantlean fuddem vhorot asat.

Padr Faustino de Souza-hachea jivit dusreamche sevechem ani bhavarthachem zalem. Aichea kallar amkam itlim sompeponnan ani svolotheo asun porian ami dusreamchem polloun vo tim kitem kortat tanche bhaxen korunk soddtat. Hea vorvim, ekach Devachem Raj sthapunk

amkam kaido ani hok'k asa mhunn ami visortanv. Hanv ani tum hem dhoronn pattim dovrn, Jezu Kristak govai diun, toch Jezu amchea jivitache chalintlean ani vagnnukentlean dusreank diunk ami raji zatanv?

Padr Faustin-an, apnnank zai zalear anik ek padrinchi vo mottvaxi bhavamchi sonstha sthapunk zatali, punn tannem toxem kelem na. Tanchea borea vauracher apunn addkhol zaunche bodlek bhavart ximpaddunk, kosli goroz asa ti polleta ani Nazaretachea Povitr Kuttumbachea madrinchi sonstha ghoddta. Tachem mon ani kalliz, amkam sohobhageliponnacho gunn apnnaunk xikoita. Bhavart jiyeunk ani soglleank ek sarkem gheun vaurunk amkam ute'jon dita.

Jezun, apleak xisank mhonnlem, *Vochat ani Xubhvortoman porgottat* (Mk. 16:15), hea vorsacho govllik vixoi, Nazaretachea Povitr Kuttumbachio madri jiyetat. Aplea sonstheachea songottonank visvaxi ravun, aplem karya somazant tore-torechea vaura vorvim apli prexitay (ministry) jiyetat. Xikxonnik mollar nhoich bhurgeank borem xikonn diun punn somazant borim nagrikam zaun, purai toren tanchi vadd zaunk bhar ghetat. Voizuki mollar, somazache degek asloleank ilaz diun ani bholaike vixim tanchi kallji gheun, tankam favo tea vellar ani somoyar okdham favo kortat. Zantteam sovem, kaklut dakhoun tanchi bhurgim zal'lea porim poramus korun, tancho kuidad ghetat. Onath vo ghorant proxonn aslolea bhurgeank boarding-ant dovrn, tanche bhurgeponn jiyeunk adhar ditat.

Povitr Sobhent, apli seva diun, bhavartheamchea kallzamni Jezucho rupkar jivall kortat. Holy Family Sisters, nhoich Göyant aplem missanv pallun apli seva ditat punn Göyam bhair pois missanvamchea ganvamni vaurun, Jezuche bore khobreche porgottnar zatat. Aplea ghoddnaracho, hetu monant dovrn, Jezucho vaur fuddem vhorun bhavart posraitat.

Padr Faustino de Souza, aplea yadniki jivitant Jezucho porgottnar zaun, bhavart posrailo. Tachea jivitachi dekh gheun bhavart piddear korpi nhoi punn bhavart posraun, Jezuche Raj fuddem vhorun jiyuenk vaurm-ia.



## Women

# EMPOWERED WOMEN - THE FAITHFUL DISCIPLES

*Rev. Sr. Faria Barretto*



The apt theme 'Inspire inclusion' chosen for this Year's International Women's Day celebrated on 8th March 2024, was in fact an unpretentious attempt to value women's inclusion in every sphere of life. While the world recognises the accomplishment of women in different fields of endeavour, whether national, ethnic, linguistic, religious, economic, political, etc., it is good to note that women are integrated into the life and Mission of the Church too, to a large extent.

The Synod of Synodality invites the Church to listen and discern, especially those on the Margins of the Church and Society. Pope Francis's specific intention for April 2024 states: "We pray that the dignity and immense value of women be recognized...." Such and various other attempts are tangible steps to be more inclusive, particularly concerning women. Pope Francis anticipates the whole church to be a participatory Church walking together in Communion and fraternity. Undeniably, Women Religious are appreciative of the Pope for his daring decision that allowed them to participate and vote in the Synod of Bishops on Synodality. Pope has rightly said; "The Synodal journey is not of getting answers and making decisions. The Synodal journey is walking, listening, hearing, and moving forward. It involves listening to life under the guidance of the Holy Spirit who is the protagonist of the synod."

Despite all the genuine efforts within the Church, there is still an urgent need to make sure that women are listened to, allowed to participate in decision-making processes, and take on roles of responsibility in Pastoral care and Ministry. God is the potter and we are the clay, being shaped into His likeness, day by day! Can we imagine a single day without a woman existing in this world, particularly in the Church? We cannot deny the fact that God has empowered woman with innate and instinctive qualities like responsibility, power, beauty, sacrifice, and so on.

Notwithstanding male dominance, women in the history of Christianity surpassed all societal expectations of Biblical times. I wish to have a glimpse into the life of a few exceptional women of the Bible who dared to speak, serve, lead, sing, prophecy, teach, and preach:

**Mary of Nazareth:** As the mother of Jesus, Mary's all-important role in the Bible goes without saying. After all, she was the one who gave birth to the world's saviour when she was just a teen, just as the angel Gabriel said she would. (Ref. Luke 1:26-33)

**The Samaritan Woman:** It's interesting that Christ allows the Samaritan Woman to share her testimony of their interaction. She was the first Samaritan to hear the good news, and the first to share that news with others. (Ref. Jn 4:4-26)

**Mary Magdalene:** Mary Magdalene was certainly a faithful follower of Jesus. After being healed by Him, she travelled with Him and witnessed his crucifixion, burial, and resurrection. (Ref. John 20:11-16)

**Mary of Bethany:** Mary always put Jesus first. While she was hosting Him at her home with Martha, He commended her for "choosing the better" by sitting at His feet. (Ref. Luke 10:38-42)

**Martha:** While Mary's sister Martha was chastised by Jesus for putting her hosting duties above learning Jesus' word, she was still a devoted follower who wanted Jesus to be comfortable and waited upon. (Ref. John 11:17-24) and also **Sarah** (Ref. Genesis 21:1-7) **Ruth the Moabite** (Ref. Ruth 2:10-13) **Rachel** (Ref. Genesis 30:17-24) **Hannah** (1 Samuel 1:24-28) **Deborah** (Ref. Judges 4:4-9) **Esther** (Ref. Esther 8:3-6) **Miriam** (Ref. Exodus 15:20-21) **Hagar, Abigail, Jehosheba, Rahab, Bathsheba, etc.** are a few more women who demonstrated faith in God and honoured God throughout their life.

St. Paul also mentions the names of those women who worked very hard and struggled with him in the cause of the gospel. Phoebe in Romans 16:1-2, Priscilla her husband Aquila in Romans 16:3-5, Mary in Romans 16:6, Junia in Romans 16:7, Chloe in 1 Corinthians 1:10-12, Euodia and Syntyche in Philippians 4:2-3, Nympha in Colossians 4:15, Lois and Eunice in 2 Timothy 1:5, Apphia in Philemon, etc.

I just want to respectfully think that God designed a different way for those women mentioned above and those countless women who emerge victorious day by day to know and experience the fullness of God.

### **The Great Commission**

"Go and make disciples" is a mandate for women too. Jesus didn't leave us alone when He left. The Holy Spirit brought the comfort and power we need to be effective and fruitful. Effective discipleship is aligning our hearts with what the Holy Spirit is doing around us and following His promptings. It is being led by the Spirit as we go about our daily chores. "Go therefore and make disciples of every nation, baptising them in the name of the Father, and of the son, and of the Holy Spirit, teaching them to observe all I have commanded you. And behold, I am with you always, even to the end of the age." Matthew 28:18-20

At the General Assembly of the Union of Major Superiors of Italy, held on 13<sup>th</sup> April 2023, Pope Francis told Women Religious that they must be inspired by the style of their founding charisms, but must keep asking, "Lord, what should I do today? What should we do today?" "Always go with courage, seek the Lord and what he is saying to us today – not what he said to us yesterday, that's left to the sisters of yesterday, but today," the Pope told participating women.



## FOSTERING LOVE FOR SCRIPTURE IN FORMATION

*Rev. Sr. Joanita Dias S.F.N.*



There is a lovely quotation attributed to St Augustine which says: that **'The Sacred Scriptures are our letters from home'**. Letters are tangible evidence that we are thought about, that we are cared for, that through them we are being gazed upon with love.

We are God's children and Scripture is the Word of God. God gave us the Bible so that, we could know how to be faithful to Him. God's Word gives us guidelines that are applicable regardless of time, place, or person. It can influence our daily lives, our self-worth, our relationships and so on. Remarkable are the ways of the Lord who works even through flawed, imperfect persons.

God's Word is alive and powerful. It is sharper than any double-edged sword. God's Word can cut through our spirits and souls, through our joints and marrow, and can discern reflections and thoughts of the heart (cf. Heb. 4:6). God's Word restores and heals. Reading and reflecting on the Bible regularly keeps us close to God. It also gives us wisdom, joy, and guidance.

The Bible is the ultimate source of truth, wisdom, and spiritual transformation. Focus on Bible knowledge and upright living remains essential for transformation.

We have many examples of Saints who were transformed with Scripture as the base. I quote St. Ignatius of Loyola who while recuperating when he was gravely wounded in a battle with the French experienced a conversion. Reading the lives of Jesus and the saints made Ignatius happy and aroused the desire to do great things. Ignatius realized that these feelings were clues to God's direction for him.

It is said that Ignatius often quoted this Bible verse to Francis: "What good is it for a man to gain the whole world if he loses his soul?" (Mt 16:26). To his Society of Jesus, Ignatius in turn directed to **'Go forth and set the world on fire.'**, **'Act as if everything depended on you; trust as if everything depended on God....'**

Blessed Carlo Acutis is someone who showed us how to live according to the Holy Spirit and radiated the fruits of that life compellingly.

**Scriptures**, have helped me to form myself, especially, to focus on the centrality of God's **love** through Jesus and the process of being connected at a deeper level with God and with others. I learned to lean on God. No doubt, I fail...a LOT. I lose my temper. I don't always handle stress well. One may be tempted to ask – So, how can you guarantee fostering a love for Scripture in Formation stages? I must admit that although I am a lover of Scripture yet, falter with many failings as a human person. As a person, I might have failed but Jesus in His merciful love lifted me and assured me that I am being loved and

forgiven. The power of prayer with Scripture base and the Holy Spirit at work on my heart made all the difference.

I am aware that there is a **syllabus** in Formation stages on Scripture but fostering **Love** for Scripture is essential. The lives of the Formees are required to be shaped based on the Master - JESUS whom they wish to follow.

Paul emphasized the central role of Scripture in terms of both salvation and sanctification in 2 Timothy 3:14-17. The truth of God's Word marks lines of distinction so that our lives become meaningful and are united to one another in a community. If we do not know where to stand, how can we stand together? The perimeters of Scripture answer this question.

As Christians, if we submit to the authority of biblical truth, our hearts will be more conformed to Christ's image as witnesses. As true witnesses, we will yield the fruits of the Spirit rather than the works of the flesh in our lives (Gal. 5:16-26).

**The Bible provides guidance and adds purpose to our lives:**

1. **The Bible tells us WHO we are:** That we are children of God who have a tendency to sin but, we can be redeemed if we choose God and believe that Jesus died to save us.
2. **Bible Tells us WHAT to do (In Principle):** Although the culture was vastly different at the time the Bible was written, yet, humanity is dealing with the same struggles that persist today: pride, greed, guilt, hate, fear, etc.
3. **The Bible tells us WHY we should do what it says:** The Bible says in multiple places that those who believe in God and strive to do His will are given eternal life (Cf. Rom. 10: 9-20; Jn. 5: 24). There is no promise of a perfect life, the lessons in the Bible are meant for my benefit. That is why Jesus said, "...I have come that they may have life and that they may have it more abundantly" (Jn. 10:10).
4. **The Bible tells us HOW to do what it says:** God offers the fruits of His Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Cf. Gal. 4: 22-23)—to those who choose Him daily. When it comes to day-to-day life we can count on God to help us tackle the challenges that come our way by engaging in daily prayer and reading the Bible. We are powerless to do good on our own.

As followers, all are given the great commission: "You shall be witnesses..." (Acts. 1:8).

St. Joseph Vaz a great missionary model like St. Paul and St. Francis Xavier who became all things to all men for the sake of the Gospel (Cf. 1 Cor. 9: 22-23). St. Joseph Vaz preached the Gospel with ardent zeal and success. He endured insults, hostilities, burning of his chapels and outright persecution in his mission.

Every Christian is a bearer of the mission: GO FORTH...We are to be living examples and proclaimers in the place we live, among our neighbors and friends and those to whom we come in contact. One of the most effective ways to make disciples is to let others see you living a Christ-like life day-by-day (Cf. Mt. 5:16; 1 Pt. 2:12).

## Mission

**CHISDA MISSION***Rev. Sr. Anna Rosaria sfn*

For the last three decades, the Holy Family Sisters had been rendering services in the Union Territory of Dadra and Nagar Haveli in the Mission of Daman at Our Lady of Lourdes Mission Chisda, since 4 June 1994.



Chisda is nestled in the evergreen forest situated in the South west of Daman, Dadra Nagar Haveli. Our sisters came here in response to the call of Pilar fathers “in the spirit of our Founder, to serve the poor and to work for the integral development of these people”.

Chisda is a mosaic of primitive culture, idol-worship and utter poverty. The tribals speak either Marathi or the Warli dialect. They would move about in sparse clothing but now have changed a lot. Their houses are made of mud walls and low roofs of thatched jowar and wild plants. Their staple food is ragi, potatoes and jowar bhakri. They cook their food in earthenwares. There is paucity of water in this place with only a small pond in the vicinity. The water is polluted as the inhabitants wash their clothes and themselves together with their cattle- goats and bullocks in the same water.



Most of the tribals are non-Christians. The few who are Catholics are for name's sake. They look for material gain from the local church. But, while the 21<sup>st</sup> century favours abortion and feels bothered by the aged, for the Warlis a child is a gift of God and the aged are precious to the family as well as the community.

Our sisters visit the families in pairs or with a priest. They share their simple reflections on the Word of God with the people, pray spontaneously with them, and listen to their economic, social and health problems. These home visits are done on foot. Some families are about 5 to 10 km apart. The sisters visit them. Poor as they are, the Warlis have a loving and generous heart. They will offer you at least an egg when you visit them. The sisters also cater to teaching the children and conduct Mother and Child Health Programmes (MCH) as well as Mahila Mandals.

It is a challenging task and missionary in every aspect, where much still needs to be done. Yet the smoky hills, the mighty trees, the chirping of the birds and the mooing of the buffaloes God for His infinite love and care.

## Health

**EMERGENCY MANGEMENT***Dr. Rajkiran Yadav (bhms, Pgdem)*

EMERGENCY MEDICINE IS A MEDICAL SPECIALTY THAT EQUIPS DOCTORS AND GENERAL PUBLIC WITH THE KNOWLEDGE AND SKILLS REQUIRED TO CARE FOR PEOPLE WITH LIFE-THREATENING OR URGENT HEALTH CARE NEEDS.

DIVIDED INTO TWO CATEGORIES. ACLS (ADVANCED CARDIAC LIFE SUPPORT) AND BLS (BASIC LIFE SUPPORT)

BASIC LIFE SUPPORT CAN BE PERFORMED BY GENERAL PUBLIC WITH SOME BASIC KNOWLEDGE. IT INCLUDES EARLY RECOGNITION OF EMERGENCY LIFE THREATENING CONDITION AND ACTING UPON ACCORDINGLY.

**Step 1: Check for responsiveness:** Before providing BLS, check to see if the person is responsive by tapping their shoulder and asking if they are okay. If the person is unresponsive, shout for help and begin BLS immediately.

**Step 2: Call for emergency medical services (EMS):** If the person is unresponsive, call your local emergency number for EMS. If possible, have someone else make the call while you begin BLS.

**Step 3: Begin chest compressions:** Position yourself with the person on a hard, flat surface and kneel beside them. Place the heel of one hand on the center of the person's chest (between the nipples), and place the heel of your other hand on top of the first hand. Keep your fingers off the person's chest. Push down on the person's chest, compressing it to a depth of about 2 inches (5 centimeters) at a rate of 100 to 120 compressions per minute.

**Step 4: Provide rescue breaths:** After 30 chest compressions, open the person's airway by tilting their head back and lifting their chin. Pinch their nose shut and give two breaths into their mouth, making sure their chest rises.

**Step 5: Continue CPR:** After giving two breaths, return to chest compressions and repeat the cycle of 30 compressions and 2 breaths until professional help arrives, or until the person starts to breathe and show signs of life, or until you feel too tired to continue

**ACLS (ADVANCED CARDIAC LIFE SUPPORT)**

It is to be performed by trained medical doctor or medical staff. After medical aid has arrived.

It includes of giving high quality crp and use oxygen, cardiac monitors and aed (automated external defibrillator).



## Success Story

## BELIEVE IN YOUR ABILITIES AND SET CLEAR GOALS

*Miss Janhavi Prashant Chodanke*



A dream doesn't become reality through magic; it takes sweat, determination, and hard work. When you have an aim in life and want to achieve it, all that matters is hard work. Like every student, it was my dream to achieve the top rank in the SSC board exams at my school. This journey was not an easy one. There were challenges and setbacks. However, it's during those tough times that your true strength shines through. It's in those moments that you refuse to give up.

In the study routine that I followed, I studied subjects according to the topics in the chapter, not based on hours.

Sometimes I would finish some topics in 4-5 hours, and other times it would take me more time. My main aim was to study every concept of the chapter in depth and detail. You don't need additional expensive study material; the only book you need to prepare is your textbook. Reading is the key. Once you understand the topics well, you can answer in your own words. For mathematics, practice is important. I would practice it daily for at least an hour. I had finished the entire syllabus by January.

After that, during the study break, I was just revising, practicing my writing speed, and doing a lot of reading. You need to study every day; consistency is important. As students, we need to strike a balance in our lives: take some breaks to refresh our minds, sleep well, eat healthy, and take good care of our health.

Students, remember that any successful person you admire has faced failures in their life too, but the difference is that they never let their setbacks define their journey. When you are excited about something and invest sufficient effort, you can achieve anything. The very thought of my name being engraved on the PSC 'SSC Toppers Board' excited me every day to work hard. To be successful, you must believe in your abilities and set clear goals for yourself. Figure out what you need to accomplish and appreciate the whole adventure. The secret to success is simple: hard work, dedication, and determination. The path to success may be long and challenging, but with hard work, dedication, and a positive attitude, you can conquer your dreams.

"Success is, after all, the sum of small efforts repeated day in and day out."

The day after the results, when I went to school, Sr. Libia called me to her office and gave me the greatest surprise of my life. She told me that I stood first in the school. I was overjoyed. Who could be a better person than the headmistress herself to break this news to me? It took me a minute to realize what had just happened. My dream had turned into reality. This was only possible because of the support and guidance of the headmistress and teachers at Perpetual Succour Convent and my parents.

As a student, this is just the beginning of my journey, as many more academic milestones are yet to be achieved.

## HOFCOM REPORTS

### Appointments

After three decades, the Archdiocese of Goa welcomes the appointment of an Auxiliary Bishop, Fr Simião Purificação Fernandes, by Pope Francis on 6<sup>th</sup> April 2024, marking a significant milestone in its ecclesiastical journey. This appointment brings renewed vigour and vision, addressing the evolving needs of the faithful. This historic event invigorates the faithful, promising fresh perspectives and enhanced pastoral care. With gratitude and anticipation, the faithful eagerly anticipate the Auxiliary Bishop's guidance, shepherding the flock, fostering unity, and amplifying outreach efforts for generations to come. The Bishop-elect will be consecrated on 17<sup>th</sup> June 2024, at Se Cathedral Church, in Old-Goa, Goa - India.

### Death

Rev. Sr. Lydia De Sa (Infantina Carolina) from Chinchinim, Salcete – Goa, India, a member of Holy Family Sisters (SFN), is born to eternal life on 4 April 2024, at Eleanora Linse Bhavan, Sancoale. Sr. Lydia was a woman of unwavering determination and fearless conviction, her methodical approach and bold spirit left an indelible mark on the congregation as she served in different capacities such as Novice Mistress, Animator, Assistant General, Manager, etc. . . Her dedication to her faith and community knew no bounds. Sr. Lydia approached every task with meticulous care and precision. Her boldness in the face of challenges served as a beacon of strength and inspiration to all who knew her.

### Second General Assembly of Talitha Kum

The 2<sup>nd</sup> General Assembly of the World Anti-Trafficking Network Talitha Kum was held from 18 to 24 May 2024, at the Fraterna Domus of Sacrofano, in Rome. Sr. Crina Cardozo SFN, Social Worker from Goa, and a member of Holy Family Sisters (Goa), participated with more than 150 delegates from 71 countries, representing the 60 networks of Talitha Kum, religious and lay delegates, experts, supporters, Members of partnership networks, youth, and religious.

Cardozo says, after listening to the Sisters sharing realized that when people migrate for the betterment without proper guidance they are trapped and trafficked. The sharing of the survivors opened the pain and suffering of persons wounded by trafficking and inspired them to work more with the persons who are marginalized and affected with care and compassion. The representatives of the 60 Talitha Kum networks are committed to ending human trafficking in all the continents.

She continued, was blessed to meet the Pope tangibly and dialogue with him, much more receive his blessings. She says on 29th May while standing in a queue God sent one Sister and gave special tickets for three Sisters, as they had taken an ordinary ticket for the public audience, and that God fulfilled her wish to meet the Pope.

### **Orientation Program**

- To unleash potential in a supportive, enriching environment and merge creativity with personal growth, as encouragers, enablers, and trainers within local communities, one day Orientation program was given by Rev. Fr. Praveen D Souza OCD, and Tony Fernandes SFX for Animators on 30 May 2024, at Holy Family Convent, Sancoale.
- On 31<sup>st</sup> May 2024 at Holy Family Convent, Sancoale in order to equip to nurture and support school children from diverse backgrounds, including those from broken families, a one-day orientation program was conducted for Animators, Hostel and Mess Incharge by Rev. Praveen D Souza OCD.
- To prepare for global missionary needs, guided by the Spirit and embark on a transformative journey of growth and self-discovery and for holistic personal development, orientation program was held for those in Formation from 29<sup>th</sup> to 31<sup>st</sup> May 2024 at St. Anthony Juniorate, Old Goa and Holy Family Convent, Sancoale by Rev. Fr. Felix SJ and Praveen D Souza OCD.

### **Perpetual Vows**

Having experienced the compassion of Jesus Christ, Srs. Cloissal Cardozo from Canacona and Jovita D Souza from Quellossim made a profound covenant, on 23 April 2024, in the presence of His Excellency Rev. Filipe Neri Cardinal Ferrao and Rev. Sr. Berna Rodrigues, the Superior General and the people of God at St. Joseph Vaz Sanctuary, Sancoale-Goa. They dedicated their lives embracing a lifelong dedication to compassion and selflessness in committing perpetually to serve Jesus Christ through the poor, and the marginalized, embracing humility, love, and sacrifice. Through their vows, they pledged to manifest Christ's presence in the world through their actions of service and compassion.

### **Accolades**

Perpetual Succour Convent School, Navelim was selected for Kristu Jayanti Excellence Award for the implementation of Sustainable Development Goals (SDG) in Education. Sr. Liberata Fernandes the Headmistress, presented the school's contribution towards the SDG at the National Educators Summit on Transformative School Education at Kristu Jayanti College, Bengaluru on 10th May 2024. The school won the third place.

### **Top Performing Schools in Goa Board SSC Exam**

Holy Family Nazareth Educational Society rejoices as Perpetual Succour Convent High School, Navelim, carves a place among the top five schools in Goa with the highest percentage of 97. 22% with 180 students appearing for exams this year. They are placed in the fourth position. A proud moment indeed for the school and a word of appreciation to the teachers and Headmistress - Sr. Liberata Fernandes, for her effective Leadership.

### **Course in Pastoral Communication**

Sr. Molly Fernandes completed a Certificate course of three months in Pastoral Communication at Niscort Media College, Vaishali, Gaziabad, (NCR) Delhi.

# Congratulations

to you dear

Toppers



St. Michael's Convent High School, Anjuna  
School percentage: **98.41%**  
**Miss Saiesha Pradip Betkar 88.17%**



Perpetual Succour Convent High  
School Percentage - **97.22%**.  
**Miss Janhavi Prashant Chodanker (93.16%)**



St. Theresa High School St. Estevam  
School Percentage **100%**  
**Mast. Pranav Sunil Lohoti...90 %**



**St. Joseph Convent High School**  
School Percentage : **88.23%**  
**Miss Mahek Dwivedi 81%**



**St Joseph Vaz High School**  
School percentage **85.11%**  
**Miss Finnia Moniz- 82.16 %**

**"Kudos to school management and teachers for impressive and exceptional results! Your collaboration and commitment have transformed students' lives, fostering academic excellence and nurturing future leaders. Heartfelt gratitude for your tireless efforts!"**





A TRIBUTE OF LOVE  
AND GRATITUDE  
TO DEAREST  
SR LYDIA DE SA.



A DREAM FULFILLED OF MEETING THE POPE.



RECEIVING OF CERTIFICATE FROM ARCH BISHOP OF AGRA - REV RAPHY MANJALY

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

