

# सIVERA

The Dawn

January - April 2023/ Vol. 47

## RISEN CHRIST THE PRINCE OF PEACE



## THIRST FOR PEACE





## Communication Day Activities





# CONTENTS

**02** From the Editor's Desk

**03** Superior General's Desk

## Family Connect

**05** Peace a Norm in Immediate Relations

**07** Padr Faustino Xanticho Dut

## Youth Connect

**09** Life Without Social Media

## Nature Connect

**11** Violence Destroys  
Our Common Home

## Coverpage Feature

**13** Thirst for Peace...Unquenched?

## Peace Connect

**16** The Greatest Gift of Easter

**18** Mary Ambassador of Peace

**20** Mhaka Tan laglea

## Global Connect

**21** Greed a Disease That  
Kills Peace

## Women Connect

**23** Empowered Women  
Exhibit Hidden Skills

## Vocation Stories

**25** VOCATION – a gift from GOD

**26** Touched by the Word

## Mission Connect

**27** The Soulful Joy

## Health Connect

**28** Home Remedies Found Effective

**29** HOFCOM Reports:  
News in Brief

**32** Tickle your brain

Editor : **Sr. Molly Fernandes sfn**

Published by:

**HOLY FAMILY COMMUNICATIONS CENTRE (HOFCOM)**

All correspondence and contribution may kindly be addressed to:

The Editor

**SAVERA**

Holy Family Communication Centre, Fr. Faustino Road,  
Sancoale, Goa 403710

E-Mail: hofcom2014@gmail.com

**SFN SAVERA - Vol. 47      January - April 2023**





From the Editor's Desk

## SEEK PEACE

*Sr. Molly Fernandes sfm*



"Blessed are the peacemakers for they will be called children of God" Mt 5:9

Aforementioned beatitude tells us that peace is both a messianic gift and the fruit of human effort. It is peace with God through a life lived according to his will. It is interior peace with oneself, and exterior peace with our neighbours and all creation. Indeed, peace is the supreme good to ask as a gift from God and, at the same time, that which is to be built with our every effort.

Thirst is a synonym for dryness, dehydration, etc while its antonyms are aversion, hate/hatred and indifference moreover, the word 'thirst' is used to describe varied types of thirsts however today the whole of creation is in groaning and is yearning and longing for Peace. Because Man is made for peace!

This year on 'World Day of Peace' Pope Francis challenges us to travel on new paths that allow us to cast off the chains of old habits and to be better prepared to dare new things and says: "No one can be saved alone, Combatting Covid-19 together, embarking together on paths of peace".

While the visits of our Pontiff, to countries to promote peace and his recent one even from a wheelchair to Kazakhstan, is indeed a gesture of more than words can say. His heart rending appeals to Leaders of Country "We need peace. More peace. We cannot remain indifferent..." has become the cry of every life displaced and lost due to war, unemployment, murders, etc. in the conflict in pursuit to have more than enough.

Thirst for Peace, was a day of prayer promoted by St Pope John Paul II on 27 October 1986, however thirty years after the historical Day of Prayer, representatives of different religions and cultures who believed that the "Spirit of Assisi" could bring peace in a world wounded by violence and war met in Assisi in September 2016, for three days, and in their prayer on the last day, also lit a candle for 27 countries experiencing war and violence.

Therefore, the leaders ruling the nations ought to take responsibility of being ambassadors of peace after the great leader like Mahatma Gandhi, Mikhail Gorbachev, St John Paul II and the Prince of Peace Jesus Christ, who says, "Peace I leave you, My Peace I give to you" Jn. 14: 27

Recalls Pope Francis, that all crises are interconnected and that we must not forget any of them, but work for the good of humanity for St. Teresa of Kolkata stated "If we have no peace it is because we have forgotten that we belong to each other".

On the 48th death anniversary of our Founder Fr. Faustino de Souza, who indeed endeavoured to be an angel of Peace from his young age girded with prayer and patience and then as the anointed shepherd became a channel of peace through his sacerdotal life welcoming all without cast or creed, letting the peace of Christ to rule in our hearts, since as members of one body we were called to peace. So, let's choose to seek that peace which rules our hearts and not that which leaves us in pieces...



Superior General's Desk

# Message

## THIRST FOR PEACE

*Rev. Sr. Berna Rodrigues sfn*



As we celebrate the 71<sup>st</sup> year of our canonical erection and 48<sup>th</sup> death anniversary of our founder, Fr. Faustino de Souza, his contribution towards a peaceful society, it is apt to reflect on the conflicts that surround us and how we can handle conflicts meaningfully well. There is no place that is free of conflict in our fragile world, since there is no place free of human weakness. Our challenge as religious is to change our understanding of conflict as well as our response to it. In this way, we can use it as a means to “renew the temporal order and make it increasingly more perfect for such is God's design for the world.” Conflict is defined as “a difference in opinion or purpose that frustrates someone's goals or desires.” In this regard, it is good to question ourselves, am I aware of my own personal reaction to conflict? The fight or flight choice may be a good way to start as we reflect on this.



Scripture tells us that there are ways to deal with conflicts that are life-giving and allow us the opportunities to put our faith into action. The fact that we are striving to live as God-centered persons should permeate every aspect of our daily lives, including the area of conflict. In fact, there is no better opportunity to witness our call to holiness than in this area of conflict. Mt 5:23-24 urges us, “be reconciled and then come and offer your gift.” God desires that our relationships with others be peaceful and life-giving. In our thirst for peace, the four steps can be applied in every conflict in which we find ourselves.

**First, glorify God.** We are children of God and it reminds us of the journey toward holiness to which we are called. This means that we first take time to pray about our situation, asking God how we should respond. We suspend our natural, human reaction to the conflict, and prayerfully seek God's will. Maybe, we begin to view conflict as an opportunity, rather than a



burden. Replace our walls of defensiveness and stubbornness with attitudes of humility and prayer.

**Second, get the log out of our own eyes.** After asking God to open our minds and hearts, let us get the log out of our own eyes. We take responsibility for how we have contributed to the situation. We may have hardened our hearts against the other. Gossiped or lobbied others to take our side in the dispute! Refused to listen to other's perspectives! Demonised the other because of things that were said and done! We can identify three types of logs: our attitudes, our sinful words-actions, and our sins of omission.

**Third, gently restore:** In Gal 6:1, we read, “Even if a person is caught in some transgression, you who are spiritual should correct that one in a gentle spirit.” The better way to gently restore a relationship is to come from a position of humility rather than one of superiority. There is nothing humbler than openly and honestly acknowledging to someone how you have hurt them or how you reacted to the hurt you felt by their actions. This means we expose our vulnerability, which is the very place that defensiveness seeks to protect. God asks us to take risks for the sake of the relationship and to our faith witness. God is interested in how we have striven to heal our relationships.

**Fourth, go and be reconciled:** It is God's desire that we do all we can to be truly reconciled with one another. Col 3:12-13 urges us, “As the Lord has forgiven you, so must you also do.” The challenge is how to put behind us our grudges; to grow and celebrate our relationship; how to forgive truly from the heart. We forgive even if we do not feel like forgiving simply because God has forgiven us first. Forgiveness is letting the other person back into our heart; freeing another as well as myself from feelings of anger, hatred and revenge. When we forgive, we imitate the mercy of God. In, Our Father prayer, we ask God to forgive us in the same way that we forgive others! This realisation should spur us on to greater determination to develop a spirituality of forgiveness as we respond to conflict in our lives. This will enable us to bring peace in our midst, despite our brokenness.

The feast of annunciation reminds us of the prince of peace who will be born amongst us and remain with us (Emmanuel). It also brings to our consciousness the “yes” of Mary to the Will of God despite her limitations which would have caused a lot of conflicts in her life. Let us seek the intercession of Mary, implore His blessings upon us and on all our undertakings. Let the spirit of our founder, Fr. Faustino, who labored to reign peace in the midst of various conflicts, be a constant pillar.



## Family Connect

# PEACE A NORM IN IMMEDIATE RELATIONS

Mrs. Monica Fernandes



**“The family is the first essential cell of human society.” Pope John XXIII**

You don't choose your family, they are God's gift to you, as you are to them. God has created each one of us unique, even the fingers of our hands are different in similar manner as each one of us is different it is very obvious that our nature, our likes and dislikes are different. Many times because of our different thought processes there are differences in our opinions there by causing clashes among family members and the society at large. So what is expected of us?

***“If it is possible, as far as it depends on you, live at peace with everyone.” Romans 12:18***

Yes my dear friends we all know that **Peace** means freedom from disturbance. **Norm** means the rule or that which is expected, **immediate relations** means relationships within a family.



Everyone needs a house to live in, but a supportive family is what builds a home. In

this world of unrest what can you do to promote world peace? First let us bring peace in our own home. Every family member needs to make it a purpose to encourage peace whenever they can. We need not repay evil with evil. On the contrary, repay evil with a blessing. Even when we are provoked to react differently, we need to focus on the end goal. We need to bear with one another, forgive each other for the Beatitudes in Matthew 5:9 states “Blessed are the peacemakers for they shall be called children of God.” Those who are peacemakers their rewards are immeasurable. Choosing peace over everything else is what Families

need to promote. In order to have peace in a family we ought to have peace within ourselves because peace does not dwell in the outward things but within our soul. Inner peace begins the moment we choose not to allow another person or event to control our emotions. Peace cannot be achieved by force; it can be achieved only by understanding and love. Peace begins with a smile.

Peace is not the highest goal of life but it is the most fundamental requirement for a family to be together. **We need to be at Peace Not in Pieces.** For that we need to pray as a family because a family that prays together stays together. Do you know what the most expensive thing in the world is? Well anything that costs you. Your Peace is the most expensive thing in the world. Due to lack of peace, many families have broken up; many have died or lost their lives when emotions like anger and hatred overpowered our thinking and our actions. Everyone needs peace of mind in order to work well, as children need peace of mind to study and concentrate on their work.

**Peace is one of the fruits of the Holy Spirit** - that helps a family to go through any life challenge and storm peacefully. Peace is a very important aspect of life. Many times excessive thinking about the future or stress causes our peace to be destroyed. During times like this we need to read the word of God that brings us hope and helps us gain peace of mind. For children to be happy beings this PEACE must be there in the family. The three letter word EGO must be replaced by LOVE and RESPECT for each other. If the family is at peace the society is also at peace. Because man is a social being. He cannot live as an island. If there is unrest in the family the children may land up being a menace to the society at large. Whenever there is an argument in a family, always strive for a win – win situation rather than winning yourself and letting the other down. We must practice forgiveness to heal our soul of all that hurt and thereby heal the relationship. In order to gain PEACE we need to let go of all that is negative. We cannot just wish for PEACE, we need to work at it. **“Peace is a journey of a thousand miles, and it must be taken one step at a time”.** President Lyndon B. Johnson.

So let us promote peace by speaking kindly, work cheerfully, give generously, apologize humbly, forgive quickly, pray together and love each other.



## PADR FAUSTINO XANTICHO DUT

*Sr. Carmen sfn*



Jezu punorjivont zalea uprant, Tache xis, bhieun asle. Jezu tanche modem yeun tankam mhunnttle "Xanti tumkam". Punn Jezuk polletoch, xis tothak zale ani uprant tancha bhorvanso vaddlo.

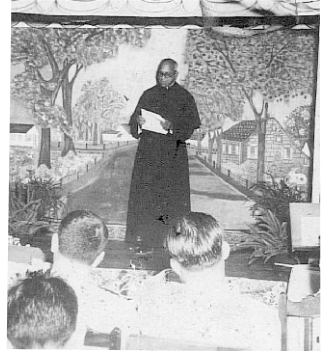
Moniskull xantik axeta. Ami polletanv konn porim raxttram eka-mekacher zhuz mandunuch asat. Konnakuch lhan vo khalti zaunk naka. Dolleant vetat teo vastu amkam zai-xio distat. Soglleank aplea jivitant sukh zai. Punn hem sukh konn ditolo? Jem kitem amchie lagim asa tantunt ami khuxal nant. Zaum tem amchem ghor, amchem bhatt, amchim mottoram, adi. amkam tachea von odhik zai ani anik mellonam zalem mhunnttoch jivitant aslolo suseg ani xanti bigoddta. Jiv voir-sokol zaunk lagta. Manxik jivitant vadoll uprasta.

Xanti zonn ekleachea bhitor asa. Punn hi xanti amchean dusreank koxi diunk zata? Ek-eklean poilem, lhan-lhan vastu mogan, sonsnnikayen ani hanstea tonddan kelear, svota amchem mon ani kalliz thondd zata. Amchem mukhamoll rosrosta ani kallzant bhorlolo sontos nodrek veta. Toxench apkhuxen dusreank adhar sohokar kelear amchea jivitant ami xanti onnbhovtanv. Oslea boreaponnam ani vagnnuke vorvim ami xantiche dut zatanv. Zalear bhailea vostumni ti ami kiteak soddtanv?

Amcho sthapnnar, Padr Faustino, Sankvalle – 40 vorsam ani her firgozamni ek Gonvlli koso, khub motthvacho vaur kelo. Somazik mollar zaitem vaitt choltalem tacher tannem kaim mudheavoir, andolan korun nixed marlo. Bobo hueli marun nhoi bogor lokank gheun ogeponnan chollvoll korun, upas korun, adi. Osle upai gheun tannem chollvoll keli ani taka yes favo zalo. Oslea somajik ani toxench kuttumbam sovem kel'lea borea vaurantlean to ek xanticho dut zalo.

Zaite kuttumb borobor vo ekttaim jienasle. Tannem, ek-ek kuttumbant bhatt divn. Kuttumbache prosn ani tancheo gorzo vollkhun ghetleo ani tankam goroz tem dilem. Zaite pautt poixeancho adhar dilo. Karkanne asle tea karkanneachea vholdilam thaim somporkh korun nokrio nasloleank nokrio diunk vavurlo. Kuttumbant ghov-baile modem tontte vo zogddim zatalim tankam, svota apoun haddun boream margdorxonn dilem ani upkari monan ani kallzan tim sovostkaien aplea ghora porot vetelim.

Xanti aslolo munis, sodanch khoxi asta. Zaite pautt, adhar magi nastanam,



dusreancheo gorzo vollkhota ani dusreanche khuris vhorunk adhar dita. Xanti soddunk ami hanga thoim vochapachi goroz nam. Ami Povitr snan ghetlolim monxam. Xanticho dut amche thaim biradd korun asa. Hoch atmo amkam, aplea ghottaien ani zannvaaien bhorta.

Assizacho Francisk oxem magnnem korta, “zoi zhogddim pett'tat thoim ami xanti haddum. Zoi dubhav rigleat, thoim ami bhavart thiraum... Hea vorvim dusreamchem jivit ami sukhest ani follvont korunk pavtanv.

Padr Faustino amchie sonsthecho shapnnar zaunk paulo kiteak taka dusreachem poddun ghel'lem. Taka dusreancho usko aslo. Dusream monxam thaim, to Jezucho rupkar polletalo ani tanchi seva kortalo. Jednam osgachi pidda Gōyant aili, ani zaito lok morunk laglo tednam, aplea jivachi porva korinastanam, tannem tanchi seva keli.

Padr Faustino aplo vaur ogeponnan kortalo. To dusreank dakhounk korinaslo. Toxench eka disa, eka kuttumbant logn aslem ani lognachea disa, tankam jevonnn (rice) unnem poddlem. Xezareamni Jacinta Carvalho, hika Padr Faustino-xim dadli. Padr Faustinon, sisterink ek chitticho kuddko boroilo ani sisterink, hea gorjechea disa ek tandllacho sak goroz tea hea kuttumbak di mhunn sanglem. Oslea udhar monacho ani dusreanche uske pois kortolo amcho Padr Faustino aslo. Zaito pautt dhakttulo 'note' dhaddun dusreank adhar diunk sisterink sangtalo.

Padri kosoch nhoi bogor ek lhan bhurgo koso tachea boroborchea thaim pasun ek xantichem hatiar zalo. Tachea jivitant voir sokol zalem tednam, goirsomoz zalo tednam, tannem aplo pakho gheun nam. Punnn sovostaien sogllem sonslem.

Madr bhoinnink xantin jiyeunk lhan-lhan udharonn diun, koxie toren xantin jiyeunk zata tacher margdorxonnn ditalo. Madr bhoinn Leonien sangloli ek ghoddnni: “Ek dis class sompouche adim, Fadoran amkam oxem mhonnttlem: 'Aiz dis darer poddlea uprant matxe kan diun tumkam kitem-i aikunk yeta titem aikat. Faleam hanv ailom mhonnttoch mhaka sanglear zata.' Fadoran amchea koddchean kitem zannam zaunk sodtalo tem zannam zaunk ami ravtalim. Te sanje amkam tak-tak... tak-tak, oso avaz yeunk laglo. Rat zata mhonnosor to avaz thamblo. To avaz khoim thaun yetalo to amkam somzunk nam. Dusre sokallim, Fador, class diunk ailom tednam ami jem kitem aikol'lem tem taka sanglem. To avaz khoim thaun ailo ani koslo avaz to ami somzunk nant tem Fadoran pollelem ani amkam bore bhaxen iskuttaun somzailim: 'Sokol aslolea gorvanchea gotteant thaun to avaz ailo. Jednam redde bhair bhonvun porot aile tednam, te tonn khaunk ghele. Ani tonn khatanam, tanchi xingam eka-mekak ad'dotalim, punn te zhogddo nasle vo zhogddonk nant. Tonn khaun zatoch, te ghotteant aple suvater bosle. Dusrea disa, sodanchech bhaxen utton, porot bhair ghele.' Uprant Fadoran aplo sondex dilo: 'Ami sangata jiyetanam, amchea jivitant voir sokol zatolem. Ami-i hench korchu goroz! Ami xantin jiyeunk porot ektaim yeun jiyeunchim goroz'” !!!Eke bhaxen, veta thoimsor, to ek xanticho dut zalo.

Youth Connect:

## LIFE WITHOUT SOCIAL MEDIA

*Jade da Silva*



Facebook came into being 6 days before I myself came to be. I've grown up hearing cameras snapping more frequently than any generation that came before and even find some comfort in the familiarity of the click. I haven't known a life wherein social media didn't exist. In a way, it feels like we've grown together – while I learned to walk, and talk and be a functioning unit of society, social media annihilated it. Facebook may be considered passe now, but it did signal the fall of the first domino that revolutionised the way we interact with the community.

'Give me your Instagram handle.' It's a sentence I hear more often than I'd like to admit. As an in-denial social media addict (who isn't, really?), I'd like to think I form 'real', 'genuine' connections before taking a look at someone's social media profiles. But it has become the primary way I gauge the personalities and interests of my peers. There's more information at my fingertips than ever before, and that's not just limited to news cycles and politics but rather, even the small, personal dynamics we are all a part of.

A world without social media would vastly differ in the way we keep in touch with others. Maybe having a directory with people's birthdays would still be a thing, rather than relying on social media alerts? We definitely



wouldn't be able to keep up with as many people, because in the absence of social media, keeping up would require a conscious effort, thereby adding some friction to the process.

I suppose it would be nice to not be surrounded by this constant messaging that if life is not flashy and interesting and conforming to manufactured definitions of 'fun' then it is somehow less worthy. Social media creates an illusion that we know people better than we actually do. It's ironic that only in its absence can the illusion break to allow for a deeper, more meaningful connection.



In the very same vein, however, a life without social media would deny us the opportunity to connect in the way that we do – we would walk this earth believing we are limited in communities, ignorant to the existence of all this place has to offer. There are so many facets to this mammoth of social media.

When we think of what it entails, Instagram, Facebook and Snapchat are the predominant platforms that come to mind. However, there's so much more to social media. Goodreads and Storygraph are social media communities for book lovers and readers. There's Pinterest which has a repository of ideas and images on anything you can think of – whether it's fashion, events, music, home décor, gaming – you get the point. Reddit is a website with multiple discussion forums wherein users can ask questions, and interact with like-minded individuals. Whether you're a young adult struggling with the next step in your career or you just want to unwind at the end of the day by scrolling through some memes or you have a vested interest in a certain video game. Reddit has something for you. I'm sure there's so much more out there that I've never even heard of, but the overarching theme here is that social media can greatly expand one's horizons.

It's a double-edged sword. A little bit but of scrolling can do a lot of good, but cross a line and you are set onto a path of ruin – of your mental health and social well-being. Being addicted to these platforms is not entirely the fault of the individual. In this economy of attention, where clicks and engagement constitute the primary currency, social media platforms position themselves to be addictive through algorithm-curated feeds, with no regard for the messages that can be purported by these suggested posts and advertisements. It's a highly unequal war – between the common man and huge corporations equipped with the best engineers and artificial intelligence to keep you hooked.

Moving beyond interactions between people, social media advertising has changed the face of marketing and thus led to a massive shift in consumer patterns which then affects the economy.

Imagine a world in which you didn't need to scroll. And tuck that distant dream in bed. The attention economy is here to stay. And as much as the cards seem stacked against us, it's important for us all to also recognize the power we hold as consumers. Platforms merely exist because we give them the chance. So, I suppose we can try to limit our consumption, block addictive apps and put ourselves more out there in our physical environment. It is in these moments our humanity will come rushing back. Social media isn't going anywhere, but by taking our power back we can get snippets of what it would be like to be free from it – even if it only lasts a little while.

## Nature connect

# VIOLENCE DESTROYS OUR COMMON HOME

*Sr. Joanita sfn*



God in the book of Genesis commanded human beings to care for the Earth (Gen 1:28). The beautifully made Earth which was pleasing to God's eyes was placed into the hands of human beings as tenants or caretakers.

St. Francis' "Canticle of Creatures" invites us to give voice to creation to praise God, and through creation, to exalt in the creator: "Laudato sí." It is a religious obligation to maintain the harmony of creation. So also His Holiness Pope Francis in His encyclical **Laudato Si (Care for our common home)** calls all people of the world to take "swift and unified global action"

## Earth cries out

Anything I do has an impact on nature. The once beautiful earth has its own ugly tale: the heaps of garbage at every nook and corner. This is a constant reminder of the fading sense of dignity of the human person, for both the consumers who generate so much waste and for the people who live close to these garbage sites. So the **earth cries out** to see the devastation of the environment. God gave us a bountiful garden, but we have turned it into a polluted wasteland of "debris, desolation and filth". Some of us are so immune that we accept it as part of the landscape and so are indifferent or



resigned to the loss of biodiversity and the destruction of ecosystems, often caused by our irresponsible and selfish behaviour. "Because of us, thousands of species will no longer give glory to God by their very existence, nor convey their message to us. We have no such right"

**Global warming** continues leading to ever more severe droughts, floods, fires and extreme weather events. Climate change is also contributing to the heart rending refugee crisis. The world's poor, though least responsible for climate change, are most vulnerable and already suffering its impact. When we mistreat nature, we also mistreat human beings. At the same time, each creature has its own intrinsic value that must be respected. Let us hear "both the cry of the earth and the cry of the poor" (Laudato Si', 49), and do our best to ensure an appropriate and timely response.

## **The celebration of violence**

Due to human selfishness there is violence on every side. Violence - in our homes, our schools, streets, our nation and world which is destroying the lives, dignity and hopes of millions of our sisters and brothers. Beyond the violence in our streets is the violence in our hearts. Hostility, hatred, despair and indifference are at the heart of a growing culture of violence. Verbal violence in our families, communications and talk shows, contribute to this culture of violence.

**A nation born in a commitment to “life, liberty and the pursuit of happiness”** is haunted by death, imprisoned by fear and caught up in the elusive pursuit of protection rather than happiness. Our society seems to be growing numb to human loss and suffering. Apart from the wars like Russia- Ukraine, there continues the Cold War caused due to ethnic, tribal and political conflict. It wasn't always this way and it doesn't have to be this way.

## **U- Turn technique and “NO” to violence**

We can turn away from violence; we can build communities of greater peace. It begins with a clear conviction: **respect for life**. Respect for life is not just a slogan or a program; it is a fundamental moral principle flowing from our teaching on the dignity of the human person. It is an approach to life that values people over things. Respect for life must guide the choices we make as individuals and as a society: what we do and won't do, what we value and consume, whom we admire and whose example we follow, what we support and what we oppose. **Respect for human life** is the starting point for confronting a culture of violence.

## **Our Faith in Jesus Christ**

The Catholic community cannot ignore the moral and human costs of so much violence in our midst. Call to conversion and a framework for action are essential. Words cannot stop weapons; statements will not contain hatred. Yet commitment and conversion can change us and together we can change our culture and communities - person by person, family by family, neighbourhood by neighbourhood. If we believe our faith in Jesus Christ gives us the values, vision and hope that can bring an important measure of peace to our hearts, our homes, and our streets.

Unless catechesis, homilies and school syllabuses at every level are environment oriented, nothing will change. We must use all available resources to develop and impart a culture that is environment oriented. Then there will be no littering, no felling of trees, no abuse of human life, and peace will prevail. And hopefully St. Paul's dream will be fulfilled, creation will cease to groan at the revelation of children of God (Rom 9:18). Human nature too is groaning, awaiting liberation.



Coverpage Feature

# THIRST FOR PEACE...UNQUENCHED?

Fr. Richard D Souza



“We need peace, more peace, we can't remain indifferent, and today the world has a profound thirst for peace” said Pope Francis in his address in the Interreligious meeting.

The world stands in need of peace and peacemakers. Many Countries are devastated, destroyed and broken into pieces due to wars. India too experiences turbulences in peace due to Political Polarisation. Majority try to rule over the minority, with Constitutional amendments, bills and laws that threaten the existence of Christians and other minority religions. We are called to be the Peacemakers amidst situations where a few political leaders in the nation try to tear us into pieces.

What is Peace?

As Google daddy says, “Peace is a concept of societal friendship and harmony in the absence of hostility and violence” Peace means a state of lack of conflict and freedom from fear of violence.

Peace in the Bible means absence of war, having the right relationship with God and neighbour, a state of serenity etc. In scriptures we are called to be in peace with God, with my neighbour and oneself. The true peace is a gift of the Holy Spirit (Gal 5:22) and all have to seek and pursue it (Ps 34:14). God gives true peace in troubles which no one offer. (Phil 4:6).

“I Thirst” (Jn19:28) is the key word uttered by Jesus from the Cross that has deep meaning. It implies the human as well as divine nature of Jesus. Jesus thirsted on the cross that he can quench the deepest longings of our soul that is Peace. After the resurrection Jesus said, “Peace be with you”, my peace I give to you (Jn14:27) which reveals that the world is in need of Peace.

The thirst for peace is the deepest longing of the world today. Pope Francis, rightly said, we need peace, more peace.

Does Humanity really thirst for peace? What are the “thirsts” of the Modern world?



*Thirsts for Treasurers:* Wealth, Treasures, money possessions many times create illusions that life is all about them. Material wealth is important, but unable to offer true peace. The treasures of the transformed life can ease your soul at peace.

*Thirst for Pleasures:* Most of the humans are dominated by sexual, sensual pleasures. Modern technological inventions, along with the internet provoke the thirst for sensual pleasures. The younger generations gradually become prey to pornography and try to experience peace. As some addictions like drugs, alcohol etc. offer short cuts for happiness and peace, the youth and children are misled.

*Thirst for popularity:* The desire to be popular is gaining ground among youngsters. Sometimes people seek very cheap popularity, at the cost of others. Reels in Instagram, Facebook and other social networks, status videos etc. have become the ways to quench one's thirst for popularity.



*Thirst for Power and Authority:* The nation is known for power politics. All the political leaders spend resources these days to win in the upcoming election and acquire the chair. The thirst for Power and Authority matters a lot in India, in bargain they create conflicts among the people in the society.

*Thirst for God experience:* We can't deny the fact that there are section people who go in search of spiritual experiences. The religiosity is increasing day by day. There are many good spiritual leaders in all religions who strive to bring peace in the society through the practice of the religions.

*Thirst for Internet Visibility:* Thanks to the advent of the internet that connects the whole world and created a revolution in the field of Communication. Most of the people are active on the internet and some are addicted, have become prey to internet disorders. Content creators highlight more on likes, subscribers, reels, shares, revenues and get visibility on the internet. There are cases of violations of ethics in the production in order to be visible among internet generation.

*Thirst for modern Gadgets/Technology:* The technological developments have given an identity for many, with the gadget they use. Many smart phones and iphones have created a particular community which they are proud to relate to. Some are obsessed with mobile, laptop and other brands. They find prestige in using modern gadgets.

In spite of everything, human beings still feel empty within. The true peace has become a nightmare for them.

Some of the areas where our peace is challenged today:

*Political Polarisation:* The Indian democracy is at stake due to rampant

polarisation taking place in the name of politics and religion. The political parties are playing the trump card of religion and try to widen the gap in the society for their selfish motives. Minorities are treated like second class citizens.

*Digital Footprints:* The Social Media revolutions transformed the field of communication. Email accounts, images posted, locations tagged, information portrayed like ones interests, hobbies, actions, beliefs routines on digital platforms through the internet are tagged and monitored creating digital footprints which can't be erased easily. The content posted on social media get viral and creates chaos in the society. Pope Francis in the last Communication Sunday message urged the communicators to strive for peace in the digital world.

*Religious Fundamentalism:* The gap between Spirituality and religiosity is widened. Religious followers failed to understand one's own religion. They are influenced by Politics. This has resulted in communal disharmony, riots and religious fundamentalism in many states of India. The peace and harmonious coexistence of society is threatened.

*Educational infiltration:* Education must create good citizens who love peace. Education must become a process of internalising the value of peace in young minds. The value of peace is reflected in the value based education system, caring, respecting and tolerating at portals of education. Unfortunately infiltration of fringe ideas crept in the school syllabus. This paralyzed our education system in India. The recent development shows that the schools, colleges and universities witnessed violence within and outside campus.

*Human Conscience at Stake:* Silencing of the rightly formed conscience is fatal. One of the reasons why conflicts, violence are increasing in society is the failure of our conscience formation systems like the education system. The government agencies propose to install CC cameras in the areas is the sign that humans fail to follow their conscience. If Human Conscience itself is manipulated, peace will be a nightmare.

The result of all these is the degradation of humanity. The increase in wars, conflicts, crime against women, children, murders, suicides, unethical practices that challenge the value system, failure of constitutional intuitions of democracy to promote peace are the few signs that humanity is craving for peace.

Is it possible to quench the Thirst for peace?

Dehydration causes vertigo and blackouts. If the thirst for peace unquenches, Humanity suffers. Therefore we need to promote more peace missions. No one can give peace to me which Jesus can give. Experience the peace of God, Comes as the gift of the Holy Spirit The true peace comes from the crucified Lord. Closer we become to Lord Jesus, the more peaceful a person we will be.



Peace Connect :

## THE GREATEST GIFT OF EASTER

Bro Senbern Fernandes OFM Cap



We have to be grateful to God for the numerous gifts which we have received. Our health, our life and also the fact that we are alive today is a gift from God. Easter peace is the gift that the resurrected Christ offers us. Sixty years ago Pope (St.) John XXIII issued an Encyclical letter '*Pacem in Terris*' (Peace on the Earth). The main focus of this Encyclical letter was "that peace between all people must be based on *truth, justice, love and freedom.*" It was the last Encyclical of Pope John who issued it on 11th April 1963, Holy Thursday and the Holy Father called it his "Easter Gift."

Peace comes from the Latin word *pax* which means tranquillity. All of us will come to a common consensus that the urgent need of our country and the world is peace. I am usually drawn to the words of prophet Isaiah "*In the wilderness justice will come to live and integrity in the fertile land; integrity will bring peace; justice give lasting security. My people will live in a peaceful home, in safe houses, in quiet dwellings.*" (Isaiah 32: 15-18)

After the great tragic event when the apostles were filled with fear and anxiety, Peace was the first gift given to them on the eve of the resurrection by the risen Lord. This gift of Peace to the apostles has a perfect timing, it comes to



them during a time when strength and courage was needed to shoulder the responsibility and challenges of proclaiming the *Gospel* to all nation. Similar were the events when *Pacem in terris* was issued. 1963, when the Second Vatican Council was taking place, it was also the time of the Cold War, the erection of the Berlin Wall, and a growing threat of nuclear war. Pope John XXIII very clearly and directly declares that “*peace can only be achieved by obeying God's law.*”

Pope John explains in this encyclical that conflicts "should not be resolved by recourse to arms, but rather by negotiation". He further emphasises the importance of respect of human rights as an essential consequence of the Christian understanding of men. He clearly establishes "that every man has the right to life, to bodily integrity, and to the means which are suitable for the proper development of life."

The document remains a "continuing commitment" to peace. Although the way of war has changed since the writing of the encyclical, and today there seems to be more violence and conflict than before. The resurrected Jesus comes and stands among us. The resurrected Jesus offers each of us this gift of peace as a wish and as a testimony of Easter. Every time we listen to the word of Jesus in the Scriptures, and when the Scriptures are preached among us, Jesus shares with us his gift of peace to calm our fears and ease our worries as we face the difficulties and challenges of everyday life. Every time we participate in the Holy Eucharist, the risen Christ comes among us, stands among us and gives us his peace to calm the storms we face in life and soothes our emotional pains.

Many of us are aware of a famous prayer often attributed to St. Francis of Assisi commonly known as 'peace prayer.' The prayer itself is an invitation for us to live our life in light, faith, hope and joy. This prayer of peace reflects the life of Jesus which St. Francis longed to imitate. All of us are called to walk the path of St. Francis, the path of peace. Our Indian culture says “Vasudhaiva Kutumbakam”. The world is my family and we all ought to strive towards global unity and brotherhood.

Let us allow ourselves to be a blessing to others, a blessing of peace, and the peace that only the Risen Jesus the prince of peace can give. In a world where there are so many conflicts and divisions, so much anxiety and fear, let us acknowledge the presence of the resurrected Lord Jesus among us! Let us invoke Mary *Queen of Peace* that she may intercede and obtain peace for us in this troubled world.

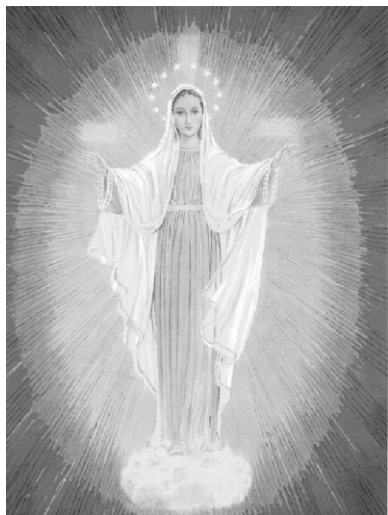
## MARY AMBASSADOR OF PEACE

*Sr. Selma sfn*



Late Pope Benedict XVI proposed Mary's serenity as the source of interior peace and as the foundation for world peace on the World Day of Peace in 2013 saying that Mary shows "the interior peace which we ought to have amid the sometimes tumultuous and confusing events of history, events whose meaning we often do not grasp and which disconcert us." Therefore, Mary is the Mother of entire humanity, our close partner who, 24x7 enables us to walk on the way that leads us to Jesus.

God chose Mary to become the Mother of His only begotten Son, sending the angel to her who said, "Greetings favoured one, the Lord is with you" (Lk 1:28). As a young growing girl, 'Did she understand everything that was happening? No, but her FAITH in Yahweh, was her weapon to understand the things which were beyond her thinking. In the midst of her confusion, doubt, turmoil, uncertainty, etc, Mary could still sing the praises of God saying "My soul magnifies the Lord and my spirit rejoices in God my Saviour" (Lk 1:46 – 47). From the time of Jesus' birth, till His death Mary always became His follower, walking in His footsteps. After His death too, she became a devoted mother to the Apostles to strengthen, encourage, support, guide, inspire them and thus became a strong pillar to them, (Act 1:14).



No doubt, Jesus is our Eternal and Supreme Prince of Peace. Mother Mary is the first follower of Jesus who did the will of God throughout her life time. Thus Jesus says, "Who is my mother? For whoever does the will of my Father in heaven is my mother..."(Mt 12:48-50). And so, Mary the Mother of Prince of Peace is also called the Ambassador of Peace.

On 9th July 1906, Pope St. Pius X, crowned the statue of Our Lady of Peace. Later, during the First World War, Pope Benedict XV added the title: 'Our Lady Queen of Peace' to the Litany. And the World Day of Peace was established by Pope Paul the VI in 1975. She is the instrument of peace. As humans when we are blamed, belittled, ignored, rejected; when we face difficulties and when, one after the other challenges come on our way, we lose peace of mind and thus we grumble and react. But in the case of Mary it was not so. The more she faced challenges, uncertainties, in her life, the more her faith grew in Abba Father. She simply trusted in God totally.

Mary did not do great things but simple things she did them with lots of love and dedication. When the Angel Gabriel came and told her that she is to become the mother of God, she could have taken pride and pleasure in it. But no, she was humble. This same humility made her to go and visit her cousin Elizabeth, who required assistance and helping hand in her old age. For being chosen to be the mother of God she could have demanded comfortable things in her life. But instead of having a comfortable life she faced lots of uncertainties like flight to Egypt, struggles in finding a place to give birth to Jesus and so on.

In all this, however, Mary remains even tempered, she does not get agitated, she is not overcome by events greater than herself; in silence she considers what happens, keeping it in her mind and heart, and pondering it calmly and serenely.

What is our reality in life? We exclaim saying, we pray to God so much, we have faith in God, we try to live life with the fear of God, we try to follow the Gospel values and so on, but still why does God send so many problems, tensions and tribulations in our lives?. Why my life is not sailing smoothly even after remaining connected to Jesus?

Our own experience towards our Mother Mary will be very unique and special. My personal closeness with Mother Mary is that she is my close guide. In times of turmoil and stress it is she who holds me in her arms which at times I am even not aware of. But the peace that I experience through her is tremendous. She is the silent listener, worker and giver.

Mary the Ambassador of peace shows us the way by her very life how we ought to have interior peace amid the sometimes tumultuous and confusing events of history, events whose meaning we often do not grasp and which disconcert and disturb us. Queen of Peace, pray for us.



# MHAKA TAN LAGLEA

*Sr. Petornila sfn*



Tan mhaka laglea niz tujea mogachi  
 Konn ti bhagoitolo ek veng marun mogachi  
 Tan mhaka laglea nhoi tumchea danam bhettech  
 Punn tumchea khaltea doyall jivitachi  
 Him utram zaun asant Jezuchim

Padr Faustino ghoddnnar amchea sonsthecho  
 Devachea utrak tanelole porjecho motto usko kori  
 Ganv Des soddun, pois-pois vochun madri zaunk  
 Fati sortolea bhurgeamchi tan bhagoili Göyant Sonstha ugoddli  
 Hi yeuzonn zaun asa Padri Faustinochi

Mhadei nodi amchi kallam kallam vhavont aili  
 xetank-bhattank, zonvorank  
 Toxench lakhamni lokanchi tan bhagoili  
 Dusmanamni marli boddi, punn diupi amchech bhageli  
 Tan laglea punn piyeunk udok nam, roddtta polle bhurgim  
 Hem roddnnem asam Göychie porjechem

Avoi bapui koxtt korun bhurgeank aplea postat  
 Zai naka titem diun mogan tanchi seva kortat  
 Xikop korchem, vhodd zaunchi, usko tanchi korit astat  
 Zanntte pirayer apli seva korun tan bagoitolim mhunn ravtat  
 Hi axea zanntte avoi bapainchi

Abril Mai yenam fuddem xetam bhattam rauta tellun  
 Paus kednam yetlo kai piyeunk udok pott bhorun  
 Toxench bhavart amcho ghoth korun visvaxi jivit jiyeunk  
 Jive zhorintlem udok piyeun atmik tan bhagounk  
 Hi asa axea tanelolie porjechi

## Global Connect

# GREED A DISEASE THAT KILLS PEACE

*Shanel Machado*



By the word peace one may mean to be in a place where no hatred exists and every corner is filled with love, care and respect, where conflicts are handled peacefully. If we take a look at the old times when Jesus Christ was there, people had no likes or dislikes and instead they would spend their time in listening to what Jesus would preach, that is the parables, at first, they could not understand but gradually they got the meaning of it, with this they would lead a humble life, happy with whatever they have and not expecting too much which is what created peace among themselves.

When the time changed and as human beings became intelligent and challenging over the period of time, which brought huge developments worldwide there by wanting more and more to be achieved, human beings were never satisfied with what they were achieving and always felt the need of being insatiable above anyone else in the world which slowly started to destroy peace among people.



Today, war is waging among countries to have the best amenities and to be the most powerful leader that anyone could be on earth and in this competition of greed lakhs of people are suffering. There are tensions going on in many nations. It is not only the people who are not at peace but also the earth, as due to the human activities, has been shaken by the natural disasters and has created ecological disturbance.

So many people across the world have lost their livelihood taking the instance of what happened in Afghanistan, when the Taliban invaded

their country and snatched the land of Afghanistan and made their citizens their slaves. Ladies not given their rights to live freely and being dominated by the men for in places like Iran, Syria, the Palestinians etc. a recent case that took place in Iraq where a youtuber was strangled by her own father and he termed it as 'Honour Killing' which was done because of the women exposing themselves in public and to curtail their freedom.

Mass bloodsheds and houses destroyed no sympathy for the lives of children and babies who had to die through the shelling in the region of Ukraine due to Russian attack merely by the reason that Ukraine has become a member of NATO. Even those who are striving to make some income for a living, including the economically weaker section people who count for each day that they would get a bread, failed to generate peace within them as the richer sections have grabbed everything living the poor behind without anything. Since the rage of fire has spread so much vanishing peace, that Pope Francis has now visited countries to carry on peace talks and to bring hope to the people and that with violence no one can be happy. For instance Sudan, where for ages people have been suffering because of riots, lack of medicines and so on. It was once told in a prophecy that a time will come when there will be wrath among human beings which will slowly remove their inner peace and make them anxious to the worldly pleasures. Further it was also stated that it is with this when the world would be torn apart, where no one would recognize their own relations over the obsession of this world and right enough it has happened, no one is at peace and those who are fighting for peace like exposing the corruption or the wrong doings of the Government, speaking the truth, making people aware of the possible devastations that one could fall in, such people are criticised and are being killed for speaking the truth.

Human beings never ending desires have spread the evil of greed, so much so that innocent lives are lost. Greed has broken the world apart, that peace talks being carried on among countries has lost their power of being understood, as human beings would do anything to achieve their wants which is GREED and this greed today has killed peace all across the world.

While the time is still ticking one can still ponder on what one has and can do to save the world. If greed is the disease to kill peace then PEACE could also be the medicine to destroy the virus that is GREED.

Women Connect

**EMPOWERED WOMEN EXHIBIT HIDDEN SKILLS**

*Sr. Phileshin sfn*



“There is no limit to what we, as women, can accomplish.” Michelle Obama.

Women are the backbone of society. Every woman has a dream to explore the real woman in her. Miracles do take place in the life of people, who have dreams and who put their heart to realise their dreams. Every time we think of those dreams, we feel enthusiastic, happy and energetic. We also experience a magical newness in our beings. We always expect and believe that the dream of ours will be a reality one day. It may be for self-improvement or for the betterment of others. It becomes a goal or a mission to be pursued by using all available materials, skills and strengths at our disposal. The attainment of this goal makes one's life enjoyable, despite difficulties, hardships or even failures, for doing what is most dear to us. These are the women who are empowered.

We have in our Christian spiritual tradition Mother Mary, Mother Teresa and many other women Saints. In the Hindu tradition Goddesses



Durga, Lakshmi and many others too bring strength and power to the people. These female deities are praised, honoured, loved and exalted but women in today's society are struggling to find their identity and dignity. Today, women have a dream to enjoy fullness of liberty, equality and security in every area of their lives

Let there be a society where every woman feels loved, accepted, respected, trusted with confidence, experiences freedom to express feelings, and thus to make choices just as men chooses to live freely. Let there be a society where the strengths of woman are recognised and acknowledged. For she is worthy of honour and respect for who she is, not just for what she can do. She is worthy of the compassionate support that honours her dignity at the time of her vulnerability, equal treatment without any discrimination based on colour, race, religion, sex, age or mental or physical disability and respect to her personal space.



I would like to share an experience narrated by a woman - Pooja. She narrates: there is a world of difference in the Pooja you see now and the earlier Pooja (name changed). At times I wonder what my life would be if I was uneducated. I was born in Bagalkot -Karnataka I never went to school till the age of 10. I lived with my mother in the village. My father had split with my mother when I was very small. Some people in the village said that one gets to earn good money in Goa. So my mother came to Goa with me in the hope of finding some work, either working in someone's house or in some company. I was only nine years old then. We landed up in Birla and my mother worked for a while in a bakery and then in a packaging company, but money was not enough. The staff of Kiran Niketan Social Centre visited my house and asked me whether I am going for school? I was surprised that no one had asked me this question, I smiled and answered "No". Didi asked me would you like to come to school? I said yes....with great joy but I said Didi My mother has no money. Didi said there is no need of money, tomorrow you come with your mother to the Kiran Niketan Social Centre. When my mother came back from work I narrated to her all that happened. My mother took leave on that day and came to meet the nun. Then in the morning every day I came to the Centre to learn, since I never went to school. At the Social Centre a special teacher was coaching me and prepared me with basic education. Then the following year through the help of the Social Centre I was given admission in class 4<sup>th</sup> at Kiran Niketan Primary school. In-between my mother use to get a break from her work. Those days my mother without wasting her time she would come to the Social Centre and learn to make some craft items with wool. Now my mother is self-reliant, she is a good tailor. Through social centre she had many opportunities to take part in different competitions and activities, such as embroidery, painting, jute bag stitching, macrom thread work etc. and I too have completed my 10<sup>th</sup> std. with good marks and I have taken admission in college. All this could happen because Kiran Niketan Social centre supported us and especially myself for my education.

One of the goals of Kiran Niketan is to empower Women to realise their potential, abilities, strength and create space to fulfil their own stories of success and achievement.

I conclude by saying the words of Jackma, the co- founder and executive chairman of Alibaba Company.

"Today is hard, Tomorrow will be worse

But the day after tomorrow will be the sunshine."

So believe in your dream, no matter how big your dream is, but take every tiny step to achieve your dream.

## Vocation Stories

**VOCATION – a gift from GOD**
*Sr. Raisa sfm*


Life is lived between B - Birth and D – Death. But in between B and D there is C. C stands for Choice. So make the best choice in life and live joyfully.

Vocation to religious life is indeed a choice. God chooses us and we choose to respond to His call. So also my vocation too was a choice from God and my response to His call. God chose me not for what I was, but for what I would be capable of becoming under His direction and power.

From a very early age I had an awareness of God and a great desire to help the sick and the aged. The prayerful atmosphere at home nurtured the seed of my vocation that was instilled in me by my parents when I was a child. Later when I was 14 years old I had an overwhelming experience of God's love for me and of wanting to respond to His call. It was a desire that I harboured throughout my schooldays and in the years that followed I started to think deeply about my call. Finally after completing my 12<sup>th</sup> std I joined the Holy Family Convent at Sancoale to make my long awaited desire come true.

Today I feel I had no better choice than to respond to His call and live joyfully. Indeed I find myself living the purpose of my call for my God provides every need of mine according to His riches in Christ Jesus. The fire of his love now burning in my heart, urges me to love and serve Him alone. With deep conviction I uphold my vocation as the most wonderful choice. I embrace it with dignity and modesty to witness with my life the significance it carries in order to serve my brethren with perfect chastity and with a free and joyous heart.

My personal experience of being a religious for the past six years is that there are certain things which cannot be expressed but must be felt and that is God's love. What love He offers, what peace He gives –it's so amazing.

My heart overflows with gratitude to my congregation for giving me golden opportunities to learn and grow in every aspect of my life and above all for accepting me just the way I am and moulding me to discover God's will in my life. As I conclude my vocation story I exalt the Lord saying “I will greatly rejoice in the Lord. My soul shall exult in my God for He has clothed me with the garments of salvation, He has covered me with the robe of righteousness”.

## TOUCHED BY THE WORD

*Sr. Jeryssa sfn*



“Before I formed you in the womb I knew you, before you were born I set you apart” Jer 1:5

Among five siblings, I am the third child in our family.

At the young age the seed of faith was sown in me by my parents. My mother is a devout and prayerful person who always desired one of her sons (among the three) to become a priest, but God's plan was different.

My faith in God was nurtured through daily rosary, Word of God, Holy Eucharist, Catechesis and other Church activities. During my school days when I was in std VIII, I was down with Jaundice. With prayers and faith in God I was healed.

However while doing my Higher Secondary studies I was drawn to worldly things which led me astray from God but He never left me. He came in search of me. It was at the retreat when the preacher read the passage from the gospel of St. Luke 15, the Parable of the Prodigal Son, it affected me and stirred my heart. I was touched by the Word of God and that was the turning point in my life. Just as the father was waiting eagerly for his son to return back, I realized that, God too was waiting for me to come back to Him.

For the Word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires (Heb 4:12).

Thus, the grace of God enabled me to give up all the worldly pleasures and follow Him. Everyone was surprised seeing my ways and the change they noticed in me. I was a changed person with the gift of the Holy Spirit and thus my desire and longing for Jesus increased day by day which led me to choose this way of life.

Hence I joined my Congregation which allowed me to grow and experience God's love through various opportunities for which I am grateful while His grace continued to strengthen my vocation during these last six years.

Yes, I am happy of having made the right decision and thank God for His mercy and choosing me to share His love to others especially to the marginalized as I make the words of St. Augustine my own and say “*You have made us for yourself, O Lord, and our heart is restless until it rests in you.*”

Mission Connect

# THE SOULFUL JOY

*Sr. Adula*



Holy Family of Nazareth - the sfn sisters from Goa, ventured into North India mission in Haryana in 1994 to work in collaboration with the Society of Pilar Fathers. Late Sr. Mary Jane the then Superior General undertook this mission in Sirsa. The first four sisters worked in the field of education and pastoral ministry.

Having achieved fruits in the field of education and developed well, Fr. John M Fernandes, the then Provincial of Delhi Province felt that there is need to give attention for the mission and hence he requested two more sisters for full time social work through Pilar Outreach Foundation(POF). Pilar Outreach Foundation is in the field of health, education and social work . So with the help of these two sisters the mission work which was dormant became active and alive and is now doing well with more attention given to women and girls. When we took over there were five coaching centres but today with the help of Pilar Outreach Foundation we were able to open six more centres in the outskirts.

At present there are ten coaching centres with one teacher employed in each centre. There are two hours of classes in a day for the age group of 5-14yrs. So, in order to support children who cannot afford a standard education POF help them academically by conducting tuition classes for all the students in the learning centres and they are called Village Learning Centre. Each month we conduct different activities for them so that it helps them to enhance their self- confidence and conduct various competitions. After each competition they are awarded in order to encourage them.



Regular visits to the centres is a boost to the staff. Some coaching centres are very far from Sirsa while in some of our coaching centres children sit outside to study, thus in summer training is hard for a variety of reasons that includes temperature, humidity, and sun exposure. During Summers the temperatures hovers around 47°C. So visiting the centre is a very critical task. The severe drinking water crisis existing in villages and power cuts are major issues.

We need to face major challenges to train them. In the month of October to December, children go to collect cotton(Narma) in order to earn money for the family so the attendance of children becomes less during those days.

Pilar Outreach Foundation, too runs two tailoring centres and beauty parlour with ten students in each batch. These centres aim is to make our women self reliant and employable. So our centre aims at empowering women by providing them self employment and sustainability.

Today we sisters working in this field really have a soulful joy which we experienced through our outreach programs that we carry on through POF.

Health Connect

HOME REMEDIES FOUND EFFECTIVE

**For Loose motion**

Ingredients

Meethi seeds..... 2 tablespoons  
Jeera(cumin seeds) .....2 tablespoons  
2 inch ..... dry skin of pomegranate  
1 glass .....water



Procedure

1 tablespoon of jeera and 1 tablespoon of meethi seeds - roast it in a pan  
Add 1 glass of water  
Afters add the remaining 1tablespoon of jeera and 1 tablespoon of meethi seeds along with the dry skin of pomegranate to the 1 glass of water.  
Then boil the mixture and bring to half glass.  
Afters serve it to the patient.

**For Cold**

Ingredients

Adulsa leaves  
2 inch Ginger  
Honey



Procedure

Take few Adulsa leaves, warm them on the tava and press them with your hands and collect the juice.  
Clean the Ginger, crush it and takeout juice.  
Afters take One tablespoon juice of the above (All equal amount).

That is: equal amount of Adulsa juice, Ginger juice and Honey. Mix all the three ingredients and have it.

**For Cough**

Ingredients

Raw Ginger  
Sea salt



Procedure

Take a small piece of raw ginger and few grains of sea salt. Slowly munch the ginger for a while along with few grains of salt, hold it in your mouth and slowly allow the juice to pass through your throat. Do not eat nor swallow the ginger.



## HOFCOM REPORTS: NEWS IN BRIEF

### Signis Western Region

The members of Signis Western Region(SWR) came together in Mumbai at Daughters of St. Paul Bandra, from 7<sup>th</sup> to 9<sup>th</sup> December 2022, for the Seminar on Media Education – Training of Trainers and held its Annual Meeting on the theme: Peace in the Digital World. The SWR elected Rev. Fr. Olavo Caiado as its president, Fr. Ashok Vagela sj, as the Vice-president, Sr. Molly Fernandes sfm, as the secretary, Sr. Shanti Fernandes as the treasurer and 3 regional representatives, Frs Shaji Jacob, Joaquim sdb from Goa and Fr. Johny Panamthanam. The SWR is gearing up to have the Signis India National Assembly(SINA) 2023 in Goa.



### 25 years of Religious Life

On 18<sup>th</sup> January 2023, Sisters Sukuria Dias, Saude Rodrigues, Pricilla Lobo, Anserine D Souza and Gracia Silveira of the Congregation of Holy Family of Nazareth(SFN), Sancoale, celebrated their Silver Jubilee of Religious life, at Our Lady of Rosary Church, Navelim, thanking God for the wonderful years in the service of the Lord. Fr. Gabriel Coutinho, presided over the Eucharist while Fr. Polly Lobo preached the homily, and concelebrated by other priests. The celebration was attended by family members, friends and well-wishers. After the Eucharistic celebration, the Jubilarians shared their joy by cutting the cake and the SFN Sisters presented a mando in their honour.



### Episcopal Ordination

The Archdiocese of Goa rejoiced as Pope Francis appointed Rev. Fr. Sebastiao Mascarenhas, sfx from Goa, belonging to the Society of the Missionaries of St Francis Xavier (Pilar Fathers), as the Bishop of Baroda Diocese on 31<sup>st</sup> December 2022 and was consecrated by His Eminence Oswald Cardinal Gracias, Archbishop of Bombay, His Eminence Filipe Neri Cardinal Ferrao, Archbishop of Goa and His Grace Thomas Macwan, Archbishop of Gandhinagar. 22 Archbishops and Bishops, including the Apostolic Nuncio and over 300 Priests and 400 Nuns participated in the ceremony which was held on 18th February 2023 at Our Lady of the Rosary Cathedral Baroda. His Episcopal Motto is “Where God is, there is Hope”. His brother Bishop Theodore Mascarenhas, (Auxiliary bishop of Ranchi) belonging to the same Society also attended the ceremony.



### **Holy Family of Nazareth Educational Society's Glorious laurels Perpetual Succour Convent High School - Navelim**

In the VeerGatha Project 2.0, the 6<sup>th</sup> to 8<sup>th</sup> grade category, Miss Alessandra D'Melo in her poem 'An Ode to a Veer' was adjudged winner among 19 lakh participants, who made a mark through her poignant poem as befitting tribute to the selfless sacrifices and bravado of the real heroes guarding our motherland. On the eve of the Republic Day 2023, Defence Minister Shri Rajnath Singh felicitated the 25 winners of Veer Gatha 2.0 in New Delhi. Also, Mr Lyndon Cardozo, an alumnus of the institution emerged victorious to qualify as a Junior Scale Officer, a prestigious post under the Goa Government, through an examination conducted by the GPSC. After a horrendous incident in 2013 which ultimately led to the amputation of his hands, Lyndon fought against all odds to win many accolades as an outstanding sportsperson. He is an apt example of how one can turn problems into opportunities with perseverance and determination.

### **St. Theresa High School - St. Estevam**

St. Theresa High School outshined at the 'Reading Festival 2023' held from 12th to 17th January, at Keerti Vidyalaya in Siolim, Bardez-Goa to mark the 160th birth anniversary of Swami Vivekanand on 12th January 2023 which is celebrated as the National Youth Day. Following students emerged as winners Ms Shreeja Narvekar( Std XA) 1st place in the Book Review and Ms Muzel Silveira( Std XA) 3rd place in Essay Writing Competition.

In sports field U-17 Boys won the Tiswadi Taluka level Cricket Tournament organised by Union High school, Chimbel in collaboration with Goa Tennis Ball Cricket Association on 10th February 2023 against SSV Government High School, Kumbharjua while the SSC boys cricket team won the 3rd place defeating Don Bosco High School at Tiswadi Taluka level Organised by Directorate of Sports and Youth Affairs Panaji on 24th January 2023.

### **St Joseph's Convent High School(SJCHS) - Nagoa Verna**

In field of sports the students of SJCHS excelled at Taluka and District Level in Kabaddi and Squay Marital Arts, in the U-14 and U-17 boys category, as they brought home the U-14 Boys Winners Trophy in Kabaddi defeating Government High School, Vidyanagar on 22nd Spetember 2022 and the U-17 Boys played with Holy Cross Institution Cavelossim and settled for Runner's up on 29th September 2022 at Fatorda Multipurpose Hall organized by Directorate of Sports and Youth Affair (DSYA). In The Squay Martial Art – U-17 Boys - Mast. Kiran K. Tuggaladoni secured 2nd place at District level and Mast. Kiran K. Tuggaladoni and Mast. Viresh U. Tuggaladoni, qualified for state level.



## **Felicitation**

On 25<sup>th</sup> February 2023 - The Holy Family of Nazareth Educational Society(HFNES) had its bi-annual felicitation for their 24 retired teachers of their institutions at Holy Family Multipurpose Hall, Sancoale. The occasion was graced by Sr. Berna Rodrigues - the President of HFNES, the Chief Guest - Dr. Savio Faleiro, Principal of Fr. Agnelo College of Arts and Commerce, Pilar – India, Family members and Staff of HFNES. The 24 retired teachers were felicitated through a spectacular and well organised cultural program under the theme 'You are Precious' and were awarded with a shawl, memento and a gift. The event ended in a fellowship with a meal.

## **Beach Rally**

In solidarity with the victims of human trafficking – representatives of Fr. Faustino Social Service Society, Sancoale –Goa, joined the Beach Rally organised by Mukti Kiran in Association with MOG Foundation and Amrut –NGO's, along with other activists, who came from different parts of Goa and walked from Candolim beach to Calangute, North of Goa, with hundreds of other people comprising of children, teachers, lay people, religious and also the police of Candolim on duty, to create awareness on human trafficking. A street play was enacted by the children and teachers of Little Flower of Jesus High School, Calangute, to raise awareness on how young girls get trapped in flesh trade.



## **Death**

Rev. Sr. Leonie Nazareth, sfn, a native of Pilerne, Bardez – Goa and a member of Holy Family Sisters(SFN), passed away peacefully at the ripe age, on 9<sup>th</sup> December 2022, at Eleanora Linse Bhavan, Sancoale. She served the Congregation in different fields as a Superior, Boarding mistress, General councillor and also in the missions of Ajra and Miraj in Maharashtra.



## **Women's Day**

The Social Centres under Fr. Faustino Society and places where SFN Sisters work in collaboration with... in the different States of India- such as, Sancoale, Baina, Canacona in Goa, Kadawal in Maharashtra, Noida in UP, Sirsa in Haryana, etc celebrated women's day upholding the dignity of women, and her contribution to the society. Through the different programs the self-reliant and resourceful women showed that there is no limit to what a woman can do and can still survive in the male dominated society!



# TICKLE YOUR BRAIN

*Sr. Livia sfn*



## Find the Hidden Treasures of Fr. Faustino D Souza

F	O	R	G	I	V	I	N	G	S	S	M	N
A	F	F	E	C	T	I	O	N	H	I	E	O
I	A	Q	W	E	R	A	C	U	A	M	E	I
T	L	Z	X	C	V	B	N	M	R	P	K	S
H	O	N	E	S	T	Y	O	J	I	L	L	S
U	V	Y	P	L	O	S	B	D	N	I	U	A
M	E	B	R	F	L	H	E	H	G	C	F	P
I	Y	S	A	T	E	W	D	T	Y	I	P	M
L	T	U	Y	S	R	H	I	U	G	T	L	O
I	I	O	E	U	A	T	E	R	T	Y	E	C
T	R	R	R	R	N	S	N	T	Y	U	H	P
Y	A	E	F	T	T	U	C	A	S	O	D	A
F	H	N	U	H	E	R	E	S	P	E	C	T
G	C	E	L	Q	W	T	R	E	T	T	C	I
T	O	G	E	T	H	E	R	N	E	S	S	E
Q	N	W	Y	T	I	N	U	I	O	P	A	N
C	C	X	Z	L	S	I	L	E	N	C	E	C
G	E	N	T	L	E	N	E	S	S	V	B	E
N	R	M	Q	W	U	E	C	N	A	N	E	P
U	N	D	E	R	S	T	A	N	D	I	N	G
L	U	F	E	C	A	E	P	O	C	A	L	M

Love  
Togetherness  
Forgiving  
Truth  
Humility  
Gentle  
Peaceful  
Penance

Simplicity  
Care  
Concern  
Joy  
Faith  
Hope  
Calm  
Silence

Charity  
Sharing  
Understanding  
Helpful  
Generous  
Honesty  
Prayerful  
Meek

Obedience  
Respect  
Tolerant  
Affection  
Patience  
Unity  
Trust  
Compassion





**Pillars of Holy Family of Nazareth Educational Society**



**Congratulations dearest Sisters on your Silver Jubilee of Religious Life**





The Dawn  
**IVERA**

**Wishes its readers Happy Easter**

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

