

The Dawn SIVERA

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CHANGE IS POSSIBLE



Hofcom Annual day



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From the Editor's Desk

CHANGE IS POSSIBLE: EMPOWERING FAMILY, YOUTH, CHILDREN, AND LEADERSHIP

Sr. Molly Fernandes sfn



"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is..." Romans 12:2

In a world that constantly progresses, the confidence that change is possible serves as a beacon of hope, guiding families, youth, children, and leaders toward a brighter future. Change is not merely a possibility; it is an inherent and essential aspect of growth, progress, and transformation.

Family:

Within every family lies the potential for change. Every challenge, trial, and joyous moment offers an opportunity to grow together. Families can redefine their dynamics, communication, and support systems to foster environments of understanding, love, and flexibility. By embracing change, families can reinforce bonds, heal wounds, and create nurturing spaces for each member to thrive.

Youth and Children:

Readiness to accept change, think creatively, and develop novel answers is what makes the next generation so inspiring. Whether it's a novel approach to a problem or a creative solution to an old one, families can learn a great deal from their children about overcoming even the most difficult obstacles. Empowering the younger generation with the belief that change is within their grasp is pivotal. By instilling suppleness, adaptability, and a sense of agency, we equip our youth and children to envision a world where positive change is not only possible but achievable through their actions. Encouraging their voices, nurturing their passions, and fostering a mindset of innovation empowers them to shape a future that aligns with their aspirations.

Leadership:

Leaders hold the key to significant societal change. Their decisions, actions, and vision shape the trajectory of communities, organizations, and nations. Embracing the belief that change is possible equips leaders with the courage to challenge the status quo, embrace inclusivity, and drive meaningful transformations. Visionary leaders leverage their influence to inspire change, rally collective efforts, and cultivate environments conducive to progress and equity.

At the heart of this belief lies the recognition that change is not an overnight phenomenon. It requires dedication, perseverance, and a collective commitment to continual improvement. It involves small, deliberate steps, each contributing to a larger, impactful shift.

In conclusion, the belief that change is possible is a powerful catalyst for societal, familial, and personal evolution. It energizes the spirit of flexibility, innovation, and progress across generations, fostering a world where hope thrives and possibilities abound. "For there is hope for a tree, when it is cut down, that it will sprout again, and its shoots will not fail" Job 14:7. The need for transformative change is an imperative from which we can no longer escape. The alternative is catastrophe or action on top of it.

From the Superior General's Desk

Message

Rev. Sr. Berna Rodrigues sfn, Superior General



As we celebrate the 72nd anniversary of our congregation's canonical erection and the 49th death anniversary of our beloved founder, Fr. Faustino de Souza, it is a time for reflection, gratitude, and renewal. Our journey as a religious community has been marked by challenges, setbacks, and moments of profound change. Yet, amidst these trials, we have remained steadfast in our commitment to our mission and our faith in Jesus Christ.

Today, I want to remind each one of you that change is not only inevitable but also essential for our growth and transformation as individuals and as a community. Change can be daunting, unsettling, and even frightening at times, but it is also a powerful catalyst for renewal and revitalization. It is through change that we have the opportunity to re-evaluate our priorities, realign our actions with our values, and deepen our relationship with God.

Fr. Faustino de Souza, our founder, was a shining example of someone who embraced change with courage, vision, and unwavering faith in Jesus Christ. In the face of political upheaval and social unrest, he saw an opportunity to bring about positive change in our community and our world. He believed that with God's grace and guidance, anything was possible, and he dedicated his life to realizing his vision of a new religious institute that would serve the needs of the people of Goa.

Today, as we honour his legacy and celebrate our congregation's rich history, let us draw inspiration from Fr. Faustino's example and embrace change as a means of fulfilling God's will for us. Let us be open to new ideas, new opportunities, and new ways of serving others. Let us trust in Jesus Christ as our guide and companion on this journey of transformation.

As we look to the future with hope and anticipation, let us remember that change is not something to be feared but embraced as a path to growth, renewal, and spiritual fulfilment. Together, with Jesus Christ as our source of strength and inspiration, let us continue to build a community rooted in love, compassion, and service to others.

May God bless each one of you abundantly as we embark on this journey of change and renewal.

Family

ADOPTING NEW COMMUNICATION STYLES WITHIN FAMILIES

Ms. Saviola Vaz



Family, the cornerstone of our lives, embodies love, support, and unbreakable bonds. Developing good communication skills is critical for successful relationships.

We have all had experiences where we've felt heard and understood and we've also had experiences where we have felt misunderstood and even ignored.

We live in an age where the family dynamics are constantly changing. Add to it work stress and enslavement to technology and we are faced with so many hurdles to communication. Do you regularly get together to talk about problems and show appreciation for each other? Or is your idea of family communication a quick greeting as you pass in the hallway? Your family communication style sets the tone for how family members interact with the rest of society, the workplace, school mates, and future relationships. We can use some simple steps to better family communication.



Listen: Active listening is an important part of healthy communication patterns, upon which relationships of all types are generally built. Being open to hearing all sides of a conflict, taking an interest in the lives of your family, and hearing their opinions or needs even if you disagree can all be forms of good listening. Listening is more important than talking when trying to improve family communication.

Appreciate the uniqueness of each family member: Some families experience problems that stem from comparing one child or parent to another or holding unrealistic expectations. Recognising the uniqueness and diversity of each individual in the family and appreciating what they bring to the table can help combat this. Celebrate even the smallest achievement of each family member to make them feel loved.

Be a good role model: Use words that you want your child to use. Make sure that your tone of voice and actions send the same message. Be clear in your directions. If you use words to describe your feelings, it will help your child to learn to do the same. When parents use feeling words, such as, "It makes me

feel sad when you won't do what I ask you to do," instead of screaming or name-calling, children learn to do the same.

Eat at least one meal together: In addition to bringing everyone together for a wrap up of the day's activities, family meals assure that you are eating at least one healthy meal during your busy schedules. Use the dinner table as an opportunity to relax and share what's going on in family members' lives. Eliminate distractions such as the television or the telephone. If possible, keep a basket where everyone keeps their phones, to avoid distractions. Follow this by asking each person to share the high and low points of their day.

Use technology to your advantage: Technology can be especially helpful to families that find keeping in touch difficult as people grow up and move away. If your son is facing a big test one afternoon, send him a text message at lunch, letting him know you're behind him. Send your spouse a message at work, inquiring about their health if they are unwell. If you have family members living abroad initiate conference calls or video calls this will help strengthen family bonds and overall communication skills. As a result, children will learn about and appreciate cultures outside their country.

Start your own family traditions: Tucking the kids into bed at night, doing the dishes together, baking, gardening, scheduling a monthly 'game night', 'movie night', helping with homework, reading to each other from your favourite books are all examples of family traditions. Regular outings for couples and lunches with aging parents keep those relationships healthy as well. Family members come to expect and appreciate these traditions, seeing them as opportunities to share in each other's lives and improve communication.

Pray to connect: In addition to strengthening each individual's connection with God, prayer time helps family members to become more sensitive to one another's feelings. The familiar, time-worn saying is true: families who pray together stay together. That's because shared experiences of prayer quickly become opportunities to express mutual love, forgiveness, and grace. Prayer creates family cohesiveness and strengthens the bonds between husband and wife, brother and sister, parent and child.

Maintaining positive family communication benefits the family in so many ways. Children feel comfortable sharing their problems with parents, reducing the risk of peers having an undue influence on their lives. Parents remain connected with each other and their children, strengthening family bonds. And all family members develop effective communication styles that improve the quality of their relationships beyond the home.

As Ellen Miley Perry has said, "Families who have strong and healthy communication skills can weather significant challenges and remain intact. Those with limited effective communication skills are vulnerable to the challenges of life pulling them apart."

Nature

REFORESTATION AND URBAN GREENING

Mr. Nirvana D'Souza



In our fast-paced modern world, the call to action for sustainable change reverberates with increasing urgency. Reforestation and urban greening stand out as powerful and indispensable pillars in the collective pursuit of a harmonious coexistence with our planet. These interconnected strategies hold the key to mitigating climate change, preserving biodiversity, and fostering healthier, more resilient communities.

The practice of reforestation emerges as a beacon of hope in our quest for environmental restoration. With the relentless march of deforestation threatening the very fabric of our ecosystems, reforestation represents a vital counterforce. By planting trees in areas ravaged by deforestation, we not only replenish the earth's natural carbon sinks but also reinstate vital habitats for diverse species. The majestic trees, nature's stalwart guardians, stand tall as carbon dioxide absorbers, contributing significantly to regulating our planet's climate.

Moreover, reforestation nurtures a profound tapestry of life, breathing vitality into the intricate web of biodiversity. It offers sanctuaries for countless species, ensuring their survival and perpetuating the delicate balance of nature. The restoration of forests serves as a testament to our commitment to preserving the irreplaceable wonders of the natural world.



While reforestation rejuvenates our wilderness, urban greening etches its transformative mark within the bustling tapestry of our cities. Urban landscapes, renowned for their concrete sprawl and glass facades, often bear the brunt of stifling heat and suffocating pollution. Urban greening emerges as the antidote, a tapestry of greenery interwoven amidst the relentless urban fabric.

The significance of urban greening lies not merely in its aesthetic allure, but in its profound capacity to indulge cities with the gift of life. Trees and verdant spaces serve as natural air purifiers, inhaling pollutants and exhaling crisp, revitalized air. They craft natural oases, providing respite from the unforgiving urban heat while fostering habitats for urban wildlife, allowing the harmonious coexistence of nature and humanity.

The symbiotic relationship between urban greenery and human well-being unfolds as a compelling narrative. Accessible green spaces enrich our lives,

offering solace from the relentless urban grind and nurturing mental and physical health. Parks and gardens serve as areas for community leisure, cultivating social cohesion and fortifying the very essence of urban life.

Reforestation and urban greening, though distinct in their spheres, converge in their collective pursuit of sustainable change. The narrative of transforming our world necessitates an alliance between governments, organizations, businesses, and citizens. Together, we must weave a tapestry of transformation, enriching our landscapes and communities with the verdant hues of change.

Governments bear the mantle of enacting policies and regulations that safeguard existing forests and kindle the spirit of reforestation. Through strategic urban planning, they can integrate green spaces seamlessly into the urban fabric, envisioning cities as emblems of sustainable living. Meanwhile, organizations and businesses harbour the potential to drive change through conscious investments in reforestation projects and the development of green infrastructure within urban realms.

As citizens of a nation, our roles transcend mere bystanders; we are stewards of change. Whether by planting a tree, advocating for green spaces in our communities, or supporting local environmental initiatives, each of us hold the power to nurture the seeds of transformation. Our actions, however modest, ripple outward, turning into a symphony of change that reverberates across our world.

The impact of reforestation and urban greening transcends environmental considerations, permeating the very fabric of our societies. These transformative strategies engender economic opportunities, nurturing job creation in the realm of conservation, horticulture, and sustainable urban development. They yield spaces for learning and communion with nature, instilling in us a sense of profound reverence for our natural surroundings.

Furthermore, the correlation between greener landscapes and enhanced mental and physical well-being underscores the intrinsic value of reforestation and urban greening in enriching our lives. By cultivating healthier environments, we invest in the prosperity of our communities, nurturing a generation brimming with vitality and promise.

Reforestation and urban greening illuminate the path towards a paradigm of sustainable change, infusing our world with the promise of regeneration. Through such endeavours, we renew our pledge to be stewards, not assailants, of the Earth. It is a vision of a tomorrow where urban landscapes bloom with life, and forests stand sentinel, guarding the heartbeat of our planet.

As we stand at the cusp of an era defined by its profound environmental reckoning, let us not falter in our resolve to cultivate change. Reforestation and urban greening form the linchpins of this transformative narrative, beckoning us to embark on a collective odyssey towards a future where the verdant embrace of nature intertwines seamlessly with the vitality of our land. Let us seize this moment, intertwine our destinies with that of the Earth, and cultivate a world where the legacy of sustainability outlasts the passage of time.

Youth

YOUTH DRIVING POSITIVE CHANGE

Ms. Andrea Erica Fernandes

“Don't underestimate the power of young people to effect change, they can inspire others and create a movement.” - Greta Thunberg



As we are well aware, the youth of present times, are growing increasingly aware of the world crisis. This is leading to a holistic perspective of our society. This has resulted in an exponential rise in youth involvement towards bringing about a positive change in the world.

Teenagers of today, are even more vocal than before. They are much more capable of taking a stand for themselves and for those in the right. They are also seen taking a stand for vital issues plaguing the society currently and the country as a whole. It will be safe enough to say that the power of the younger generations is helping to nurture and foster fundamental changes in attitudes towards humanity and nature, too. There is a great social impact associated with giving the right direction to teenagers who have both, the potential and the vision, to make a difference in the modern-day world.

Today's youth are being called upon to make a positive change in the world and to make a much-needed difference. The modern youth being at the disposal of the latest technology and being tech savvy themselves, are well aware of the negative impacts of the various human activities, whether on nature or humans themselves. They



cannot be considered a class of ignorant persons having no knowledge of the current happenings as was with the past generations.

Youngsters have an unlimited potential to make a positive difference in the world. They can be considered the driving forces fostering a positive change in the world. This can be done by raising awareness, developing solutions and educating others. They are also found to be very instrumental in bringing about sustainable habits and encouraging the future generations to act responsibly. In the recent times, we have been witnessing to many youths inventing sustainable machines that are environment friendly, too. In the words of Corretta Scott King, “The failure to invest in youth reflects a lack of compassion and a colossal failure of common sense.” If these inventions find proper mentoring and funding, they can truly become great vehicles of change in the near future.

As youngsters, we hold the power to make a positive difference in our own communities first and then the world at large. We should know to put to use our decision - making ability to the best of our capabilities in order to bring a positive outlook in the world. Our voices can also be used to advocate for the causes that are become a world concern and that need to be discussed on an urgent basis, for example, global warming and climate change. We need to take examples of Greta Thunberg who has been advocating on climate change since a very early age. The female youth can also draw a great inspiration from Malala Yousufzai, who has been advocating the cause of the girl education very vociferously. We aren't unaware of the contributions of these two youngsters who have worked harder to really bring about a positive change in the world.

We can create meaningful dialogues with our peers regarding matters concerning our immediate surrounding and those concerning the world at large. We can truly consider today's youth as powerful agents of change encompassing their energy, creativity and enthusiasm to make a difference. They can volunteer their time working towards the less fortunate or participate in activities that will benefit their own communities, socially and materialistically. The youth can also educate themselves on the social justice and civic management issues and thus, educate their near and dear ones, to create a positive impact, beginning from their homes. After all, it all starts from the home and with the family. The youth in present times, altogether come up with more innovative ideas and methods on any given tasks. This is an added advantage of the youth of today.

Youth play an important role in shaping the future of the world at large, bundled with their ability to either create, change or destroy the world with their mindset. The youth being the driving force of the current times, need to have an understandable mindset and a responsible approach towards themselves, nature, society and the world, as a whole. They need to think of holistic methods to bring about a positive change in the world. Nothing is impossible. As the word IMPOSSIBLE itself implies I M POSSIBLE. The youth are the ones who will provide the much- needed insights towards what will work, and what will not for bringing about a change.

In the words of Aristotle, "Good habits formed at youth make all the difference." The collective social action of today's youth, is a testament to the fact that, it is entirely possible to create lasting and meaningful changes by acting collectively and responsibly.

Cardinal Filipe Neri Ferrao Elected as The President of FABC

The Central Committee of the Federation of Bishops Conferences of Asia (FABC) meeting in Bangkok on February 22 elected Indian Cardinal Filipe Neri António Sebastião do Rosário Ferrão of Goa and Damão as the next President and Bishop Pablo Virgilio Siongco David of Kalookan, Philippines, as the next Vice President.



Global

BUILDING CROSS-CULTURAL UNDERSTANDING FOR GLOBAL PEACE

Senbern Fernandes O.F.M. Cap.



Human society is known for diversity. This diversity includes culture, food, language, way of living, ideas, etc. In our complex world, fostering the need for cross-cultural understanding looks like an utopian idea but it is a necessity of our time more than ever. The culture, language, creed, beliefs, world views often cross the paths of geopolitical tensions, economic disparities, recessions, poverty, unemployment and social inequalities. These differences, this diversity which separates us, may look challenging in building cross-cultural understanding. However there lies an opportunity where bridges can be built. By holding onto cultural diversity and nurturing mutual respect, we can make the way for a more peaceful and inclusive world.



The Importance of Cross-Cultural Understanding

The key for understanding cross-cultural understanding lies in recognition of human dignity regardless of the difference that separates us. Each culture in its given context is beautiful. There is wisdom of the community hidden within their culture. This needs to be discovered and appreciated. When an individual takes time to learn and study the given culture, if he or she is open minded may often come to appreciate the culture, which in turn will not only broaden his or her horizons but may also change the world view. Knowing and learning about different cultures may help us to see beyond our biases and preconceptions. Presently the world is becoming a 'global village' thanks to modern technology. Technology has made it possible to connect with the world crossing borders whether it be business or diplomatic ties. In such circumstances respecting culture and sensitivity can help to build healthy relationships and mutual understanding.

Breaking Down Barriers: Education & Dialogue

Good Education is important. If a child is given good education at an early stage, it becomes an asset when the child grows up. Necessary steps

need to be taken to integrate cultural education in the curriculum. This will enable the students to equip themselves with the knowledge and skills needed to thrive and bloom in a diverse world. How can it be done? Simply by exposing the young minds to various literature, art, music, and cuisine and create a sense of curiosity.

Dialogue is another way to break down the walls that divide us. Though it may not be easy as there can be rigidity by one party and may not open up. One step at a time will definitely bridge the gap. For example, one should make oneself available whenever one is being invited for festivals, and events. The other way by which dialogue can build community is through interfaith gatherings, or digital platforms, creating spaces for open and respectful exchange will surely enables individuals to share their stories, their perspective which will help us to dispel our misconceptions, and find common ground.

Promoting Cultural Exchange and Collaboration

There are various ways by which cross culture understanding can be promoted. There are already cultural exchange programs for example The Hornbill Festival in Nagaland which is an annual festival celebrated from 1 to 10 of December. The festival represents all ethnic groups of Nagaland for which it is also called the Festival of Festivals. Similar initiative can be taken to bring together various cultures. These types of initiatives can help the individuals to encounter and encourage unfamiliar cultures and cultivate friendships that transcend borders and ethnicity.

Fostering cultural collaborations can be done in various sectors like education, business, science, art, literature. Calling on the ideas, insights and creative thinking from various individuals enhances wider horizons. By taking diverse perspectives and expertise, can generate fresh ideas, drive creativity, and foster mutual respect towards one another.

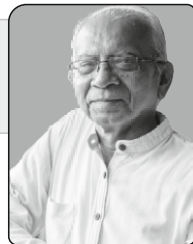
Embracing Diversity

It becomes very difficult when an individual think that his or her culture is superior than any culture. One cannot use one culture to judge the other culture. Each culture is unique and needs to be appreciated. Open mindset is a key in building cross-cultural understanding. This however is not easy. Openness to accept the fact that diversity can be made as a source of strength rather than division. Honouring the diversity of human experience which is manifested in their respective cultures, we can build a more just and inclusive society which in turn will enable each person to prosper.

Let us work together to create a future where our differences are being celebrated. Someone rightly said “Unity in diversity builds community.” Let us break the walls that seperate us and create a peace loving society.

Coverpage Feature MAIN STREAMING CONSTITUTIONALITY

Fr. Cedric Prakash SJ

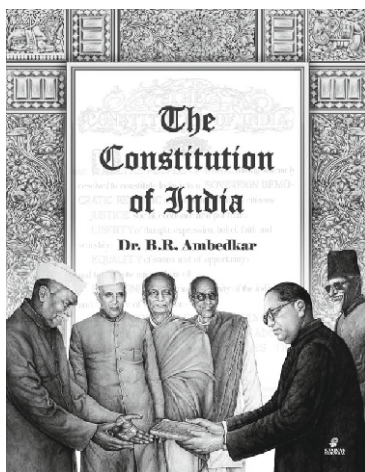


India today is on the brink! There are inimical forces at work, determined to take the country back to the 'dark ages' of history. At stake are India's pluralistic traditions and democratic ethos! 'Good governance' is about political will and the corresponding action, to ensure that the rights of all citizens are respected and protected! Sadly, this is pathetically lacking: be it Article 19 which guarantees freedom of speech and expression, or Article 21 the right to life and liberty or Article 25, which guarantees freedom to preach, practise and propagate one's religion or for that matter, any other fundamental right- they are all consistently denied to the citizens. At the receiving end are the poor and the vulnerable, the marginalised and the minorities, the excluded and the exploited, the Adivasis, the Dalits and the OBCs; the small farmers and migrant workers; women and children; the differently-abled and other sexually-oriented persons; human rights defenders and in fact, all those who take a visible and vocal stand and want to protect and preserve the idea of a democratic, pluralistic and secular India!

There is a serious lack of political will to address systemic, urgent and burning issues; there are hurried legislation and prejudiced policies like the National Education Policy, the Citizenship Amendment Act, the anti - conversion laws, the anti-farmer laws, the four labour codes and now the Uttarakhand Universal Civil Code, the 'One Nation, One Election' are all designed to decimate the Constitution.

Constitutional bodies like the Election Commission, the Enforcement Directorate, the Central Bureau of Investigation, the NIA, the police and even the judiciary are compromised; they are Caged Parrots. Freedom of Speech and expression has become a thing of the past; most print and electronic media are 'godified'. On the 2023 World Press Freedom Index, India was ranked 161 out of 180 countries! Those who take a stand for just, truth and objectivity are hounded and harassed and even killed as one witnessed in the murder of Gauri Lankesh, Kalaburgi, Dabholkar, Pansare and others.

Corruption has become the new normal, with the regime that had promised to weed out corruption. First it was demonetization then the scam of the Electoral Bonds. Fortunately, despite the inexplicable delay for more than five years since the validity and the lack of transparency was first challenged in the Supreme Court, the SC judgement of 15 February is indeed pathbreaking. The Apex Court clearly exposes the corruption and the lack of transparency and accountability of this current Government.



Communalism is everywhere! 'Hindutva' is mainstreamed: from the proliferation of temples to the ascendancy of the RSS in every sector. The pluralistic fabric and the rich diversity of the country is being destroyed. Early Decembe, in Jaipur, one of the newly elected MLAs went round closing down non-vegetarian restaurants run by Muslims. On 22 January the launch of the Ram Temple by the BJP/RSS using official Government of India machinery - and much more! More and more instances of minorities particularly Muslims, Christians and Sikhs being targeted and even attacked are emerging from all over the country.

The farmers and the ordinary laborers are on the warpath. Thousands of them, who at this moment, are outside Delhi are being forbidden to enter the capital city. The Government is using every ruse in the book to quell their protest, This Government is unable to accept any form of dissent!

Not long ago (on 13 November 2023) in an incisive interview to 'The Wire' with Karan Thapar, one of the foremost scholars of the Indian Constitution Prof Tarunabh Khaitan, professor of Public Law at the London School of Economics says "Modi has 'Killed the Constitution by a 1000 Cuts'. He states, "many of India's political parties and institutions have sleep walked into (Modi's) authoritarianism whilst others are complicit in Modi's undermining of democracy; many people didn't realise what was happening whilst huge swathes of constitutional machinery were aware but let it happen. There is incremental, subtle but systemic style of autocratisation which chips at the fundamentals of democracy". Will the citizens of India have the courage to do something about this?

Today we witness our temples of learning and democracy as a whole, under attack as never before: hate, divisiveness, intolerance and violence are being mainstreamed in a meticulous manner. Freedom of thought, speech and expression; the courage to be critical, analytical and objective; to debate and to dissent, to challenge and to be creative -which make up the DNA of great nations of the world, are no longer accepted

On 26 November 1949, we the people of India, gave to ourselves a visionary and pathbreaking constitution. Thanks to all the members of our Constituent Assembly, eminent women and men, from every section of India's society, led by stalwart Dr. B. R. Ambedkar. Today, 75 years later, as we celebrate the platinum jubilee of our Constitution, there is much to be grateful for and much more to look forward to. There is however, a nagging question in the hearts and minds of most citizens of India: Is our Constitution at stake?

On, 25 November 1949, the eve of the enactment of the Constitution, Dr. Ambedkar gave a long but very passionate speech to the Constituent Assembly. His speech set the vision and the spirit of what the new Constitution should be for the people of India. Ambedkar said, "If we wish to maintain democracy not merely in form, but also in fact, what must we do? The first thing in my judgement we must do is to hold fast to constitutional methods of achieving our social and economic objectives.... where constitutional methods are open, there can be no justification for (..) unconstitutional methods. These methods are nothing but the Grammar of Anarchy and the sooner they are abandoned, the better for us. The second thing we must do is to observe the caution which John Stuart Mill has given to all who are interested in the maintenance of democracy, namely, not "to lay their liberties at the feet of even a great man, or to trust him with power which enable him to subvert their institutions in politics, Bhakti or hero-worship is a sure road to degradation and to eventual dictatorship. The third thing we must do is not to be content with mere political democracy. We must make our political democracy a social

democracy as well. Political democracy cannot last unless there lies at the base of it, social democracy”.

Ambedkar added, “Will history repeat itself? It is this thought which fills me with anxiety. This anxiety is deepened by the realization of the fact that in addition to our old enemies in the form of castes and creeds, we are going to have many political parties with diverse and opposing political creeds. Will Indians place the country above their creed or creed above their country? I do not know, but this much is certain that if the parties place creed above country, our independence will be put in jeopardy a second time and probably be lost forever. This eventuality we all must resolutely guard against. We must be determined to defend our independence with the last drop of our blood!”

Ambedkar's final words in that path breaking speech, sums up his views on the measure of responsibility owed to preserve the idea of India, as envisioned in the Constitution. “If we wish to preserve the Constitution in which we have sought to enshrine the principle of Government of the people, for the people and by the people, let us resolve not to be tardy in the recognition of the evils that lie across our path and which induce people to prefer Government for the people to Government by the people, nor to be weak in our initiative to remove them. That is the only way to serve the country. I know of no better.”

It looks as though, the visionary he was, Ambedkar was actually visioning and speaking of India 2024, when the Constitution is truly at stake! The sacred Constitution of India today, is not only being trampled upon and desecrated, but being torn to shreds. The Constitution guarantees fundamental rights (rooted in the Universal Declaration of Human Rights of 1948) to every single citizen of India; they are based on the four non-negotiable pillars of justice, liberty, equality and fraternity. These fundamentals which are enshrined in the Preamble with the pledge to constitute India into a Sovereign, Socialist, Secular and Democratic Republic; where dignity, unity and integrity are paramount. The promotion and the protection of human rights for ALL and the respect for pluralism and diversity, is sine qua non for good governance. Sadly, in the past few years we have witnessed the systematic erosion and the destruction of human rights, by those in power.

It is imperative that we mainstream Constitutionality today. The ways to do so, include: to promote and protect the Constitution in every way to study of the Constitution; developing an ownership of it in letter and spirit; to organise in-depth training in social analysis and advocacy; to ensure that all official policies / legislation which are draconian anti- people, anti- poor and anti- Constitutional which go against the democratic and pluralistic fabric of the country be rescinded immediately and unconditionally;

to ensure that all eligible voters are on the electoral rolls and exercise their franchise for democratic, secular parties/individuals. it therefore clearly means that a regime which is fascist, fundamentalist and fanatic and is unable to ensure constitutional rights to all, must be voted out!

In the meantime, we need to pray in the words of our Nobel Laureate, the great Rabindranath Tagore who in his 'Gitanjali' has given us this most appropriate poem.

“Where the mind is without fear and the head is held high. Where knowledge is free. Where the world has not been broken up into fragments. By narrow domestic walls where words come out from the depth of truth. Where tireless striving stretches its arms towards perfection. Where the clear stream of reason has not lost its way Into the dreary desert sand of dead habit. Where the mind is led forward by thee. Into ever-widening thought and action. Into that heaven of freedom, my Father, let my country awake.”

FR. FAUSTINO DE SOUZA - EK DIXEAVONT PADRI

Fr. Eusebio Gomes SFX



Goychie dhortorier onek dhormik fuddari zolmant aileat zannim Goyant ani Goychie bhair misanvamni vochun Povitr Sobhechi vholdde hurbhen seva kelia ani vellachie renver aplea pavlanche chhap soddun gheleat. Hantuntlea kaim zannamni ojeapancho gonvlli vaur kela te he: Bhag. Juze Vaz (Sri Lonkent 24 vorsam gonvlli vaur), Maneavont Fr. Agnelo De Souza (pregador ani otmik guru), Msgr. Herculano Gonsalves ('Handmaids of Christ' Sonsthecho sthapnar) ani Msgr. Faustino De Souza ('Holy Family of Nazareth' Sonsthecho sthapnar).

Gorib ani onath bhurgeanchea uskean bhorlolo padri, Fr. Faustinocho dixtavo aslo Goyant ek gorib ani onath bhurgeam pasot tankam ravonk ek ghor asonk. Mumoint Sonapur Igorjent ghel'lo tednam tachi 'Franciskan Misionari Bradarank' bhatt zali ani tanchea vholddilank mellonk to Borivili ghelo. Mapxeam Duler-ant yeun gorib bhurgeam pasot ek onathaloy suru korunk tannem tankam vinonti keli. Thoinchea Bradaramni ek onathaloy ughddunk khoxi dakhoili punn koxe toren onathancho sambhall korpacho, jevnna-khannachi vevostha, nhespa-pangropachio rattavolio ani xikop divpacho usko aslo. Karonn tanchi Sonstha suru zalear chodd vorsam zaunk naslim. Ti 1909 vorsa suru zal'li. Tori astanam, Padr Faustinok fokot tancho hoikar zai aslo. Pun Devachea adaracher nimbhun ravtolea Fr. Faustinok koslich dhasti nasli. Dev-Bap sogllem toyar kortolo, ho tacho visvas aslo. Jednam, Arsebis Patriark D. Mateus de Oliveira Xavieran porvangi dili, tednam, Bradarank khas aplea ghorant ravonk Fr. Faustinon bhas dili. Poilim don vorsam mhoineank xembor rupoi farik korunk asvason dilem. Tache khaxele monis taka adhar korunk fuddem sorle ani te dor mhoineank panch rupoi pot'ti ditale. Padr Faustinochi dhaktti bhoinn Dona Prisca de Souzan kherit poixeancho adhar dilo. Tea bhair aplea ixtt-mitram laguim poixe vosul korun, tacho bhar unno korunk ti vavurli. Oxe toren Bradaramni Goyant ek onathaloy sthapli.

Gonvllik bhettentlean ganvchea lokanchi poristhiti Fr. Faustinon vollkhun ghetli. Aplo lok kitem jevta, khata, piyeta; tanchea udarposonna vixim; tanchim bhurguim khoim xiktat; tancho vaur koslo ani kitem tim zhoddttat, hio poristhiti taka kollon ailio. Tankam ut'tezonn ani margdorxon diun, kam' nasloleank tanchea hat-payancho upyog korunk, aplo dispot'to giras zhoddunk, yennavoll utpon'n kortolio yevzonneo (schemes) tannem suru kelio. Poixe sambhallunk tannem 'piggy benkam' (zon'varachea rupachem ek lhanxem aidon, zaka voir ek oxir burak asta, zantunt nanne ghaltat) suru kelim. Zanche kodde ghoddta tannim goribank adhar diunk tannem ulo marlo – poixeancho adhar vo gorjechea vostuncho adhar. Ek tachi vakhann'nni korpachi kornni mhonelear Kopelachea mukhavelea zagear, goribam khatir tandull ektaim korunk ek tambeachem bhann to dovortallo ani uprant

xetkariamni ghatlolo tandull-gotto goribank ani onathank vantt'talo. Hie kornnientlean Fr. Faustinon goribanchi mog jikhon ghetlo ani tankam to ek mogall bapui zalo, zaka aple porjecho bhorpur usko aslo. Orthik votten yennavoll vaddunk bailam khatir Fr. Faustinon Dulerant hatkaragirichim kamam (handicrafts) suru kelim zoxim kaju bhiyo solun tio potiant bhorunk ani vikhunk. Bailam borobor apunui bhiyo solunk bostalo. Tea bhair ghor udheog dhonde (home industries) suru kele.

Tea kallar, fuddarak kitem ghoddttolem, tem zanno aslolo dixeavont (visionary) Fr. Faustinon goribank xetant ani ghora bhonvtonnim aslolea zagear, toxench, bhattant baji-palo rovunk xikoilem. Xetkariam borobor to ek xetkari zalo. Piggy benkam, hatkaragiri, kaju solunk ani potiamni bhorunk, xivonn-sut, ghor udheog dhonde suru korun, porjek aplea payanr ubhe ravonk tannem xikoilem. Aplea xikpacho faido kaddunk ani novio torika apnnaunk to vidneanik mahiti ghetalo. Tontrvidhya fuddem pavlia ti tannem polleli. Tannem chhap'pachea tontracho faido kaddlo. Apli xikvonn soglleank pavounk tannem 1928 vorsa Konknni bhaxent, 'Chodde Gorjecho Buddhi,' hi lhan pustika uzvaddak haddli. Hie tachie likhnniechi zaiteamni vakhan'ni keli. Khoxen bhoron uprant 1932 vorsa, tannem anik ek pustika teach nanvan cheddvam khatir chhapli.

Fr. Faustino-chem vhodd sapon aslem amchea Göyant Göychie Arkidiosezichi ek ostorianchi dhormik sonstha suru korunk karonn madri zaunk cheddvam Goychea bhair vhetalim. Purtugez tednam Goyant raj choloitale ani sompeponnam naslim. Zaitea oddchonneank fuddo korcho poddlo. Tachem sapon sarkar zalem jednam Junache 16-vier 1935 vorsa Sankvalle Padr Juze Vazachea Orotorint chovgam bhoinnamni aplio poilio angounnio kelio. Hie Sonsthek tannem 'Nazarethachi Povitr Kuttumbhachi Sonstha' nanv dilem. Sankvallechea ganvant ek Inglez iskol suru korunk Fr. Faustinochem ek vhodd sapon aslem. Inglez xiklear bhurgeancho fuddar boro zatolo ani tankam bori nokri mellitoli, oxem taka futtvolem. Madr bhoinnank fuddem kaddun tannem iskol suru kelem ani 'Ven. Fr. Joseph Vaz School' nanv dilem.

Setembrachea mhoineant Goyant Ganesh Chhaturtichi porob Hindu bhav-bhoinnam monoitat. Sankvalle Konvetachea fuddlean Gonpoti Devak pavounk Hindu bhav vhetale. Konvetachea samkara pavtoch te thoim thamoun ek lhan rit kortale. Hindu bhav je suvater Gonpoti Devachem visorjon kortale, ti suvat titli bori nasli, hem Fr. Faustinochie nodrek ghelem. Hea Hindu bhavank Gonpoti Devachem visorjon korunk tannem dusro ek boro vhodd zago dakhoilo ani tannim upkari kallzan to zago mandun ghetlo. Aiz porian tea zagear Gonpoti Devachem visorjon kortat. Hindu bhavam-bhoinnank bhatt korun Fr. Faustinon ontor-dhormanche sonvad kele. Fr. Faustino bemoriadichem nhespa virudh bhienastanam sobhemazar uloitalo. Tannem ek chollvoll suru keli-'Nhesunk Nhesop Mansugechem.' Hea vixim pustikam (pamphlets) chhapun vanttlim ani moryadichie chollvollent tokte gheun 54 bhailamni, cheddvamni ani zant'teamni, moriadichem ani mansugechem nhesop nhesunk bhas ghetli. Padr Faustinok noitik jivit tharear ghalunk usko aslo. Hea mhan padrin Povitr Sobhe pasot aplem jivit orpilem.

PEACE AS THE NORM FOR SUSTAINABLE CHANGE

Mr. Sumit Dhanraj



The feeling of friendly greeting, stillness, calmness, solitude and tranquillity is Peace. It is a freedom from disturbance (noise or irritation) into silence. Also, it is a period in which there is no war or a war has ended. The state in which law and order is well maintained by resolving conflicts and fights. When such a situation appears there is harmony, friendship, non-violence, ceasefire and goodwill.

Peace is having compassion for other beings both humans and animals. It is freedom from violence from family, peers, strangers and the State. It is a grace of caring and loving others. Peace is recognizing oneself as a real being. It is the ability to grow and thrive, and move from being to becoming. It is discovering and identifying one's true self and being who we are.

In the same manner, living in peace is about living harmoniously with oneself, others and all beings around us. Living in peace is a process both internal and external. One has to love and respect each other as we are. Despite our cultural, religious and political differences we have to accept and appreciate one another. This is the path leading us to a way of life in peace as the norm for sustainable change and better co-existence with others.

Global peace is a reality for each one of us because we all are searching for the truth found in various religions, discovering philosophical and theological wisdom in the sacred scriptures, becoming part of all-inclusive humanitarian communities, protecting integral ecology, and finding ways for sustainable life and change.

We have potential to do great things. Youth are the powerhouse of peace building in societies, communities, nations and the world. We all must join hands with the youth towards achieving global peace through their simple actions and initiatives of working for universal human rights, social justice, respect for nature and a culture of dialogue. This indeed can change and transform the world.

The promotion of a culture of peace, dialogue, non-violence and tolerance is possible only when we unite and work together to spread the message of love, brotherhood, collaboration and harmony. It is by these efforts of encouraging and supporting mutual understanding, solidarity, cooperation and right relationships with oneself, other persons, other cultures, other life forms and Mother Earth; we all can move forward in building a peaceful and sustainable global community.

Formation

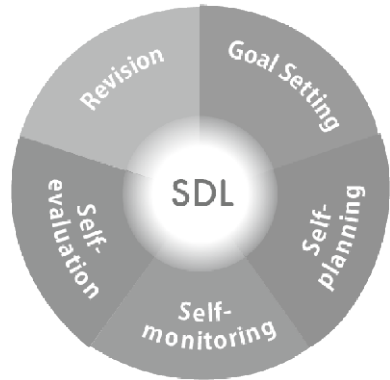
EMPOWERING SELF-DIRECTED LEARNING FOR PERSONAL GROWTH

Sr. Joanita sfn



Self-directed learning (SDL) is the emerging trend in today's digital and Hi-Tech time which needs greater effort from persons in their learning process. It is a lifelong process of learning and developing skills in any field of one's choice including self-transformation and self-formation. A self-directed learner is empowered to take control of one's own learning process and is helpful for personal growth. COVID 19 had given many an incentive to excel and to come out with creative innovation.

In the 21st century, when so much information is at hand, every person must have the ability to create, use, and share knowledge. One of the skills is by implementing self-directed learning (SDL) that enables individuals to successfully fulfill the knowledge needed. Individuals learn better when the flow of experience can be controlled by being self-directed. Self-directed learning does not necessarily mean isolated or solitary learning without interacting with others or using external resources.



SDL refers to a group of skills including: diagnosing one's learning needs, generating one's own learning goals, identifying one's learning problems, planning to solve these problems, identifying resources, selecting and applying strategies, evaluating the outcomes of learning, and re-planning.

SDL allows learners to learn on one's own time and at one's own pace, improving one's ability to learn in new situations, enhancing one's ability to be proactive in one's learning and allowing to concentrate on the useful information and the transferable skills that will enable one to learn successfully in the future. Moreover, SDL can increase one's trust, independence, motivation, responsibility and preparedness for ongoing learning which in turn help one to become effective learners and social beings.

When planning one's self-directed learning, the learner has a number of different activities to choose from. These can include reading (e.g., books, magazines, professional journals, online resources, etc.), writing, attending workshops or conferences, taking courses or classes, action research, viewing multimedia products, observing others, interviewing others, internships,

mentoring, and guided study using an established curriculum (e.g., workbooks, e-learning courses, learning modules). Self-directed learning activities can be conducted independently or collaboratively. Activities are self-initiated, but they can involve learning with or from others (e.g., family members, mentors, content experts), learning from material resources, or learning in formal educational settings (e.g. courses, workshops, presentations. The learners may include others in the validation of the learning. Often, when given autonomy over one's learning, learners will choose to work collaboratively with others. Highly autonomous adults and self-directed learners may still sometimes choose a traditional, teacher-directed instructional setting due to convenience, speed, learning style, or lack of knowledge about a subject.

In self-directed learning, the learner must also continue to demonstrate psychological control and personal responsibility in the learning process.

Self-directed learning is a meaningless idea if a learner is unable to access the needed learning resources. Some people find barriers to self-directed learning such as lack of time, physical energy, and resources. Remember that a change is possible if one takes a positive outlook. Self-directed learning adds to your process in the journey of life. Adults are better equipped to take action to pursue learning when they are knowledgeable about learning tools and resources they can use in different learning contexts and when they have the skills to use such tools.

Self-directed learning:

1. Develops critical thinking and problem-solving skills.
Self-directed learners are required to take an active role in their own learning process. This means that they must identify problems, ask questions, and think critically about the information they are learning.
2. Self-directed learning fosters independence and autonomy
Self-directed learners are empowered to take control of their own learning process. This fosters independence and autonomy, which are important skills for success in many areas of life.
3. Self-directed learning is flexible and adaptable:
Self-directed learning is a flexible and adaptable approach to learning. Individuals can choose the pace, location, and resources that work best for them. This is especially important for individuals who have busy schedules or who may be unable to attend traditional classroom-based learning environments.

In conclusion, self-directed learning is an important skill to develop in today's rapidly changing world. Individuals who learn how to manage their own learning process are better equipped to navigate the challenges of personal and professional life/growth and to continue learning throughout their lives. To quote just one example: Malala Yousafzai, the Noble Prize laureate, Glamour Award for the Girls' Hero and education activist who pursued her own education despite facing adversity. She also won other accolades.

“YOU HAVE TO THINK BIG TO BE BIG”

Women

PROMOTING WOMEN IN LEADERSHIP: BREAKING THE GLASS CEILING

Dr. Aisha Fernandes



In today's rapidly evolving world, promoting gender equality in leadership positions is not just a matter of ethics; it's a strategic imperative for organizations aiming to thrive in the 21st century.

First and foremost, promoting women in leadership enhances diversity and inclusion within organizations. Diverse leadership teams bring a broader range of perspectives, experiences, and ideas to the table, fostering innovation and creativity. Research consistently shows that companies with diverse leadership teams outperform their peers in terms of financial performance, employee satisfaction, and overall organizational effectiveness. By tapping into the talents and insights of women leaders, companies can gain a competitive edge in today's complex and interconnected global marketplace.

In recent years, the world has witnessed a remarkable rise in women assuming leadership roles across various spheres, including politics. Jacinda Ardern of New Zealand, Sheikh Hasina of Bangladesh, and Mia Mottley of Barbados are exemplary leaders who have brought about significant change in their respective countries. Jacinda Ardern, the Prime Minister of New Zealand, has garnered international acclaim for her compassionate and decisive leadership. She rose to prominence particularly during challenging times, including the Christchurch Mosque shootings in 2019 and the COVID-19 pandemic. Ardern's leadership style is characterized by empathy, inclusivity, and a commitment to social justice. Sheikh Hasina, the Prime Minister of Bangladesh, has played a crucial role in driving economic development and social progress in her country. Despite facing numerous challenges, including political instability and environmental crises, Hasina has remained steadfast in her commitment to fostering growth and improving the lives of Bangladeshis. Her leadership style is characterized by pragmatism, resilience, and a focus on sustainable development. Mia Mottley, the Prime Minister of Barbados, has emerged as a dynamic leader with a bold vision for her country's future. Since assuming office in 2018, she has embarked on a transformative agenda aimed at addressing longstanding challenges and building a more prosperous and equitable society. Mottley's leadership style is characterized by innovation, inclusivity, and a deep sense of national pride.



Promoting women in leadership is essential for achieving gender equality in the workplace. Despite making up nearly half of the global workforce, women continue to face systemic barriers and biases that hinder their advancement into

leadership positions. By actively promoting and supporting women's leadership development, organizations can help dismantle these barriers and create more equitable opportunities for women to succeed and thrive.

Moreover, promoting women in leadership is not just about fairness; it's also about economic empowerment and social progress. Women's participation in leadership roles has been shown to have a positive impact on economic growth, poverty reduction, and community development. When women hold leadership positions, they are more likely to advocate for policies and initiatives that address the unique needs and priorities of women and girls, leading to more inclusive and sustainable outcomes for society as a whole.

Despite the clear benefits of promoting women in leadership, progress has been slow and uneven. Structural barriers such as gender bias, stereotypes, and cultural norms continue to impede women's advancement in many organizations. To overcome these challenges and break the glass ceiling, concerted action is needed at multiple levels.

One key strategy is to implement policies and practices that promote gender diversity and inclusion throughout the organization. This includes setting targets and quotas for women in leadership positions, implementing gender-neutral recruitment and promotion processes, and providing training and development opportunities to support women's career advancement. By embedding gender diversity and inclusion into the organizational culture, companies can create a more level playing field for women to succeed.

Additionally, it's essential to challenge gender stereotypes and unconscious biases that may hinder women's advancement in leadership roles. This can be achieved through education and awareness-raising initiatives that promote gender equality and challenge traditional notions of leadership. By fostering a culture of respect, equality, and inclusivity, organizations can create an environment where women feel valued, supported, and empowered to reach their full potential.

Furthermore, mentorship and sponsorship programs can play a crucial role in supporting women's leadership development. By pairing aspiring women leaders with experienced mentors and sponsors, organizations can provide them with guidance, support, and opportunities for career advancement. These programs not only help women develop the skills and confidence they need to succeed but also create networks and connections that can open doors to new opportunities.

Promoting women in leadership is not just the right thing to do; it's also smart business. By embracing gender diversity and inclusion, organizations can unlock the full potential of their talent pool, drive innovation and creativity, and achieve better outcomes for their employees, customers, and communities. Breaking the glass ceiling requires concerted effort and commitment from leaders at all levels, but the benefits are well worth the investment. Jacinda Ardern, Sheikh Hasina, and Mia Mottley are exemplary leaders who have defied gender stereotypes and made significant contributions to their countries and the world at large. Through their visionary leadership, they have brought about positive change, inspiring future generations of women leaders and demonstrating the transformative power of inclusive and compassionate governance. Together, we can create a world where women and men have equal opportunities to lead and succeed.

Communication

"BYTE-SIZED REVOLUTION: CHANGING THE GAME WITH LOVE, LAUGHTER, AND INCLUSIVE TECH COMMUNICATION"

Nita Fleming



Greetings, tech enthusiasts! Buckle up for a journey into the digital realm where communication isn't just about exchanging words; it's a dynamic force shaping communities and the world at large. Today, let's unravel the magic of "Technology for Inclusive Communication" under the theme: "Change is Possible." So, grab your device and let's explore the transformative power of bytes and pixels, sprinkled with love, laughter, and a dash of biblical wisdom.

Opening: A Digital Symphony of Connection In a world dominated by screens and social feeds, communication has become a mix of bits and bytes. The digital revolution is not just about gadgets and gizmos; it's a total shake-up, breaking down barriers and redefining how we connect. Imagine technology as the catalyst for a revolution – one of inclusivity, understanding, and positive change.



The Tech Odyssey: A Journey in Emojiland. Our tech journey starts with the realization that inclusivity isn't a buzzword; it's a game-changer on how we communicate. From smoke signals to Twitter rants, humanity's journey has been one of constant evolution. Smartphones, video calls, and social media platforms turn this evolution into a digital revolution, creating a global conversation accessible to all.

Humor in the Digital Cosmos: LOL at Auto-Correct Fails Before we dive into the profound impact of inclusive communication, let's take a delightful detour into the world of auto-correct, where predictive text is the unsung comedian. Picture the laughter that erupts when "meeting" becomes "melting" or "important" into "impotent" Yep, the digital universe loves reminding us that we're all humans, making those hilarious typos.

This auto-correct laughter isn't just about giggles; it's a reminder that behind the serious talks, we're all just humans having a good time. The unexpected punchline of an auto-correct mishap brings a moment of cheerfulness, connecting us through shared laughter. It's the chill break in the loud grand symphony of digital communication The Inclusive.

Revolution: Breaking Down Digital Walls Now, let's dive into the real deal

– the inclusive revolution powered by tech. Social media, once brushed off as distraction, is now the trendiest hangout spot in the digital town. These are spaces where voices meet, cultures collide, and understanding kicks in. In this digital hub, change isn't just a possibility. it's a definite thing.

Imagine a teenager from Tokyo and a retiree in Texas sharing wisdom, a scientist in Sydney teaming up with an artist in Amsterdam – all within the same digital space. The digital divide crumbles as technology provides a level playing field, where ideas, not geography, take centre stage.

Love and Laughter: Biblical Wisdom in the Digital Age As we roll on, let's weave some ancient wisdom into our tech tale. Remember the story of the Good Samaritan? It's all about compassion and unexpected kindness. In the digital age, this narrative plays out in online communities supporting a cause, strangers stepping up, and empathy flowing for shared struggles. Technology becomes the Good Samaritan of our times, linking hearts on the digital highway Don't forget the timeless commandment: the golden rule "Love thy neighbour as thyself." In the age of social media, this commandment gets a digital makeover through the digital acts of love – virtual hugs, heart emojis, and the encouraging messages. Love, once confined to personal spaces, spills into the digital world, where everyone feels connected.

The Tech Magicians: Transforming Challenges into Opportunities Tech is the magician of our time, turning problems into cool opportunities. The same screen connecting us during a global crisis becomes a canvas for artists to share their work worldwide. Challenges of physical distance dissolve as the screen bridges gaps, creating a shared experience that transcends borders.

As we navigate these digital landscapes, the essence of change unfolds before our eyes. Inclusivity becomes the driving force, and technology emerges not as a disruptor but as a unifier. We witness the birth of a new era where talking isn't just words; it's about building a global village thriving on diversity and interconnectedness.

Conclusion: The Byte-Sized Revolution Continues In the grand finale of our tech-driven expedition, we find ourselves at the intersection of possibility and change. The digital revolution, with inclusive communication at the forefront, isn't a fleeting trend; it's a paradigm shift - a total game-changer that's here to stay. The screens we tap daily aren't just devices; they are gateways to a world where change isn't a far-off dream but an ongoing reality.

So, dear readers, ride the wave of this digital revolution. See the power that tech places at our fingertips – the power to connect, understand, and bring change. In this ever-expanding digital space, where inclusivity isn't just a goal but the golden rule, remember: Change is not only possible; it's happening right now. The digital frontier is wide open, and with every click, share, and like, we're all part of this crazy tech journey. Enjoy the ride! Happy navigating!

Synodality

EMBRACING DIALOGUE AND DIVERSITY IN SYNODAL PRACTICES

Fr George Plathottam sdb



Synod on Synodality is a journeying together of the People of God, summoned by the Lord Jesus in the power of the Holy Spirit to proclaim the Gospel. It is an opportunity for the Church to live the experience of life in communion and dialogue between the charisms and ministries at the service of the Kingdom. This communion and dialogue are expressed in mutual learning and journeying together and is rooted in gospel proclamation, service to the poor, care for our common home, and ongoing theological research and reflection.

As the Synthesis document published at the end of the Synod Assembly in Rome in October 2023 states: “Synodality can be understood as Christians walking in communion with Christ toward the Kingdom along with the whole of humanity. Its orientation is towards mission, and its practice involves gathering in assembly at each level of ecclesial life. It involves reciprocal listening, dialogue, community discernment, and creation of consensus as an expression that renders Christ present in the Holy Spirit, each taking decisions in accordance with their responsibilities (1.h.). Since synodality is ordered to mission, Christian communities are to enter into solidarity with those of other religions, convictions and cultures.



The experience of Synod and the spiritual accompaniment, starts with the discernment that calls us to follow the Lord more closely. It is endowed with parrhesia and courage to seek new synodal paths for the Church of our times. The Synod brings together the experiences of discernment in common and sincere listening to the people of God. It expresses the faces and voices of countless people who participated in the experience.

Pope Francis' apostolic constitution *Episcopalis Communio* (EC) has a prayer which reveals his aspiration for a fully synodal Church. The Pope writes: “For the Synod Fathers we ask the Holy Spirit first of all for the gift of listening: to listen to God, that with him we may hear the cry of the people; to listen to the people until we breathe with the desire to which God calls us” (EC 6).

In this prayer we discern three fundamental principles: Firstly, Listening is a gift and a grace. It presupposes a prayerful attitude, an attitude of openness, for it is God who grants it to us. We enter into an experience of sincere listening

when we take off our sandals before the holy ground where we encounter God.

Secondly, listening is a way of recognizing God as the centre of the synodal process and seeing ourselves as his co-workers. Listening brings us to an awareness of the cry of the people, not our own voice or self-referential ideas. The Holy Spirit works through the voice of the people. The Spirit is always dynamic and fosters a variety of gifts and charisms.

Thirdly, only by listening to the people will we be able to discern the will of God. In this way the *sensus fidei* is found in the cry of God's people living faith in Jesus. Only by stepping out of our closed and safe spaces can we meet the people of God who cry out, who wait and who have much to say, expressing God's own desire for the Church.

Our growing inability to respond to the signs of the times — both those of the world and those of the Church — leads us to recognize that we are sinners, walking in deep darkness and in need of conversion and redemption.

The Synod calls to eschew clericalism, abuses and misuse of power; to recognise the rightful role of women, youth, laity, and to recognise our baptism as our fundamental identity.

We are also called to find ways to proclaim Jesus in this new time; the urgency of developing new ministries, creating ecclesial structures adapted to the present reality that make possible opportunities for the marginalized, especially indigenous peoples, migrants and refugees, those who live on the periphery.

In this dialogue is rooted in mutual listening and conversion. Those participated in the synodal processes have testified that they experienced the power of conversion found in listening to others, being heard by others, discerning and dreaming new paths together under the power of the Holy Spirit.

It must be emphasised that the mission of the Church is not synodality but the following of Jesus. However, without synodality it is impossible to follow Jesus fully and in communion with others. In other words, synodality is an indispensable means, but still a means, with the sole purpose of re-energizing the following of the Lord in our Church for the building of the Kingdom in a wounded world.

The most significant aspect of this ongoing experience is the question: "In what ways have we been transformed – personally, communally and as a Church – by the experience of encountering and listening to the God of life through the real voices of God's people, especially the most 'unlikely,' and toward what new paths are we being guided?"

If we do not experience a sincere conversion (*metanoia*), the synodal process will be futile. No final document, no list of challenges and pastoral guidelines, no methodological or operational element of the Assembly will have any meaning or value if it does not give us a deeper awareness of being called to follow Christ more closely.

Let us conclude this brief reflection with an excerpt from the *Adsumus* Prayer in which we invoke the Holy Spirit:

Make yourself at home in our hearts

Teach us the way we must go

And how we are to pursue it... Let us find in You our unity

So that we may journey together to eternal life.

Health

WOMEN'S DAY SPECIAL

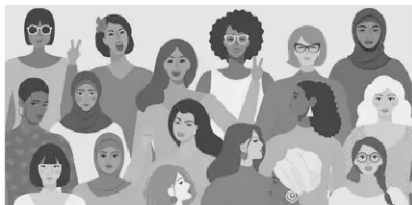
Dr. Lynette Maria Fernandes



With women's day approaching, there will soon be a plethora of celebrations. Women's dinners, parties, brunches and even sales. But how often do we celebrate women's health?

Though the years, women have always taken their health for granted. In an attempt to make life comfortable for everyone, they usually end up overlooking their own. Comfort and wellbeing. These few tips should help us be on the lookout and identify potential issues.

1. Young girls have issues with periods. For the first two years after menses start, it is perfectly normal to have irregular cycles for one year. However, if the irregularities persist beyond a year... please meet your doctor
2. The duration of periods, as long as the period is within 2 to 7 days, there are no clots, pad change is about 3 per day, no need to worry. Any change warrants medical attention.
3. Another common issue is vaginal discharge. Vaginal discharge that is white, sticky, non-foul smelling and resembles nasal discharge, no need to worry. It can also increase before the period. Any change from the above or blood-stained discharge, please meet your doctor.
4. Regular self-breast examination should be started as early as 25 years. Know your body, a considerable amount of early breast cancers can be picked up by you... at home!
5. Regular Pap smears. This is a special test that screens for cervical cancer. It is freely available in India and unfortunately not utilised as much. This can be begun as early as 20 years, and needs nothing from your side except the motivation to do it.
6. Lastly, menopausal and perimenopausal women have many complaints, ranging from mood swings to period irregularities. Please consult your doctor if any of these symptoms cause marked disruption of your routine.



This women's day, let us make a pledge to look after ourselves, to know our bodies, to look for signs and to avail our health services for ourselves.

Just like charity, women empowerment also should begin at home.

Mission

MISSION AT TAMBALE

Sr. Tricia, sfn

“Launch out in the deep”, inspired by this command of the Lord the sisters of the Holy Family of Nazareth set their foot in the mission of Gauthan-Kadgaon in the year 2001.



Tambale is a small village in the Kolhapur district, at Kadgaon, in the midst of lush green forest surrounded by mountains and rivers. There are other villages around Tambale varied by short and long distance. They are full of small hills and valleys. The rainfall is satisfactory during the monsoon. Many wild animals such as Elephants, Foxes, Bisons, Snakes and other big and small creatures are seen very often. The main occupation of the people is farming. Most of the people grow sugarcane and some benefit from the sugarcane factory by working there. Most of the people are poor and middle class but they are rich at heart. They love the sisters.

Due to lack of infrastructure and facilities, poor transport, no proper communication system, market limitations and the place being away from the city, still not developed yet, the village people make their living. The sisters do their best to carry on their mission and be happy in the given condition. The mission of Tambale comprises of six substations, which includes Gargotti, Shenagaon, Karewadi, Donowade, Kadgaon and Tambale. The sisters go to all the substations. Inspired by the charism of the Congregation 'service to the Poor' the sisters chose to reside in Tambale among the other substations.

The Convent had a very humble beginning. The sisters work in collaboration with the MSFS Fathers. The sisters have played a



major role in bringing up the mission and the school at Tirwade, run by the Parish Fathers. Especially during the initial stages. The pioneering members of the community in Tambale were Srs Julie, Alka and Alzira. Since there was no eucharist daily the sisters started with Holy Hour every day for the people which has helped the people to come closer to the Eucharistic Lord. The sisters have also guided the people with regards to education, social and moral life, building up of relationships, career guidance etc.

The main mission of the sisters is Pastoral, Education and Social Work.

Pastoral: The sisters are involved in various pastoral activities. Sisters help and guide the catechism children, youth and the women to put up a meaningful liturgy and other programs. Sisters go to all the substations for mass and catechesis. Prepare the children for sacraments in collaboration with the priest and conduct various activities in the parish. They also conduct SCC meetings, where the Word of God is broken. People are encouraged to share and pray for various needs, spend time before the blessed sacrament in the convent. Visit families on regular basis. Giving communion to the sick and elderly once a month.

Educational: Sisters teach in St Francis De Sales High School run by the MSFS fathers. Sisters have been teaching in the school right from its inception. Sisters in the past have also worked as Principal in this school. At present two sisters teach in the school one teaches in the preprimary in Tambale. The other sister teaches in the high school section at Tirwade. The sisters give their whole hearted participation in all the school activities in the school and are dedicated in their service and responsibilities.

The dedicated and selfless service of the sisters in the past and the present of Holy Family Sisters at Tambale have borne fruit. There are about six to seven sisters and one priest from this mission, working at different places. Also, the life style of people has changed. They now educate their children as during the past and even now sisters have helped them to put their children in the boardings so that they could get better education. People are very much grateful to the sisters and show their love and gratitude in various ways. The sisters not only have good relations with the Christians, but also with in Hindu and Muslim community in the locality.

Social: The sisters have worked for the upliftment of the poor, by carrying on various activities such as taking tuitions of poor children, tailoring classes for women, Mahila mandal groups have empowered the women to be self-reliant, and other necessary provisions for the needy.

The mission of Tambale is challenging yet a fruitful mission. There's lots that can be done. "The harvest is wide".

Vocation stories

SILVER YEARS OF FAITHFUL LOVE*Sr. Jennifer sfn*

Faithfulness and true love with genuine transparency was the hallmark of my parents' love for each other. Every day, I saw them drawing strength through family rosary and personal sacrifices they did for all of us to make our house a home. Coming from a joint family, we somehow learnt to trust each other and in turn became interdependent in our journey of life.

The hard and self-sacrificing life of my parents, the generous heart for the needy neighbour, the helping hand for the old...began sowing the compassionate love of God in my heart. Being the youngest child at home, I was the pet of my mother. She protected and loved me unconditionally. My older siblings showered their love on me in varied generous ways. As a result, right from childhood I became lazy, demanding and wanted a very rich life.

I had high ambitions as God fashioned me with rich beauty and sportive life. Wanting to be a sports personality or do a career in modelling. But God in His Goodness wrote straight in my crooked life. Thus, giving me this 'Divine Call' inspite of me not having a single attribute to be a religious witness of the Almighty God.

I, joined the Holy Family Congregation of Nazareth, Sancoale which was then the talk of the town whether I will survive even a single day in the religious house. In order to cut the story short, the beginning was tough and some things were beyond my reach. I had to go through strict training so that I am fully baked as the new leaven for Christ.

All my Formators especially my novice mistress Sr. Fremiot SFN who later became my guide and confidant, had great patience with me. I can never repay them for their unspoken sacrifices done to prune every branch that would not bear good fruits in and through me. They intricately knitted the God given goodness of my life and formed me to be the best version of God's love and faithfulness. The various golden opportunities, rough edges of critical thinkers, generous suggestions of kind souls, close relationships of family and friends kept me ingrained with the Power of God even when sickness and insensitive life gripped to be totally paralyzed.

The celebration of Silver years of Faithful Love is a great story of Gratitude. Each and every community and village I served for the past 25 years through pastoral and educational ministry, taught me the greatest truth; FAITHFULNESS to God requires our obedience even when it's difficult. I'm grateful to God's willingness to conform me to the image of His Son. Even when I fail to please God, and loathe myself for doing so, God still is never going to give up on me - because He is perfectly and unchangeably faithful to me, and to you.

25 YEARS OF FAITHFUL LOVE"

Sr. Mary sfn



"I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds." - Psalm 9:1

My heart is filled with gratitude and joy as I celebrate 25 years of religious life. With immense thankfulness, I express my gratitude to the Lord for His countless blessings and the opportunities He has bestowed upon me throughout this journey.

The Lord has guided me in every step, illuminating my path with His divine light. He has been my rock, my refuge, and my strength during times of doubt and uncertainty. His love and grace have sustained me, enabling me to persevere through challenges and grow deeper in faith.

I appreciate the gift of my vocation, facilitated by my beloved parents and family members, allowing me to serve Him and His people. Being the eldest in the family and having 7 more siblings, my sisters and I grew up with the boarding at Azra, where I picked up values for life.

I was cared and moulded by the sisters under whose attention I grew up in the boarding of Holy Family Sisters at Azra and hearkened to the call of God calling me to be his own. Through my religious life, I have witnessed His presence in the lives of those I have encountered. I am humbled and honored to be an instrument of His peace, love, and compassion in this world.

I extend my gratitude to the various communities that have walked alongside me on this journey. Their support, encouragement, and friendship have been invaluable. Together, we have shared moments of joy, laughter, and celebration, as well as moments of sorrow, tears, and consolation. I am thankful for the bonds we have formed, rooted in our shared commitment to serve the Lord.

As I reflect on these past 25 years, I am reminded of God's faithfulness and unfailing love. He has been with me through every triumph and tribulation, shaping me into the person I am today.

This milestone serves as a reminder of grace and a source of inspiration for others discerning their own vocations, encouraging them to find comfort and courage in knowing that God walks beside them, just as you have walked beside me.

With deep gratitude, I cherish this day!

HOFCOM REPORTS

Hofcom Annual day

Holy Family Communication Centre, Sancoale, had its Annual Day celebrated on 22 November 2023, at the Holy Family Multipurpose Hall, Sancoale. The students from Holy Family of Nazareth Educational Society Schools, Social Centres, Boarders and those in Formation, showcased their talents through the various competitions affiliated on the theme: 'Ancient Aura and Modern AI'. The students impressed the judges of the day and they awarded the winners with the Trophy and a Certificate. The Rolling trophy for 2023-2024 went to Perpetual Succour Convent High School, Navelim.

'INSPIRE 2023'

St. Joseph Vaz High School, Sancoale, organized 'INSPIRE 2023' on November 24th and 25th, aiming to foster student talents. The event featured diverse onstage and offstage competitions, drawing enthusiastic participation. It commenced with welcoming remarks by Tr Princey D' Costa and Tr Jemica Mascarenhas, followed by the traditional lamp lighting ceremony. Day one highlighted onstage contests like solo singing, folk dance, and comedy skits, judged by various experts. Day two featured off-stage contests and sports activities, engaging students from various age groups.

The event was a platform to foster diverse talents among students, blending artistic, intellectual, and athletic pursuits, enriching the school's cultural fabric while celebrating the vibrant spirit of learning and creativity. The event concluded with a prize distribution ceremony and address by Rev. Sr. Claret Varela.

Appointment

The Holy Father Pope Francis appointed Bishop Theodore Mascarenhas SFX, the Auxiliary Bishop of Ranchi and Apostolic Administrator of Daltonganj as the new Bishop of Daltonganj on 30th November 2023, the Feast of St Andrew the Apostle.

The solemn installation as the fourth bishop of the Diocese was held on the ground of Saint Joseph's School. This installation ceremony was held during the Eucharistic Celebration led by His Grace Leopoldo Girelli, Apostolic Nuncio to India and Nepal on 11th January 2024. On this auspicious day His Eminence Cardinal Philip Neri, Archbishop of Goa and Daman was present for the solemn ceremony.

SIGNIS India National Assembly (SINA 2023)

Around 125 delegates from SIGNIS India's 12 regions attended the 6-9 December 2023 assembly at St Joseph Vaz Spiritual Centre, in Old Goa. Cardinal Felipe Neri Ferrao, the archbishop of Goa and Daman, presided over the opening Mass together with Bishop Henry D'Souza of Bellary, SIGNIS

Asia president Fr. Stanley, and SIGNIS India national president Fr. Victor Lobo, among others. The participants listened to presentations on the theme, “Speaking with the Heart, The Truth in Love,” and shared their experiences to create a culture of peace among the multicultural, multireligious, multilingual communities in India. The assembly resolved to move from individual engagement to community building and to speak to people with their hearts.

Silver Jubilee

Sr. Mary Lobo - the eldest among 8 siblings(girls) from Belgaum, Karnataka and Sr. Jennifer Fernandes the youngest most loved among ten siblings – 7 sisters and 3 brothers, from Agasaim, Goa, made their first commitment to the Lord on 28th December 1998. They renewed their commitment to God through the thanksgiving Eucharistic celebration on 28th December 2023, at St. Lawrence Church Agasaim for the grace of perseverance to live the committed life of Religious Consecration for long 25 years in His vineyard.

Fr. Faustino Charitable Health Clinic

Fr. Faustino Charitable Health Clinic(FFCHC), at Sancoale run by the Congregation of Holy Family Sisters, conducted a Free Blood Test Camp for the people of the village, on 7 January 2024, in collaboration with Dr. Alva's Diagnostic Centre. The FFCH Clinic runs a Physiotherapy Centre where many people avail of this facility through a specialised and skilled Physio, Dr. Sneha Dalgalkar. A General Physician Dr. RajKiran Yadav, is available in the evenings for consultation while Sr. Mary SFN, does the Collection of Blood samples at the centre and through home visits.

School Leadership Conference

National Institute of Educational Planning and Administration New Delhi from among 400+ case studies from across the country and 30+ researcher papers, selected from the State of Goa, Sr. Liberata Fernandes, Headmistress, of Perpetual Succour Convent High School, Navelim, for the National Conference for Celebrating School Leadership from 29 – 31 Jan 2024, at Vishwa Yuvak Kendra, New Delhi. She presented on the theme “Whole School Development: Synergizing Leadership across School Ecosystem”, the theme chosen for the event.

Laudate Deum

Dr. Rev. Fr. Victor Ferrao, the renowned professor of Philosophy and now also a Shepherd at St. Francis Xavier Church, Borim, Goa, was invited to speak on the latest Exhortation of Pope Francis titled: Laudate Deum – to the sisters of Holy Family Congregation Sancoale, at different venues in Goa such as Sancoale, Agassaim and Navelim. Dr. Ferrao gave the crux of the five chapters of the exhortation and enlightened the sisters.



FR. FAUSTINO CHARITABLE HEALTH CLINIC



FR. FAUSTINO CHARITABLE HEALTH CLINIC
Holy Family Sisters Convent - Sancoale

PHYSIOTHERAPY
Mon-Sat : 09.00 a.m - 01.00 p.m
03.00 p.m - 05.00 p.m

GENERAL PHYSICIAN
Mon-Sat : 10.30 a.m - 01.00 p.m
03.30 p.m - 06.00 p.m

BLOOD COLLECTION
Mon-Sat : 07.30 a.m - 11.00 a.m

HOME VISITS ARE AVAILABLE

Contact: 9370167793

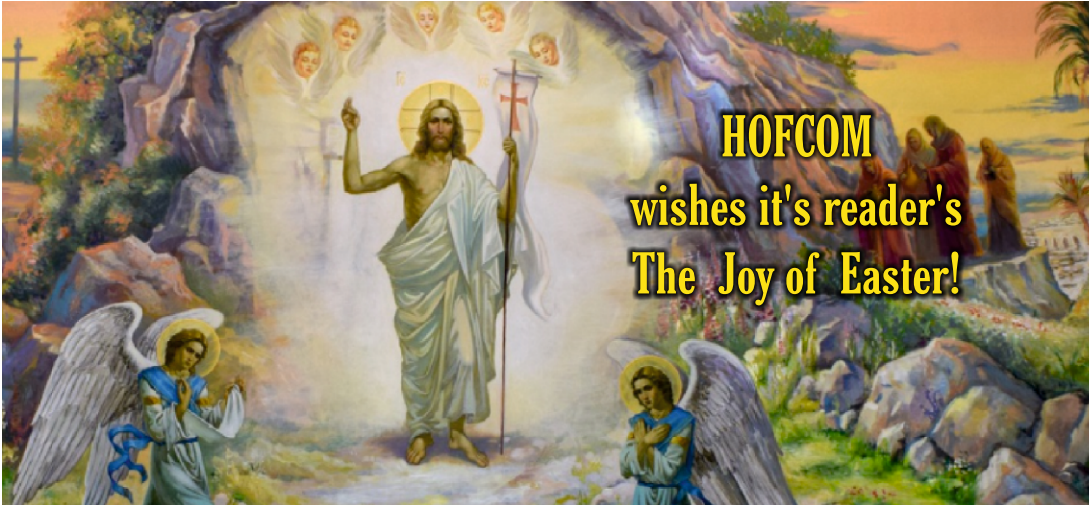


Rev. Sr. Libereta Fernandes awarded at National Institute of Educational Planning and Administration, New Delhi



SEMINAR ON LAUDATE DEUM





HOFCOM
wishes it's reader's
The Joy of Easter!

Congratulations!!! Dearest Sr. Jennifer & Sr. Mary



To know more about us drop a line to:
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