

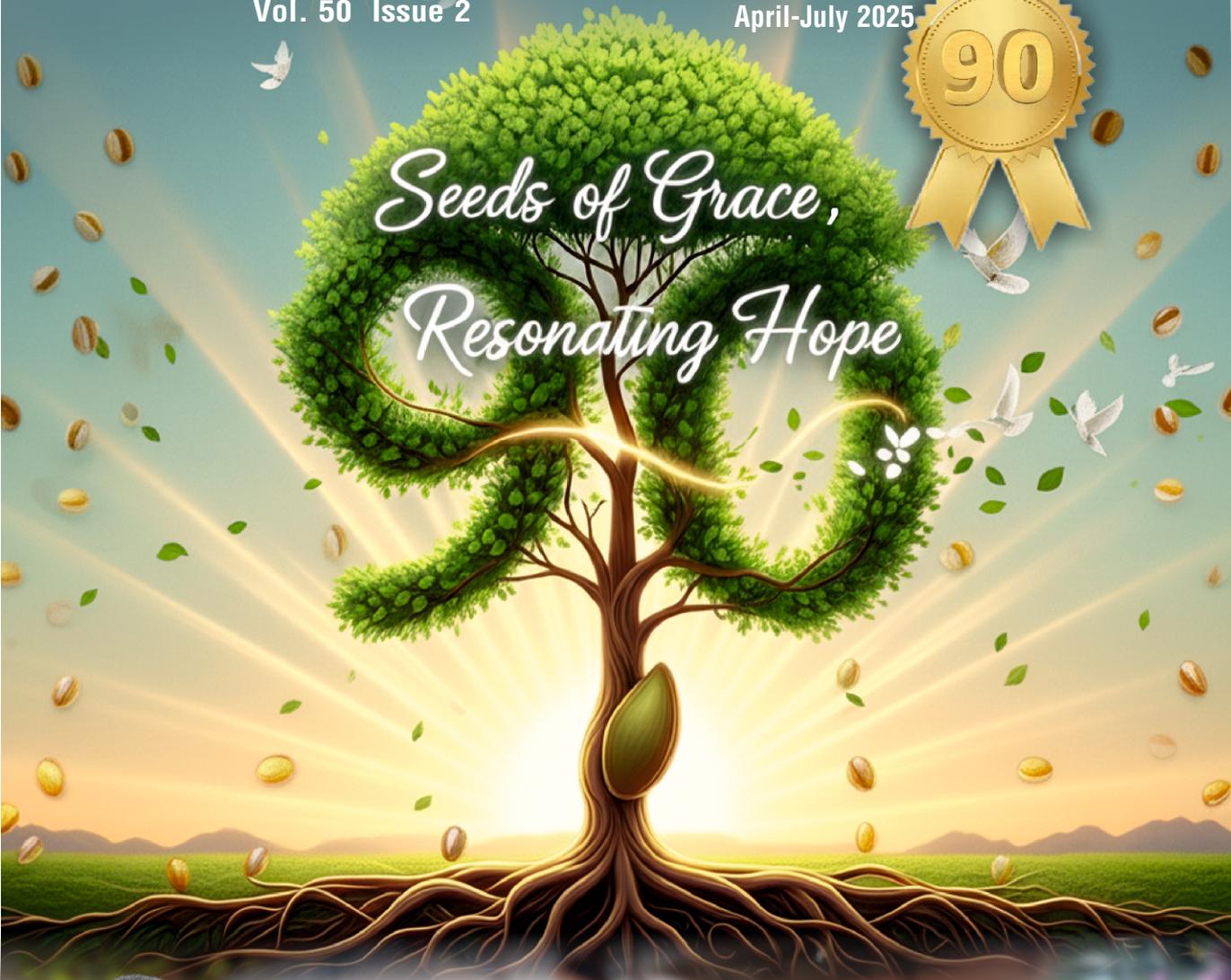
The Dawn Savera

Vol. 50 Issue 2

April-July 2025



*Seeds of Grace,
Resonating Hope*



**The Congregation of the Sisters
of
Holy Family of Nazareth**

Sancoale - Goa



ECCE ANCILLA DOMINI



THE CRADLE OF THE CONGREGATION

OUR FOUNDER
FR. FAUSTINO DE SOUZA
FOUNDED OUR CONGREGATION
16-05-1936
BORN: 21-11-1893
DIED: 28-03-1975

THINK WELL
BEFORE YOU DO ANYTHING

Holy Family Sisters

OUR FOUNDER
FR. FAUSTINO DE SOUZA
FOUNDED OUR CONGREGATION
16-05-1936

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From the Editor's Desk

Editorial

SEEDS OF GRACE, RESONATING HOPE

Sr. Molly Fernandes sfn



Ninety years ago, a simple yet profound seed was sown - a vision rooted in love, service, and spiritual renewal. It took root in the Congregation of the Holy Family of Nazareth, guided by the unwavering faith and commitment of Fr. Faustino De Souza. His deep conviction and trust in God laid the foundation for a journey that continues to blossom with grace and hope.

Today, as we celebrate this milestone, we pause to reflect with gratitude, looking back at all that has been cultivated and look forward to the promises yet to unfold. The theme, “Seeds of Grace, Resonating Hope” beautifully echoes the mystery of growth and God's providence, inspired by Mark 4:26-27.

In these verses, Jesus describes the mystery of growth - the farmer scatters the seed, and though he may not fully understand the process, it flourishes in God's time. This imagery mirrors the journey of our congregation. Our Founder sowed the seeds with faith, watering them with prayer, sacrifice, and devotion to the Gospel, believing that God would cultivate them beyond human understanding. Over the decades, these seeds of grace transformed into a flourishing mission, touching countless lives through education, social outreach, and spiritual guidance.

The beauty of sowing seeds of faith lies in its quiet yet profound impact-it isn't just about planting but nurturing through each season. Every member of our congregation, past and present, has been both a sower and a harvester. Through teaching, healing, and pastoral care, they have planted seeds in human hearts, trusting in God's providence to nurture them in ways unseen.

Their tireless dedication and passion have resonated hope in every act of service, touching souls with mercy and compassion, often in ways they may never even realize.

As we celebrate this 90th anniversary, we are reminded that our mission does not end here. The world today presents new challenges, but our calling remains steadfast-to be bearers of light in darkness, anchors of hope in uncertainty, and bridges of peace in division.

This legacy is not just one of remembrance but renewal-an invitation to step forward with courage, to extend our hands to the weary, and to ensure that the harvest of love continues for generations to come.

With hearts full of thanksgiving, we rejoice in all that has been nurtured and cultivated over these decades. May the Holy Family of Nazareth continue to guide us in faith, service, and devotion. Let us sow abundantly, trusting in the mystery of God's grace, so that hope may resonate in every corner of the world.

Seeds of grace, resonating hope - this is our call, this is our mission.

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PATRIARCHATE OF THE EAST INDIES

CP/2033/2025



Message

My dear Sisters of the Congregation of the Holy Family of Nazareth,

With hearts uplifted in gratitude, you will be celebrating, later this month, Ninety Years of your Religious Institute. It has undoubtedly been a journey of faith, service and devoted commitment to the Gospel, amidst the various challenges that came your way. I am glad that you have chosen the theme, “Seeds of Grace, Resonating Hope,” as you honour the precious legacy of your saintly Founder, Father Faustino de Souza, whose far-reaching vision has been inspiring generations of your Sisters in living out their mission of love and compassion, in Goa and in eight other States and Territories of India.

Your Congregation has been a beacon of Christ’s presence, nurturing families, strengthening communities, educating the young and sowing seeds of grace that have borne abundant fruit along these ninety years. Through prayer, education and acts of mercy, the Holy Family Sisters have been living out their charism to “serve the poor and the needy, offering a life of service rooted in Christ.”

Dear Sisters, as you mark this important milestone, I pray that you may recommit yourselves to the mission entrusted to you. May the spirit of your Founder continue to guide you and may the seeds of grace planted over these ninety years continue to resonate with hope, bringing light to the world around you and drawing all closer to the embrace of God's love.

+ Filipe Neri Card. Ferrão

Filipe Neri Cardinal Ferrão
Archbishop of Goa and Daman

Message



It gives me immense joy to give expression to my inward thoughts through this message for Savera with an inspiring and thought-provoking theme “**Seeds of Grace, Resonating Hope**”, on the occasion of 90th Foundation Day of the Congregation of the Sisters of the Holy Family of Nazareth. I joyfully join the Congregation in giving glory and praise to God for the faith-filled journey that began 90 years ago, under the visionary leadership of our beloved Founder Fr. Faustino de Souza.

The seed that was planted by God through our Founder, has grown today into a blossoming mission, rooted in the Word, nurtured through Prayer and bonded in Love. On the occasion of the 90th Foundation Day, we are reminded that we are not just celebrating the milestone adorned with a rich legacy, but we also commemorate a living echo of the Divine which resonates through teaching a child, caring for a sick person and uplifting those on the peripheries.

Today, the seeds of grace sown by hands willing to serve have grown into fruit-bearing trees through which Hope has resonated through every heart that was touched with the vision and the mission of our beloved Founder. The Congregation has been nourished by waters of Divine Providence in the bygone years in order to welcome, to teach, to heal and to love wounded humanity.

May the journey of these 90 years inspire us to keep sowing with faith, trusting that every echo of our mission will continue to resonate hope in a world that longs for healing, especially during this Jubilee Year, and in the years to come as Pilgrims of Hope.

My sincere congratulations to the Superior General and the members of the Congregation on this auspicious occasion and good wishes for the fruitfulness of all the endeavours in the years to come. May each echo of a sister’s song, make the weary spirit strong; may each touch of love and each uplifted face, resonate hope, reflecting God’s grace.

Be assured of my prayers!

+ *Simião P. Fernandes*

Simião P. Fernandes
Auxiliary Bishop
Archdiocese of Goa and Daman

From the Superior General's Desk

Message

Sr. Berna Rodrigues sfn, Superior General



“Unless a grain of wheat falls to the ground and dies, it remains only a single grain. But if it dies, it produces much fruit.”—John 12:24

These powerful words from the Gospel invite us to reflect on a profound truth: the path to growth and transformation often requires a journey through adversity. Like a seed buried in the earth, we too are called to experience moments of challenge, loss, and darkness in order to blossom into something greater. In these moments, we may feel buried by our struggles, but it is in these very depths that God's grace is at work, nurturing us and preparing us for new life.

Grace, like the soil, quietly supports us as we push through the darkness of our trials. It is in these times that hope begins to take root, not because the difficulties vanish, but because we begin to see beyond them. Hope is not an escape from suffering but a resilience that arises when we trust in God's presence even in the hardest of times. Just as the seed must die to produce fruit, so too must we surrender our fears, doubts, and limitations to God, allowing His grace to shape us and strengthen us.

In the face of adversity, grace doesn't promise immediate relief, but it promises that we will not face our struggles alone. Grace empowers us with the resilience to endure, to grow, and to eventually bear fruit that will nourish others. It teaches us that the difficulties we face are not the end of the story, but the beginning of a deeper, richer chapter of life, one that is filled with the fruits of perseverance, faith, and hope.

As we reflect on the seeds of grace that have shaped our journey, we are reminded of the incredible resilience and hope that have defined the history of our Congregation. This year marks the 90th Anniversary of the foundation of our Congregation, the Sisters of the Holy Family of Nazareth (S.F.N.). This anniversary is not only a celebration of our past but a living testament to the vision of our founder, Fr. Faustino de Souza, whose unwavering faith and trust in God's grace have borne abundant fruit. His influence continues to inspire and guide us, encouraging us to persevere in faith and to share the hope that has been passed down through the generations.

May we continue to nurture the seeds of grace in our lives and in the lives of those we serve, always trusting that, like the seed, our challenges will bear fruit for God's glory.

Feature

“90 YEARS OF GRACE: A JOURNEY OF FAITH, HOPE, LOVE, AND RENEWAL”

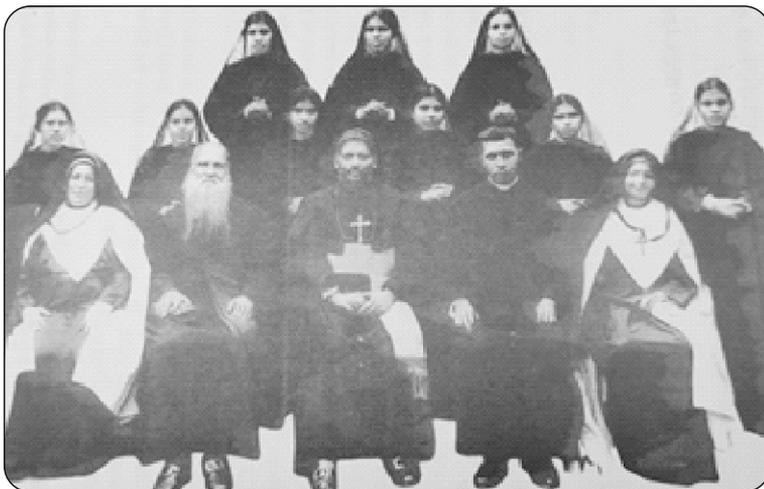


Sr. Joanita Dias sfn

90 years has lapsed for the genesis and growth of the Congregation of the Holy Family of Nazareth, Sancoale Goa. The year 16th June 1935, was the founding moment when the seeds were sown for the cherished project and the dream of our dear Fr. Founder, Rev. Fr. Faustino De Souza. These sowing of the seeds were the moments of GRACE wherein a zealous Diocesan priest and the pastor of the parish of Our Lady of Good Health, Sancoale, Goa, Rev. Fr. Faustino De Souza, seized the opportunity to give shape to the cherished project that was harbouring in his mind and heart for quite a number of years. The cherished project was to found a new Religious Congregation on the soil of his birth place GOA with the necessary permissions from the then authority in order to realize his dream.

Although the beginnings were tough and challenging, the Sisters remained steadfast. The Providential Love of God, their faith in His love, and their hope in the midst of adversity kept them moving forward.

Under the guidance of the Founder, the young founding members responded to God's call with fidelity. Inspired by the Founder, they placed themselves at the disposal and service of the local hierarchy as humble collaborators. Their mission encompassed teaching Christian doctrine, evangelization, education, and social welfare services. They also established homes for the aged and provided healthcare, acts of mercy, and compassion.



Through various efforts, especially their SERVICE TO THE POOR, the Sisters dedicated themselves to uplifting those in need. They contributed to the best of their ability, striving to make fellow human beings' life more truly human, more truly meaningful, more fulfilled, and more open to others and to God.

Their ultimate aim was to liberate the people they served from the shackles of ignorance, error, and superstition. They worked against oppression and misery, both temporal and spiritual, and in particular proclaiming the Good News with unwavering commitment.

As part of their mission, the Prison Ministry extended hope to inmates through various opportunities within the prison itself. Education programs empowered them with knowledge

and skills. Carpentry workshops allowed them to craft with purpose. Initiatives such as wealth out of waste and card-making nurtured creativity and resourcefulness.

Beyond these practical efforts, spiritual talks guided inmates toward renewal, strengthening their faith and deepening their sense of hope. Through these meaningful engagements, the Sisters sought to restore dignity and offer a path toward transformation and healing.

The very name of our Religious family, the Congregation of the Holy Family of Nazareth, reflects the inspiration drawn from Jesus, Mary, and Joseph. Their hidden life serves as our guiding example—marked by prayer and adoration, sacrifice, hard work, and humble service.

In their footsteps, we embrace a life of dedication, lived in simple faith, trust, and total abandonment to God's Providence. Through love and joy, we seek to mirror their quiet strength and unwavering commitment to the divine call.

Most of our Houses and Convents were established in humble villages and remote areas, ensuring that our mission remained dedicated to serving the poor. From the very beginning, it became clear that our Founder and the first group of Sisters had always held the poorest close to their hearts.

Fr. Faustino de Souza played a vital role in this endeavour, wholeheartedly assisting the Sisters in their search to reach those who most needed the message of Christ. His guidance and support strengthened the mission, allowing the Sisters to bring hope, faith, and service to communities that otherwise had limited access to spiritual and social care.

Pivotal Milestones: Resonating Hope through generations

Preparation of our own Constitution and Directives of the Congregation with the help of experts in Theology and Canon Law.

The sisters would have their assembly or Chapter for the Renewal purpose to carry on the Charism, Spirit and Vision of our Founder faithfully ahead as per the mind and spirit of our Founder and yet the initial founding spirit had to be retained. As a result, they came up with Customs and Traditions booklets to resonate hope for the generation.

The Constitutional text and the Directives were reviewed in two sessions of the Extraordinary General Chapters of 1975-76 which were provisionally approved by Archbishop- Patriarch D. Raul Nicolau Gonsalves on 29th August of that year. It was only in the Extraordinary General Chapter in May 1987 that the final text was passed. His Grace Patriarch D. Raul N. Gonsalves forwarded the text to the Congregation for the Evangelization of Peoples for scrutiny and the definitive approval by the same Ordinary in 1990. Fr. Faustino was not able to see the final text of the Constitution. He died in 1975 who had joyfully accompanied the Congregation in search of God's Will for many years and saw the efforts made by the sisters in the renewal of the Spirit and the Constitutions as desired by the Vatican II Council.

Sisters had to undergo a period of transition from Pre-Vatican to Post-Conciliar times with an open mind and heart as per the promptings and the action of the Holy Spirit and the signs of the times, by not yielding to the temptations in the name of the Council but by making enormous efforts to go deeper into the sources of true religious spirituality as spelled out in the documents of the Church.



Savera

On 25th March 2002, the Congregation of the Holy Family of Nazareth celebrated the Golden Jubilee of its Canonical Erection. Going back to the roots was the FOCUS with renewal facilities and on 16th June 2010, the 75th Jubilee of the Foundation of the Congregation was held with thanksgiving and gratitude.

Congregation spread over several States and Union Territories of India.

Apostolate in Social activity were taken up in full swing such as working in red light area in Baina-Vasco, advocacy, working with migrants, unwed mothers, Health care and so on.

Opportunities were provided for Sisters to get trained in their own stream of education and aptitudes for better facilitation of the works and better effectiveness of the apostolate. And above all for greater satisfaction and to be abreast with the times.

The 125th birth anniversary of our Founder was a pivotal milestone, celebrating his dedication to the poorest and his mission of spreading Christ's message. It was a moment of gratitude and renewal, inspiring the Sisters to continue serving with faith, love, and compassion.

The celebration of the 50th death anniversary of our Founder was another milestone for the Sisters that reaffirmed their commitment to his vision and mission. It was a moment of profound reflection on his legacy, inspiring renewed dedication to serving the poor and fostering a deep spiritual connection within the Congregation.

Future vision: Nurturing Renewal through Grace: As we navigate the journey of life and inspired by the Grace of God through renewal that Jesus offers, we aspire to move ahead as per the signs of the time. Jesus is our living water, our source of strength, wellspring of Hope we shall openly lean on Jesus through discernment to let our spirit be refreshed. We do not want to give in to despair, for we have been called to “run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross” (Heb. 12:1-2).



PRI. FAUSTINO KALLANCHEO KHUNNAM VOLLKHOPI

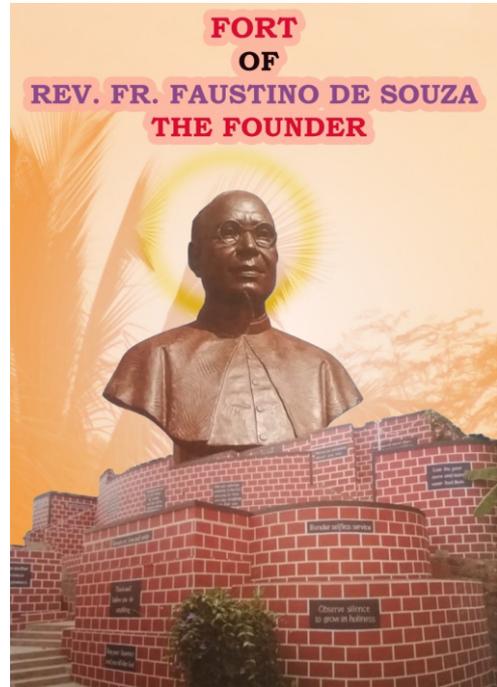


Br. Eusebio V. Miranda, sfx

Goychi Igorz gorjek sampoddloli, durboll zal'li. Portugez odhormi sorkaran tankam bhair ghale. Oslea vellar Dev Fr. Faustino de Souza vorvim apleo yeuzonneo xat'ti pavoita. Veg-vegillea kallar Dev apnnak mantat tosleank vinchun kaddta ani tankam kherit apounnem korta, tankam boll ani kalljidarponn dita. Kainch naslolem thoinchem upott ubzoita ani tancho vavr folladik zata. Punn koxttam viret kainch zainam; oslea mhotvachea kama khatir koxtt gorjeche, khuris tancho sangati zata. Fr Faustino de Souza khursak veng marta ani Devan dil'lem kam' fuddem vhorunk soglleam oddchonneank kalljidarponnan fuddo korta. Bhokti jivit tannem apnnail'lem tem tachie familintlem daiz mhonnum yeta.

Durbollanchi Seva Korunk Durboll Igorjechi Goroz

Sonvsarantlea durbollanchi seva korunk durboll igorjechi goroz asa, oxem Francis Papa zaite pavtti sangtalo. Fr. Faustino durbollanchea mogacho, durbollanchea bhurgeank xikop diunk tachi yeuzonn asli, ani durboll somaza khatir vavrunk taka sfurthi mellitali. Hi apli yeuzonn xat'ti pavouk tachean eklechean korunk zaunchem naslem. Mhonnttoch tannem tornatteam cheddvank zoma korunk apovnnem kelem. Fr. Faustino Mhapham Dulerant Kapelanv aslo, thoim tannem tornatteam cheddvank margdorxon diunk suru kelem, punn hem borek kam' suru zata tem polleun thoddea mon'xank nosai zali, Fr. Faustinacher boglanttam ghalun taka thoincho kaddcho mhonn Bispa kodde maglem. Hea bhagevont jivitachea padrin Devacher bhavarth dovorlo. Bhavarthan choltolpak bhorranso kednanch fottoina ani fosoina. Arsebispan taka Rachol Igorjent dhaddlo thoim tannem atmiktayecho boro vavr suru kelo. Tie firgojntlea cheddvank dotornn xikoupachem kam' fikirin kelem. Apnnem suru kel'lo vavr kosleank oddchonneank lagun tannem fattim soddlonam. Taka Racholchea Vigarant Fr. Victoria Pinto Lobon boro tenko ani adhar dilo. 1932 vorsa Goyant Madrinchi Sonvstha sthapunk tannem survat keli. Fr. Faustinan Dulerchea cheddvank



apounnem kelem. Tachi tannem bori akarnni keli. Tankam poilich koxtti jivitachi vollokh dili ani koxttanchem mol iskuttavun dakhoilem. Kristacho pattlav lagxilean korunk khursak veng marpachi gorozuch asa mhonn sanglem, sogllea torencheo oddchonneo sosunk poddat tednam fattim sorunk favonam mhonn spoxtt tannem korun dakhoilem.

Dharmik Jivitak Durbollkai Zai

Dharmik jivit apnavunk durbollkai ani sadeponn apnavunk goroz asa; tednanch somorponnanchem jivit jiyekun sompem zata mhonn dakhoilem. Oslem jivit Fr Faustino poilo apunn jielo, tannem apnakuch Deivik Sasaye khal ghalo. Hem tachim jivit poilea zomeachea cheddvamni onnbhovlem ani tachie yeuzonnek tannim hoikar dilo, oxi tachi yeuzonn fuddem geli.

Igorjechea vhoddilank ti avoddli ani Arsebispan taka Sankvalleche igorjecho Vigar nemlo. Thoim tannem aple yeuzonnecho vavr nettan fuddem vhele. Anikui zaitim avhanam tachie mukhar ubhim zalim punn tannem Devacher patiyekun tanche zait vhelem. Oddchonnam modlean Dev aple yeuzonn fuddem vhorta ani aple sondexkarank toyar korun dhaddta, hem Fr. Faustino de Souza survatekuch zanno aslo.



Tachim karya kaklutin riglolem, kaklutin bhorlolem tachim kalliz, dekhun tannem addkollinchi porva kelinam. To khorech Devacho monis aslo. Devan vinchun kaddlolo, Devachi khuxi korunk to sodanch vavurlo.

Jezun mhollam “zo konn mhoje bhitor rigun ravta to zaitim follam dita” (Ju. 15:5). Fr Faustino sodanch Jezuk chittkun ravlo, dekhun tachi yeuzonn oddchonnam modlem fuddem vochot ravli. Hench korunk tannem apleam madrink (Sisters of Holy Family of Nazareth) xikoilem. Porom' Sonvskarachi bhokti korunk suchoilem. To chodd korun Jezuchea koxttancho niyall kortalo. ‘Imitation of Christ’ hea pustokavele niyall to dispott'tim dhyan-monan niyalltalo ani onnbhovunk vavurtalo. Dekhun apnacher yetolea koxttancho porva korinaslo. Ek amchea monant dhorunk chodd gorjechem: Jezun tor itle koxtt vollvolle sosle zalear, hanvem mhojer yetole koxtt sosunk naka? Adlea kallar zaite pavtti ejakulatori uchartale, atam hi bori sonvoim moddlea. Fr. Faustino itlo Jezuk lagxilo zal'lo ki to tondda-tonddim Jezu kodde uloitalo ani hench korunk to aplea madrink-ui sangtalo mhonn Holy Family Sonvsthecheo zantteo madri vo sisteri sangtaleo.

Khaltikayen Deva Mukhar Vhodd

Fr. Faustinachem khalteponn chodd unchlem, tem sadhem nhoi, tachea jivitacher khollayen niyall kortoleakuch ti disun yeta. To aplea jivitacho xevott porian khaltikayen Deva Bapak ekvottun ravlo, dekhun Goychie Arkidiosezint edem vhodd kam' korunk pavlo. Tannem Khaltikayeche bunhadir okhondd atmiktayechei bandavoll bandun haddli. Dekhun to zait pavtti sangtalo “khaltikayen jiyeunk vavrat; svarthi zait zalear sogllem kosllun poddtolem. Jivitantlem gorv pois korat, khaltea ani nomr kallzachim zayat”. Jem tannem xikoilem tench aplea jivitant pallunk to vavurlo. Taka sompurnnayechem jivit zai aslem. Jivitachem somorponn kel'leamni sompurnnayek pavoitolea rostear cholchem. Durbollkayechem jivit apnnaillam tannim tem xevott porian jiyeunchem mhonn tannem madrink xikoilem. Thambonastana ani thokonastanam Fr Faustino Devachea mogachi govay diunk vavurlo. To piddent ani kuddichie osoktayent aslo, tori aplea jivitant Devacho mog tannem soglleank vistarlo. To zanno aslo, St. Paulu porim Fr. Faustino koxttamni sontostalo, kiteak aplea koxttam vorvim, jem kitem Kristachea koxttamni unnem asa tem bhoron yeta. Punn haka bhavarthachem mon asunk zai. Oslem mon Fr. Faustinochem aslem.

Tannem sthapolli Sankvallechea Madrinchi Sonstha Nazarethchea Povitr Familiechea asrea khal cholta. Nazarethchi Povitr Famil ak'khea jivitant durboll asli. Kam' aslearuch tannim jeunchem nam tor ogeponnan ravchem, osli tanchi got asli. Sam Juze vavur kortalo ani tegam zannanchem udarposonn kortalo. Punn Deva Bapacher tacho bhorvanso aslo, Devacher patielear kainch unnem zainam mhonn tim zanno aslim. Tor mhoji durbollkai kosli kai? Mhoji durbollkai mhaka sopurnnayek pavoitoli kai? Hanv virokti monacho zalam vo mhoji viroktai utram purtich urlea kai? He proxn hanvem mhakach kelear bore, toxem kelear mhojem jivit tharear poddtolem.

Virokti Jivit Amkam Faideachem

Fr. Faustino jiello ani sorgvaxi zalo. Virokti monacho ani jivitacho aslo. Tachi viroktai Sankvallechea Madrinchie Sonsthechea poilea madrimni polleli ani onnbhovli. Osli viroktay atmiktayen tori atanchea madrimni onnbhovunk vavurchem. Sonstha koxi zolmolea ani survatek kosle tras kaddleat tacher kedna kednam-i nodor ghalear tankam ani amkam-i faideak poddtolem. Kiteak atancho kall sonvsarikoronnacho zait veta, ami dharmikamni tori hache thaun pois ravlear kainch vaittak poddchem nam, punn ami sogllim odhik atmiktayen vaddunk pavtolim. Fr. Faustino de Souza Xubhvortomanachea sontosan ani kaklutin jiello. Tachem ak'khem jivit Somiachie ani Povitr Sobhechie sevek orpil'lem zalem. Xubhvortomanachea totvamni, visvaxiponnim ani kalljidarponnan durbollanchi ani soglleamni bhairailoleanchi seva korunk tannem aplea jivitachi dekh doverli.



EARLY DAYS AT NAZARETH

(This article was published on the golden jubilee souvenir in 1985)



Late. Sr. M. Gertrude, S. F. N.

The group of believers was united heart and soul, no one claimed for his own use anything that he had, as everything they owned was held in common. (Acts. 4:32).

Like the early Christians, the group of our beginners (co-Foundresses) was very much united in love and faith and hopefully lived in the spirit of the Gospel inculcated by the founder while serving the poor of Christ. They lived a committed life. They actualised the loving spontaneous response they had given to the divine call in total surrender to the will of their heavenly Father. Their love for Christ was unconditional. They were simple and detached, totally available and determined to do what pleases God. Being of one mind and one heart, their community was a true family gathered in the Lord's name, enjoying His presence (cf Mt. 18:25), through the love of God poured into our hearts by the Holy Spirit (Rom. 5:5). Their life of communion was rooted in the Religious consecration, animated by the spirit of Beatitudes and nourished by prayer and mortifications.



The fame of this recently born institution spread far and wide through-out the Territory of Goa. Many poor children and orphans surrounded the sisters' quarters at Sancoale. The sisters experienced the hidden power of God working in them and being dominated by a sense of urgency for

Christ's Mission, they put on the attitude of Jesus, and immediately they began to share their unique talents, and manifested their readiness to serve the poor and to cater to the needs of those who approached them. In the mean-while helpers were not lacking. Many girls who went through the Portuguese Primary Government School, having passed their Primeiro Grau / Segundo Grau came to Nazareth (as the Institution was known) to offer their services and to dedicate their lives to God. These girls were appointed to teach in the primary classes to the children of the poor families. They stayed, they saw and experienced the life of the sisters and joined them. These were then sent to Mangalore for their further Religious training.

On the arrival of the second batch of the sisters trained in Mangalore, an English section was added to the existing Portuguese private school of the institution in which the students were taught all kinds of useful things like Home Science, Stitching, Tailoring, Painting, Embroidery, Cooking, Konkani, letter writing/reading etc. The top priority was given to the teaching of Religion, hence the first period was devoted to Catechism.

The number of the girls in the boarding increased. The Sisters were hard pressed to accommodate them. Construction of a boarding house was imperative but the sisters were very poor.

The Founder himself was poor too. In such circumstances, Father founder planned a mud

house with a wooden flooring storey for the purpose of a dormitory for the boarders. Together with the village workers, the sisters worked with their own hands, carrying mud and water, for this construction to accommodate the orphans and boarders, who were so very poor that their contribution for their own food was insufficient. Like the Holy Family of Nazareth, the Sisters lived a poor and hidden life, ceaselessly did hard work and remained totally dependent on the Providence of God. They had to encounter hardships while making journeys on foot across the hills to catch the train at Cansaulim to buy foodstuffs for the children at the nearest town. But in spite of poverty and hardwork, the sisters were very happy, the spirit filled them with inner strength, and joy was reflected on their simple faces. The exemplary life of the sisters attracted many vocations to the Congregation. Fr. founder was concerned about the health of the sisters. He advised the Superior to arrange a holiday house at the sea shore Velsaum, and to organise groups of sisters in such a way that they get at least fifteen days' rest to regain their health before the next scholastic year.

In 1938 the sisters moved out and began their public ministry among the people. This was their first attempt outside the convent walls. They cooperated and shared in the Pastoral work in the local Parish of Sancoale.

They visited every family and made a survey of the needs of the people who were mostly Kunbis, poor and illiterate. According to the priorities, the sisters organised themselves in groups and took up jobs like: teaching the people personal cleanliness, sanitation, cleaning their houses, giving bath to their children, combing their hair, teaching catechism, praying the rosary with them, preparing the families on Saturdays to attend Sunday Mass, providing facilities for jobs either in the Convent or outside etc. These were the means taken in order to make contacts with them. The Kunbis were weak in faith, inclined to go for idol worship in times of sickness and troubles. Their moral life was low. The sisters tried their best to enter into their life and become one with them. Thus the people became very homely and open to the sisters. In this way, the sisters had opportunities to meet them and off and on to teach them Christian Doctrine and to bring home to them the faith they were losing. Here is the new commandment fulfilled, "Love one another as I have loved you".

Going to others is going to Christ. Circumstances demanded the presence of sisters. The whole village of Sancoale was attacked by a fatal disease of small pox. The healthy members of the families used to abandon the victims and run away from homes. There was no one to take care of the sick or to bury the dead. Here was Jesus forsaken on the Cross! In this dangerous and pitiful situation, the compassionate founder Fr. Faustino de Sousa, being also the Pastor of the parish of Sancoale recommended the sisters to take care of these small pox victims. He himself took the lead in haste accompanied by a group of sisters. Compelled by the love of Jesus, the Sisters took the risk and nursed the patients with love, seeing the suffering face of Jesus in each patient, and gave them bath, washed their clothes, prepared food for them, cleansed their houses and surroundings. In short, the sisters looked after the material and spiritual needs of the victims, sacrificing their time and energy and sleep, and re-turned home in late hours. In spite of all the care taken, some of the victims died but many of them survived. People who witnessed the sacrifices of the sisters. thanked God, and blessed them and their good Pastor for the wonders God worked through him.

In this era of World War Second, all the people were terribly affected and famine prevailed



Savera

everywhere. The sisters had to struggle for their daily bread and to sustain the poor orphans. Rice was not available. In a big community, a few bags of rice would be consumed very soon without any assurance of more supplies. In such a situation, the anxious Father founder, with his deep in-sight, advised the sisters to keep aside two or three bags hidden for emergency; to use rice for the main meal of the day and to make use of other foodstuffs for other meals (raggi, maize, wheat, moog, gram.). The sisters did exactly as they were told, and this kept them from starvation. In this way they were able to preserve their stamina and render service to the poor. Father founder's faith in God was great, he trusted in His Providence. People of good will saw him struggling to lift up the poor and came to his aid. A piece of property and a field were donated for the orphans. Since the candidates came with very little studies, Father had to see to the education of the sisters. A student house was arranged in Belgaum where the aspirants were residing and studying at St. Joseph Convent School. God blessed the efforts of the Founder and sisters and their humble foundation. One could perceive with admiration the gradual progress, both material and spiritual. The tiny seed sown in good soil and watered by the sweat of the Founder was growing. The Congregation began to expand.



In the Sixties, the Founder seemed to have experienced some disappointment. Together with the growth, he sensed the first fervor was lost. He could see the decline in the spirit of poverty and charity, and consequently there was a fall in the flow of vocations. Often he grew impatient with the deficiencies and on certain occasions he expressed with bitterness the grief of his soul, *hem Congregasaum mojem noi, mojem Cong-regasaum dublleanchem, mogachem, ani ekvottachem, tumche thaim mog nam, ekvott nam; Dev mog, mog ani ekvott nam thoim Dev nam, voddilank khal-tim zaiat, Devak chodd manta. Obedien-cia ani lhanpon; mojea mogachea bur-gueanno tumchem jivit bodlat (he meant a real Metanoia). Tumi choltat toxim cholxeat zalear, tumchem Congregasaum tuminch kobar korteleat*". Very often he voiced his appreciation of and expressed a certain nostalgia for the Religious Spirit of the Pioneering Sisters: their exemplary life of Love and Unity, their understanding of one another and their life of obedience and faith. He often prayed the prayer of Jesus' Father, may they all be one, as you and I are one....." He wanted us to be humble like our Mother Mary and to do the will of God. Our pioneers readily accepted God's will with joy, indicated to them through the Founder. God worked wonders through these humble and simple and weak Instruments, because they placed their trust in Divine Providence. "Father, Lord of heaven and earth, to you I offer praise; for what you have hidden from the learned and clever, you have revealed to the mere children" (Mt. 11:25-26).

This has been brought out at this juncture, as a warning and a challenge to relieve the original spirit in which our Pioneering Sisters lived and was cherished by the revered Founder.

On this auspicious occasion of the Golden Jubilee of our Congregation let us keep our eyes fixed on the future. Our new generation will look up to us and follow in our footsteps, if we live the present with serious commitment having before us the life of the Holy Family of Nazareth. "Like Jesus Himself we are to grow in age, grace and wisdom before God and man" (Lk. 2:52)

"Egoism should be shattered. Long to live silent, hidden and virtuous life".

BLOOMING IN FAITH: YOUTH AS TRANSFORMATIVE SEEDS FOR TOMORROW



Sr. Liberata Fernandes sfn

Planting Seeds of Faith, Love and Service in Young Hearts

In a rapidly changing world, the energy, creativity and vision of youth have become beacons of hope and transformation. Rooted in the Christian call to nurture the next generation, the Holy Family of Nazareth has steadfastly cultivated an environment where young hearts can flourish in faith, love and service. As the Congregation marks 90 years since its foundation, the celebration is not just of the past but of a vibrant future shaped by the seeds sown in today's youth.



The Holy Family of Nazareth has long recognized that young people are not merely the future of the Church—they are its present vitality. By planting seeds of spiritual growth, compassion and active engagement in their lives, the congregation has enabled countless young individuals to bloom into leaders, servants and witnesses of the Gospel.

Holy Family of Nazareth Celebrates 90 Years of Foundation

Founded 90 years ago with a mission inspired by the example of the Holy Family, the Congregation has dedicated itself to building communities of faith that reflect the values of humility, charity and devotion. This significant milestone is a testament to the unwavering commitment of the sisters, collaborators and lay partners who have laboured with love across generations.

The celebration of this anniversary invites reflection on a journey marked by dedication, resilience and a profound sense of purpose. Through education, social outreach and spiritual formation,



the Holy Family of Nazareth has nurtured not just institutions but people—especially the young, in whom the seeds of transformation lie.

Congregation Involvement in Education, Young Groups, and Other Ministries Focused on the Young.

Education has always been a cornerstone of the congregation's mission. Schools run by the Holy Family of Nazareth are more than academic institutions; they are sanctuaries where students learn to

integrate faith with knowledge, service with leadership. Here, the development of intellect goes hand in hand with the formation of conscience and character.

But the ministry to youth extends well beyond the classroom. Youth groups supported by the classroom. Youth groups supported by the Congregation offer safe, nurturing spaces for young people to grow spiritually, socially and emotionally. Through retreats, leadership training, liturgical involvement and community service, these groups empower the youth to be active agents of change in both Church and society.



The sisters also engage in pastoral ministries that reach marginalized and at risk youth—those whose potential might otherwise be overlooked. Through counselling, mentoring and inclusive community-building efforts, the Congregation acts as bridge of hope, inviting all young people to discover their God-given worth and purpose.

Moreover, the Holy Family of Nazareth encourage youth to participate in mission work and intergenerational initiatives, promoting a culture of encounter, empathy, and mutual respect. These programs help young people see the world through the lens of Christ—challenging them to become peacemakers, stewards of creation, and voices for justice.

A Living Legacy for Tomorrow

As the Congregation celebrates its 90th anniversary, it continues to ask: How can we best serve the youth of today so they may become the torchbearers of tomorrow? The answer lies not only in programs and projects but in the daily witness of faith—filled lives. Every individual—whether a sister, educator mentor or a member of the community—becomes a sower of hope, entrusted with nurturing the unique gifts of each young person they encounter.

The Holy Family of Nazareth invites all to join in this sacred mission—parents, parishes and communities—to continue planting seeds of faith, love and service because when youth are rooted in God's love

A Future Filled With Hope

As the congregation marks 90 years of dedicated service to the youth, it stands as a beacon of hope in a world that often overlooks the spiritual needs of the young. Their mission is not to lead but to accompany.

In every child they encounter, the sisters see the image of Christ. In every classroom, retreat, or youth gathering they sow seeds of faith that continue to bear fruit long after the moment has passed.

Their legacy is visible not in grand monuments but in the thousands of lives quietly transformed by their witness and care. Each student taught, each youth guided, each family served adds another petal to the beautiful garden they have nurtured—a garden where faith, love and service continue to bloom.

In a world that yearns for authenticity and connection, the Holy Family of Nazareth Sisters offer both. As they look to the future, their commitment remains unwavering: to continue touching young hearts with the tenderness of Nazareth and the strength of Christ's love.

FAMILY

GENERATIONS ROOTED IN GRACE AND LOVE



Fr. Victor Ferrao

Strengthening Families: The Core of Fr. Faustino's Mission

The Sisters of the Holy Family of Nazareth, founded in 1935 by Fr. Faustino De Souza in Sancoale, Goa, embody a mission deeply rooted in the generation of love, inspired by the Holy Family of Jesus, Mary, and Joseph. Guided by Fr. Faustino's vision and the charism gifted by the Holy Spirit, the congregation serves as a beacon of hope, fostering spiritual and social renewal through dedicated ministry to families.

Nurturing Family Life, Following Fr. Faustino's Love and Dedication

This article explores how the Sisters' core mission reflects Fr. Faustino's teachings and the transformative power of love in family life. Fr. Faustino De Souza, born in 1893 in Anjuna, Goa, was a visionary priest whose life was marked by a profound commitment to the marginalized. Witnessing the suppression of religious institutes in 19th-century Goa, he seized the opportunity presented by the 1928 Estado Novo regime to establish a local congregation tailored to the needs of Goan families.



His charism, as described by Sr. Molly Fernandes, was *“to make the*

Master known to the needy and the marginalized,” with a focus on liberating people from ignorance, oppression, and spiritual poverty. Fr. Faustino's “Pearls of Wisdom” emphasized love, humility, prayer, and divine providence, forming the spiritual foundation of the Sisters' ministry.

Life of the Holy Family, Our Model for Family Life

The Sisters of the Holy Family of Nazareth view families as the cradle of love, where values are nurtured, and faith is formed. Their charism draws from the Holy Family's example of simplicity, fidelity, and openness to God's will. Unlike the international congregation founded by Frances Siedliska in 1875, Fr. Faustino's order is distinctly Goan, addressing local challenges such as illiteracy and poverty. By establishing schools, orphanages, and social service programs, the Sisters extend God's love to families, empowering them to thrive in faith and dignity.

The core ministry of the Sisters revolves around holistic family development. They operate schools, provide catechetical instruction, and manage shelters like Asha Sadan and Nazareth Jeevandhara, which support vulnerable women, children, and the elderly. Their initiatives, including skill development programs and self-help industries, promote economic independence, reflecting Fr. Faustino's call to serve the poor with compassion.

In Sancoale, where Fr. Faustino transformed a backward village through zealous pastoral and spiritual growth, the Sisters continue his legacy by fostering community-centric, culturally rooted religious life. The Holy Spirit's charism infuses the Sisters' work with a dynamic spirituality which is more apostolic than monastic.

Fr. Faustino, inspired by St. Francis Xavier and his spiritual director Fr. Agnelo de Souza, believed that God's love, poured into human hearts, compels selfless service. This is evident in their pastoral care, prison ministry, and outreach to slums, where they bring hope to the broken-hearted and oppressed, fulfilling the prophetic words of Isaiah. Their recent inauguration of public devotion to Fr. Faustino on 24 April 2025, underscores his enduring spiritual influence and hope of his miraculous interventions for the needy, highlighting his intercessory power.

The Sisters' ministry also emphasizes the family as a domestic church, where prayer and love cultivate unity. Fr. Faustino's homilies, which drew large crowds, centered on family values and spiritual growth, encouraging frequent confessions and communal worship.

Today, the Sisters echo this by nurturing faith-filled environments through retreats, youth ministry, and community-building initiatives. Their work aligns with Pope Francis's call to be "builders of unity," offering families refuge and hope amidst modern challenges like displacement and conflict.

Continuing Fr. Faustino's Legacy Through Love and Service

In conclusion, the Sisters of the Holy Family of Nazareth, guided by Fr. Faustino De Souza's vision and the Holy Spirit's charism, embody a ministry that roots families in the generation of love. By serving the

poor, educating the young, and fostering spiritual growth, they uphold the Holy Family as a model of love and fidelity. As they carry forward Fr. Faustino's legacy, the Sisters remain a testament to the transformative power of divine love, inspiring families to live in holiness and hope.



SPIRITUALITY

OUR LIFE OF PRAYER AND CONTEMPLATION TO NURTURE HOPE



Sr. Maria Angela sfn

Our Moments in Prayer Resonate God's Presence in Our Daily Lives

Our Founder, Fr. Faustino, was devoted to the Blessed Virgin Mary. His contemplation on the life of the Holy Family, especially in the Eucharist and Prayer of the Rosary, enabled him to focus on his quest for God's will. As such, he always strived to discern God's will by being attentive to the Holy Spirit. This attentive listening led him to be open to the Person of Jesus in the real world as a Good Shepherd and gaining intimacy with His Sacred Heart. His goal was to be in 'union with God.' Consequently, this led him to find ways to live creatively his response to God's call.



Once Fr. Faustino realized that he was being called to play his part in furthering God's plan, he withheld nothing. He desired to be Another Christ. This enabled him to nurture a life force or spirituality that took him deeper into life-his own life, Jesus' life, the lives of other people, especially the poor and disadvantaged, and also the life of the cosmos. It deepened his trust in the Providential Love of God. He was filled with hope, and he led many people to slake their thirst at the perennial Spring of Hope-the Sacred Heart of Jesus.

The Role of Prayer Resonating Hope Through Our Ministry

His initial goal gradually metamorphosed into doing everything 'for God's glory'-in stillness, in contemplation, in intercession, in relating, caring, listening, giving a retreat, sharing a meal, working manually, resting, being in awe, and so on. Such was the spirituality of Fr. Faustino. Such was the effable goodness, love, joy, and peace that radiated through him. He lived the Way, and he showed the Way.

Spirituality, in essence, is an awakening to the inner reality of our being, our soul, and an inner aspiration to know, to feel, to enter into contact with the Divine-God-and to be in communion with Him. One gradually recognizes and celebrates that we are all inextricably connected to each other by God, our Father, and grounded in His unconditional love and mercy. Each day, as we embark on our life journey, our soul becomes aware that we are living in the presence of God, and we discover an expanded sense of perspective, meaning, and purpose to life.

Finding Strength and Guidance in God's Love

We become aware that our human spirit is gradually being grasped, sustained, and transformed by the Holy Spirit. We are called to relish it as a gift. It fills one with awe

and wonder. It makes you pause in stillness and silence. No thoughts, no words! Only adoration of the Divine! You become increasingly aware of your nothingness and the gratuitousness of God's grace. Your life becomes a Eucharist-a Thanksgiving. And you want to sort of 'break open' yourself and share it with others, especially the broken, the oppressed, and the uninformed. However, since spirituality is dynamic, each one does experience an ebb and flow along the spirituality continuum, unique to one's awareness and responses.



How do we cultivate and nurture this union with God? We turn our eyes and hearts to the Virgin Mary. She is our Mother, our Life, our Sweetness, and our Hope. As she formed Jesus, we look up to her to form us too. We want to learn how to love as she does. Our Spirituality, in the mysteries of Annunciation and Visitation, beckons us to live in the Presence of Mary, since she was present in Jesus' life through every stage. You will experience that Mary not only wants to give in love, but she also desires the gift of your love. What is the quality of our love?

Prayer of Presence Before the Eucharistic Lord

In the mystery of the Annunciation, we see that Mary found her identity-the Handmaid of the Lord. Her Fiat brought meaning and purpose to her life - *"Let it be done unto me according to your word"* (Lk.1:38). She was in continuous Eucharistic Adoration. She wanted to be close to the Lord at all times. Her maternal face reminds us of God's goodness and tenderness. The angel's words - *"Full of Grace. The Lord is with you!"* - enveloped her with an intimacy too deep for words. She lived the surrender of love, and the Holy Spirit had complete dominion in her heart. Mary beckons us to be docile and tender-hearted!

At every Vespers, we welcome the evening dusk by lighting lamps and giving thanks to God. We sing the Magnificat - Mary's Song of Life - which expresses her love for the Kingdom of God. It is a Song of a Humble Servant, not of one peak experience,



but a prayer displayed lavishly by the totality of her life, thoughts, desires, and actions. In the hours of joy and in the moments of suffering, Mary teaches us to sing this Song, to hope in God's promises, and to take on the same attitude towards all the Earth's poor and suffering.

Some things with God are so personal, so intimate, that they cannot be described with words; they can only be felt with the heart. This is how true intimacy with God is. Unless we maintain our spirituality, our interior life, there's no room for Him to enter in - no place for His radiance to take root and shine out from.

FAITH

ROOTED IN FAITH



Sr. Santana Goes sfn

Living the Spirit of the Holy Family

A tree standing tall amidst a storm! A huge rock in the rough sea!

These two imageries connect us to the invisible power that is inherent in every human being, which is described as faith. Faith is the transforming power, the optimism within that leads to belief in oneself and to build life on a strong foundation with vision, hard work, determination, and dedication to achieving the goal of life. Hebrews 11:1 unravels the nuances of faith as “Belief in our actions which shows love, kindness and perseverance.” Faith makes everything possible while hope sets it to work.



I am fortunate to be born into a Catholic, God-fearing family that nurtured in me seeds potent with faith to hold on through life. As a Consecrated Religious for almost four and a half decades, anchored in hope and rooted in faith, my experience is that genuine faith exudes peace from within to be courageous amidst hardships. My simple faith allured me to the Congregation of the Sisters of the Holy Family of Nazareth, a brand that has carved God’s love and compassion for humanity. I became a part of that brand by emulating the virtues of the Holy Family and connecting myself to God through the Eucharist, prayer, and the Word of God in order to learn to love the poor and share God’s love and mercy with them.

Perspectives of Our Founder

Within the walls of the Congregation, I learned to admire and love more dearly the man behind the Congregation, Rev. Fr. Faustino de Souza, our founder, whom I knew personally as a child. His holiness, self-sacrificing spirit, and love for the poor were a source of inspiration for me.

Our founder’s perspective on life was shaped by his vision to uplift the poor in society through selfless service, compassionate justice, and unwavering faith and trust in God by aligning himself to His will in prayer and discernment. His deep intimacy with his Master enabled him to shape the charism and mission of our Congregation - God’s love and mercy translated into “service to the poor.”

Our founder’s humble submission to the will of God and his gaze on God’s mercy amidst false accusations and prolonged delays in the canonical erection of the Congregation have left

an immortal influence on my life. His exemplary life, which inspired me as a child, continues to bear in me fruits of faith, compassion, fraternal unity, and love for the poor - a heritage and legacy passed on to us members.

Impact of Our Founding Sisters' Spirit

Our founder's perspective was very much alive in our founding sisters, Mother Josephine and Mother Nativity, who radiated his spirit and hope. I reminisce with joy about their life of faith and trust in Divine Providence. The guidance of our founding sisters continues to inspire me - their warmth of affection, loyalty, and loving service rejuvenates me and sets the tone for my religious life.

Their unwavering trust in God's providence shaped the Congregation with a spirit of resilience, humility, and dedication. Their lives were marked by a deep, abiding faith that continues to serve as a beacon for future generations.

Through asceticism and mortification, they embraced a life of self-discipline and sacrifice, refining their spiritual focus and strengthening their trust in God. Their

silent contemplation became a sacred space where divine wisdom was revealed, deepening their connection to the mysteries of faith. In silence, they listened - not only to God but also to the suffering and struggles of those around them. This practice enabled them to cultivate the virtues of patience, compassion, and profound inner peace.

Their way of life - marked by simplicity, fasting, and detachment - allowed them to experience the richness of faith more fully. Through self-denial and surrender, they became vessels of grace, radiating the pearls of resilience, humility, and unwavering dedication. Their example continues to inspire future generations to seek God through silence, contemplation, and the refining fire of spiritual discipline

Faith in the Modern Context

In an era of digitalization, artificial intelligence, high-tech competitions, innovations, and technologies, faith still remains central and a guiding force in life. Today, people are still searching for God - for true encounters with the Divine, for inner joy, peace, and certitude in life.

People are struggling with loneliness, terminal illnesses, poverty, unemployment, identity crises, and more. In such moments, faith continues to express itself in humanitarian works, care for ecology, and the building of families. Faith anchors people in love, compassion, forgiveness, justice, and hope. It offers identity, resilience, and purpose, thereby shaping lives in hope.



KOVI ANI KOVITA

SONSTHECHI SHAPNNI

Sr. Freeda sfn

Doria lharamni, dongra zhaddamni
Bhorlolo sobit sundor to Ganv
Asa Goychea Bardeschea eka vattarant
Nanv tachem Anjuna.

Zolmolo ek babulo
Deva Bapan dhaddlolo
Romaldo Ani Preciosachea kuttumbant
Padr Faustino De Souza, tachem nany

Lhanuch astana Deva-pelechea mogan to vaddlo
Vaddon vhold zatoch simnarint bhorlo.
Abrilache 6ver 1919 vorsak
Ek Bhagevont padri zalo.

Deva-pelachea mogan tachem kalliz zolltalem
Kedem vhold ek sapon tachem
Dharmik sonstha Goyche Diosezichi
Zolma haddunk tannem ievjilem.

Devachie yeuzonnen,
Dev-apounnim samballunk
Junache 16ver 1935 vorsak
Ghoddun haddli Povitr Kuttumbachi Sonstha

Jezuchem missanv fuddem vhelem
Gorib-dhaktea sovem kalliz movallem
Xarti pavunk have Soddvonnaracho
Jiv aso-sor urbhen vaurlo

Povitr Kuttumbachi Sonstha murgott'ta
Goyant Toxem Bharotachea Desant vaurta
Jezuchem missanv sogllea sonvsarak ximpddaita
Devachea Adharcher Patieun Ghoddnarachem sapon
Xarti pavouk panvlam fuddem marta.

VADD DIS SONSTHECHO

Sr. Aida Rodrigues sfn

Zhaddam-peddham dongram- xetannim bhorlolem
xitoll varean, zori -nhodimnim surgain'lem
xetam - bhattam, hirvea chadran nhesoil'lem
Sobit sundor mannkulem Goy amchem

Goycheach kirkoll ganvant Sancoale thaun
Char madri ani ghoddnnarachea adaran
Poilench pavl marlem sonstechea ekvottan
Fulot ani vaddot gelem amam bhorvanxean

90 vadd dis Sonsthecho somorombtanv
Vhoddie khuxen ani umedin bhortanv
Amchie Sonsthecho zolm dis monoitanv
Ani boreponn ximpddait vetanv.

Khuxalkayechea umalleanim bhorun
kallzam amchim dadoskayen murgott'tun
Aichea disacho somorombh monoun
Gaion kortanv Devache upkar attoun.

POVITR KUTTUMBACHI SONSTHA

Sr. Molly Fernandes sfn

Yeuzonn Bapachi Kallam-yugamchi,
Nettounk Arkdiosez Gõychea madrimni
24 Novembrachi 1893 disa, futtli komri
Zali jinn bhorvanxeachi, 6 Abril 1919 vorsa,
Anjuna-chea Padr Faustino D'Souza-chi

Vorixt dongor jongol-zhaddam
Sonvsari tim mon'xanchi chintnam
Duler-ant Povitr Atmeachi sponam
Udelim bhorvanxeachi kirnam

Magnnem, donnvonn, pirachit,
Dilim 1932 vorsa lisensachim kagddam
Mongllurak dhaddlim 1933 char cheddvam
Bethani motthant akarne lisanvam
Himvachie Igorjent sakar zalim sponam

Jiv murgottlo otmo dhadoxi zalo
Toyar zalo pongodd madrincho
16 Junache 1935 kelio angvonno
Zolmoli Sankvalle Povitr Kuttumbachi Sonstha

OUR FOUNDER & FOUNDING LUMINARIES



Mother Josephine sfn



Mother Joana sfn



Mother Nativity sfn



Mother Edith sfn



DOWN MEMORY LANE



Mother Edith



Mother Bertha



Mother Gertrude



Mother Jane



Sr. Pia



Sr. Milena



Sr. Alda



Sr. Alvita



Sr. Berna

FORMATION

SHAPING HEARTS FOR FUTURE SERVICE: THE JOURNEY OF FORMATION



Fr. Joseph Cardozo SJ

Embracing the Call: The Courage of Saying ‘Yes’

The aim of formation is a personal integration of life in the Spirit, human maturity, community life, studies, and insertion into apostolic life. Formation of a religious does not stop when one takes his/her final vows. Each is urged to keep learning and growing in order to respond to the requirements of our mission and challenges of today’s world. One is expected to mature through all stages of life. One needs to keep growing, all his/her life in order to be able to awaken life in others, acquire new knowledge, and skills required for the fulfilment of apostolic assignments. Thus, the responsibility for on-going formation lies with the religious.



Each congregation has its own vision for a religious, based on its particular charism and mission. It is necessary to discover and articulate this vision so that goals can be formulated for each stage of formation. A mature religious is one who is committed to Christ; sensitized to the Holy Spirit; warm; prayerful; joyful; a person at ease with incompleteness, and a son/daughter of the Church. The vision of one is realized through the ongoing process of formation, wherein one affirms formation as a lifelong process of development. The responsibility of growth belongs primarily to the individual, where one is provided with a supportive and Christian atmosphere in which one grows in relationship with Christ and Church; where one's relationship to the congregation lies in the call by God to a life of service.

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Nurturing the Seed of Vocation

In the process of formation, proper goals help actualize the congregation’s vision by periodically discerning one’s call through prayerful union with God, opportunities to question, and discern God’s will. There is a need for a continual personal and spiritual growth; knowledge of the congregation; service; adaptability; responsibility; growth in

communal prayer, and preparation. A deepening of one's personal relationship with Christ; knowledge of the Scriptures; commitment to the service of the Church, humankind as God's gift, and vows aid one to become humane.

Formation should not be narrowed down to only prayer/studies but it should focus on all the aspects of life. One should be prepared to keep pace with the rapidly changing world and one should be reminded of the mission pertaining to that particular stage of formation to focus his/her attention on the mission whether it be



studies or life in the community. The many changes in the world have influenced formation in the Congregations: new structures, institutions, a deeper appreciation of the identity, autonomy of different cultures, and new cultural values. In continually changing times, constant adaptation is required to be sure of achieving the essential purpose of formation. Moreover, certain defects which are apparent in our formation stem from a failure to fulfil the prescribed norms. Therefore, it is a lesson to be faithful to the Congregation.

The Journey of Formation by Self-Offering



The formation of our men/women should be equal to the demands of evangelization in a world troubled by atheism and social injustice. It must prepare witnesses of faith-filled with vigour and zeal ready to be sent for the greater service of the church. To respond to such situations, personal integration should be the foundation. The process of apostolic formation must favour the personal assimilation of Christian



experience through scriptures, prayer, and Eucharist. One must ask oneself the basic questions: what have I done for Christ? What am I doing for Christ, and what shall I do for Christ? We commit ourselves to Christ through vows which are apostolic and facilitate us to go in the world: poverty makes us share the life of the poor, chastity to be men/women for others, in friendship

and communion with all, and obedience helps us to respond to the call of Christ as made known to us by him whom the spirit has placed over the church.

Our communities, which gives a sense of belongingness, ought to be active and lively. They also play an important role in formation. Sometimes I feel that our communities look dry. Each member is busy in his/her own work, has no time to sit and chat with the community members. When one experiences loneliness in his/her community then the community becomes a burden. We need to look deep into it, do something so that the community truly becomes a home of love and friendship.

Thus, the formation in every congregation has its own goodness and considers it as best. It has yielded religious to bear witness to Christ. Prayer as the source of all works is one of the non-negotiable things in religious life. It is He who has called us and sends us on mission. We must always ask our blessed mother to place us with her Son Jesus. Jesus is our inspiration and motivation. We must always be rooted and grounded in his love and thus make our life a beautiful gift to him.



WOMEN

PILLARS OF HOPE



Sr. Crina Cardozo sfn

Women are the pillars of hope in every society. They are the beacons of strength, resilience, and compassion, providing a foundation for communities and societies to thrive. For 90 years, the Sisters of the Holy Family, founded by Fr. Faustino De Souza, have dedicated their lives to spreading Gods love and compassion to all people.

90 Years of Dedication

As women called to serve in the vineyard of God, the Sisters of the Holy Family have embodied the love and teachings of Christ. Fr. Faustino De Souza the founder inspired the sisters to serve the poor and marginalized and he himself set an example by his tireless efforts to serve the needy. With a deep commitment to their faith and tireless efforts the sisters have brought hope, comfort and joy to countless individuals and communities wherever they serve.



Locally known as Sancoale Sisters, they have left a lasting legacy of love, service and devotion. Their selfless work has created a ripple effect of goodness, transforming immeasurable lives across India. The sister's dedication to their faith and their ministries has been a source of inspiration to many and their legacy continues to inspire future generations.

Diverse Ministries and Contribution

Over the past 90 years the sisters have engaged in various ministries including

- Education:** Establishing and running schools, empowering children with knowledge, skills and overall development
- Boarding:** Providing a nurturing environment for students, fostering their overall growth.
- Social work:** Reaching out to the marginalized, vulnerable and underprivileged, offering support and care, rescue and rehabilitation
- Pastoral Ministry:** Spreading the message of love, hope and redemption, guiding people on their spiritual journey.
- Health Ministry:** Providing medical care and support to those in need.
- Mass Media:** Evangelizing and spreading the message of hope through various communication channels, reaching hearts and minds across the world.

Through these ministries the sisters have made a profound impact on the lives of children, youth, women, men and senior citizens. Their contribution has been recognized and appreciated by people from all walks of life. The sister's selfless service has been a beacon of hope, inspiring others to follow in their footsteps.

Empowering Communities: A Mission of Growth and Strength

The sisters of the Holy Family have been instrumental in empowering communities and played a pivotal role particularly in lives of women and children. Through their education and social work ministries they have equipped individuals with the essential skills and knowledge necessary to break the cycle of poverty and improve their socio – economic status.

Health ministry has provided medical care and support to those in need, improving the overall health and well-being of communities. The sister’s pastoral ministry has provided spiritual guidance and support, helping individuals to deepen faith and develop a personal relationship with God.



In Memoriam: Honouring Those Who Came Before Us

As we celebrate 90 years of the Sisters of the Holy Family of Nazareth, we pause to remember and honour the beloved Sisters who have gone before us. These extraordinary women devoted their lives to service, compassion, and faith, leaving behind a legacy that continues to inspire.



Their journey was not easy - especially in the early years, when challenges seemed insurmountable. Yet, through perseverance, sacrifice, and faith, they created a congregation that thrives today. Their impact lives on in the communities they nurtured, the families they supported, and the faith they strengthened.

We cherish their memory, recognizing the sacrifices they made for the sake of others. Their legacy of love, hope, and unwavering service continues to touch hearts and transform lives, ensuring that God’s compassion reaches every corner of society.

A Lasting Legacy: Carrying Forward the Mission of Love

The Sisters of the Holy Family have left behind an extraordinary legacy, one that will continue to shape generations to come. Their dedication, selflessness, and unconditional love have created waves of kindness and transformation that will never fade.

As we look toward the future, we are reminded of the responsibility we carry - to uphold their legacy, to spread God's love and compassion, and to live out our faith with purpose and conviction.

May the example set by Fr. Faustino De Souza and the Sisters continue to inspire, reminding us that faith, love, and service are the pillars on which a brighter future is built.



MISSION

THE MISSION OF SOWING LOVE ACROSS THE BORDERS



Fr. Eusebio Gomes sfx

The church in Goa is blessed with a religious stalwart who was an extra-ordinary person whose vision for the church was ahead of his times. God in his own time brings forth on this earth persons whose hearts get ignited with the flame of missionary zeal. Fr Faustino de Souza from Anjuna was such a person inflamed with missionary zeal to found a Society for the women. In 1835 the Religious Congregations and Orders in Goa had been suppressed by the then Prime Minister of Portugal, Mr Joaquim Antonio de Aquiar. This was a great disaster to the vast Archdiocese of Goa, it was a dark age. This suppression had a huge impact on the Church of Goa and the faith of the people. The political environment of the times of Fr Faustino was not conducive for missionary works.



The Mission inspired by the Founder

Notwithstanding the suppression and hostile environment, Fr Faustino strongly felt a need for a Religious Institute to take care of the orphans and destitute, the aged and the socially marginalized. His heart also went out to the people in large areas outside Goa, notably in the neighbouring states of Maharashtra and Karnataka that were parts of the Archdiocese of Goa. He perceived the signs of times. He revealed he had a burning desire to work for these poor people but alone he could not accomplish such a great task. He felt the need of an organized Religious Society of women. The year 1933 was observed as the Jubilee Year of the Redemption to mark the death and resurrection of Christ in 33 AD. The Archdiocese of Goa held an Exposition of the sacred relics of St Francis Xavier and the missionary animation received a top priority. On March 9, 1933 first three candidates for religious life were sent to Mangalore by the visionary priest Fr Faustino to be trained under Bethany Sisters. Another candidate joined later.

June 16, 1935 was a historical day in the Archdiocese of Goa and a joyous and glorious moment in the life of Fr Faustino. The first batch of four candidates Abelina Braganca (Mapusa), Estelita Coutinho (Corlim), Sabina de Souza (Duler) and Assucena Silveira (Tivim) arrived in Goa after their training. This group of four candidates was to become the foundation stones of the new Congregation in Goa. Under the guidance of Fr. Faustino the four candidates made their commitment. A new religious congregation was born with the name "Congregation of the Sisters of Holy Family of Nazareth." Fr Faustino became its Founder and gave the Sisters a mission to take care of the orphans, the sick, the aged, the poor and the marginalized.



Spreading the Seeds of Grace in Diverse Cultures

The Founder had a vision for the new Congregation to proclaim the Word of God in the places where the name of Jesus is not heard. In his times and after his demise the Sisters opened initially the houses in Navelim and St Estevaso and extended their missionary works in the New Conquests such as Sanguem, Canacona (Mastimol), Ponda (Usgao) and Pernem (Corgao) talukas to serve the people of other faiths, enter into their relationships and spread the seeds of grace in these diverse cultures. Special mention is to be made about the Social Action



Centres: Asha Sadan in Baina, Kiran Niketan in Zuarinagar, Divya Gyan in Canacona and Nazareth Jeevan Dhara in Kadawal which educate and uplift the children of immigrant labourers. Late Mother Jane, In-charge of the Prison Ministry in the Archdiocese of Goa has done a commendable work in the reformation of the prisoners at Central Jail, Aguada and this has been now continued by the Sisters at Central Jail, Colvale. This is an outstanding service of the Congregation to humanity.

Reaffirming the Congregation's Mission And Its Relevance in Today's World

It was very clear to the Sisters that the Founder and the first batch of Sisters who laid the foundation to the Congregation had always the poorest people in their heart and that their mind was to go to the people who needed the message of Christ. With this view in mind numerous



mission stations were opened outside Goa by the Congregation especially in the backward areas such as Ajara, Tambale, Watangi, Miraj and Kadawal in Maharashtra; Uchagaon, Mangalore, Belgaum and Dharwad in Karnataka; Silvassa and Chisda in Nagar-Haveli; Port Blair in Andaman and Nicobar Islands; Vapi in Gujarat; Sirsa in Haryana and Jodhpur, Jaipur and Mt Abu in Rajasthan. This year on 16th June, Holy Family Sisters are celebrating the 90th Anniversary of their

Congregation's foundation. It is an extra-ordinary milestone.

The Congregation's mission for the poorest and the needy is in tandem with the vision of Pope Francis who wished "a church of the poor and for the poor." The educational, medical, social and pastoral services rendered by the Sisters in various mission stations especially in the remote and backward areas of our country are relevant today as a great number of people are benefitted, mostly the orphans and destitute envisioned by the Founder.

Carrying the Torch Forward: Sisters' Enduring Commitment

The 90th Anniversary of the foundation is an occasion for the Sisters to renew their commitment of serving the poorest, the needy and the marginalized. The pioneers and those who followed them with the Founder's mandate, "Go to those who have not received the Good News of Salvation," endured a number of hardships to establish the missions and keep them going. In the initial stage there were financial constraints and lack of personnel for the demanding works. Nevertheless, the Congregation has grown by leaps and bounds and spread out to many parts of India. The dedicated Sisters are now carrying the torch forward lit by its Founder with their enduring commitment.

COMMUNICATION

COMMUNICATION: STRENGTHENING CONNECTIONS AND ADVOCACY



Sr. Jennifer Fernandes sfn

The Importance of Positive Communication in Connecting with the Wider Community

The Holy Family of Nazareth is considered the model of every Christian family life. It represents a family living a life of faith, love, and service to God. The Holy Family has always been a well-knit family as they complemented each other in whatever they did. They had just one goal in their life and that is to connect their mind and heart while aligning their lives with the will of God. It is a grace of faith translated in works.

The Sisters of the Holy Family of Nazareth, while emulating the Holy Family of Nazareth, are journeying towards this goal. Resilience, advocacy, and communication are deeply inter and intra-connected to their lives. It is not in the sophistication of life but the humility in one's being that the SFN family *sitz im leben* this experience. This calls for a lasting change. Communication serves as the bridge that strengthens relationships, fosters trust, and helps build a culture of understanding and compassion—essential elements for true advocacy and transformation.



Strengthening Connections Through Meaningful Advocacy

In order to create lasting change and deepen relationships with others, we must strengthen connections, equip communities with tools for advocacy, and share stories that inspire action—both within and beyond our circles. Navigating uncertainty can be exhausting, but investing in community relationships, refining storytelling skills, and supporting advocates are key to driving meaningful transformation. Every small step in this direction is a step forward, and inviting others into this journey becomes an opportunity for a humble yet powerful beginning towards a brighter future for humanity.

Through Holy Family Communication Centre (HofCom), the Sisters of the Holy Family of Nazareth extend their mission beyond physical boundaries, fostering global connections rooted in faith, service, and advocacy. HofCom serves as a dynamic platform for spreading hope, love, and compassion, enabling meaningful dialogues and collaborations across diverse communities. By utilizing modern communication channels - including publications, digital outreach, social media, and interactive programs - HofCom ensures that its mission resonates far and wide in an ever-changing world.



The Social Centres of our Congregation further amplify this work by advocating for social justice, particularly for migrants and their families living on the peripheries. These centres provide legal aid, educational programs, job opportunities, healthcare access, and pastoral care, empowering vulnerable communities to reclaim dignity, justice, and hope. By actively engaging with humanitarian organizations, policymakers, and local leaders, the Congregation transforms advocacy into tangible action - helping migrants overcome systemic barriers, stand up for their rights, and build

meaningful lives rooted in stability and compassion.

Thus, SFN strategies often focus on identifying problems, defining goals, consulting with collaborators, and establishing credibility in the world of advocacy - embodying the message, 'We Care.'

The Necessity of Deep and Honest Communication

The necessitating factors in such life include deep and honest communication, where one can speak openly while listening actively. Every person, including their feelings, matters. True advocacy relies on transparent and heartfelt communication, allowing individuals to express their concerns, hopes, and aspirations while feeling heard and valued.

Coupled with being present for one another during challenging times, deep communication strengthens meaningful bonds between individuals, both in personal and professional settings. This would reduce loneliness, provide support, bring meaning to people's lives, and enhance collective well-being.

It is a far cry from social media networking but a clarion call to form genuine, meaningful relationships with real people, built on mutual respect and trust - an essential aspect of advocacy and justice work.



Inclusivity: Strengthening Connections Across Diverse Communities

In a community where people from different backgrounds, races, and cultures feel welcomed and included, the collective strength of that community grows. Inclusivity strengthens connections by celebrating diversity.

Promoting inclusivity and creating spaces for people to share their unique traditions and stories encourages greater understanding and fosters a sense of belonging. Building an inclusive culture is not just about acknowledging differences-it's about actively embracing and supporting them, ensuring that every person feels valued, respected, and empowered to contribute meaningfully to the community.



It also envisages strengthening connections in the digital world, especially when people are geographically divided. Virtual communities may help translate real-world friendships and collaborations. By fostering these connections-both physically and digitally-we open doors for deeper understanding and collective action in advocacy and justice.

Personal Development and Self-Awareness: The

Core of Connection and Advocacy

By fostering these connections, we can create a network of support that amplifies our advocacy efforts, increases the likelihood of achieving our goals, and enhances the authenticity of our lives.

Having said all the above, the very important crux of strengthening connections and advocacy is personal development and self-awareness. Strong, effective advocacy begins with self-awareness, humility, and emotional intelligence. When we truly understand ourselves, we develop the ability to listen, empathize, and work collaboratively to bring about meaningful change. The better you understand and care for yourself, the more equipped you are to build healthy relationships with others.

HEART ATTACK*Sr. Hilda Lopes sfn*

'When the heart is at ease the body is healthy.'

A heart attack is also known as myocardial infarction, is a life-threatening medical emergency that occurs when the blood flow to the heart is suddenly blocked. It is one of the leading cause of death worldwide.

1. **Coronary artery disease:** The buildup of plaque in the arteries that supply blood to the heart.
2. **Blood clots:** A bold clot can form in a coronary artery, blocking blood flow to the heart.
3. **S p o n t a n e o u s coronary artery dissection:** A rare condition where the coronary artery wall tears.



4. **High blood pressure:** Uncontrolled high blood pressure can increase the risk of heart attack.
5. **High cholesterol:** High level of cholesterol can contribute to plaque buildup.

Symptoms/ Warning signs

1. **Chest pain or discomfort:** A feeling of pressure, tightness, or pain in the chest that may radiate to the arms, back, neck, jaw, or stomach.
2. **Shortness of breath:** Difficulty in breathing or feeling winded even when doing light physical activity or at rest.
3. **Pain or discomfort in the arms, back, neck, jaw, or stomach:** Pain or discomfort in this areas can be a sign of heart attack.
4. **Cold sweats:** Breaking out in cold sweats can be a symptom of a heart attack
5. **Light-headedness or dizziness:** Felling unsteady.

Treatment/First aid

1. Emergency medical services: Call for emergency medical help.
2. Medications: Medications such as aspirin, beta blockers, and nitro-glycerine can be administered.
3. Angioplasty and stenting: A procedure to open blocked arteries and restore blood flow.
4. Coronary artery bypass grafting (CABG): A surgical procedure to bypass blocked coronary arteries.
5. Cardiac rehabilitation: A program to help you recover and health after a heart attack.
6. Provide CPR: If the person becomes unresponsive, start CPR with chest compressions and rescue breathes.
7. Stay with the person: Do not leave the person alone until medical help arrives.

Prevention

1. Maintain a healthy lifestyle: Regular exercise, balanced diet and stress management can help to reduce the risk of heart disease.
2. Manage risk factors: Control high blood pressure, high cholesterol, and diabetes, family history, obesity, physical inactivity.
3. Don't smoke: Smoking cessation can significantly reduce the risk of heart disease.
4. Limit alcohol consumption: Excessive alcohol consumption can increase blood pressure.
5. Get regular check-ups: This identifies risk factors and detect problem early.

Diet

1. Fruits and vegetables: Rich in vitamins, minerals and antioxidants.
2. Whole grains: Brown rice, etc
3. Lean protein sources: Poultry, fish and legumes
4. Healthy fats: Nuts, seeds, avocados, and olive oil.

Early detection and treatment can significantly improve outcomes for health problems. Prompt

medical attention is crucial in treating a heart attack. By taking preventive measures, we can reduce heart attack. By recognizing the warning signs and taking prompt action, you can help save a life and improve outcomes for those affected by heart attacks.



CARE OF CREATION

FINDING GRACE IN CREATION



Andrea Torcato D'Costa

Finding God in the Simplicity of Nature

“Hey! Pick that wrapper up, nowww.”, that's the exasperated me, followed by my, “Good. Remember to confess your littering habit.” Eyes rolling, the whatever look is what my sharp rebuke meets on the frequent occasionals that occur with my niece whose NBA skills leaves wrappers and papers outside a bin.

In today's world, awareness and the protection of the environment and nature are of paramount importance. As Christians, it's essential to understand our relationship with the natural world. As the psalmist says in Psalm 24:1, ‘The earth is the Lord's and all that is in it, the world, and those who live in it.’ That's the “I, you, us”, that live in it so we are literally the caretakers of God's paradise on earth.

The optimistic me believes that it is in man's nature to live a spiritual life and going into nature is the best way to get in touch with the Creator. A friend once asked me, just how could I believe in someone I never saw, I thought, perhaps, I should explain God's tender

imaginativeness that brought this world into being.



We only have to look around to know that He is there. We can see and feel and hear Him, in the raindrops that nourish trees, in the rainbows that follow showers, in the croaking of a frog or the cooing of a dove, in the vibrant colours of a peacock's plume, in the balming breeze that rustles autumn's leaves or the sunshine that thaws the snow or the majestic mountains that humbles us or the lashing waves that quietens the soul.

Environmental Stewardship

God created us to be His environmental stewards. Whether we want to accept it or not, economy, environmental health and human well-being are interconnected. We don't need the media to tell us that Mother Nature is hurting and consequentially retaliating by kicking back at man. As creation's caretakers we have become so complacent. It's easy to blame the government, industrialists... Hello! We too as individuals are equally responsible every time we waste water, electricity, dump garbage irresponsibly...

This is the only home we have, we have to commit to protecting Earth. As an individual, as a family, as a village community, as a church, as... We must play an active role in protecting the environment around us by minimising harm and improving the health of our surrounding ecosystems. Take for example, in our little sun sand sea kissed Goa; the villages of Loliem and Poingunim,



which are rich in biodiversity however their ecosystems have gradually been lost to land-grabs and changes in land use. Lush forests, paddy fields and mangrove forests cannot be lost to the mushrooming demand for luxury properties. As villager Dennis Fernandes is quoted to having said, “We are not against development, but we will not permit our lands to be opened up for big projects that will destroy our natural resources.”

Environmental Awareness

As a teacher, I often encourage constructive chitchat in my class, on environmental issues in an attempt to create an awareness on sustainable management and conservation of natural resources. After all each of these children belong to a family and each family has social and corporate connections. Just my small ripple effect attempts to make a difference by impacting the next generation's individual psychological well-being.

Our Founder, Fr. Faustino de Souza embodied a deep reverence for God’s creation, not merely as a caretaker but as someone who saw nature as an extension of faith and stewardship. His love for the earth was evident in his habit of planting trees, cultivating green spaces, and encouraging the sisters to respect and nurture the natural world.

He believed that caring for creation was a reflection of gratitude, a way of honouring God's gifts while ensuring sustainability for future generations. His guidance extended beyond mere preservation; he inspired a culture of responsibility, urging the Congregation to integrate ecological awareness into their daily lives, from growing food to planting gardens that would provide shade, nourishment, and beauty.

Theological Understanding Towards Ecological Care and Harmony

We must work urgently to care for God's creation. St. John Paul II compelled Catholics to undergo an ecological conversion, “If we scan the regions of our planet, we immediately see that humanity has disappointed God's expectations. Man, especially in our time, has without hesitation devastated wooded plains and valleys, polluted waters, disfigured the earth's habitat, made the air unbreathable . . .”

Late Pope Francis has made caring for creation a key guideline of the faith. As the Synod of Bishops states, “We propose to define ecological sin as an action or omission against God, against . . . the environment. It is sin against future generations, and it is committed in acts and habits of pollution and destruction of the harmony of the environment. . .” Going for confession any time soon? Recollect Repent then kneel and confess your ecological sin.

GLOBAL

GLOBAL PERSPECTIVE ON SEEDS OF GRACE



Fr. Henry Falcão

In the parable of the Sower, Jesus has reminded us that God our Father is a Sower. God continuously sows; and God sows seeds of grace. Grace is favour, the free and undeserved help that God gives us to respond to his call to become his children, adoptive sons and daughters, partakers of the divine nature and of eternal life (cf. CCC 1996). Every human being is called to bring forth abundant fruit to the seeds of grace freely sowed by God in us.



Christian theology emphasizes universality of God's grace. It means

that God's grace is available to all people, regardless of their background, beliefs, ethnicity, or past actions. This doctrine of the global perspective of the seeds of grace, central to Christian theology, underscores the boundless and inclusive nature of God's love and mercy. In the Book of Genesis, God says to Abraham: "And in you all the families of the earth shall be blessed" (Genesis 12:3). This promise clearly indicates that God sows seeds of grace to all humanity and not only to Israel. Prophet Isaiah, pointing to God's expansive sowing of the seeds of grace, portrays the servant of the Lord as a beacon of hope for all nations and not just to Israel. He writes: "I will also make you a light for the nations, to bring my salvation to the ends of the earth" (Isaiah 49:6). St. John the Evangelist speaks of this prophecy, fulfilled in Jesus Christ, when he says: "For God so loved the world that he gave his only Son, that everyone who believes in him shall not perish but have eternal life" (John 3:16). God gives grace to all; God's grace is a gift to be appreciated and used to bring forth fruits of grace in deeds and in sacrificial love.

Cultivating Unity by Overcoming Boundaries

Grace plays a vital role in cultivating bonds of harmony and collaboration among various religions and cultures. The seeds of grace present in every human heart encourages mutual respect, understanding, tolerance and forgiveness among followers of different religions and among peoples of various cultures. It makes us aware of the immense goodness present in every person, every religion, every culture. The shared belief by many religions and cultures that grace is a divine gift available to all, helps unity among religions. The seeds of grace sown in us helps us to dream as a single human family, as fellow travellers sharing the same flesh, as children of the same earth which is our common home, each bringing the richness of his or her

beliefs and convictions (cf. Fratelli Tutti 8). In today's world, there are many forms of injustice that persist. Often times, these forms of injustice are fed by reductive anthropological visions and by a profit-based economic model. Such erroneous ideologies and models do not hesitate to exploit, discard and even kill human beings. The seeds of grace stir up our consciences to build a just society based on truth and human dignity.



Shared Values and Collective Vision

Human dignity and equality, compassion and empathy, justice and truth, peace and love are some of the shared values which all humans need to work for. The seeds of grace present in the heart of every human being, should help us to see every person as God sees us. God does not see with eyes but with his heart. God's love is same for everyone, regardless of religion, caste and culture. The divine, universal gift of grace pours forth into our hearts a fraternal spirit and inspires humanity for a renewed encounter, dialogue, justice and peace. It moves us to create healthier societies and a more dignified world, a world without hunger, poverty, violence and war. It is grace present in the depths of every heart that opens us to all peoples and nations of the earth. Only when we recognize the goodness and beauty that God has sown in each of us, will we be able to forge bonds of unity, joint projects for the care of our common home and shared dreams for humanity.

Grace, Outreach to the Marginalized and the SFN Sisters

The Sisters of the Holy Family of Nazareth, with its charism to share the providential love of God by serving the poor and the needy, have embodied God's grace through various concrete acts of love and service. Acts of impacting the lives of the poor through community building programs, offering financial support, education, empowering individuals to break cycles of poverty, praying with and for the poor, offering emotional encouragement and hope, supporting policies that address poverty and inequality and advocating a systemic change, etc. As we walk our journey of hope in this Jubilee Year 2025, may we learn to recognize the universality of grace and its working in every human being created to love without boundaries.



JUBILEE VIBES

A YEAR OF GRACE: CELEBRATING OUR ANNIVERSARY AND THE JUBILEE



Sr. Francilla Mascarenhas sfn

Double Blessings: Marking 90 Years and the Jubilee Year 2025

In a world longing for compassion, meaning, and renewed purpose, the Congregation of the Holy Family of Nazareth, Goa enters a sacred time: a Jubilee Year that coincides with the celebration of 90 years since its founding on 16th June 1935. These twin milestones are not simply occasions for festivity, but moments of profound spiritual reflection, gratitude, and renewed mission.

Ninety years ago, guided by the gentle yet determined vision of Rev. Fr. Faustino De Souza, a diocesan priest rooted in the pastoral realities of the Archdiocese of Goa and Daman, the Congregation was born as a humble response to the needs of the time. Inspired by the virtues of the Holy Family-simplicity, unity, and redemptive love-a small group of women religious committed themselves to a life of prayerful service, forming a community of hope that would go on to touch countless lives.



Connecting the 90th Anniversary and the Jubilee Year

As the Congregation marks this Jubilee Year 2025, the celebrations are suffused with the theme drawn from Romans 5:5: Spes Non Confundit-Hope Does Not Disappoint. This guiding phrase captures not only the spirit of the Jubilee but the entire journey of the Congregation: a story woven with threads of trust, transformation, and enduring faith.

A Jubilee, rooted in the biblical ethos of Leviticus 25, is more than an anniversary-it is a sacred invitation. It calls a community to pause, reflect on its foundations, forgive and heal, and re-commit itself to its divine purpose. For the Congregation, this means rediscovering the founder's original vision, honouring the legacy of the founding sisters, and discerning fresh pathways for mission in today's ever-evolving world.

Grace and Hope: A Living Legacy

The past 90 years testify to a legacy of grace upon grace. From classrooms to clinics, remote villages to bustling parishes, the Sisters have carried the compassionate heart of the Holy Family into spaces of need. Our presence is a quiet but transformative force-in education, healthcare, prison ministry, social justice outreach, and the empowerment of women and children.

Every act of service has been an offering of hope: the kind that does not depend on circumstances but is anchored in God's unwavering faithfulness. This Jubilee year is thus a celebration of a living hope that has endured wars, transitions, and cultural changes - yet remained steadfast and life-giving.

Spes Non Confundit: Embodying Hope in the Now

Hope has been the cornerstone of the Congregation's journey, guiding its mission through decades of trials, transformations, and triumphs. From humble beginnings in 1935 to expanding its presence across diverse ministries, the Sisters have weathered societal changes, and economic hardships-remaining steadfast in their call to serve those most in need. Their

commitment to education, healthcare, and social justice has not only uplifted communities but has sustained a legacy of compassion and empowerment.

This hope is seen in their resilience--i-n Sisters serving in remote schools, bringing opportunity where it's needed most; in their embrace of the sick and elderly, offering dignity and care; and in their unwavering advocacy for those denied justice.



As the world faces new challenges - social division, migration crises, and spiritual fatigue - the Sisters continue to embody hope through presence, courage, and silent sacrifice, ensuring that faith remains a beacon of renewal and healing

The Path Ahead: Faithful and Forward-Facing

This Jubilee Year is a threshold. The Congregation steps into its next chapter not just with gratitude for the past but with a renewed commitment to shaping the future. The legacy of our Founder Rev. Fr. Faustino De Souza and the founding sisters calls for continual discernment, seeking how best to carry forward the mission entrusted to us.

Looking ahead, the challenge remains to live out the charism of the Holy Family in ways that respond to present realities. The world continues to evolve, bringing new opportunities and challenges. The Congregation vows to nurture vocations, strengthen formation, and engage with contemporary needs while remaining rooted in the foundational spirit of faith, service, and community.

As we celebrate this Jubilee, we do so with a heart open to grace and a vision anchored in hope. Through prayer, apostolic works, and an unwavering trust in divine providence, we embrace the path ahead - faithful to our mission and forward-facing toward new horizons.

HOFCOM REPORTS

Final Profession of Perpetual vows

On 23 April 2023, the Holy Family Sisters, in Sancoale, witnessed a momentous occasion as Sr. Raiza Fernandes, from Cansaulim, a dedicated member of the Congregation of the Sisters of Holy Family of Nazareth, made her final profession of perpetual vows, at Holy Family Chapel, Sancoale. This sacred event marked a profound milestone in her spiritual journey, embodying a lifetime commitment to God through her Congregation to the Church at large.



The Eucharistic celebration theme “An offering of love, dedicated to the Word of God and spreading hope.”, was solemnly presided over by His Eminence Archbishop Filipe Neri Cardinal Ferrao, whose presence added great significance to the occasion. Frs. Roblan and Peter Britto concelebrated the Eucharist, contributing to the solemnity of the occasion. The

Cardinal’s words during the homily resonated deeply with the congregation, emphasizing the sacredness of perpetual vows and the call to live a life of grace, humility, and selfless love.

Initiating Devotion to Founder Fr. Faustino de Souza

Initiating Devotion to Founder Fr. Faustino de Souza

On 24 April 2025, in a spirit of profound reverence and hope, the Holy Family Sisters marked a significant moment with the initiation of public devotion to their beloved Founder, Fr. Faustino de Souza. The 4:00 pm Eucharistic celebration held at their headquarters served as the beautiful commencement of efforts to seek official recognition for his holiness and to encourage spiritual favours through his powerful intercession. This special Mass brought together the sisters, their families, cherished parents, and the young boarders entrusted to their care.



Presiding over the Mass, centered on the inspiring theme “Like Fr. Faustino, let us live in holiness and hope,” was Fr. Peter Fernandes sfx. In his heartfelt homily, Fr. Peter eloquently illuminated the remarkable life and enduring legacy of Fr. Faustino. He highlighted how Fr. Faustino drew spiritual strength and inspiration from the examples of St. Francis Xavier and his

own spiritual director and fellow villager, Fr. Agnelo de Souza. Fr. Peter's reflections painted a vivid picture of Fr. Faustino's deep spiritual journey and the lasting impact he had on the community he served so faithfully.

Honouring Hands That Serve Celebration

In a heartfelt tribute to the **dedicated helpers and workers**, the Congregation hosted a **Workers' Day** celebration, for our support staff in Goa, working in our communities, preponed from its usual **1st May observance**. This special event was a **gesture of respect and gratitude**, acknowledging their invaluable contributions to the mission and daily life of the community.



On 30 April 2025, at Holy Family Convent, Sancoale, the day began with a **prayer service**, creating a space for reflection and thanksgiving. Superior General Sr. **Berna Rodrigues**, delivered a **short address**, expressing deep appreciation for their **commitment, hard**

work, and service. Her words resonated with warmth, reinforcing their **essential role** in the Congregation's mission.

Giving space to workers through self-introduction was one of the most meaningful aspects of the celebration. It not only fostered confidence and self-reliance but also deepened their connection within the congregation, making them feel truly seen and valued.

“Twenty-Five Years With Jesus, A Journey of Hope

The Silver Jubilee of Srs. Rita Fernandes and Alzira D Souza, members of the Congregation of the Holy Family of Nazareth, Sancoale, was celebrated with great joy and thanksgiving at St. Alex Church, Calangute, on 12 May 2025 at 4 pm. The celebration, centered around the theme **“Twenty-five years with Jesus, a journey of hope, thanksgiving to God,”** was a profound expression of gratitude and reflection on their faithful service and spiritual journey.

The Eucharistic celebration was presided over by His Lordship Simiao Purificação Fernandes, along with 18 concelebrating priests, marking the significance of the occasion with solemnity and grace.



Born to Eternal Life

Nicasia, our sister, was born in Navelim on 14 December 1964 and peacefully returned to the Lord on 18 May 2025. She was the third of four siblings born to the late Damacian Alfred Caitan Coutinho and Florence Fernandes. After completing her basic education, she joined our Holy Family Congregation on 15 August 1987, and made her first profession, dedicating herself to God on 2 January 1991.

She worked in various communities in Goa and in provinces outside Goa. She served in different capacities, including as a teacher and a school clerk. She rendered her services in missions like Chisda, Azra, Wattangi, and Miraj. She also worked in the diocesan office in Panjim and was active in the St Joseph Vaz committee. Her work as the South Zonal Secretary of the CRI and Verna Deanery Co-ordinator was highly commendable.



Pilgrims of Hope: Embracing the Psycho-Spiritual Journey



A two-day Workshop for SFN Animators was conducted by Fr. Edison Fernandes SDB, at St. Joseph Vaz Spiritual Centre, Old-Goa, on 29-30 May 2025. The workshop was on the Psycho-Spiritual Aspects of Hope: implications for Animators, in the Jubilee Year on Hope. Under the theme “Pilgrims of Hope,” they explored how hope can sustain through life’s challenges, particularly in religious life. Through theological reflection, psychological insights, personal sharing, prayerful moments, and practical exercises, the animators were empowered to share it with others and live as pilgrims of hope God has called them to lead and guide.

HFNES School Results

HofCom congratulates the management, staff, and students of The Holy Family of Nazareth Educational Society (HFNES) for their outstanding results. A true testimony to their hard work, dedication, and commitment to excellence. Their efforts in training and empowering students have paved the way for remarkable achievements, inspiring them to excel and succeed in a big way.

PERPETUAL SUCCOR CONVENT HIGH SCHOOL NAVELIM

School Percentage	99.48%
No of Students appeared	191
No of Students passed	190
No of ATKKT	01



ST. THERESA HIGH SCHOOL STO. ESTEVAM

School Percentage	98.78%
No of Students appeared	82
No of Students passed	81
No of ATKKT	01



ST. MICHAEL'S CONVENT HIGH SCHOOL ANJUNA

School Percentage	98.44%
No of Students appeared	64
No of Students passed	63
No of ATKKT	01



ST. JOSEPH VAZ HIGH SCHOOL SANCOALE

School Percentage	97.50
No of Students appeared	40
No of Students passed	39
No of ATKKT	01



ST. JOSEPH CONVENT HIGH SCHOOL NAGOA-VERNA

School Percentage	96.43%
No of Students appeared	28
No of Students passed	27
No of ATKKT	01



Mother Gertrude Award

Among the schools of The Holy Family of Nazareth Educational Society, the Mother Gertrude Award stands as a symbol of excellence, recognizing outstanding academic achievement and dedication. This year, the prestigious honour has been awarded to Vernon Francis Menezes, a student of Perpetual Succour Convent High School, Navelim, who achieved an impressive 95.66%.

Lenten Activity by Holy Family Convent Sancoale, Goa.

The Pilgrim Cross journey through Sancoale Parish was a profound experience of faith and hope. The sisters of Holy Family Convent guided its movement, leading prayer services and engaging deeply with families, offering spiritual guidance, comfort, and renewed faith. Their warmth and dedication strengthened bonds, deepened families' faith and trust. The sisters' presence encouraged family's participation as the cross journeyed from house to house and empowered them. Their efforts will continue to inspire and guide families, and have a positive outlook in embracing daily crosses with hope because hope does not disappoint us



Commemoration of the 50th Death Anniversary of Founder Fr. Faustino de Souza

On 26 March 2025, the 50th death anniversary of Fr. Faustino de Souza was solemnly commemorated at St. Michael's Church, Anjuna. The Eucharistic celebration was presided over by Cardinal Ferrão, with Fr. Shantiago Fernandes SFX, Parish Priest of Anjuna, and other priests concelebrating. Speaking on the theme - Fr. Faustino,

A Model of Hope, Cardinal Ferrão reflected: "Fr. Faustino, through his concern and dedicated service to the poor and the needy, became a true messenger of hope in his priestly life."

During the ceremony, the Cardinal unveiled a special prayer in honour of Fr. Faustino, along with a dedicated Rosary to be recited by the sisters in their communities.

The Congregation also released its quarterly publication, 'Savera,' marking this significant occasion.



A Special Prayer for the 90th Anniversary

Sr. Molly Fernandes sfn

Pilgrims of Hope

Heavenly Father,

With hearts full of gratitude and joy, we celebrate 90 years of Your guiding hand upon our Congregation. We are grateful to you Abba Father, for these 90 grace-filled years of service. Through every challenge and blessing, You have remained our source of strength, grace, and providence.

As Pilgrims of Hope, we walk in faith, following the sacred example of Jesus, Mary, and Joseph, our Model and Patron.

May our lives reflect their spirit of humble service, prayer, silence and sacrificial love.

Renew in us the spirit of our Founder and the first Founding Sisters, whose hearts beat for the poor and forgotten, sowing seeds of grace that continue to resonate hope across generations.

Bless our mission, Lord, that we may carry Your love to those most in need.

May we nurture faith in hearts, lighten burdens, and spread mercy through our actions.

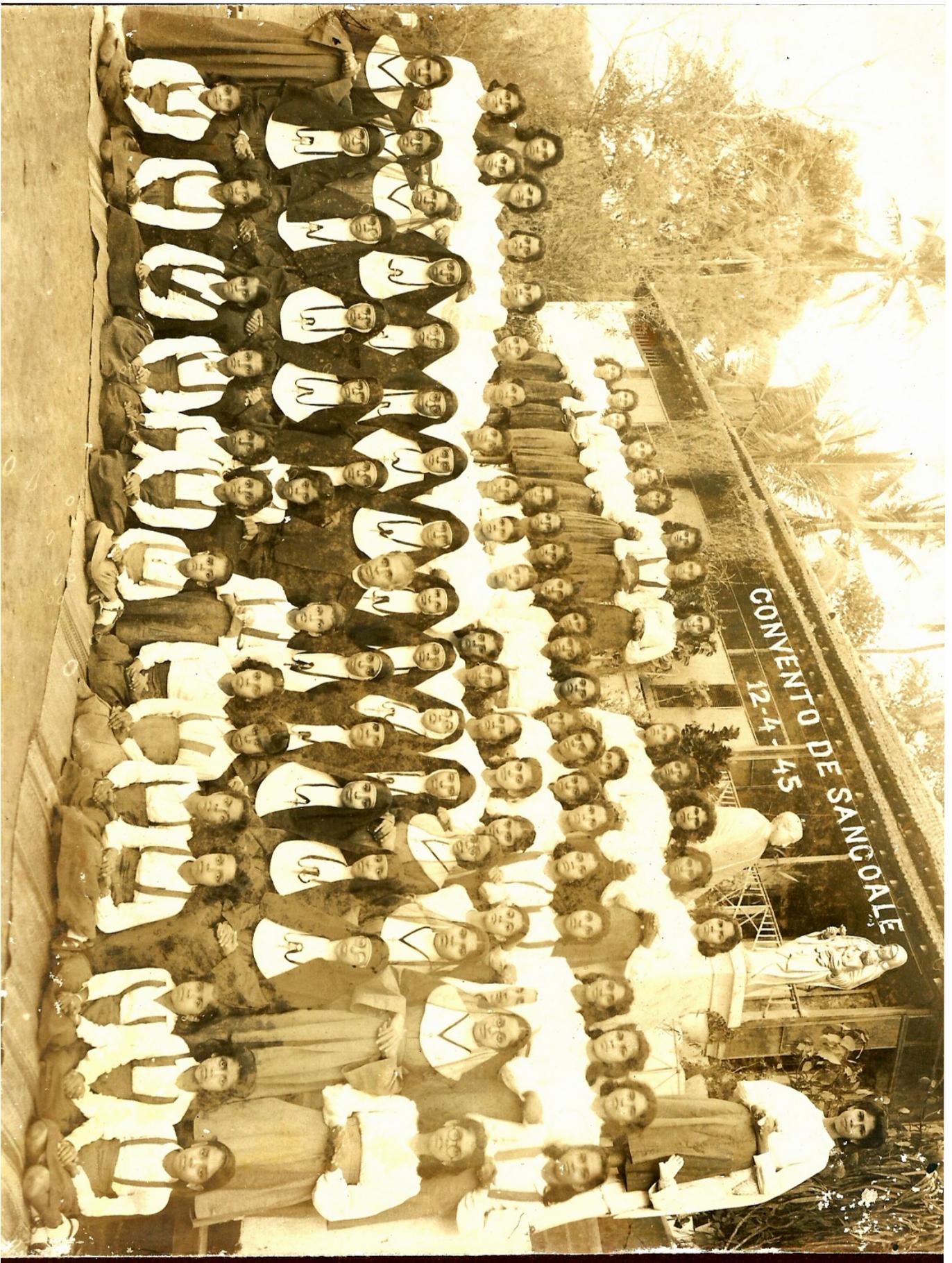
Strengthen us to remain ever faithful to Your call, sowing seeds of grace wherever we go, so that hope may take root and flourish in the lives of all we serve.

As we step forward, may this jubilee be a time of renewal, deepening our commitment, trust, and joy in You.

May we continue to walk as Pilgrims of Hope, reflecting Your presence in the world.

Amen





CONVENTO DE SANCOALE
12-4-45



To know more about us drop a line to:
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