

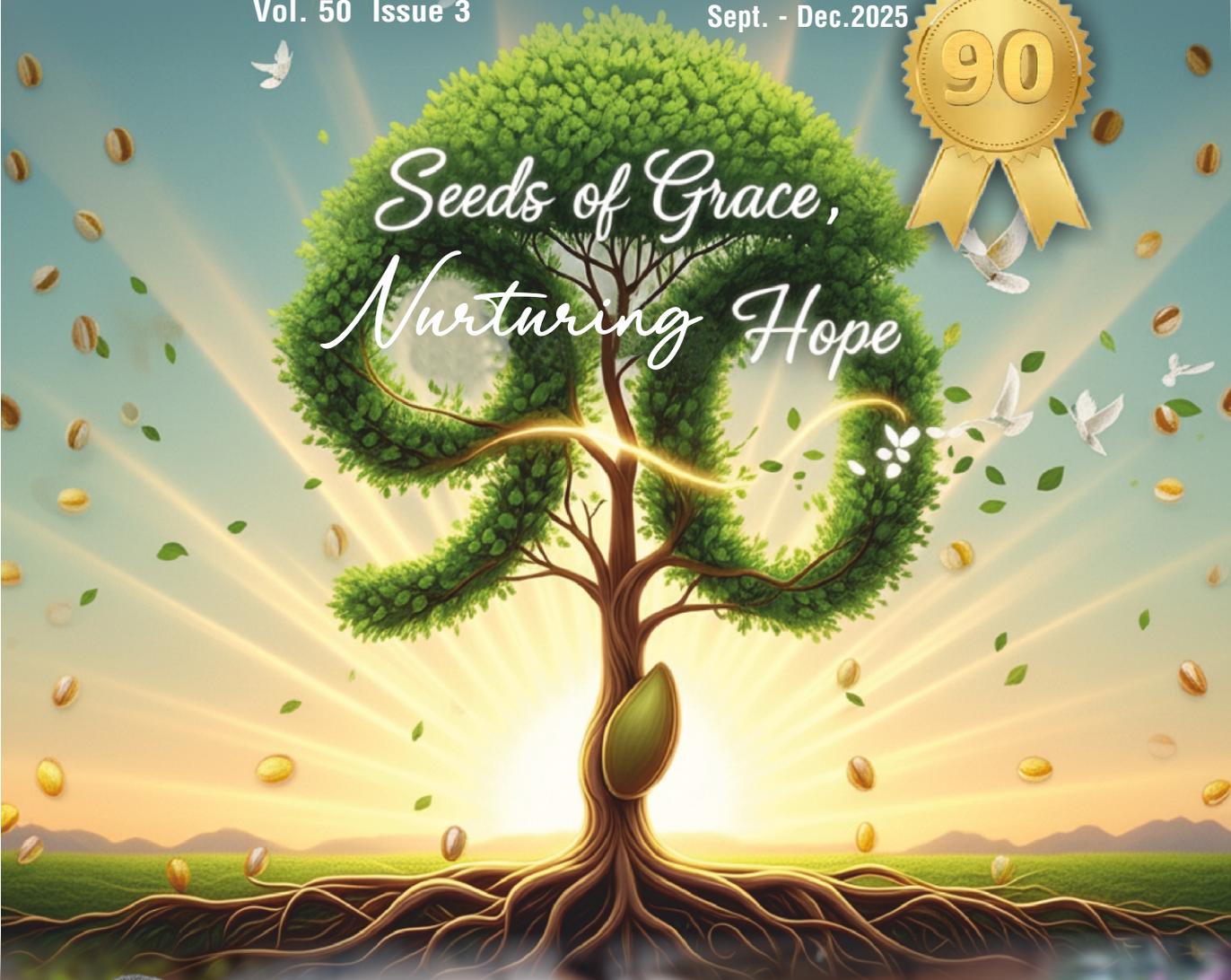
The Dawn Savera

Vol. 50 Issue 3

Sept. - Dec. 2025



*Seeds of Grace,
Nurturing Hope*



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

Sancoale - Goa



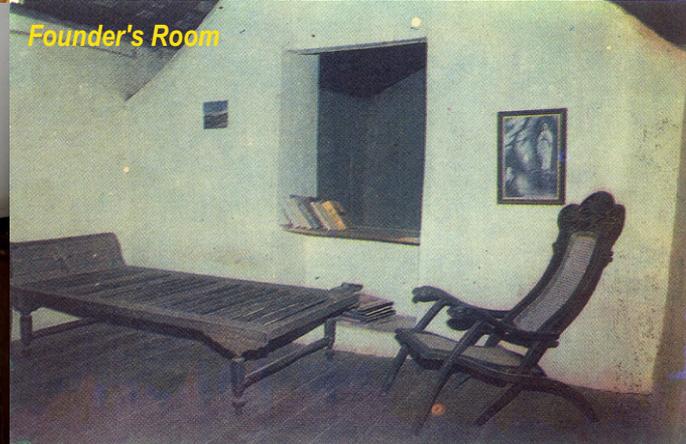
ECCE ANCILLA DOMINI



The House of Grace



House Oratory



Founder's Room

Savera

CONTENTS

02 From the Editor's Desk

03 Archbishop Peter Machado Message

04 From the Superior General's Desk

Feature

05 Nurturing Hope: A Journey Rooted in Grace

Founder's Corner

07 Roots of Faith – Exploring
Our Founder's Spirituality

Youth Ministry

09 Igniting Passion, Empowering Purpose

Family Ministry

11 Nurturing Family Relationships and Values

Pastoral Ministry

13 Pastoral Presence:
Walking with Others in Faith

Education Ministry

15 Planting Seeds of Grace in Young Hearts

Formation

17 Shaped By The Master's Hands:
Becoming Vessels Of Grace

Mission Ministry

19 Hope Beyond Borders:
SFN's Missionary Journey

Institutional Ministry

21 Hands that organise and hearts that serve:
Institutional Services as Channels of Grace

Legal

23 Defending the Defenseless: Love in Action

Boarding Ministry

25 Care Beyond Walls:
A Safe Harbour for Growing Hearts

Aged Home Ministry

27 Sanctuary for Seniors: A Ministry of Love

Prison Ministry

29 Hope in Confinement:
Transforming Lives

Communications

31 The Digital Pulpit: From Local to Global

Social Work Ministry

31 The Ripple Effect

Orphanage Ministry

35 Little Angels, Big Smiles:
The Power Of Compassion

Health Ministry

37 Hands of Hope:
Healing Lives with Compassion

Kovi ani Kovita

40 Kurpechim Bhiam Vomptat Bhorvanso
Novodh Vorsam Bhorvanxeachim

41 Bhieam Kurpechim Bhorvaxean Vaddlim

Jubilee Vibes

42 The 90th Foundation Day Celebration
of the Holy Family Sisters

44 Hofcom Reports

Editor : **Sr. Molly Fernandes sfn**

Published by:

HOLY FAMILY COMMUNICATIONS CENTRE (HOFCOM)

All correspondence and contribution may kindly be addressed to:

The Editor

SAVERA

Holy Family Communication Centre, Fr. Faustino Road,
Sancoale, Goa. 403710 E-Mail: hofcom2014@gmail.com

SFN SAVERA - Vol. 50 Issue 3 Sept. - Dec. 2025



SEEDS OF GRACE, NURTURING HOPE



Hope does not always arrive with fanfare. Sometimes, it comes quietly — in the form of a kind word, a listening ear, a healing touch, or a hand extended in love. In the second issue of 90 years of conviction and trust in God, a journey that continues, this magazine is a tribute to the present and those gone by: for their unseen gestures, the whispered prayers, the tireless services that nurtured hope in the hearts of many for the last nine decades through the varied ministries. These are not grand acts, but small, faithful offerings that blossom into something eternal.

In every apostolate, from education to youth outreach, family care to boarding homes, and shelter for the aged to orphanages, we witness the same truth: hope is nurtured when love is lived. Whether it is a sister teaching a child to read, a volunteer comforting the elderly, or a counsellor guiding a family through hardship, each act becomes a seed sown in faith. These ministries are not isolated efforts, but branches of one great tree rooted in Christ's compassion.

In our mission and prison ministries, grace enters through locked gates and heavy hearts, reminding the forgotten that they are never alone. In social and institutional outreach, we see the Gospel embodied in advocacy, accompaniment, and the quiet courage to stand beside the vulnerable. Legal aid becomes a voice for the voiceless. Health care becomes a balm for the weary. Communication becomes a bridge between hearts. Pastoral care becomes a sanctuary for the soul. Each apostolate, in its own way, becomes a vessel of mercy.

Formation ministries shape not only the mind, but the spirits as well, nurturing vocations, guiding the young, and strengthening the roots of faith. And in every feature we share, we find a glimpse of the legacy of our founder - a vision of service that continues to blossom in every corner of our mission. His dream lives on in every classroom, every clinic, every home, and every heart that we choose to serve.

These stories are not just reports; they are living testimonies. They remind us that grace is not a distant ideal — it is present, active, and growing in the soil of our daily lives. Every ministry, every effort, every heart that chooses to serve becomes part of this sacred sowing.

As you turn these pages, may you be inspired by the quiet strength of those who serve. May you see in their stories the gentle unfolding of God's promise — that even the smallest seed, when sown in love, can grow into a tree of life.

Together, may we continue to nurture hope in our homes, our communities, and our hearts, trusting that the seeds we plant today will bear fruit in the lives of generations to come.

Sr. Molly Fernandes sfn



ARCHDIOCESE OF BANGALORE

Archbishop's House, No. 75 Miller's Road, Benson Town Post, Bengaluru-560 046

KARNATAKA, INDIA. Tel.: 91 + (080) 23330438 / 9008556258

Archdiocese of Bangalore Bangalore Archdiocese

Most Rev. Peter Machado
Archbishop of Bangalore

E-mail: archbishop@bangalorearchdiocese.com
Web. : www.bangalorearchdiocese.org

Message



5th Nov 2025

My Dear Sisters,

Peace of Christ!

I am happy to hear that your Congregation is in celebrative mood this year as you celebrate the 90th year of the Foundation of the Congregation of the Holy Family of Nazareth and you have taken the theme “Seeds of Grace, Nurturing Hope” (Mk. 4:26-27) as the theme to be reflected upon this year. Congratulations !

It is certainly a milestone that honours the legacy of your beloved Founder, Rev Fr. Faustino De Souza, who stands as a beacon of light and hope in these times of clouds and shadows. The onslaughts on the family are threats to its survival. The more developed or civilised the society, the more vicious are the attacks. May your Congregation which bears the name of the Holy Family of Nazareth and upholds the values of family lead the way to the renewal of families in a new generation.

Be assured of my prayers in this memorable year,



Yours Sincerely in O L,

(+ Peter Machado)
Archbishop of Bangalore

From the Superior General's Desk

Message



Dear Sisters, Brothers, and Friends,

We live in a world dominated by quick fixes, instant gratification, and the illusion of immediacy. Our lives are shaped by social media flashes, relentless notifications, and narratives that tell us success and fulfilment should be immediate. Even in our spiritual lives, we are tempted to measure grace by speed: How fast can I grow in holiness? How quickly will my efforts bear fruit? How soon will my prayers be answered? Unrealistic spiritual ideals, coupled with social isolation or comparison with others, can leave us restless, disheartened, or even doubting God's providence.

Yet, the life of faith invites us into a paradox: God's grace often comes in the long wait. Seeds planted in silence, watered with patience, and nourished with daily fidelity often remain invisible for a season. Transformation—personal, communal, or ministerial—is rarely instantaneous. It is in the unseen, patient labour of daily virtue, humble service, and enduring hope that God's promises quietly mature. The long wait is not a punishment; it is the rhythm of God's creative, redemptive work in us and through us.

This November, as we celebrate the triple joy of our Congregation—the birthday of our beloved Founder, Fr. Faustino, Boarders' Day, and Communication Day—we are reminded that patience is the cornerstone of God's plan. Fr. Faustino's vision did not unfold overnight; it was nurtured through steadfast faith, courageous perseverance, and a community committed to sowing seeds of hope. Boarders' Day reminds us of the beauty of community life, where daily acts of care, guidance, and encouragement, though often unnoticed, build enduring bonds of love and belonging. Each interaction with students is a seed of grace, planted patiently, watered with attention, and nurtured with hope. Communication Day, meanwhile, highlights the power of words, listening, and sharing. Just as seeds travel on the wind to find fertile soil, our communication—stories, encouragement, and guidance—can take root in hearts far beyond our immediate reach, nurturing hope, understanding, and transformation.

Let us embrace the tension between immediacy and patience. Let us continue planting seeds of grace in prayer, service, relationships, teaching, and communication, even when results are not immediately visible. Let us cultivate enduring faith, spiritual resilience, and hope, trusting that God's timing is perfect, and that every small act of fidelity contributes to a harvest beyond imagination.

In the long wait, may we learn to rejoice in the invisible, persist in the ordinary, communicate with love, and hope without fading, knowing that every small act of fidelity contributes to a harvest beyond our imagination.

Sr. Berna Rodrigues SFN
Superior General

Feature

NURTURING HOPE: A JOURNEY ROOTED IN GRACE

Sr. Joanita Dias sfn



Hope is not just a feeling; it is a choice, a mindset, and a practice. When nurtured in prayer, in the light of the Word of God and reflection, it becomes a powerful force that carries you through adversity and towards brighter days not just for oneself but to all those whom you influence. As members of the Congregation of the Holy Family of Nazareth, we nurture hope through quiet hours in prayers which helps to become a conduit for casting anxieties upon God, as encouraged in **Phil. 4: 6-7: “Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which surpasses all understanding, will guard your hearts and your minds in Christ Jesus”**. Therefore, we prioritise quiet hours regularly as a community and as individuals through our personal prayers. We make time for quiet reflection and self-care by incorporating quiet hours into our routine and nurture hope, inner peace and personal growth.



For the past 90 years works may be on the similar lines yet with a difference led by grace and nurtured in hope. It is a journey rooted in grace and the heavenly blessings continue to pour through the intercession of our Fr. Founder, Rev. Fr. Faustino De Souza.

Our journey as members of the Holy Family of Nazareth is rooted in grace and so we are not alone. Quiet hours in prayers helps us to reconnect with our charism, vision and mission, values, goals and sense of purpose. In conclusion I can say that through prayer, hope is nurtured and peace is granted.

Held in Grace, nurtured by Providence

Our elderly Sisters experienced paternal love personally from our Founder Rev. Fr. Faustino D' Souza who would constantly remind the sisters during exhortation to be aware of God's message each moment and to accept whatever may please God and to work towards it. He would further advise them not to think of the past or the worries of the future but to strive to live each moment well because God grants His grace each moment if God's Will is accepted in good spirit. Fr. Faustino's advice to sisters was based on his own motivation and he himself would practise it in his life. So, he found it easy to preach what he practised.

I can truly say that the members of the Congregation are held in Grace and nurtured by Providence. Although the sisters have experienced hard times yet every teaching of the Founder was upheld in good spirit depending on the grace and providence of God.

As years went by the vocations in the vineyard were on the decline yet the sisters never backed off from taking up challenging apostolate of working in red light areas of Baina and in the midst of the migrants at Birla. The Social centres in those places stand tall in spite of financial hardships. The funds were insufficient to put to fruition the dreams of the sisters but

come what may the service and shared mission that bound us together as SFNs did not allow us to give in. Two more centres mushroomed in Gaundongrim- Canacona and Kadawal in Maharashtra.

The Spirit - laced journey of our Congregation continued with sisters embarking to new places and avenues. Due to decline in vocations, we have to give negative responses to the invitation extended by various Dioceses in the different states of India.

Our High Schools, Primary sections and Pre-Primary sections at different locations run by our sisters have won laurels not only in the field of education but also in sports, singing, public speaking, general knowledge and in all round formation.

In our boardings we continue to train children in leadership initiatives, sanitation, dignity of labour, housekeeping, health care and in all round development without making distinctions to religion, caste or creed.

Poor children and orphans who were with the sisters became part of the enlarged family of the sisters of Holy Family of Nazareth even in difficult times. They were put up in our different boardings who frequented schools, training programmes as per their aptitudes. They have not only found shelter in the house of the sisters but true love and sense of belongingness so typical of the Holy Family of Nazareth. Children educated and trained under our care have made highway in different fields and made different careers. Some are given in marriage and are well settled in life.

In the field of Prison ministry sisters render selfless services through their visits along with their group members with due permission from prison authorities, talking to them, listening to the prisoners, celebrating the prisoners' birthdays which fall on that particular month making them feel that they are loved by Lord, offer some gifts, render legal help to the under-trials, visit their families if they give permission specially education of the children of the prisoners who are the worst sufferers by even keeping them in the boardings. The prisoners are helped financially after the release and so on as per the needs. Conduct games, action songs, dance, moral stories, read and explain psalms. Teach music, painting, candles, crosiers



Hospital ministry, pastoral ministry, very dear to our Founder continues through full support, uplift of children of immigrant labourers, training programmes for women in our Social centres, Communication and mass media, Home for the Aged, Health care especially with regard to the therapy with the modern facility and assistance of skilful doctors. Assistance to the other institutions continues through coordination, collaboration and cooperation.

Beyond the threshold: Apostolate of Advocacy is taken up by our sisters trained in the field to help others find their voice, giving voice to the voiceless, championing the needs and goals of the poor and needy.

Our works are not limited to the Archdiocese of Goa only but we have crossed into new frontiers and new states with new outlook.

Life has a way of testing us. Challenges arise unexpectedly, struggles seem never-ending, and at times, it feels like hope is slipping away. But no matter how dark things get, we always find ways to nurture hope—even in the toughest moments and continue the journey rooted in grace. **Hope does not disappoint us** (Cf. Rm.5:5).



FOUNDER'S CORNER

ROOTS OF FAITH – EXPLORING OUR FOUNDER'S SPIRITUALITY



Sr. Sabrina Rodrigues SFN

Footprints on the Sand of Time

“Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time”. Henry
Wadsworth Longfellow,

This is very true to our Fr. Founder. One of the persons raised by the Lord of the times, with a special mission was Fr. Faustino De Souza our Founder. As I look back and reflect on his holy life there is a father who still inspires and strengthening us in our journey with Hope. His unwavering Faith which he inherited from his personal experiences and family upbringing, were the roots to deepen his relationship with the lord all through his life journey. His faith was a gift from a divine source, imparted through grace and heard through divine revelation.



The Founder's Heart

A glimpse into the vision that planted our roots.

A Father Who Still Inspires

He played a significant role in transmitting faith to his flock and the sisters of his Congregation.

A Shepherd of Faith and Pilgrimage

He encouraged god's people to journey with faith, hope, and confidence in God's faithfulness, like the Israelites who travelled to the Promised Land in the Bible. He insisted sister to fix their eyes on spiritual pilgrimage towards God and heaven, with the hope of eternal life as the ultimate destination and the challenges along the way being overcome by God's guidance.

The Contemplative Thread

The role of silence, prayer, and reflection in his mission.

Soaring on Wings Like Eagles

“They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint” (Isa. 40:31). This bible verse we see in the life of a Founder in his daily commitment to follow Christ's footsteps, embracing the joys and sacrifices of the Christian life.

Living the Teachings of Christ

Recommitting to spiritual life involved a conscious decision to live out his faith in daily actions. It is not merely about knowing the teachings of Christ but about living them. This means loving our neighbours, forgiving those who hurt us, and seeking justice for others, especially the vulnerable.

Wellspring of Hope

The founder's enduring message in times of trial.

Hope: The Anchor of Fr. Founder

Blessed are those whose dreams are shaped by their hopes... not by their hurts!

Hope was the anchor of Fr. Founder. It provided him stability amidst the storms of life in a world when he had to face the difficulties. In times of despair, he was encouraged by the assurance that God was with him even when he felt abandoned.

Standing Together in Faith and Adversity

He fixed his eyes on the promise of eternal life, remembering God's faithfulness in his life with unwavering hope despite adversity and standing together as a church and the same was conveyed to the sisters in his talk and messages. He encouraged sisters to overcome adversities through faith, reinforcing hope as a virtue sustained by trust in God to give hope to the poor and the needy.

His Legacy Lives On

The Invincible Good Samaritan

We celebrate life and legacy of our visionary pastor Fr. Faustino De Souza a man renowned not only for his missionary journeys but also for the tapestry of virtues he embodied. Fr. Faustino is a model of how to live a Christ-centred life. He lived a life of service and care for the neighbour in need. He was the invincible good Samaritan. He bestowed his care for his people thus sharing the merciful love of God to them.



A Life of Prayer, Zeal, and Sacrifice

In the shadows of a Sanctuary lamp, he spent hours on his knees in deep prayer with the lord. He faced incredible challenges with unwavering faith, boundless hope and an enduring spirit. His love for God and humanity fuelled his zeal, his humility allowed him to connect with people from all walks of life and his courage pushed him to share the gospel even in the face of adversity. The greatest sign of love is to give one's life for others. Fr. Faustino willingly gave up everything and even risked his own life as he tried to walk in the way of Jesus.

A Legacy of Undoubting Hope

Today Fr. Founder invites each of his sisters to journey with undoubting hope and to follow Christ. We thank God for his gift a person who has left indelible footprints on the soil of India, by serving the people of God and by leaving behind a large religious family.

YOUTH MINISTRY

IGNITING PASSION, EMPOWERING PURPOSE



Fr. Lucio Dias

Youth ministry has long been a cherished mission of the Holy Family Sisters (SFN), rooted in their charism of love, service, and formation. Across dioceses and states, they have journeyed with young people — guiding, empowering, and nurturing faith through collaborative leadership alongside diocesan priests and lay animators. This article reflects their enduring commitment to igniting passion and empowering purpose in the hearts of youth.



This ministry exists to awaken hearts and inspire young people to pursue God with passion. We believe every young person is created with a unique purpose, and we are committed to equipping them with the faith, tools, and community they need to live it out. Through worship, discipleship, service, and fellowship, we aim to empower this generation to shine brightly, impact their world, and walk boldly in the calling God has placed on their lives.

Nurturing Faith in Young Hearts for a Greater Tomorrow

Our mission is to guide and inspire the next generation to grow in their relationship with God. By building strong foundations of faith, character, and purpose, we empower young hearts to shine as leaders and world-changers. Together, we are investing in a brighter, faith-filled tomorrow.

Flame Keepers of Faith: Youth as Catalysts of Renewal

Today's youth are not passive observers; they are active leaders, creative thinkers, and courageous believers. Across the globe, young people are breathing new life into the Church through music, art, advocacy, and service. Their passion is not a phase; it's fuel for renewal.

Youth ministry must go beyond games and snacks; it must empower. When young people are entrusted with leadership and given room to innovate, they become the flame keepers of a faith that endures and evolves.

Let us not forget: revival often begins in the hearts of the young.

Groomed by Grace, Shaped by Screens

In today's digital world, young people are constantly influenced by what they see and hear online. Our goal is to help them stay rooted in God's grace while navigating the impact of technology. By blending faith with wisdom, we guide them to use screens as tools for growth, connection, and purpose, rather than distractions from their true identity in Christ.

Digital discipleship is real discipleship. Youth are finding Jesus through YouTube testimonies, Instagram devotionals, and Christian creators who speak their language. The Church must embrace these tools, not to replace tradition, but to extend it.

Of course, digital life also comes with struggles: anxiety, comparison, and burnout. Here, youth ministry becomes more than teaching; it becomes walking alongside young people through the noise, helping them hear God's still, small voice.



Voices of Hope: How Youth Embody the Spirit of Mission

We don't need to wait to see what kind of Christians our young people will become. They're already showing us. From leading campus Bible studies to advocating for justice, youth today are living the Gospel in powerful ways. They are missionaries in their schools, neighbourhoods, and online communities. Their testimonies are raw, real, and rooted in Christ.

As a Church, we must celebrate these voices, lift them and learn from them. They are not just the future of the mission; they are its present heartbeat.

Guiding the Flame: The SFN Commitment to Youth Ministry

The Holy Family Sisters of Sancoale have been a vital presence in the field of youth ministry, carrying forward their charism of love, service, and faith formation. Deeply rooted in the spirit of their Founder, they have consistently nurtured faith in young hearts by journeying with the youth at both diocesan and parish levels.

Their active involvement in diocesan youth programmes and parish-based initiatives reflects their commitment to empowering young people to encounter Christ personally and to live out their faith with courage and conviction. Whether through leadership training or accompaniment in Parish Youth Groups, the sisters have been a guiding presence, instilling values of compassion, responsibility, and dedication to the Church.

By fostering a spirit of prayer, service, and fellowship, the Holy Family Sisters continue to awaken in the youth a deeper sense of purpose and a readiness to embrace their role in building up the Kingdom of God. Their dedication has not only strengthened the faith of countless young people but has also inspired them to become vibrant witnesses of hope in today's world.

A Movement of Faith: Lighting the Way Forward

Youth ministry is not a programme; it's a movement. A movement that lights the fire of faith in young hearts, equips them to carry that flame into the world, and trusts that God is already at work in them. By nurturing faith, embracing digital culture with discernment, and giving young people a voice and a mission, we help shape a Church that is not only relevant but radiant with hope.

Let us walk with our youth. Let us listen to their stories. And above all, let us believe in the fire God has placed within them.

“Don't let anyone look down on you because you are young, but set an example for the believers...” 1 Timothy 4:12.

Family Ministry

NURTURING FAMILY RELATIONSHIPS AND VALUES



Sr. Leena D Souza SFN

The Family as the First School of Faith

Family is the first and most important school of love, faith, and values. It is within the family that we learn to care, to share, to forgive, and to grow in faith together. The ministry of family life, therefore, plays a vital role in nurturing healthy relationships and strengthening the values that hold families together in today's fast-changing world. Family Ministry is not just about organising events or gatherings; it is about accompanying families on their journey of faith. It provides guidance, encouragement, and spiritual support, helping families to live with Christ at the centre of their homes.

Building Bonds in a Busy World

When families pray together, eat together, and spend time listening to one another, they build bonds of understanding and love that reflect God's own love. In today's busy and digital age, many families face challenges—lack of time, communication gaps, and stress. Family Ministry reminds us to slow down, to cherish moments with our loved ones, and to nurture respect, compassion, and gratitude.



The Family Garden: How the Holy Family Sisters Build Families through Faithful Gardeners of Family Life

A family is like a garden — tender, beautiful, and full of life. It needs care, love, patience, and faith to grow strong. The Sisters of the Holy Family have long served as faithful gardeners, nurturing the soil of family life through their prayer, ministry, and example. Their mission springs from the Holy Family of Nazareth — Jesus, Mary, and Joseph — a model of simplicity, unity, and unconditional love.

In a world where families often face storms of division, stress, and uncertainty, the Holy Family Sisters bring a message of hope. Through their presence in schools, parishes, and communities, they teach that faith is the seed from which strong families grow.

Planting Values, Tending Hearts

The Sisters plant values of compassion, respect, and faith in the hearts of families. They remind us that the home is the first church — a sacred space where love is practiced daily. Just as a garden flourish when watered with care, families blossom when nourished with faith. The Holy Family Sisters continue this sacred gardening, tending not just to homes but to hearts — helping each family reflect the harmony of the Holy Family itself.

Cradle of Faith: The SFN's Early Ministry Among the Poor and Forgotten

A Legacy of Humble Service

The Holy Family—Jesus, Mary, and Joseph—stands as a shining example of humility, service, and faith. To the sisters of Holy Family, the early communities a cradle of faith, where

divine love was nurtured in the midst of ordinary life, they were rich in faith, compassion, and obedience to God's will.

The Sisters grew up learning that love is shown not through power or wealth, but through service, mercy, and understanding. Their early ministry was not marked by great miracles or grand speeches but by the quiet witness of love in action.

Faith in Simplicity and Daily Grace

They welcomed the lonely, comforted the weary, and shared what little they had. In their simplicity, the poor found hope, and the forgotten discovered dignity. Their simplicity and prayer, trust in providential teaches us that faith begins at home, in small acts of kindness and trust in God. Their life reminds every Christian family today to be a cradle of faith — a place where love, forgiveness, and service flourish, especially for those society overlooks.



Intertwined Roots: Strengthening Family Bonds Through Shared Faith

Faith as the Root of Togetherness

Every family is like a tree—its strength lies in its roots. These roots are formed by love, nurtured by shared experiences, and deepened by faith. Faith is not merely a set of prayers or rituals; it is a living force that binds generations together.

When parents and children pray, reflect, and celebrate their faith as one, they create a sacred rhythm that fills their home with peace and purpose. In a world often marked by hurry and distraction, families rooted in faith remain grounded.

Practices That Nourish and Shelter

Shared worship, family rosaries, Sunday Mass, and acts of kindness nurture not only individual spirituality but also the collective spirit of togetherness. These practices remind each member that they belong to something greater—both to one another and to God.

Just as roots intertwine unseen beneath the soil, faith silently strengthens family bonds. Their intertwined roots not only sustain their own growth but also provide shade and shelter to others seeking strength.

Homegrown Hope: Creating a Grace-Filled Home Environment Today

Cultivating Grace in the Everyday

In a world that often feels hurried, uncertain, and noisy, the home can become a sacred place—a seed bed of hope, love, and grace. “Home-grown hope” begins when grace-filled home is one where love is not just spoken but lived. It is where forgiveness replaces resentment, where patience is practiced even when tempers rise, and where gratitude blooms in small, everyday moments. Grace teaches us to see one another not as perfect people, but as companions on the same journey toward God.

To cultivate such an environment, families can begin by making prayer the heart of the home—a short prayer before meals, a quiet moment of thanksgiving at night, or a shared reflection on God's blessings.

Courage to Build a Beacon of Hope

In today's fast-paced world, building a grace-filled home requires courage—the courage to slow down, to speak with gentleness, to forgive quickly, and to let faith guide decisions. Such homes become beacons of light, not only for the family within but also for the wider community. When grace fills our homes, hope naturally grows. It spreads from hearts to hallways, from families to friendships, transforming ordinary spaces into places of peace and love.

Pastoral Ministry

PASTORAL PRESENCE: WALKING WITH OTHERS IN FAITH



Fr. Clifford Castelino

The Shepherd's Hand: Guiding Souls with Compassion

History attests that God raises up leaders in moments of profound need. In Goa, Fr. Faustino de Souza was chosen by God to shepherd the poor and the marginalised. In 1935, recognising the spiritual vacuum left by the absence of a local women's religious institute, Fr. Faustino envisioned a congregation that would cater to the spiritual nourishment, education, and charitable works essential for the time.

This divine commission birthed the Sisters of the Holy Family of Nazareth (SFN). Their mission, modelled on the simple yet profound love of Jesus, Mary, and Joseph, has become synonymous with pastoral presence. For 90 years, the SFN sisters have extended the "Shepherd's Hand," guiding souls with a compassion rooted in God's providential love for serving the poor and needy.



The Journey Together: Companionship – SFN's in Times of Need

For the SFN, pastoral care is the embodiment of their charism. Over the last nine decades, the sisters have cultivated a unique and enduring legacy of spiritual companionship, offering a steadfast hand to guide souls through life's complexities. Their actions are rooted in Eucharistic power and the Liturgy of the Hours (the daily prayer of the Church). Like their founder, the SFN sisters pray for the people they serve and invest time in faith formation. This includes teaching catechism, preparing liturgies, and preparing Altar servers to help them experience the love of Christ.



Following the Second Vatican Council (Vat. II), Fr. Almir D' Souza (Priest of the Archdiocese of Goa and Daman) worked alongside with some of the SFN Sisters to actively prepare materials and organise training sessions to percolate the spirit of Vat. II in the Goan community. The SFN sisters enthusiastically continue this work today, and by participating in SCC (Small Christian Community) meetings, they share their faith experience directly with the local community.

The Ministry of Listening: How a Compassionate SFN Presence Sowed Seeds of Hope

The core of SFN's pastoral work is companionship. This accompaniment extends beyond merely visiting the homebound and bringing the Eucharist to the sick; it means walking "an extra mile to rekindle dwindling faith" of those facing adverse life situations. The sister becomes a fellow traveller, helping individuals rediscover their inherent dignity and guiding them toward a renewed sense of hope, thus extending the Kingdom of God's love.



The sisters provide specific support across different stages of life and need:

The Elderly: Guided and supported emotionally in their final years.

The Sick and Discouraged: Made to feel warmth in their hearts.

Holistic Care: Some sisters use their knowledge of indigenous medicine to build better relationships and offer care.

Poverty Alleviation: They make a conscious effort to support economically weaker families through the saving of Friday sacrifices and by working with the parish priest. The congregation's social work arm further strengthens this initiative.

Youth Ministry: SFN sisters walk with the youth of the parish, helping them at their crossroads of life. The SFN presence signifies solidarity with all.

A Place of Comfort: How SFN's Pastoral Ministry binds family relationships

In a world often characterised by noise and distraction, the SFN sister offers a sacred, undivided space for people to be truly heard. This deep, patient listening transforms a simple conversation into an act of profound pastoral care. The sisters help individuals process grief, fear, and uncertainty, affirming their faith and strengthening their resolve to face life's challenges, thereby Sowing Seeds of Hope.



The family unit is the primary focus of the SFN charism, and their pastoral ministry is powerfully designed to strengthen and heal relationships. The sisters create a place of comfort where fractured connections can be mended and faith can be nurtured. They actively work to resolve conflicts, teaching the value of forgiveness, and emphasising the importance of community and shared spiritual life.

The SFN's 90 years of service stand as a powerful testament to their commitment to walking with others in faith. The sisters, recognizing they are "mud vessels supported by Divine Grace," continue their passionate work. They merit our appreciation, encouragement, and above all, our prayers and assurance that we stand by them at all times.

Education Ministry

PLANTING SEEDS OF GRACE IN YOUNG HEARTS



Antonieta B. Misquita E Dias

“Humility is the root of all virtues. Be humble and God will be pleased with you.” – Fr. Faustino D'Souza



These words, spoken with quiet conviction, echo the heart of a man whose life was a living sermon of grace. Father Faustino D'Souza lived not for recognition, but for transformation. Inspired by the missionary zeal of St. Francis Xavier and spiritually guided by Fr. Agnelo de Souza, he carried within him a gentle fire—a longing to serve those most in need. Long before the Sisters of the Holy Family of Nazareth (SFN) were formally established, Fr. Faustino had already begun sowing seeds of hope. Recognising the hunger for education and spiritual care in his community, he sent young women to the

Bethany Sisters in Mangaluru for religious formation. These humble beginnings, rooted in faith, would blossom into a congregation that continues to touch lives across Goa and beyond.

Founded in 1935, the SFN congregation has grown into a vibrant force of service—dedicated to the poor, the forgotten and the young. Through education, pastoral care and social outreach, the Sisters carry forward Fr. Faustino's vision with humility and strength. Today, their presence is felt not only in Sancoale but across various parts of Goa and other Indian states, wherever the need is greatest.

When Learning Was a Luxury: SFN's Early Seeds of Hope

In the early days, education was a privilege few could afford. Many children in rural Goa had never stepped into a classroom. But the SFN Sisters believed that every child deserved the chance to learn. With minimal resources and unwavering faith, they began teaching wherever they could— in borrowed halls and in homes. Their mission was simple: to bring light where there was darkness and to offer hope where there was none.

These first efforts were quiet but powerful. Children who had never held a pencil began to write. Girls who had been denied schooling began to dream. The Sisters didn't just teach—they listened, encouraged and uplifted. They planted seeds of grace in young hearts, trusting that one day those seeds would grow.

From Bare Beginnings to Blossoming Minds

Over the years, those small beginnings have grown into a strong and steady ministry. SFN schools are now places of joy, creativity and purpose. The classrooms are filled with colour, music and the sound of curious minds. Children are not just taught—they are inspired.

The sisters have built learning environments that nurture both intellect and imagination. They encourage students to ask questions, explore ideas and express themselves freely. Whether through storytelling, science experiments or prayer, every child is given space to grow.

Their journey has not been without challenges. Financial constraints, changing policies and social barriers have tested their resolve. But the Sisters have remained committed—adapting, persevering and always placing the child at the centre of their mission.



Beyond Books: Nurturing Character and Values

SFN's approach to education goes far beyond academics. The sisters believe that true learning must shape both the mind and the heart. In their Institutions, values like honesty, kindness, justice, truth and respect are woven into everyday life.

Justice is taught through fairness in the classroom. Love is shown in the way every child is welcomed, regardless of background. Equality is practiced by ensuring that no one is left behind. And unity is celebrated by honouring all religions and cultures. SFN schools are places where children learn to live together in harmony, appreciating the richness of diversity.

These values stay with students long after they leave school. They become compassionate adults, responsible citizens and thoughtful leaders. The Sisters know that shaping character is just as important as teaching content—and they do both with grace and care.

A Lamp in the Dark: SFN's Mission Today

Even today, there are children who struggle to access education. Some come from broken homes, others face financial hardship and many carry emotional wounds. SFN continues to reach out to these children offering not just lessons, but love.

The sisters walk alongside their students, encouraging their dreams, and helping them heal. Their presence is a source of comfort and strength. They don't just instruct—they uplift.

The initiation of public devotion to Fr. Faustino is a milestone that honours his legacy and inspires spiritual growth. His vision lives on in every classroom, every child and every sister who continues the work he began. Through Little Sprouts: Learning and Growing Together, the SFN congregation remains faithful to the theme of *Savera*—Seeds of Grace, Nurturing Hope.



And as each child grows, so does the promise of a brighter, kinder world—one rooted in humility, watered by love, and reaching towards the light to grow in holiness.

FORMATION

SHAPED BY THE MASTER'S HANDS: BECOMING VESSELS OF GRACE



Fr. Norman Almeida SFX

In a little village, where narrow paths led their way up a hill, there lay a lump of clay by the roadside. It was dry, dull, and overlooked, battered by the sun and wind. Passers-by paid no attention; to them it seemed useless, nothing more than dirt beneath their feet.

But one day, a potter walked by. His eye fell on the lump and he whispered with a smile: "This clay has promise. I will make of it a vessel fit for use." Gently, he gathered it up and carried it to his workshop.

The clay trembled as he laid it on the wheel. "Master," it cried softly, "I am shapeless and crude. How could anything good come from me?" The potter smiled. "I do not choose perfect clay, but clay that yields to my touch. In my hands, you will discover your uniqueness."

The wheel began to spin. Firmly yet gently, the potter pressed, stretched, and smoothed. At times the clay felt it might collapse altogether. "Why must I change so much?" it asked in fear. "Because," the master replied, "without shaping, you remain a mound. But under my hands, you will become a vessel with purpose."

When it was skilfully shaped, the fire awaited. The clay trembled as it was placed in the kiln, frightened of the flames. But the potter's voice was steady: "The fire will not destroy you. It will strengthen you. Only through the fire will you become strong enough to hold whatever is placed in you."

When the kiln door opened, the clay was no longer a formless lump. It had become a strong, attractive vessel, and ready to serve. Smiling, the master said: "In my hands, you have become wonderful and unique." The vessel, shining in the light, whispered back: "In Your hands, O Master, I have found my true shape and purpose."

This story reflects a deep biblical truth. Jeremiah records the Lord God saying, "Like clay in the potter's hand, so you are in My hand" (Jer 18:6). The life of a believer is much like that clay: sometimes rough, ordinary, seemingly worthy less. But in the hands of our God, we are formed, refined, purified, and finally commissioned for a mission greater than ourselves.

a. Formation: The Master's Gentle Touch

The first stage of religious formation begins when God takes us into His hands. Just as the potter starts by gathering clay and placing it on the wheel, so God begins by gently drawing us close to Himself. His touch is purposeful and filled with love, yet it requires our openness and surrender.

Jesus said, "*Apart from Me, you can do nothing*" (Jn 15:5). Formation is about recognising that without the Lord's hands shaping us, we remain formless, unable to fulfil our calling. Through prayer, Scripture, and the sacraments, we learn to soften our hearts, allowing His Spirit to mould us. Like clay, we must remain pliable so the potter can begin His transforming work.

b. Refinement: Chiselled for Grace

Once the basic form is shaped, the potter refines the vessel, adding details and creating depth. For the soul, refinement comes through obedience, discipline, and discernment.



Consider Moses, who spent forty years in the wilderness before leading Israel (Ex 3). In that solitude, Moses was refined. His pride was stripped away; humility and courage were carved into his heart. Similarly, refinement often involves God using silence, correction, and waiting to deepen our spiritual maturity.

The Letter to the Hebrews reminds us: *“God disciplines us for our good, in order that we may share in His holiness”* (Heb. 12:10). Though refinement is not always comfortable, it is necessary to make us strong vessels, able to receive and carry God's grace.



c. Purification: In the Fire of Becoming

No earthen vessel is complete until it has faced the fire. When placed in the kiln, clay is tested, hardened, and made resilient. Likewise, every believer passes through trials. These seasons of suffering and testing are not meant to destroy us but to purify and strengthen us.

Job expressed this experience when he said, *“When He has tested me, I shall come forth as gold”* (Job 23:10). St. Peter affirms the same: *“Your faith - of greater worth than gold - is refined by fire”* (1 Pet 1:7). The fire of trials produces resilience, steadfast character, and unwavering trust in God.

It is in these fires of life - sickness, loss, disappointment, or sorrow - that we come to truly rely on God's sustaining grace. When we emerge, we are no longer fragile lumps of clay but durable vessels capable of holding living water for others.

d. Commission: A Vessel for the Master's Use

Once the vessel is shaped, refined, and purified, it is not left sitting on a shelf. It is made for use. In the same way, when God has formed us through His Spirit, He sends us forth in mission.

Pentecost is the clearest example. The disciples, after their years of formation under Jesus, their refinement through His teaching, and their purification during His passion and death, were filled with the fire of the Holy Spirit. Then they were commissioned: *“Go and make disciples of all nations”* (Mt 28:19).

Commission means stepping beyond comfort and pouring out what God has placed within us. Each vessel is unique, just as each disciple has a unique mission. Some are called to teach, some to serve, some to console, some to lead. But all are called to carry the love of Christ into the world.

Conclusion: Yielding to the Potter's Hands

The journey of the clay mirrors our journey of faith. We are gathered, shaped, refined, tested, and commissioned. Left alone, we remain ordinary lumps of earth. But in the hands of the Master, we become extraordinary vessels of grace.

Isaiah declares, *“We are the clay, you are the potter; we are all the work of your hand”* (Is 64:8). The call of religious formation is to remain in those loving hands - open, surrendered, and trusting - even when the shaping feels painful or the fire seems too hot. For it is in His hands that we discover not only our true form but also our true purpose: to be vessels that carry Christ's light and blessing into the world.



MISSION MINISTRY

HOPE BEYOND BORDERS: SFN'S MISSIONARY JOURNEY



Fr. Albert Fernandes MSFS

Global Seeds of Compassion: Reaching New Frontiers

In Nazareth, God chose the hidden life of an ordinary family as the place where salvation quietly began to unfold. The Sisters of the Holy Family of Nazareth (SFN) continue this mystery by sowing seeds of compassion and hope in places often overlooked. Their mission echoes the parable of the mustard seed (Mt 13:31–32): small acts of love that, once planted, grow into a shelter of dignity and faith.

The Spirit has led the sisters beyond familiar borders—to the villages of Kolhapur and Sindhudurg in Maharashtra, the tribal communities of Dadra Nagar Haveli, the outskirts of Goa, the deserts of Jodhpur in Rajasthan, and the struggling families of Sirsa. Each mission field is unique in culture and challenge, yet the SFN spirit remains constant: to be a family among families, a presence that uplifts, heals, and nurtures hope.



Philosopher Søren Kierkegaard once said, “Hope is a passion for the possible.” SFN's mission is precisely this: to believe in what seems impossible, trusting that God's grace can turn barren soil into a field of life.

The Language of Love: Building Bridges of Hope

Nazareth teaches us that love is shown not in grand gestures but in daily fidelity. The sisters embody this lesson in their outreach. Their witness recalls the words of St. Francis de Sales: “Nothing is so strong as gentleness, nothing so gentle as real strength.”



In the dusty lanes of Rajasthan, the tribal belts of Dadra Nagar Haveli, or the remote farming villages of Maharashtra, the sisters discover that love is the universal language. Education becomes a bridge when children who once had no access to schooling now dream of professions. Healthcare becomes a bridge when a sick mother receives treatment she could never have imagined. A simple

presence becomes a bridge when families realise they are not alone in their struggles.

As Christ declared, “I came that they may have life, and have it abundantly” (Jn 10:10). The sisters share this abundant life by nurturing the mind, body, and soul. Here we recall Aristotle’s wisdom: “Educating the mind without educating the heart is no education at all.” SFN’s mission is not just service—it is holistic transformation rooted in love.

A Shared Harvest: SFN’s Outreach and the Blossoming of Hope on the Outskirts

St. Paul wrote: “I planted, Apollos watered, but God gave the growth” (1 Cor 3:6). The sisters know they are not the owners of the mission; they are Sowers who trust God to bring forth the harvest.

Across these mission territories, seeds sown with patience have begun to blossom. Schools once started with a handful of children now echo with joyful voices. Self-help groups and family programmes have strengthened communities, lifting them from cycles of poverty. Faith communities, once fragile, now gather with new strength around Word and Sacrament.

The fruits are best seen in stories: a young girl in Sindhudurg who became her village’s first graduate, a family in Jodhpur that found resilience after drought, a youth in Goa’s outskirts who discovered his vocation to service. These are signs of God’s Kingdom quietly growing, echoing the Psalmist: “Those who sow in tears shall reap with shouts of joy” (Ps 126:5).

As Tagore beautifully said, “Faith is the bird that feels the light and sings when the dawn is still dark.” In the sisters’ mission, that song of hope is already rising.

The Sower’s Call: An Invitation to Support Our Global Mission

The parable of the Sower (Mt 13:3–9) reminds us that seeds must be scattered generously, even when the soil looks unpromising. Today, the Sisters of the Holy Family of Nazareth extend this invitation to you: to join them in sowing seeds of grace, nurturing hope beyond borders.

Your prayers, encouragement, and contributions are not mere gestures of charity; they are concrete acts of mission. Immanuel Kant reminds us: “Act so that you treat humanity, whether in your own person or in another, always at the same time as an end, never merely as a means.” Supporting SFN’s mission is exactly this—upholding each person as a child of God, worthy of dignity and love.



As Pope Francis writes in *Evangelii Gaudium*, “Missionary outreach is paradigmatic for all the Church’s activity.”

By supporting the sisters, you too become missionary disciples, sharing in a harvest of joy that transcends borders.

The philosopher Gabriel Marcel once wrote, “Hope is for the soul what breathing is for the living organism.” Through the SFN’s presence in Kolhapur, Sindhudurg, Dadra Nagar Haveli, Goa’s outskirts, Jodhpur, and Sirsa, countless souls are learning to breathe again—with dignity, with faith, with joy.

Together, let us continue to scatter the seeds of grace, trusting that the Lord of the harvest will bring forth a future overflowing with hope.

INSTITUTIONAL MINISTRY

HANDS THAT ORGANISE AND HEARTS THAT SERVE: INSTITUTIONAL SERVICES AS CHANNELS OF GRACE



*Fr. Jorge Fernandes
Director DCLA Lar de Estudantes*

Introduction: In the heart of every religious community is a rhythm — a holy balance between order and love, between the practical and the spiritual. Some carry responsibilities that require organising, planning, and overseeing the life and mission of the community. Others serve more quietly — in the kitchen, in the chapel, in the infirmary, or simply by offering a smile and a listening ear. But often, the same individuals are called to do multiple tasks. Living with different people of mind-set, with other priests and workers, in every religious community, life flows through a delicate balance of structure and spirit, order and compassion. Such has been one of the ministries of the Holy Family Sisters (SFNs): hands that organise and hearts that serve.

Sacred Stewardship: The Spirituality of Administration

In the life of a religious community, administration is often seen as a practical necessity—something that must be done so the “real” work of prayer, service, or ministry can continue. But in reality, **administration is itself a spiritual task**, a sacred form of stewardship rooted in love, responsibility, and service to the mission of Christ. The administrator, then, is not an owner, but a **caretaker**, entrusted with something holy. What makes administration sacred is not the task itself, but **the spirit in which it is carried out** towards all different people and at different levels of life.



Grace in details: Sacred call of administrative services:

Administrative service in religious life is not secondary. It is not a lesser calling. It is a **sacred vocation** within the greater call to consecrated life. It is a path of **hidden holiness**, where grace is found in the details, and the ordinary becomes a place of encounter with God. To those who serve in these roles—faithfully, quietly, and generously—know that your work matters. You are part of a long tradition of those who hold communities together with love and diligence. **You are answering a sacred call.** And in every task assigned in the community, the members need to complete it with love, where **grace flows—silently, powerfully, and beautifully.**

Call to coordinate: The quiet power of faithful service

Those called to coordinate are often the **hidden builders of community.** Their strength lies not in visibility, but in **steadfast, faithful presence.** They are the ones who quietly say

yes—again and again—to the needs of the moment, the expectations of leadership, and the service of the Gospel. To coordinate is to **weave together the diverse threads of religious life into a unified whole**. It is a ministry of great dignity, often done in silence, but with profound impact. So, to all who serve in this way: know that your coordination is more than helpful—it is holy. Your reminders, phone calls, and calendars are not just tasks—they are tools of communion, mission, and grace. And in your faithful service, the power of God is at work—transforming the ordinary into the extraordinary.

Serving in silence: Sacred call of institutional roles

To serve in silence is to echo the life of Christ, who came not to be served, but to serve (cf. Mark 10:45). It is to carry the quiet strength of Mary, who pondered everything in her heart. It is to imitate the saints who lived faithfully in small tasks, knowing they, too, were building the Kingdom. Institutional roles may not always carry public recognition, but they carry **eternal value**. We can truly witness 'SFN' services in Schools, Seminaries, Parishes, Centres, Institutes, and various Communities: example working in various offices of the centres, kitchens mess, Social Work for poor and downtrodden, Caritas, teaching in different schools, visiting and treating the suffering and sick, taking care of the finance, orphans boys and girls, care of institutes, Church duties in sacristy, Church offices, Somudai visits, Catechism involved in associations and movements etc. **Your work is holy. Your service is seen. Your silence speaks loudly in the eyes of God.** Continue serving in faith, for you are answering a sacred call—and through your hands, Christ continues His work, among different communities, where the SFN members work.



Therefore, it is through acts of service that the Gospel is lived most authentically, often in ways unnoticed but deeply felt. This article reflects on the grace-filled vocation of being “**hands that organise and hearts that serve**”—a vision of leadership in community life that integrates administration with pastoral care, and authority with humility, and nurturing hope through various prayers as a channel of grace.

LEGAL

DEFENDING THE DEFENSELESS: LOVE IN ACTION*Sr. Jeya Kodi Selvam SFN*

In every society, there are countless individuals whose voices remain unheard—the orphaned child, the abused woman, the marginalised poor, and those living under the shadow of social stigma. So, Scripture exhorts us: “*Speak up for those who cannot speak for themselves; ensure justice for those being crushed*” (Proverbs 31:8). In truth, it is in defending the defenseless that the light of hope shines most brightly. This conviction shapes the mission of **Asha Sadan Social Centre**, which strives each day to bring silenced voices to the forefront—restoring dignity, securing justice, and renewing hope.

A Sanctuary of Protection

Asha Sadan was founded with a vision to stand beside those who cannot stand alone and of being a safe refuge for women and children in crisis. Over the years, it has become a refuge for women and children facing some of life's harshest realities—**domestic violence, sexual abuse, trafficking, neglect, and stigma**. The centre opens its doors to those who arrive broken and fearful, offering not only immediate shelter but also comfort, dignity, and a renewed sense of belonging.



For children who have lost parents or been marginalised due to HIV/AIDS, Asha Sadan provides a home where they are valued and cherished. For women who come bearing scars of violence and rejection, the centre offers a safe space to begin healing. In every corner, Asha Sadan seeks to transform pain into hope, proving that love in action can mend even the deepest wounds.

Care for the Forgotten

The centre's outreach extends especially to **orphans, vulnerable children, and individuals affected by HIV/AIDS**. These are often the most forgotten in society, carrying both physical struggles and the heavy burden of stigma. Through **nutritional support, medical care, counseling, and recreational activities**, Asha Sadan seeks to nurture body, mind, and soul.

Such holistic care ensures that children grow not only in health but also in joy and confidence. By affirming their dignity, Asha Sadan breaks the chains of stigma and allows the most vulnerable to see themselves as valued members of society.

Beyond the Walls: Building a Just Society

Defending the defenseless cannot remain confined to the walls of an institution. Asha Sadan actively reaches out through **community programmes, awareness campaigns, and youth engagement**. From raising awareness on HIV/AIDS and child rights to addressing issues of sanitation, health, and human trafficking, the Centre extends its mission to society at large.

Love That Empowers

Defending the defenseless does not end with shelter and relief. Asha Sadan believes that real defense comes through empowerment. Women and children must not only be protected but also equipped to stand strong in society. To this end, the Centre conducts **tailoring classes, computer literacy training and coaching for schoolchildren** that open doors to independence.

Through these initiatives, women who once lived in fear and dependency now earn an income, support their families, and live with dignity. Children who were once abandoned now attend school, excel in their studies, and dream of meaningful futures. This is love in action—not only defending against harm but building strength for a life of confidence and self-reliance.



Justice Woven with Compassion

Asha Sadan also serves as a strong advocate for justice. Survivors of domestic violence, sexual abuse, and trafficking often lack the resources or courage to pursue justice alone. The Centre extends **legal aid, guidance, and accompaniment in court cases**, ensuring that victims are heard and protected.

What distinguishes Asha Sadan is its approach: justice is always pursued with compassion, recognizing that true healing requires both legal redress and emotional support.

Conclusion: Love in Action, Every Day

What makes Asha Sadan unique is that its mission is lived daily. Love in action is expressed in the simple yet profound gestures of care: a comforting hand for a woman in distress, the patient teaching of a struggling child, the provision of a meal to the hungry, or the steadfast support in a courtroom battle.

In every act of service—whether feeding a hungry child, empowering a woman with skills, or standing beside a survivor in search of justice—It is through this unwavering commitment that the Centre continues to transform lives and remind society of its noblest calling: to defend the defenseless with grace, courage, and love.



BOARDING MINISTRY

CARE BEYOND WALLS: A SAFE HARBOR FOR GROWING HEARTS



Mrs. Marissa Fernandes

Warm and Reflective:

“From boarder to professional to mentor—one woman's journey of discipline, hope, and gratitude reflects the heart of our boarding ministry: care that goes far beyond walls.”

Building a Home: Fostering Communion and Hope Beyond Walls

When I look back on my childhood, my boarding days at the convent remain some of the most defining years of my life. I entered the boarding as a young girl, uncertain of what lay ahead, but I left with lessons, memories, and values that shaped me into the person I am today.

The boarding was not just the place where I stayed; it was truly my home beyond walls.

Within its simple rooms and quiet corridors, I found discipline, resilience, and a spirit of hope that would accompany me through every stage of my life.



A Childhood Shaped by Discipline

Like many children, I experienced both joys and challenges in boarding life. There were days of laughter, of playing with friends, and of learning together under the guidance of our Sisters. There were also days of struggle, when the rules felt strict or the routine overwhelming. But it was through this balance of good and hard times that I was shaped.

Discipline was not just taught—it was lived. From waking early, to prayers, to studies, to shared meals, everything carried a rhythm. Over time, this discipline became second nature, and it became the foundation of my character.

What seemed like small lessons then—tidiness, punctuality, responsibility—turned out to be the very strengths that carried me forward in life.

Carrying Lessons into My Career

As I stepped into my professional journey, I realised just how deeply my boarding life had prepared me. Wherever I worked, in whatever role I held, discipline became my greatest strength.

I approached each responsibility with dedication, focus, and a refusal to allow negativity to cloud my judgment. Whether in moments of challenge or success, I leaned on the values instilled in me during my formative years at the boarding. In every project, every team, and every task, I strove to excel—not for recognition alone, but because I had been taught that diligence and perseverance are the true measures of success. Looking back, I can say with

gratitude that much of what I achieved professionally was rooted in those early lessons of discipline and resilience.

Returning to Give Back

Life often brings us full circle. After many years of professional work, I took a one-year break. During that time, I returned to the very congregation that had nurtured me as a child, assisting in their community center work.



It was a deeply humbling experience. I had once been on the receiving end of care, guidance, and encouragement. Now, I had the opportunity to give back, to contribute in small ways to the mission of nurturing hope in young lives.

Working alongside the Sisters, I saw anew how tirelessly they dedicate themselves to the wellbeing of others. It was no longer just my story as a boarder—it became part of a larger story of grace, service, and hope.

Seeds of Grace, Nurturing Hope

The theme of *Savera—Seeds of Grace, Nurturing Hope*—captures my experience perfectly. The seeds planted in me during my boarding years did not flourish overnight. They grew slowly, steadily, watered by discipline, love, and guidance. Today, those seeds have borne fruit in the way I live, work, and serve.



I believe this is the gift of our boarding ministry: it plants seeds in every child who enters its doors. Some may not see the growth immediately, but in time, each one carries forward the grace they have received, becoming a beacon of hope in their families, workplaces, and communities.

A Grateful Heart

As I share my story, I carry immense gratitude in my heart—for the Sisters who guided me, for the friends who walked alongside me, and for the many unseen acts of kindness that made my childhood safe and nurturing.

The boarding gave me more than shelter; it gave me a foundation for life. It gave me communion, a sense of belonging, and the strength to rise above difficulties.

Today, when I see young girls in the boarding, I recognise a reflection of myself years ago. And I pray that, just as I found my path through the seeds of grace planted in me, they too will grow into women of strength, courage, and hope.

Because care beyond walls is never forgotten—it lives on in every heart it touches.

AGED HOME MINISTRY

SANCTUARY FOR SENIORS: A MINISTRY OF LOVE



Sr. Raisa Fernandes SFN

The aged home is not just a place to stay, but a safe and holy space where the elderly are valued, respected and embraced with dignity. The aged home ministry is not just a service, but a calling – a living expression of mercy and dignity reflecting Christ's love in action.

Our Ministry at Nazareth home- a home for the aged is indeed a humble and heartfelt mission dedicated to honoring and caring for the elderly. We believe that every senior deserves a place of dignity, comfort and belonging – a true sanctuary where they are not forgotten but deeply loved and cherished.

The Quiet miracle: How love restores dignity in ageing

In a world that often values people for what they can do rather than who they are, love reminds the elderly that their life has lasting meaning, even when roles shift. Love is the very image of God's care. At Nazareth Home, we love every ageing person mirroring the sacred truth: every stage of life, even frailty, is holy and deserving of reverence. Love gives voice where there is silence, presence where there is loneliness. Love turns care into respect, dependency into connectedness giving strength, patience and compassion to the elderly.



Hearts that Remember: The Ministry of Presence and Tender care

There are moments in life where words fail us. Where sorrow, loneliness and fear loom so large what is needed is simply another heart that stays. This is the realm of Presence – not doing, not fixing - but being there. Paired with tender care, this ministry does more than comfort, it dignifies, restores and holds memory alive., Christ's incarnation, His willingness to be among the least is manifested by the presence of caregivers who mirror that divine presence of God.

Through acts of compassion, prayer and presence we at Nazareth home strive to reflect God's love in tangible ways. Our ministry is not only about meeting physical and medical needs but also about Presence. Every day, sitting beside a resident who feels lonely, holding the hand of someone anxious or listening patiently to a story told many times before- these are not interruptions to our work; they are the work. Our ministry of presence communicates dignity and worth more powerfully than words.

It is in the gentle way we help our residents to wake up in the morning, take their meals and medicines, attend daily on-line Mass and other spiritual activities, the patience shown while

assisting with daily needs and medical check-up or exercises, or the simple smile offered everyday especially during moments of confusion bridges the gap where memory may falter but the feeling of being cared for remains. And so, in every smile, every touch and every shared moment, we realise the truth: even as time passes and memory weakens, the heart always remembers tenderness.

Hands of Mercy: Care givers as Vessels of Hope

Hands of mercy bring tenderness, compassion and comfort to the elderly restoring dignity and love. We not only provide physical support but we do carry emotional and spiritual strength, pouring out hope into the hearts of the elderly who feel helpless, lonely and broken.

We as caregivers embody God's mercy in human form. Our hands wipe tears, lift burdens and hold lives together with patience and love. In being vessels of hope, we believe no act of mercy is small-for in each gesture, the divine touch of God is made visible.



Every day in the aged home, we let mercy flow through our hands into the lives of those entrusted to our care. Our hands are hands of mercy not only about healing wounds: they are about holding hope. And that is the greatest gift we can offer to our inmates.

Still Blooming: Celebrating life, Faith and joy in old age

Old age is not the fading of life, but a new season of flowering. Like blossoms that open slowly and steadily, the elderly reveal to us the treasure of endurance, gratitude and faith. To celebrate them is to celebrate the God who makes all things bloom in their time acknowledging the richness of years lived with experience, stories told with nostalgia and wisdom shared with grace.

In serving our seniors at Nazareth Home, we live the Gospel message of love in action-creating a home where faith, joy and peace blossom in the golden years of life.

INSPIRATIONS

SEEDS OF GRACE, NURTURING HOPE

In silence deep, a call is heard,
A gentle whisper, God's own Word.
A seed of grace within us sown,
To leave all else and be His alone.

Asp. Franzy Fernandes



Through obedience, His will we keep,
In silence, His voice runs deep.
Grace takes root where prayers arise,
And hope blooms bright before our eyes.

Each act of love, a seed is sown,
A sign of faith that longs to last.
Religious life a fertile ground,
Where grace and hope thrives in Christ

PRISON MINISTRY

HOPE IN CONFINEMENT: TRANSFORMING LIVES



- Fr. Maverick Fernandes

Introduction:

Pope Francis in November 2019 convened an International Conference of the worldwide prison chaplains on Integral Human Development and Catholic Prison Pastoral Care at the Pontifical Dicastery for Promoting Integral Human Development with the theme, 'Reform to Reintegrate the Prisoners'. The focus was on how the prisoner can become a noble person. Prison Ministry India (PMI) is a body to help prisoners revisualize their life in the society after their release as worthy citizens.

New Horizons: Planting Seeds of Hope Behind the Walls

Prisons are not for punishments but for reformation. Hence, it is important to begin with the terminology from referring to jail as a prison to naming it as a Correctional Home. The language optics itself requires a mindset change which can trigger a positive outlook towards incarceration. It is imperative that a person be incorporated into the society from a correctional home rather than a prison.



It has been the greatest effort of the PMI (Goa Unit) to turn Colvale jail into a Home. In this regard, lectures on healthy social life, de-addiction, spiritual exercises, skill training, music classes, formal education up to post-graduation level with the establishment of NIOS and the IGNOU are some of the regular reformatory programmes conducted also with the help of other organisations. Besides, the prisoners those rejected and abandoned by their families are financially assisted to seek furlough and parole. In providing them accommodation helps to prepare them for future integration in the society. All these initiatives are designed to break the monotony of the prison setting and transform the environment with an urge for renewal.

Breaking the Chains: Sr. Mary Jane, the angel of prison

Sr. Mary Jane member of the Congregation of the Sisters of Holy Family of Nazareth (SFN) was the first Coordinator appointed for the Prison Ministry, Goa Unit, in 1997. She played a great role in laying a strong foundation for the PMI (Goa Unit), along with the volunteers. Sr. Jane became very popular among the inmates and the staff that they would eagerly wait for her to visit them.



Sr. Jane worked in close co-ordination with the Prison Authorities to ensure that the prisoners are treated as human beings with dignity. She played a big role in setting up the IGNOU and NIOS Centre. Sr. Jane was appointed on the Board of Commissioners to visit the Jails and Apna Ghar to propose suggestions to improve the infrastructure, welfare measures and Rules regarding furlough, transfer and health of inmates.

Sr. Jane believed that strength did not come from

physical capacity but from an indomitable will. She helped children of prisoners by admitting them in various boarding houses. She did not only assist the families of prisoners but also of the victims, in their needs. By her sheer dedication and commitment towards the welfare of the convicts, their families as well as the victims, she carved a niche for herself as the angel of prison.

Ministry of Communion: The Ripple Effect of Kindness on the Incarcerated

The PMI (Goa unit) comprise of 60 volunteers who are lay faithful religious men and women and priests, providing dedicated services at the Central Modern Jail, Colvale. Our volunteers are inspired by the stirring words of Jesus “I have come to call not the righteous but sinners” (Mt. 9: 13) which enables them to sacrifice and offer their time, money and good counsel towards the reformation and reintegration of the prisoners in the society.

Across India, PMI is backed by more than 8500 dedicated volunteers reaching out to nearly 4.5 lakh prisoners languishing in the 1412 prisons in India. The PMI follows an eightfold path for prisoner's reformation beginning with reaching-out, repentance, reconciliation, reformation, rehabilitation, release, reintegration and redemption.

The volunteers drive the wheels of service in the correctional homes to fulfil the words of Pope Francis who urged, that the reformation of the prisoners should lead to reintegration in the society by guaranteeing them education, work opportunities, health facilities and moreover enabling their civic participation. The Holy Father emphasised that rejection and indifference of the prisoners by the civil society can push them back into prisons. The PMI is engaged in the transforming work to create a cheerful impact in the correctional homes.

Legacy Continues: A Ray of Hope Dawn

This legacy of hope has to be a community enterprise not limited only to the volunteers. As a community, all of us have a responsibility to generate hope among the prisoners and their families. It is through prayer that hearts are softened, consciences awakened, and grace received. Prayer and fasting are foundational to the rehabilitation of prisoners. We can create a support system for the families of the prisoners by primarily accepting them; supporting their children education instead of also branding the family as prisoners family, employing the released and reformed prisoners (give them another chance); organising regular psychological counselling programs to prevent crime and anti-social activities (at the parish level) ; providing professional educational, and psychological support and partnering with legal aid organisations; arranging programs to raise funds for the bail, parole and furlough; our lawyers should take up *pro bono* at least one or two cases of prisoners during their practice; assisting prisoners to ensure fair legal representation and pushing for fair prisoners' reform and most importantly to demand from the government rehabilitation policies in order to reintegrate the released prisoners into society.



COMMUNICATIONS

THE DIGITAL PULPIT: FROM LOCAL TO GLOBAL



Fr. Joaquim Loiola Pereira

When I was invited to write an article on the Communication Ministry for the November issue of *Savera*, the title grabbed 'The Digital Pulpit: From Local to Global!' caught my attention.

Our traditional pulpits and altar microphones are nestled within a church building and serve to proclaim the Word to a gathered flock of listeners. The preaching is a local, intimate, and 'embodied' affair, with the preacher's voice reaching the ears of his listeners in a physical space limited by architecture and shaped by a shared geography, culture and faith. That is, till yesterday. Today, however, the pulpit has transcended its physical bounds. It has become digital -- fluid, borderless and astonishingly expansive!

A priest's reflection on Divine Mercy delivered in the Sanctuary of St. Joseph Vaz at Sancoale may now inspire a theologian in Rome, a catechist in Singapore or a seeker in Boston. The digital pulpit today has democratised public access and invites a global reflection on Faith. And this globality is not limited to the church pulpit. It has permeated our religious institutes and our educational and social institutions: in short, any organisation that is involved in the Communications Ministry of the Church.

This brings us to HOFCOM, a ministry of communications developed by the Holy Family Sisters of Sancoale since 1993. The Sisters' journey -- from humble beginnings with slide projectors and cassette tapes to the dynamic landscape of digital communication -- tells a story of faith, vision and deep commitment to sharing the message of the Gospel in every medium.

It began quietly, with local efforts -- perhaps in parish halls or small gatherings -- where the Sisters would share audiovisual resources painstakingly created to bring the Message to life. Armed with slide reels, overhead projectors and well-worn cassette players, they began before the Internet revolution took over. They understood that communication is more than just the transfer of information; it is a sacred exchange, a building of communion, a sowing of seeds of grace in human hearts, nurturing hope.

Those early tools were wielded with love, creativity and ardent zeal. The early Directresses of HOFCOM -- I was particularly connected with the first one, Sr. Anny Fernandes who, along with me, did a course on Integrated Catholic Communications in Pune way back in 1993 and who was also the founder editor of SAVERA. I



remember remember the long hours spent editing audio recordings or crafting visuals by hand, each piece an offering, each session an opportunity to touch lives. In classrooms and halls, the Sisters lit candles of understanding and faith, often in the simplest ways.

However, as the world began to shift -- first through cable television, then mobile phones and later the Internet -- the SFN Sisters did not retreat. Instead, they responded with characteristic openness and discernment, embracing the digital revolution not as a threat, but as a providential opportunity. Their faith told them that the message of Christ belongs wherever people gather -- and today, people gather online, in their thousands.



Thus was born their 'digital vineyard', a new frontier for an ancient mission. Today, the Communication Ministry of these Sisters is no longer confined to physical spaces or limited by analog equipment. It has become a global pulpit, accessible to anyone with a screen and an open heart. From social media platforms to YouTube reflections, the Sisters now engage the world with the same message, but through vibrant, contemporary forms.

Some of their notable activities include:

- Media Awareness Sessions: Engaging secondary and higher secondary students with PowerPoint presentations;
- Event Reporting: Showcasing events through print media and online portals;
- Evangelism: Spreading the message of the Gospel through digital online portals and print platforms;
- Daily HOFCOM Reflections: Utilising graphics to foster spiritual growth;
- YouTube Channel Management: Uploading their Congregation events to the YouTube channel, sharing inspiring stories and experiences;
- Digital Publishing: Enhancing the digital reach of SAVERA, making it accessible to a global audience;
- Visual Storytelling: Capturing their Congregation events through photography and videography, preserving memories and sharing them with others.

All this has been a wonderful journey that began more than 30 years ago. Today, we pause to give thanks and offer heartfelt congratulations to the Sisters of the Holy Family of Nazareth, who have stewarded this Communication Ministry through the decades. Your legacy, dear Sisters. is woven not only through the archives of your early materials, but mainly through the hearts you have touched, then and now.



As we look to the future, I pray that your work may continue to flourish. May your microphones and cameras remain instruments of grace. May your clicks and shares carry seeds of faith. And may the digital pulpit you have built continue to be a space where hearts are lifted, minds are opened and the Spirit moves freely.

In one word, THANK YOU for saying "yes" to this important Call -- decades ago, and now.

The writer is a former Director of the Diocesan Centre for Social Communications Media

THE RIPPLE EFFECT



Fr. Savio Fernandes

Creating Sustainable Development through Compassion

Introduction

The jubilee year 2025 is marked by a spirit of renewal and hope. The Papal Bull *Spes non confundit* (*Hope does not disappoint*) offers us fresh direction in our mission of service. The late Pope Francis urged us to “read the signs of the times” to see where people are suffering, where dignity is denied, and where hope is wounded. The Bull points us towards those on the margins: prisoners, migrants, the sick, the poor, and the neglected.

It is significant that this jubilee coincides with the **90th anniversary of the Congregation of the Holy Family Sisters of Nazareth** founded in 1935 by Fr. Faustino de Souza. From their earliest days, the Sisters have combined spiritual care with social action, bringing holistic development to individuals and communities. Their mission has consistently addressed the root causes of poverty and exclusion while empowering people to reclaim dignity and hope.



The Congregation's ministries are wide-ranging: homes for students and the aged, rehabilitation programmes for the children of sex workers, women and youth empowerment initiatives, and prison apostolates. Flagship projects such as **Asha Sadan, Kiran Niketan, Divya Gyan, and Nazareth Jeevandhara** stand as vibrant signs of their charism in action.

The Ripple Effect

The Sisters' approach to social work follows a simple but powerful belief: change begins small and grows outward like ripples on water. Their schools welcome children from disadvantaged families, supporting them to complete their studies and build careers. The transformation is striking—when one child secures employment, an entire family is lifted from poverty. Over time, the cycle of deprivation is broken as education and dignity pass from one generation to the next.

This ripple effect extends to women's empowerment. By imparting skills and organising self-help groups, the Sisters have enabled countless women to move from dependence to financial independence. Many who once considered themselves “just homemakers” are now wage earners, providers, and decision-makers in their families. The freedom to earn and spend their own money has restored confidence and dignity, offering women not only income but also identity.

Healthcare has been another vital field. Dispensaries and physiotherapy centres established by the Congregation reach rural areas where medical services are scarce. For the sick, these ministries are not merely treatments but signs of solidarity and compassion, bringing the healing touch of Christ to the suffering.

From a Single Seed

When Fr. Faustino de Souza founded the Congregation with four members, it was like planting a seed. Today, that seed has grown into a flourishing tree, its branches spreading across India. Rooted in faith and nourished by Divine Providence, the Congregation expanded beyond Goa and Daman to establish communities in **Maharashtra, Karnataka, Gujarat, Haryana, Rajasthan, Dadra and Nagar Haveli, the Andaman and Nicobar Islands, and Uttar Pradesh.**



Each foundation bears witness to the courage and trust of the Sisters. Through education, social services, and pastoral ministry, they continue to spread the fragrance of their founder's vision: faith in action and compassion in service.

The Human Touch

From the beginning, the Holy Family Sisters have seen the **social apostolate** as integral to their charism. The Gospel, they believe, is best proclaimed not only by words but also through deeds of mercy, justice, and compassion.

Their work makes the merciful heart of Jesus visible and tangible to people of every background. They embrace the poor, the sick, the abandoned, and those who feel forgotten by society. And in doing so, they encounter Christ themselves—the Christ who identifies with the hungry, the prisoner, the stranger, and the least of His brothers and sisters.

In today's diverse, multi-religious world, this form of witness is especially powerful. Acts of love and compassion transcend language and doctrine. They break down barriers, build bridges of trust, and reveal the universal love of God. By serving all with the same compassion, the Holy Family Sisters reflect Christ who “came not to be served but to serve.”



Whether through education, healthcare, women's empowerment, or social services, each initiative is rooted in the conviction that faith without works is dead. For the Sisters, discipleship must always be marked by compassion in action.

Conclusion

On this 90th anniversary of their founding, the Congregation of the Holy Family Sisters has much to celebrate. Their ministries have enriched the Church and transformed society, bringing the compassionate heart of Jesus into the lives of countless people.

Under the visionary leadership of **Sr. Berna Rodrigues**, the Congregation has remained faithful to its charism while creatively responding to new challenges. Their witness continues to remind us that compassion is not charity but justice, not sentiment but transformation.

As *Savera* shares these stories, may it continue to be a beacon of hope and inspiration. We pray that many will be moved to follow Christ in the footsteps of compassion, and that Jesus may bless the Holy Family Sisters with new vocations, renewed zeal, and overflowing grace.

ORPHANAGE MINISTRY

LITTLE ANGELS, BIG SMILES: The Power of Compassion



Sr. Suzie Monteiro SFN

LITTLE ANGELS, BIG SMILES:

A humble beginning to blossoming dreams was Fr. Founder's unwavering commitment to serving the less fortunate children and it has inspired us all. Now with these seedlings in hand, we're ready to cultivate hope and opportunity with the little angels, Big smiles in convents. Children have an incredible ability to create world out of thin air, and it's one of the most inspiring things to witness.

I had this privilege to spend time with the little angels in Sarfona community wherein these Little Angels widened my whole being. At first, I couldn't understand why these little kids

as orphans/ abandoned/ poor are in the boarding convents and why on earth they are born? As my reflections went further that I was born in a big family with many siblings but always joyful and happy-go-lucky child but these little Angels are so disturbed, harmed in their lives. I thanked God for giving me an opportunity to be with these little angels and bring hope by Nurturing every child with grace. It is not just fulfilling a requirement of community service but rather it was a journey of self-discovery, growth and transformation. I felt that each child has the beauty of simplicity as they find joy in the smallest things. This experience reminded me of the importance of gratitude and mindfulness, fostering a life long commitment to make a difference.

One evening as I was playing with these little angels, a little girl name Janice came up to me with open arms. "I love you Sister Suzie," she said, as she gave me a big hug. It wasn't a



special occasion, nor was it prompted. It was simply a spontaneous moment of affection from a child who felt safe, loved and appreciated. This simple hug speaks volumes about the trust and bond built between Janice and all the nuns in the convent. It was a reminder of the importance of emotional connections in early childhood development and how such moments of warmth can shape a child's sense of security and wellbeing.



HOME OF HOPE:

Hope is a powerful emotion that plays a crucial role in our lives and to prepare the orphans or abandoned children for a hopeful future. These are a few tips that I myself have put into practice:

- ◆ Encourage children to focus on the positive aspects of any situation, even when they face crises all around
- ◆ Inspire them to dream big and set attainable goals
- ◆ Appreciate the positive aspects of their lives
- ◆ Foster a sense of connection and compassion

The children will understand the impact of hope in their lives and of others and spread hope to the society at large.



THE LOVE WE SHARE:

Our commitment to these little angels is to promote health, literacy, education and children's empowerment. After doing this, we feel satisfied that we have transformed the world and made a positive impact on people's lives. We share God's love and mercy to those most in need. Our commitment is not just an act of charity, it is a duty that strengthens our religious life, fosters compassion and fulfills our divine responsibility as a person of Christ.

STEPS TO PREPARE:

- Make these children feel loved and supported and provide for their basic needs. Teach them moral and social values in order to serve humanity.
- Provide kids with a childhood they have never experienced and help them to become useful members of society.
- We are trying to accomplish physical, intellectual and aesthetic development of the child.
- Prepare them for a vocation in order to make a living.
- It is important to provide them with counselling and psychological support to deal with emotional problems.
- Tap their unique talents through art, sports, music or any other activities they enjoy.



HEALTH MINISTRY

HANDS OF HOPE: HEALING LIVES WITH COMPASSION

Sr. Mary Selvam SFN



Beacon of Care and Compassion

In the quiet village of Sancoale stands the Fr. Faustino Charitable Dispensary, a small but shining symbol of care and compassion. For many years, this dispensary has opened its doors to the sick and the poor, offering not just medicine, but comfort and hope.



Over the decades, many dedicated sisters have served here — Sr. Valentine, Sr. Esperança, Sr. Hilda, Sr. Melvira, and now Sr. Mary. Each one, in their own gentle way, has continued the mission of Fr. Faustino: to heal with love and serve with a smile. Patients come for check-ups, medicines, and advice, but they leave with something more — the warmth of being cared for like family.

Through changing times, the Fr. Faustino Charitable Dispensary remains a place where faith meets service. Today, as it continues its mission of healing, the dispensary has taken on a new name — Fr. Faustino Charitable Health Clinic. But its spirit of service and love remains the same.

Healing Lives with Compassion

Hands of Hope is a ministry that brings help and healing to those who are sick and in need. With kind hearts and caring hands, Fr. Faustino Charitable Health Clinic offers medical help, health advice, and comfort to everyone we serve. Following the example of Jesus, we share God's love by caring for the body and the soul — bringing hope and healing, one person at a time.

Where Prayer and Medicine go Hand in Hand

Inspired by the deep compassion of Fr. Faustino, the clinic was founded to serve all with dignity, kindness, and faith. For many years, Sr. Valentine has been a steady, compassionate presence at the facility. With gentle hands and a heart rooted in faith, she has cared for the sick and poor, bringing not only medicine but also comfort, prayer, and hope.

Day after day, Sr. Valentine could be found tending to patients



with patience and love—listening to their worries, dressing wounds, and offering words of encouragement. Her service went beyond medical treatment; she was a friend to the lonely, a comfort to the suffering, and a witness to Christ's healing compassion.

Through her quiet dedication, Sr. Valentine helped transform the dispensary into more than just a place of care—it became a space where people felt seen, valued, and loved. Her years of service stand as a testament to the mission of Fr. Faustino Clinic.



Love Becomes the Best Medicine: Fatima's Story of Comfort in Time of Pain

“When my husband passed away, I lost all will to live. I came to the clinic for my blood pressure, but what I found was love and care. The sisters prayed with me and reminded me that God had not forgotten me. I walked out not only healed but comforted.”

Every day, people from Sancoale and nearby areas come seeking help — mothers with children, elderly villagers, and workers in need of care. Many cannot afford private treatment, yet here they find compassion, comfort, and respect.

The clinic's small but dedicated team of comprising Dr. Rajkiran, physiotherapist Dr.



Sneha and sister nurses Sr. Valentina Cota and Sr. Mary serve selflessly, guided by the same spirit that moved Fr. Faustino. Their gentle words, healing hands, and patient smiles remind everyone that true care begins with love.

Each person who walks through the clinic has a story — a mother finding hope for her child, an elderly man relieved of pain, or a worker regaining strength to provide for his family. These stories show how healing is not only physical but also spiritual.

For the people of Sancoale, this clinic is more than a medical centre; it is a home of compassion and faith. “Here, they don't just give medicine,” one

villager said. “They give us hope.”

Our Holistic Approach to Healing

At the Fr. Faustino Charitable Health Clinic, healing goes beyond prescriptions and treatments. Every patient who walks in is cared for as a whole person — body, mind, and soul.

Here, every smile, every kind word, and every gentle touch becomes part of the healing process — making the clinic a place where compassion truly cures and restores hope. Through this holistic approach, the clinic has become a true symbol of Christ's healing love in the community. We treat the illness, but we also heal the heart.

A Prescription for Hope

Testimonies from Patients Whose Lives Were Changed

1. **Maria – Finding Healing and Faith**

“When I first came to the Fr. Faustino Dispensary, I was very weak and couldn't afford treatment. Sr. Valentine listened to me with so much kindness and gave me the care I needed. Slowly, my health improved—and so did my spirit. This dispensary gave me more than medicine; it gave me back my hope.”

2. **Anthony – A New Beginning**

“I had been struggling with diabetes for years. At the clinic, they didn't just give me medicines—they taught me how to take care of myself. The sisters always check on me and encourage me to live with faith. Today, I'm stronger and more confident because of their support.”

3. **Rajesh – Healing Beyond the Body**

“I had an accident that left me unable to work. The Fr. Faustino Clinic treated my wounds and gave me hope when I had none. Their kindness made me realise that healing is not just about the body—it's about finding peace inside.”



The Science of Compassion: How Faith Complements Medical Practice

Faith and science are not opposites—they complete each other in the art of healing. Science gives us the tools to cure, while faith teaches us to care. When our medical practice is guided by compassion rooted in faith, healing becomes more than a treatment; it becomes an act of love. We see each patient not just as a case, but as a person created in God's image. True



healing happens when knowledge and faith work together—when our hands serve, and our hearts believe.

As the Fr. Faustino Charitable Health Clinic continues its mission, each healing touch becomes a quiet testimony of God's love. In every patient served, every prayer whispered, and every smile shared — hope is restored, and lives are renewed. This is where love becomes the best medicine.

KOVI ANI KOVITA

KURPECHIM BHIAM VOMPTAT BHORVANSO

Rodnneam – dukhamni
Vomptant tim sogllim
Gitam gavun, nachun tim
Kortat Kuxalkaiechi somorombnni

Dukhabhorit choltat tim
Hatant ghetat kurpechi bi
Choltam choltam, pavlam martat tim
Gitam gavun, sitar vazoun ietat ti
Sontosbhorit zaun uddnam marchim
Bhorvanxeachim kirnnam zaunchim

Bhorvanxeachim mullam kurpechim biam
Kalljidarponnant margdorxon dakhoitat tim
Thirponnant zagrut ditat tim
Oskotaiek tujea mozbut kortat tim

Asp- Fransvia



Oskot aslear fattim soronk dinam tim
Pavl tujem fattim marunk dinam tim
Devacher bhorvanso sodunk dinam tim
Kurpechim bhie kallzant ballgun rigum di
Kurpechim bham khoich mellchim nam tim
Deva koddchi amkam melltta ti
Amchim pavlam unchlea panvdear dovorta ti
Bhorvanso amcho halonk dinam tim.

Vaitt vell ailear kurpa dita tim
Kosleai tufanant aslear kurpa magun ghevxi
Kurpechim biam vhanvun vhanvun
Zagoitat bhorvanso ani bhavartim bhie

NOVODH VORSAM BHORVANXEACHIM

Padr Faustin Anjuncho, sat bhavnam modlo sovo number tacho
Bhurgeaponnant thavn huxar, tosoch Devachea mogacho
Lhanuch astanam baint poddlolo, novlam vismitanim vhoir sorlolo
Nodintlean ponn kortanam, boat futun kitloch lok melo
Punn Devan taka salvar kelo, sasnnak sevok zaunk aplo

Bhorvanxeachim pavlam marun siminarint riglo
Padriponnachim xikop korun, vho ddilanim taka makhlo
Dimbier poddun, lamb vell magneant sarun, kurpen bhair soro
Aple porjechi seva korun, bhett diun, sangatan tanchean vell sartalo
Sonstha ghoddchi fuddli yevzonn monant niyallit ravlo

Sopnam purim korun, Povitr Kuttumbachi sonstha ghoddli
Madri zaupachi Göychea cheddvanchi yevzonn puri keli
Bethany sonsthek Banglorak dhaddun akarnni tanchi keli
Dubbleam ganvanim tankam patthoun, bhorvanxeachi kitt'tti thoim pettoili
Aiz novodh vorsam hi kitt'tti, akhttem zaun soglleak pettli.

Durbollanchi seva, gorjevontank adhar, piddevontank ilaz
Nennarank zannvai, burgeank xikop, tornnatteank margdorxon
Vattsureank bhiradd, eksureank sangat, bhukeloleank jevonn
Bondkhonnint asloleank bhett, dukhovloleank buzvonn ho sonsthecho vavur
Novodh vorsam korit aileanv, Padr Faustinan suru kel'lem Devachem misanv

Sr. Petornila SFN



Dubllea bhurgeank bodinganim haddchi, rit rovis xikounchi
Mogan tankan vagouchim, bori xikovnn diun voir kaddchi
Aplea paiyar ubim ravun, somazak fuddo korchi
Oso dubllea sovem vhoddlo usko sodanch to korpi
Novodh vorasam adim hi tachi dixa asli, Devan puri kelim

Sodanch Devachi khuxi kor, toxench dubleancho mog kor
Chodd kam asta tednam, odhik magnnem kor
Ek-meka bhogsun, tujem bhogsonnem zodd
Tuka vaitt kortoleank, sodanch Devak magnnem kor
Oxeo zaiteo mhonn'neeo, Padr Faustinan amkam xikoilio

Voir-sokol polleunk nam, rundai lambhai mezunk nam
Dongor choddun, vall utrun, kantte-futte rebodd maddoun
Pavlam aplim marit ravlo, bhorvanso aplo soddunk nam
Nodor apli khursar thiraun, purai Tacheach visvasan
Sopnam aplim purim kelim, konnachich bhirant nastanam

Nnovodh vorsam amche sonsthechim, koxim mhonn bhorun gelim
Ut'torek, Dokhxinnek, Purvek- ostomtek, pasun pallam sonsthechi pavlim
Devan amkam apovnnim dhaddun, hurben ami ful'lim
Fuddlim vorsam odhik mogan, bhorvanxeachim pavlam marunk
Padr Faustinak altarar paunk, sopnam amchim purim zaunchim

BHIEAM KURPECHIM BHORVAXEAN VADDLIM

Sr. Freeda Fernandes S.F.N



1. Zaddam ,dongranim rosroxit
Goechea eka nanv ostea vattarant,
Sancoalechea gavant,
Sant Juze Vazachea Paichea ghorant
Junache 16 ver 1935 vorsak
Padri Faustinon vomplim bhieam kurpechim
Sangatak gheun Char bhoinnak
Ghoddun hadllim sonvstha Povitr Kuttumbachim
2. Bhieam kurpechim,
Kurpechea zorintlean ti ximplim
Teagi, koxtti jivit tori,
Magnneantlan Jezunk visvaxim ravlim.
Nazarathchea Povitr Kuttumbak dollea mhukar dovrn,
sodanch umedin tim vaurlim.
Jezucher bhorvosu dorun tim jielim
3. Kurpechea zhorintlean ximplolim bhieam,
vaddun zaddam zalim.
Zaddacheo tenxeo Goeyant ani Bharothant pauleo.
Xallanim, Misavanim, gonvllik, Somajik mollar,
Boardingani, Prezavant(Prison) adi,
Veg- vegllem bhaxecho vaur tori,
Ekuch Jezu Kristachem missanv mhonn ollkhun gheun,
Zobabdaren, Mogan ani urben korun
Bhorvaxean vaddot ghelim
4. Vomplim bhieam kurpechim ,
amcho ghoddnar Padri Faustinon
Ximplim tim amchea poilea madri bhoinnanim
Vaddot ghelim amchea sufoll vauran
Oxim korint ravun vaur Jezucho ekvottan,
Povitr Kuttumbachim Sonvstha ,
Vaddot-vaddot vochum di bhorvaxean

JUBILEE VIBES

THE 90TH FOUNDATION DAY CELEBRATION OF THE HOLY FAMILY SISTERS

Sancoale, Goa – June 16, 2025 – The Congregation of the Sisters of the Holy Family of Nazareth (SFN) in Goa marked its **90th Foundation Day** with a grand and grace-filled celebration on Monday, June 16, 2025, at the Holy Family Convent in Sancoale. The milestone event, held under the theme **“Yatra Bhorvanxeachi, Vakhann'nni Devachi”** (A Journey of Hope, in Praise to God) and also referred to as **“Seeds of Grace, Resonating Hope,”** was a profound expression of thanksgiving for nine decades of dedicated service.

Highlights of the Celebration

- Solemn Eucharist:** The main event was a **Solemn Eucharistic Celebration** presided over by His Lordship **Simião Purificação Fernandes**, Auxiliary Bishop of the Archdiocese of Goa and Daman, and concelebrated by 19 priests. The Mass was attended by clergy, religious from various congregations, benefactors, and well-wishers from across Goa.
- Homily and Reflection:** Bishop Simião's homily was a moving reflection on the **"hands of God"** that have built and sustained the SFN congregation, connecting the founder, Fr. Faustino de Souza, the pioneering sisters, and the current members. He emphasised that every sister's work continues the mission.
- Symbolic Offerings:** Following communion, a **symbolic offering of fruits** highlighted the Congregation's extensive and varied ministries, including **education, youth, social, pastoral, and communication**. This showcased the broad scope of their service over the years.
- Official Magazine Launch:** The celebration culminated with the official launch of the congregation's quarterly magazine, **'Savera,'** unveiled by the Auxiliary Bishop and the Superior General, Sr. Berna Rodrigues.



- **Honouring a Legacy:** Special felicitations were held to **honour the elderly sisters**—the pioneers and long-serving members—both at the Generalate and earlier in the day at Eleanora Linse Bhavan, for their lifelong dedication and quiet witness. Former Superiors General were also honoured.
- **Community and Joy:** The event commenced with a presentation on the Congregation's history and mission and a **graceful prayer dance** by the girls of the Holy Family Convent Boarding. The choir from Perpetual Succour Convent High School, Navelim, provided melodious hymns, enriching the liturgy. Students who excelled in the 2024–2025 SSC examinations were also feted.



The 90th Foundation Day was a powerful testament to the Holy Family Sisters' commitment to their charism of **"sharing God's providential love by serving the poor and needy."** The celebration served

as both a spiritual milestone and an inspiring reminder of the Congregation's enduring legacy of love, faith, and hope, which has spread from its roots in Sancoale to various states across India.

Golden Jubilee of Religious Life



Congratulations Dear Sr. Valentina Cota sfn

HOFCOM REPORTS

The ICPA National Convention

The Indian Catholic Press Association (ICPA) held its 61st Annual General Body Meeting and 30th National Convention of Christian Journalists from 19–21 September 2025 at Inigo Sadan, Pune.

Veteran journalist Carol Andrade stressed the need for hybrid media and hyper-local journalism, while Lawrence Coelho proposed leveraging India's Christian institutional network for distribution. The convention launched *Print Journalism in the Digital World*, with Bishops Malcolm Sequeira and Henry D'Souza presiding. Awards honored Fr Anthony Charanghat, Fr Cherubim Turkey, Sr Lismy CMC, and youth author Reshel Brettiny Fernandes.

In its final statement, the ICPA urged Christian journalists to uphold truth and justice, move beyond “churchy” narratives, collaborate across platforms, and embrace digital transformation with ethical clarity. Bishop D'Souza emphasized that faith-rooted communication must lead to communion and societal engagement.

SIGNIS Asia Assembly

From October 21–25, 2025, Manila hosted the SIGNIS Asia Assembly, gathering 75 Catholic media professionals from 11 countries. Under the theme “Whispers of Hope: Communicating Peace, Building Futures,” the event fostered reflection, dialogue, and collaboration. A panel on listening and storytelling emphasized bridging divides through authentic dialogue, while a workshop urged communicators to “stop competing and start connecting—with trust.”

The final statement reaffirmed a commitment to compassion, truth, and amplifying marginalized voices. Cultural immersions and a closing Eucharist deepened the experience. The assembly stood as a testament to faith-rooted communication that builds peace in a digital age.

Appointment

On 25 October 2025, His Holiness Pope Leo XIV appointed Fr. Stephen Fernandes as Auxiliary Bishop of the Archdiocese of Bombay, whose parents hail from Goa though born in Mumbai. Though born in Mumbai, his parents hail from Goa, reflecting a rich heritage of faith and service.

Fr. Stephen Fernandes, 64, is presently serving as Secretary to the Apostolic Nuncio to India and Nepal, Archbishop Leopoldo Girelli, and is based at the Apostolic Nunciature in New Delhi.

HOFCOM congratulates and extends its prayerful support and best wishes to Bishop-elect Stephen Fernandes.

May your simple living and high thinking win hearts for Christ; may your path, illumined by grace, gently guide souls to green pastures.

India's World Cup triumph of faith, teamwork, and quiet strength

On 3 November 2025, India's women's cricket team clinched their maiden ICC World Cup at DY Patil Stadium, defeating South Africa in a thrilling final. The campaign was marked by liveliness, unity, and spiritual conviction.

Jemimah Rodrigues, a standout performer, anchored India's record semifinal chase with an unbeaten 127 against Australia. But it was her quiet declaration of faith—“Be still. God will fight for you”—that truly resonated. Drawn from Exodus 14:14, the phrase became her spiritual anchor through personal trials, reflected in her calm and purposeful play.

In the final, Amanjot Kaur's match-winning catch symbolized collective grace. Jemimah humbly handed her Best Fielder's Medal to Amanjot, saying the moment belonged to her.

India's victory was more than a sporting milestone—it was a witness to faith, perseverance, and shared purpose. As Jemimah said, “When you do things at the right time with the right intentions, God blesses you.”





**Jesus said, 'Come and see.'
They went and saw the place where
Jesus was staying.**



HOFCOM
wishes it's reader's
A Happy Christmas
and
Blessed New Year 2026

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