



The Dawn

# Savera

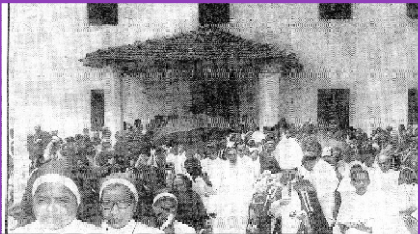
Vol. 50 Issue 1

January - March 2025

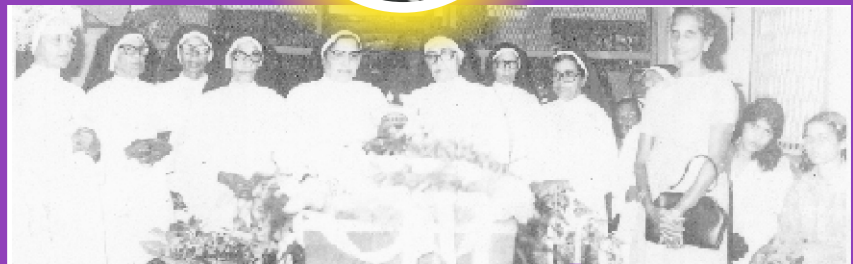
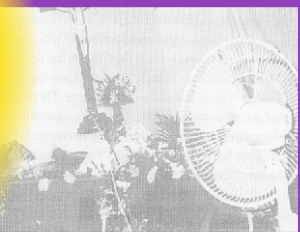
## Embers of Hope

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# FR. FAUSTINO'S FINAL JOURNEY



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Published by:

**HOLY FAMILY COMMUNICATIONS CENTRE (HOFCOM)**

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**SFN SAVERA - Vol. 50 Issue 1 January - March 2025**

From the Editor's Desk

*Editorial*

## Embers of Hope

*Sr. Molly Fernandes sfn*



Hope is a fragile yet powerful force-virtue, like the glowing embers of a fire that refuse to be extinguished, even in the fiercest storms. In the midst of chaos and uncertainties, it is easy to lose sight of the hope within us. As Christians, we are called to be beacons of light in a world often shrouded in darkness.

We've all been there - lost, broken, and battered by life's trials. The flames of passion and joy can dwindle to embers, leaving us cold and forsaken. Yet, it's in those moments that we're reminded of the power and virtue of hope.

Hope does not deny pain's presence but acknowledges that it does not have the final word. It is a steadfast anchor for the soul, reminding us no storm lasts forever. Hope is a refusal to give up, even when all seems lost, holding on with determination and will-power.

Reflecting on today's struggles, I'm reminded that hope is not just a feeling but a choice-grace. It assists to decide that a better tomorrow is possible, that darkness will not prevail, and that love will triumph over hate.

1 Peter 3:15-16 challenges us to be ambassadors of hope. We are called not only to carry hope within but to share it with the world - gently, respectfully, and through our actions more than our words. So also, to lead by example, manifesting kindness, and being a source of light that can ignite change.

Living out this hope involves daily choices: forgiveness over resentment, gratitude over despair, mercy over revenge, and love over indifference. It is to see the possibilities where others see obstacles. Every small act of hope we choose contributes to a world of transformation.

As we carry the embers of hope, let us remember it is not just for our comfort but a beacon for others. Together, we can keep the flame alive, lighting the way for those who have lost it. In every ember lies the potential for a blazing fire. This is what our founder Fr. Faustino lived and left behind - a legacy of the road less travelled, a path through darkness, led by hope as His guiding star to the Light.

Tending the embers of hope, fanning them into flames, and spreading their warmth is a dare. Yes, choose hope, even when it's hard or seems impossible. In the end, it's not grand gestures or lofty ideals that change the world but small, everyday acts - kindness to a stranger, a listening ear to a friend, a gentle touch to a loved one. These are the embers of hope that will ignite transformation in our lives and the world around us.

From the Superior General's Desk

# Message

*Sr. Berna Rodrigues sfm, Superior General*



As we mark the 73rd year of our Congregation's canonical erection and the 50th death anniversary of our beloved Founder, Fr. Faustino, we reflect on our journey of faith, challenges, and unwavering hope. These milestones are not mere markers of time; they are embers of a fire kindled decades ago—flames of faith, love, and mission that must never die out.

St Peter urges us in *1 Peter 3:15-16*: “Always be ready to give an answer to anyone who asks you the reason for the hope that is in you, yet do it with gentleness and reverence.” In a world shadowed by suffering, indifference, and the temptation to despair, we are called to keep the embers of hope alive—not as passive dreamers, but as bold witnesses.

Fr. Faustino was no stranger to trials. He faced opposition, hardship, and uncertainty, yet he never wavered in his trust in God's providence. He did not seek immediate success but remained faithful to the mission entrusted to him. Today, we, his daughters, inherit that same spirit of patient perseverance.

Hope is not mere optimism. It is the fire that refines us in suffering, the anchor that steadies us in storms. It is the force that keeps us working for justice even when the world offers resistance. Yet, hope does not thrive in comfort; it grows in the face of trials.

In our schools, boardings, aged homes, clinics, social ministries, and every space where we serve, the world asks us: Why do you still hope? Why do you continue when the results are slow? Our firm response: Because Christ is our hope. Because love never fails. For us, our Founder's vision was not for a season, but for eternity.

This Jubilee of Hope is not just a celebration; it is a challenge. Are we keeping the embers of hope burning? Are we passing on the fire of faith, or are we letting it fade? The world needs religious who dare to believe, dare to love, and dare to hope—even when the world dismisses it as foolishness.

Fr. Faustino's legacy is not merely in the past; it lives in every sister who chooses faith over fear, mission over comfort, and perseverance over ease. Let us recommit ourselves to be living embers of hope, igniting faith in those we serve and carrying forward the mission entrusted to us.

## Youth

**YOUTH BEACONS OF HOPE***Merlyn Mary*

In this Year of Jubilee, the Catholic Church also celebrates this YEAR OF HOPE, which calls each one for spiritual renewal, repentance, and reconciliation where we are encouraged to reflect on our faith and receive God's grace. Today, more than ever, the Church is called to empower young people to become 'Beacons of Hope' in a world that often struggles with division, despair, and uncertainty.

Cultivating youth as Beacons of Hope means guiding them to be productive, responsible, and contributing members of society. By nurturing their faith and providing the right support, we empower them to serve the society with zeal and passion, not only making them sole representatives of Beacons of Hope but also to illuminate others' lives.



In an environment where youth suffer from emotional barriers, age related relationships, behavioural problems and severe addiction issues, the initiative by the church to take up the challenge for the empowerment of the youth makes a difference and builds a holistic development and helps to search for solutions and Hope in the future.

**Nurturing Faith: Building a Strong Spiritual Foundation**

The journey towards becoming Beacon of Hope begins with a deep and personal relationship with Christ. Through catechesis, youth retreats, and regular access to the sacraments, young people grow in their understanding of the faith and develop a spiritual strength that sustains throughout any life's challenges.

Programs like youth prayer groups and Bible study sessions create safe spaces for them to explore their faith, ask questions, and grow closer to God. Encouraging active participation in the liturgy—as altar servers, lectors, or choir members—also helps them to see their vital role in the Church's mission.

### **Providing Guidance: Mentoring and Role Models**

Mentorship is a powerful way to empower the youth. Our Catholic church is blessed with individuals - catechists, clergy, religious and lay people who can strengthen the young generation with their ideologies who guide them through faith and values. By sharing wisdom, they equip the young to overcome life's challenges, instilling hope and strengthening their beliefs.

Pope Francis reminds us that "Young people need to know that someone truly believes in them." By Investing our time and energy in mentoring, we communicate the value and potential, giving them the confidence to rise as leaders and change makers.

Connecting the generational gaps in the Catholic church is one most effective way where the church itself plants the beacons of God's love and unity. As the young people and older parishioners come together, take decisions and stay a support for each other, it inculcates in them the Hope of Love, Community and Connection.

### **Fostering Service: Inspiring Action Through Love**

Empowered youth are those who understand that their faith calls them to action. By engaging in acts of service, they witness the transformative power of love and hope. The Church can encourage this through initiatives like mission trips, community service projects, and social justice campaigns.

Involving young people in these activities not only allows them to make a difference but also teaches them the values of compassion, humility, and solidarity. These experiences instil a sense of purpose and help them see how their efforts contribute to building God's kingdom on earth.

### **Amplifying Voices: Platforms for Leadership**

The Church must provide young people with platforms to lead and share their perspectives. Youth councils, parish roles, and speaking opportunities empower them to take ownership of their faith and inspire their peers. Engaging them in discussions on global and local issues—poverty, the environment, and mental health—makes faith a dynamic force for change, fostering unity and hope.

Their energy, creativity, and faith radiate outward, touching their families, friends, and communities. They become living testimonies of God's love and instruments of His peace in the world.

As a Church, let us commit to walking alongside our young people, encouraging their dreams, and nurturing their faith. By doing so, we help them become the light that dispels darkness and the hope that uplifts all.

In the words of St. John Paul II: "Do not be afraid! Open wide the doors to Christ!" May we inspire the youth to embrace this call and step forward as the beacons of hope our world so desperately needs.

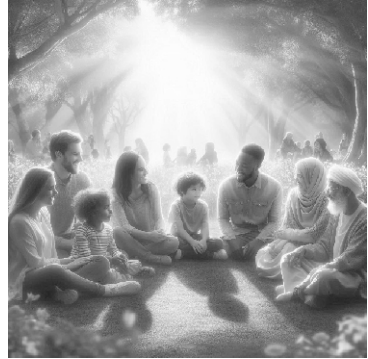
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## Family

**NURTURING HOPE IN THE FAMILY***Dr. Elizabeth Jasmine*

Family, a word that evokes warmth and belonging, is a fundamental cornerstone of human society. Despite the changes and challenges that families are undergoing, its core purpose remains constant source of support, identity, and love. While the traditional image of a nuclear family – mother, father, and children – still holds resonance, the reality of family in the 21st century is far more diverse and nuanced. From single-parent households and blended families to chosen families and extended kinship networks, the definition of family has broadened to encompass a rich tapestry of relationships.

The concept of family is not without its challenges. Financial pressures, societal changes, and internal conflicts can strain family relationships. The increasing demands of modern life can make it difficult for families to spend quality time together, eroding communication and connection. Furthermore, societal expectations and traditional gender roles can create inequalities and tensions within families. The reality is that families, like any human institution, are imperfect and require constant effort, understanding, and compromise to thrive. Even in the face of disagreements and conflicts, the underlying bond of family often provides a foundation for forgiveness and reconciliation.



Hope is a powerful force within families, acting as a beacon in times of adversity and a catalyst for growth and resilience. It's the belief that things can and will get better, even when faced with challenges. It's the trust that even in the darkest of times, there's always a possibility for light and a brighter future. Hope is crucial in families owing to the following:

**Providing strength in difficult times:** When families face illness, job loss, or other hardships, hope helps them persevere. It fuels their determination to overcome obstacles and find solutions.

**Fostering resilience:** Hope equips families with the ability to bounce back from setbacks. "Hopeful families tend to communicate more effectively, support each other, and maintain stronger bonds, which promotes positive relationships." Also encourages growth and development, inspires family members to pursue their goals and dreams.

**Creates a sense of unity:** When families share a sense of hope, they feel more

connected and united. It fosters a "we're in this together" mentality, strengthening their ability to face challenges as a team. In essence, hope is the engine that drives families forward. By actively cultivating hope, families equip themselves to navigate challenges, build stronger relationships, and create a fulfilling life together.

Cultivating hope in families is an ongoing process. The following are some strategies to develop hope:

**1. Acknowledge and Validate Feelings:**

Create a safe space encouraging family members to express their fears, anxieties, and frustrations without judgment. Pay attention to both verbal and nonverbal cues, showing empathy and understanding, reassuring them that their feelings are normal given the circumstances.

**2. Focus on Strengths and Resilience:**

Remind each other of times they overcame challenges, highlighting their resilience and resourcefulness. Acknowledge individual and collective strengths that can help them navigate the current situation. Build on existing resources, identifying and utilizing available support systems, such as friends, family, community organizations, or professionals.

**3. Cultivate a Positive Mindset:**

Encourage family members to identify and appreciate the good things in their lives, no matter how small. Help them classify aspects of the situation they can influence and take action accordingly and encourage them to reframe negative thoughts into more positive and realistic ones.

**4. Foster Connection and Support:**

Engage in activities that promote bonding and create positive memories. Encourage open communication about the challenges and potential solutions, provide assistance with tasks, errands, or childcare to alleviate stress.

**5. Seek Professional Help When Needed:**

If the challenges are overwhelming, consider seeking guidance from a therapist, counsellor, or support group. Provide tools and strategies for coping with adversity, improving communication, and strengthening resilience.

**6. Model Hope and Resilience:**

As role models parents and caregivers can demonstrate hope by maintaining a positive attitude and taking proactive steps to address challenges by sharing stories of individuals or families who have overcome adversity, inspiring hope and demonstrating the possibility of positive outcomes.

**7. Take it One Day at a Time:**

Encourage family members to focus on the present moment and avoid dwelling on the past or worrying about the future. Acknowledge and celebrate even small achievements, fostering a sense of progress and hope.

We need to remember that nurturing hope is an ongoing process that requires patience, understanding, and consistent effort. By implementing the above strategies, families can cultivate hope in the face of adversity and emerge stronger and more resilient.

Nature

## FINDING HOPE IN THE NATURAL WORLD



*Framina D'Souza*

*"In every walk with nature, one receives far more than he seeks. Nature's resilience reminds us that hope, like spring, always returns, no matter how harsh the winter."*

— John Muir

As I walk through the forest, I see a tiny sapling growing between the cracks in the rocks. Despite the odds, it stands tall, reaching for the sunlight. If it can find a way to thrive in such a harsh place, then perhaps I, too, can find my way through difficulties. In this fast-moving world filled with challenges and difficulties, nature gives us hope and comfort. Nature is the essence of existence, enveloping us in its intricate beauty. It includes everything from huge mountains to the tiniest creatures. Nature has a huge impact on our existence, moulding our physical environment while nurturing our souls. Nature's beauty is in its diversity. From lush green woods to immense oceans bursting with life, each element has its own charm. Nature inspires us to pause, reflect, and appreciate the marvels that surround us.



Every Creature and element in nature has a role, showing that we all are a part of something bigger. The changing season, the blooming flowers, and the sunrise from darkness depicts that life continues despite challenges. The cactus plant growing in harsh and hot climate teaches us the lesson of strength and never giving up. The Chirping of birds, the sound of waves and the evening sunsets bring peace and warmth. The Bees working tirelessly to create hives and gather nectar to make honey, reminds us that hope and progress comes from the efforts of many working as a team towards a common goal.

So too, the Migratory birds **that migrate** across vast distances and ants working together **teach** us about patience and determination. A tiny seed, which takes years to grow into a mighty tree, reminds us that progress takes

time. The fruits it bears after many years serves as a reward for the dedication of the person who planted it. Butterflies symbolize change and hope. They start as caterpillars, undergo transformation, and turn into beautiful, colorful butterflies. Silkworms, which produce silk, inspire us to embrace growth, change, and the possibilities that come with transformation.



Hope exists not only in living things but also in the silent resilience of non-living elements. The sun being a ray of hope for those in darkness. No matter how dark the night has been, the sun always rises. The mountains stand tall despite storms and harsh weather symbolizing strength in times of challenges. The constantly moving clouds remind us that nothing in life is permanent and that difficult times will pass, making way for better days. The changing seasons remind us about new opportunities. The flowing rivers, moving forward and finding their way through obstacles, remind us of perseverance and determination. The sky may be covered with clouds at times, but the sun is always shining behind them reminding us that hope is present even when we cannot see it. Rainbows appear after storms, symbolizing hope after struggles.

By observing the non-living world around us, we find a strong reminder that hope is always there. Elements in nature, such as water, fire, and air, carry deep lessons of hope about the natural world. Water flows and adapts to any shape. Fire signifies transformation, burning the bad things in life to make way for the good ones. Air, though invisible, has a major role to play. The moving air teaches us to embrace change and move forward. All these elements of nature play a vital role and help create a balance in the natural world.

Nature teaches us to be patient and resilient, reminding us that there is hope in every aspect of life. Just as change occurs in nature, our lives also constantly move forward, taking us towards new opportunities and goals. By observing the natural world, we learn about patience, perseverance, and the power of renewal. Whether it is the tallest mountain or the tiniest creature, nature reminds us that hope is always present, even in the darkest times. Like nature, we too must hold onto hope, knowing that every struggle will pass, making way for growth, peace and new beginnings.

Feature

## HOPE BEYOND THE SHADOWS: A JOURNEY OF RESILIENCE AND RENEWAL

*Fr. C.M. Paul, SDB*



In 2024, two significant events symbolized hope amid challenges in India. Firstly, ISRO's launch of the X-ray Polarimeter Satellite (XPoSat) on January 1 aimed to study cosmic phenomena through X-ray polarization, focusing on pulsars, black holes, and active galactic nuclei. This remarkable achievement highlights India's continued ambitions in space exploration and research, offering hope and pride to the nation.

Secondly, the historic 75th Republic Day celebrations on January 26 featured a 144-person tri-service women's contingent. For the first time, women soldiers, sailors, and airwomen from all branches of the Indian Armed Forces marched together, showcasing strength, resilience, and unity. This event highlighted the growing recognition of women's vital role in the nation's defense and society, providing a beacon of hope and progress.



These moments remind us that even in adversity, there are rays of hope and achievements that unite us with a powerful force shaping millions of lives. Despite challenges such as poverty, social inequality, political and religious oppression of minorities, and environmental degradation, stories of resilience, renewal, and relentless optimism abound. These stories illustrate that hope in the Indian context is more than an abstraction; it is a lived experience embedded in the cultural fabric of the nation.

### **The Spirit of Resilience: Overcoming Adversity**

India, with its diverse and vibrant population, has faced its share of adversities. From natural disasters like the devastating floods in Kerala to the socio-economic upheavals caused by the COVID-19 pandemic, the shadows have often seemed overwhelming. However, the Indian spirit of resilience has consistently shone through these dark times. Communities have come together to rebuild homes, lives, and livelihoods, demonstrating an unwavering belief in a better future.

In rural India, where agrarian distress has been a persistent issue, hope manifests in innovative solutions like organic farming and sustainable

agriculture. Farmers in Maharashtra and Punjab are adopting organic farming techniques to combat soil degradation and ensure food security. These initiatives promise a healthier future and empower farmers with knowledge and resources, fostering a sense of hope and self-reliance.

### **Renewal through Innovation: Harnessing the Power of Technology**

In bustling cities and towns, hope often takes the form of technological innovation. From Bengaluru's tech hubs to the startup ecosystems in Hyderabad and Mumbai, young entrepreneurs are leveraging technology to address some of the country's most pressing issues. Startups focused on clean energy, healthcare, and education are paving the way for a more sustainable and equitable future.

Consider the story of BYJU'S, once a celebrated edtech unicorn in India, which faced a dramatic downfall in 2024. The company's valuation plummeted from \$22 billion to less than \$2 billion amid serious allegations of financial mismanagement. Shareholders called for the removal of CEO Byju Raveendran and a reconstitution of the board. The company's future remains uncertain as it navigates financial difficulties and attempts to regain investor confidence.



### **Empowering Women: Shaping a Brighter Tomorrow**

The fight for gender equality in India has been a long and arduous journey. Amidst the shadows of patriarchy and discrimination, countless stories of empowered women light the way forward. Grassroots organizations and initiatives play a crucial role in empowering women and ensuring their voices are heard.

The Self-Employed Women's Association (SEWA), founded in 1972, has been instrumental in uplifting women from marginalized communities. Through vocational training, microfinance, and advocacy, SEWA has enabled women to achieve financial independence and social empowerment. These women, in turn, become beacons of hope for their families and communities, inspiring others to break free from traditional gender roles.

### **Cultural Resurgence: Celebrating Heritage and Identity**

India's rich cultural heritage is a source of immense pride and hope for its people. Efforts to preserve and promote traditional art forms, crafts, and languages breathe new life into cultural practices once on the brink of extinction. This cultural resurgence is about finding renewed hope and identity in a rapidly changing world.

In Assam, initiatives to revive traditional weaving techniques empower local artisans and preserve an integral part of Assamese culture. Organizations like the Assam State Weavers' Cooperative Society provide

training and market access to artisans, ensuring traditional crafts thrive in contemporary markets. This blend of tradition and modernity offers a hopeful vision of cultural continuity and economic sustainability.

### **Environmental Stewardship: Nurturing the Planet**

The shadows of environmental degradation and climate change loom large over India. Yet, hope arises from grassroots environmental movements and sustainable practices across the country. From the Chipko Movement in the 1970s to contemporary urban farming and waste management efforts, Indians increasingly recognize the importance of environmental stewardship.

In cities like Delhi and Chennai, community-led urban gardening initiatives transform concrete jungles into green oases. Residents create rooftop gardens, vertical farms, and community parks, promoting biodiversity and enhancing urban resilience. These efforts testify to the collective hope and determination to create a healthier and more sustainable environment for future generations.

### **The Youth Factor: Catalysts of Change**

India's youth, with their boundless energy and innovative spirit, are perhaps the greatest harbingers of hope. In recent years, young Indians have been at the forefront of social, economic, and political movements, advocating for change and challenging the status quo. From the streets of Delhi to the campuses of Kolkata and Chennai, young activists raise their voices against injustices and demand accountability from those in power.



One notable example is the rise of youth-led climate activism in India.

Inspired by global movements like Fridays for Future, Disha Ravi, a climate activist from Bengaluru, has mobilized young people across India to join the climate movement. She advocates urgent action on climate change by organizing strikes, raising awareness, and pushing for sustainable policies. Their passionate advocacy and commitment exemplify the indomitable hope driving India's next generation.

### **Conclusion: A Tapestry of Hope**

In the Indian context, hope is not a passive sentiment but an active force propelling individuals and communities forward. It is reflected in farmers' resilience, entrepreneurs' innovation, women's empowerment, cultural preservation, environmental stewardship, and youth activism.

Despite persistent shadows, these stories of hope illuminate a path towards a more inclusive, sustainable, and equitable India. They remind us that even in adversity, hope remains a powerful catalyst for change and a beacon of light beyond the shadows

## PADR FAUSTINO: BHORVANXEACHO KOLLSO



*Vincy Quadros*

“Ek pautt padri, sodanch padri,” oxem Povitr Sobhechem dhoronn asa. Mhunnlear Povitr sobhen konnu mon'xak ek pautti padri mhonn nemlo zalear ti nem'nnuak tachea otmeacher ovismornniy chhap soddta. Padricho dhiei asa lokak Jezu koddem ani Jezuk loka koddem haddop. Devachea Utrachi porgottni korun, Dev ani loka modem modheosti korun ani povitrtayek protsahon diun te aplem misanv purnn kortat. Jyust hench Padr Faustino hannem kelem. Loka modem bhorvanso kirlaunk tannem madrinchi sonstha ghoddun biyam roilim, tim ximplim ani aiz tanche rukh zaun Povitr Sobhek follam mellonk lagleant.

Irish nattookkar George Bernard Shaw mhunnntta, “Atam ami suknneam bhoxen mollbant uddonk xikleant ani nusteak bhoxen doriant ddu bkiomarunk xikleant, atam ek gozal urlia, hea sonvsarant mon'xam bhoxen zogunk xikchi.” Hem zogunk xikop mhollear kitem? Ami jednam dor ekleachea jivitacher nodor martat, tednam Padri Faustinho sarke monis amche nodre mukhar yetat ani tache kar'ya amkam horaite ani bhorvanxeachem jivit fuddem vhoronk dixta dita. Khursachea Bhagevont Juanva bhoxen Devachie mhoimek otme zoddunk ani otme salvar korunk husko ani haves aslolea Fr. Faustinan 1935 vorsa Nazarethchea Povitr Kuttumbachi Sonstha suru kel'li, ti aiz fulot ani follot aslole polleunk mellta, mhollearuch Fadorachea karyak follam upzoleant oso tacho orth zata. Hie sonsthechea rukhachim pallam-mullam okhondd zaleant ani fantte sogleak vistarleat, Göy ani Göychea bhair legit te pavleat tem dista. Sogllia oddchonnink ani koxttank fuddo korun koxe porim Fr. Faustino Devachea molleant vaurlo, tache vixim Sr. Molly Fernandes hinnem boriolelea 'Sogttank Sogott' hea pustokant barkayen mhaiti mellta.



Faustinachem purai nanv Faustino Antonio Joao Jose De Souza. Tacho zolm 24 Novembr 1983 disa Bardezchea Chinvar Grande, Anjuna hanga zalo. To panch bhurgeam fattlean Rumualdo Salvador das Chagas de Souza ani Preciosa Cristalina Ludovina de Souza hankam zolmolo. Dev bhiranticho ani sorgim rajyachim mulyam jiyetolo bhurgo Faustino soglleank avoddttalo. Aplea boraborcheank to ek bhavarthan pettlolo divo aslo. To chotur, sadur ani gineani aslo. Aplie avoik sodam man ditalo ani tichea totvam ani xikvonne pormannem choltalo.

To bhurgeponnar thaun sorvam modem misoll zavpi ani karyavolli ghoddun

haddpi aslo. Hem tachem soimbik dennem yadniki jivitant follvont zalem. To ek boro gonvlli zaun aplea xelliank sodunk gelo, tanche sangata veg-vegglea rupamni ek boro Samariekar koso vegllochar visron bhavponnacho bhorvanso vistarunk jivitbhor vaurlo. He porim yadniki jivitant to 'Sogttank Sogott' zaunk kednanch fattim ravlo nam. Padri Faustino ek ut'tom' gunnamni bhorlolo, doyall Samariekar, gonvacho konno, ek dak-vel, kuttumbik akar ditolo rukh, magnneancho bapui, bhaxonn divpi nhoi, punn ekchar sambhallpi, ek zolltti vat, kakluticho sagor, xelliancho gonvlli, durboll khalto, girest dulobi, Sogttank Sogott oxim kitlixinch birudam diun Povitr Sobhechea vhoddilank khalti ravon, Göychea igorzamni tannem boro vaur kelo.

Padri Faustino aple sonsthe vixim mhunnnta, “Apunn bori zaunk ek-eklean vaurchem. He porim ek ek bhoinn bori zalear, akhkhosomudai boro zatolo. Ek-ek somudai boro zalear akhkhosonstha bori zaunk pavtoli.” He vixvik vichear, amche modlea zonn ekleak lagu zatat. Eka kuttumbacho dor ek vangddi zor boro zalo zalear kuttumb borez zatolem. Ek-ek kuttumb borez zalem zalear ek somudai boro zatolo ani ek-ek somudai boro zalo zalear Povitr Sobha bori zatoli, mhunnlearuch amchi kuttumb-vevostha sukh-somadhanachi zaunk pavtoli. Hoch Padri Faustinichea jivitacho orth asa.

“Ho asa sevak Mhozo, Hanv samballun dhortam to, Hanvem vinchun kaddlolo, sontos Mhojea kallzacho, raxttrnak khori nit haddunk mhojea otmean bhorlolo. Hanv Sorvespor, nitichi, taronnachi, seva korunk Hanvem apoila, tujea hatak ghott dhorla, tuka Hanvench akarla.” Him Povitr Pustokantlim Izaias provadiachim utram Faustinak prernna ditalim Devachem apovnnem svikarunk. Ani avoichea axirvadan to padri zalo. Tachea jivitant anik ek padri aslo tacheach ganvcho Agnel, zaka veginuch altaracho man mellonk amche aundde.

1918 vorsa jednam voxeachie pidden sabar lok mele tednam Faustino diakn aslo. To lokachi seva korunk axetalo ani tachi avoi taka vochonk dinasli. Tednam tannem aple avoik mhunnlem, “Mamma, mhaka vochom-di, hanv nhoich put tuzo punn poilo ek padri Devacho.” To adim thaun loksevecho nomuno aslo ani tannem madri khatir sonstha ghoddun lokseva chaluch dovorli. To mhunnntalo, “Apnnak visron dusreak adhar diuncho.”

Padri Faustino Devachie sevecho ek ut'tom' nomuno aslo. To kornniamni padriponn jiyelo. 'Vhoddlo za' ho tacho bhorvanxeacho axirvad aslo. Gorib dhakteank voir kaddunk to vaurlo. Lokachi poristhiti polleun tannem tankam vaur korunk, poixe samballunk ani bhaji-palo rovonk xikoile. Aplea magnneachea sobhavan tannem lokachi monbodolnini keli.

Padri Faustino sodam lhan'vikayen jiyelo. Devan Padri Faustino vorvim madrim khatir Sancoale ganvant Nazarethchea Povitr Kuttumbachi Sonstha ghodoun Dev-apovnnecho dekhivont vaur kelo. Hea sonvsari ponnant bhagevontponnachem jivit jiyelolo Padri Faustino Sorginchea Bapachea ghora, Jezuchea punorjivontponnant vantto gheunk ani Jezuk rup-rup polleunk 26 Mars 1975 disa devadhin zalo. Padri Faustino khorech ek bhorvanxeacho kollso aslo. Devan taka bhagevontachea zomeant gheunk amcho aunddo.

Global

## THREADS OF HOPE ACROSS THE GLOBE



*Fr. Ernest Rosario, SDB*

I think I won't be wrong if I say that in the creation of God the only beings capable of having "hope" are human beings. From a secular point of view hope is seen as a crucial psychological and philosophical resource. It acts as a motivator, a coping mechanism, or a catalyst for personal and social change. In Christianity, hope is not an abstract or self-generated feeling but is deeply rooted in the character and promises of God. It centers on the resurrection of Jesus, offers strength amid trials, and has an eternal dimension that shapes both individual conduct and community life. Each perspective brings valuable insights into the nature of hope, whether viewed through the lens of secular thought or through the transformational promise of the Christian faith.



In a world grappling with global warming, substance addictions, digital distractions, eroding values, and widening economic disparities, just to name a few, it's easy to feel overwhelmed by despair. Yet, as Christians, we are called to be bearers of hope, shining light in the darkness. The Bible reminds us that "in all these things we are more than conquerors through Him who loved us" (Romans 8:37). Even in the face of daunting challenges, threads of hope are woven across the globe, reminding us of God's faithfulness and the power of collective action rooted in love and faith.

Global warming is one of the most pressing issues of our time, threatening ecosystems, livelihoods, and future generations. As Christians, we are called to be stewards of God's creation (Genesis 2:15). The growing awareness of climate change has sparked global movements, from reforestation projects to renewable energy initiatives. Churches and faith-based organizations are joining hands to promote sustainable living, reduce carbon footprints, and advocate for policies that protect the environment. These efforts are threads of hope, reminding us that caring for the Earth is an act of worship and obedience to God.

Substance addiction is a global crisis, destroying lives and families. Yet, hope shines through ministries and organizations that offer rehabilitation, counselling, and spiritual support. The story of the prodigal son (Luke 15:11-32) reminds us that no one is beyond redemption. Churches and secular rehab

centres provide safe spaces for individuals to find healing, rebuild their lives, and experience God's unconditional love. These ministries are threads of hope, demonstrating that transformation is possible when we unite as children of God.

In an age dominated by screens, digital addiction is eroding genuine human connections and mental health. However, many concerned individuals and organisations are leading the charge to reclaim balance and intentionality in technology use. By promoting digital detoxes, fostering face-to-face fellowship, and using technology for Kingdom purposes—such as online Bible studies, motivational sessions and spiritual animation — we can turn a tool of distraction into a tool of hope. The Bible encourages us to “set your minds on things above” (Colossians 3:2), reminding us to prioritize eternal values over fleeting digital distractions.

The erosion of moral values is evident in rising crime rates, religious intolerance, broken families, and societal divisions. Yet, the Christian message of love, forgiveness, and integrity remains a beacon of hope. Churches and faith-based organizations are actively teaching biblical principles, mentoring youth, and advocating for justice and compassion. The Sermon on the Mount (Matthew 5-7) provides a timeless blueprint for living a life of purpose and righteousness. By embodying these values, we Christians can inspire others to seek truth and live with dignity.

The growing gap between the rich and the poor is a stark reminder of systemic injustice. However, as children of the merciful God we are called to “defend the weak and the fatherless; uphold the cause of the poor and the oppressed” (Psalm 82:3). Across the globe, the Church and various NGOs from many religious backgrounds are feeding the hungry, caring for migrants and refugees, providing education, and empowering marginalized communities. Microfinance initiatives, fair trade practices, and advocacy for fair wages are threads of hope, demonstrating that economic justice is possible when we live out the Gospel's call to love our neighbours.

**Conclusion** The threads of hope across the globe are not isolated; they are interconnected, forming a tapestry of God's merciful love and faithfulness. As Christians, we are called to be active participants in this divine work, using our gifts, resources, and prayers to address the pressing challenges of our time. By caring for creation, healing the broken, fostering connection, upholding values, advocating for justice, and building community, we reflect the light of Christ in a darkened world.

Let us remind ourselves of the motto of the Holy Jubilee Year 2025 which is to be “pilgrims of hope”. Let us remember that hope is not passive; it always calls for action. Together, as the Body of Christ, we can weave threads of hope that transform lives and glorify God. As the Apostle Paul wrote, “And now these three remain: faith, hope, and love. But the greatest of these is love” (1 Corinthians 13:13). Let us go forth in faith, as apostles of charity weaving threads of hope across the Globe.

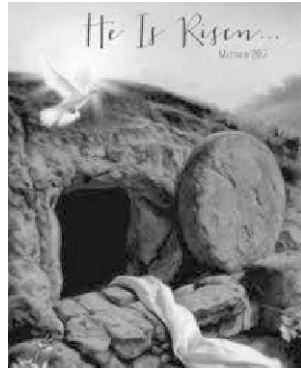
## Jubilee Vibes

**HOPE IN EVERY DARKNESS***Alex Rozario*

Life is a path filled with both light and shadow. At times, hardships seem overwhelming, and the weight of uncertainty can make the future feel distant. Yet, even in the deepest darkness, hope remains a silent but steady force that guides us forward.

Pope Francis has declared 2025 as the **Year of Hope**, encouraging us to embrace resilience in challenging times. History proves that humanity has always found ways to overcome adversity. Whether through wars, natural disasters, or personal struggles, hope has been the anchor that keeps people moving. It is more than a fleeting emotion; it is the foundation of every great comeback, every new beginning, and every act of courage.

Hope is not passive; it is a choice we make each day. It gives a struggling student—the perseverance to continue, a grieving person—the strength to heal, and a dreamer—the will to chase their aspirations. It exists in the simplest acts: a kind word, a helping hand, or the unwavering belief that better days are ahead. Even when challenges seem insurmountable, hope whispers that nothing is permanent—not pain, not sorrow, not despair.



Hope has always been a quiet but powerful **impulse** behind progress and strength. It's the belief that tough times won't last forever and that every challenge has a chance for change. Just like night gives way to morning, hard times are only temporary. In our everyday lives, we can grow hope by looking at what's possible instead of what's holding us back. Even when we feel unsure, holding on to hope helps us keep moving forward, one step at a time.

Sharing hope with others is just as powerful as keeping it to ourselves. A kind gesture, being there for someone, or reminding them they're not alone can bring light into their dark moments. When we lift others up, we also lift ourselves. Together, we can turn darkness into hope that spreads far and wide.

As we journey through this Year of Hope, let the resurrection of Jesus remind us that even the darkest night yields to dawn. Just as the cross gave way to the empty tomb, every challenge we face holds the promise of renewal. His victory over death assures us that no struggle is without purpose, and no challenge is everlasting. Hope shines brightest through faith, guiding us to trust in God's grace beyond every storm.

**“In every darkness, hope stays, guiding, strengthening, and lighting the way forward.”**

Health care

## WOMEN'S HEALTH AND WELLNESS: A HOLISTIC APPROACH TO WELL-BEING

*Dr. Rajkiran Yadav (bhms, Pgdeems)*



Women's health and wellness encompass a wide range of physical, mental, and emotional aspects that contribute to overall well-being. A holistic approach to women's health ensures that every stage of life is met with proactive care and informed choices. This article explores essential components of women's health, including nutrition, exercise, mental well-being, preventive care, and reproductive health.

### 1. Nutrition for Optimal Health

A balanced diet plays a crucial role in maintaining women's health. Essential nutrients like iron, calcium, vitamin D, and omega-3 fatty acids support various functions, including bone strength, heart health, and hormonal balance. Key dietary recommendations include:

Consuming a variety of fruits, vegetables, and whole grains for essential vitamins and minerals.

Incorporating lean proteins such as fish, poultry, beans, and nuts.

Staying hydrated and limiting processed foods and excessive sugar intake. Including iron-rich foods, especially for menstruating women, to prevent anemia.

### 2. Exercise and Physical Activity

Regular physical activity helps maintain a healthy weight, reduces stress, and lowers the risk of chronic diseases such as heart disease, diabetes, and osteoporosis. Women should aim for:

At least 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise weekly.

Strength training exercises twice a week to enhance muscle and bone strength.

Activities such as yoga and Pilates to improve flexibility and mental relaxation.

### 3. Mental and Emotional Well-Being

Mental health is a crucial aspect of overall wellness. Women often juggle multiple responsibilities, which can lead to stress and anxiety. Prioritizing mental health includes:

Practicing mindfulness and stress-reducing techniques like meditation and deep breathing.

Seeking support from friends, family, or professional counsellors when needed.

Ensuring adequate sleep and self-care routines to promote relaxation.

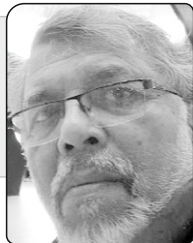
### 4. Preventive Healthcare and Screenings

Routine health check-ups and screenings can help detect conditions early,

*Cont. on page 22*

## Communication

## SHARING HOPE THROUGH EFFECTIVE COMMUNICATION



*Clifford W. De Silva*

In spoken communication, the tone of voice, facial expressions, body posture and gestures matter much more than the words alone. So often in a quarrel we hear one party say, 'It is not what you said but how you said it that hurt me.'

We have to keep this in mind when we wish to communicate hope. For example, a parent says to their wayward child, 'I hope you are doing your studies regularly.' What they are actually saying is, 'I am sure you are not doing your studies and think you will never change!'

There is a difference between hope and faith though they are often believed to be the same thing. Nobody was cured by hope. They had to have faith. Hope is an 'expectation of good things to come' (Spes Non Confundit [Spes], 1). 'Faith is the assurance of things hoped for, the conviction of things not seen' (Heb. 11:1). Faith means we know something for sure.



Christian hope is based on faith. When we say we have the hope of rising again with Christ we believe that Christ is risen and we hope that by dying with him we will rise again with him.

When communicating with others we need to keep in mind that our hope is based on our faith. When we believe, it is easy to have hope. Because of our faith we remain buoyant and positive.

There is a lady I knew who was always positive. If you told her, her son got cancer, she would reply, 'If it is God's will he will cure my son.' Here is a person with faith who believes that 'with God all things are possible' (Mt. 19:26) and she also believes the words: 'And we know that for those who love God all things work together for good, for those who are called according to his purpose' (Rom. 8:28). And so, it is her hope that God will cure her son, and if he doesn't he has a plan for her. This kind of hope is buoyant and lifts up her hearers.

When it comes to communication I'm referring to interpersonal relations: communicating with our family, friends and neighbours. This is where we have most of our communication. How can we communicate hope when we talk to one another on a daily basis?

We can only give to others what is truly in our heart. So, it is essential that we remain pilgrims of hope through faith. Our Holy Father tells us, 'Often we come across people who are discouraged, pessimistic and cynical about the future, as if nothing could possibly bring them happiness' (Spes, 1). It is to these people especially that we must be beacons of hope.

I will give two simple 'principles by which we can communicate hope.

The first one is known as the Golden rule of Management: Treat others as you would like them to treat you. It needs us to ask ourselves before we act or talk: Would I like it if others were to do this to or say this about me? Am I communicating negativity or hope through what I am saying and doing?

The second principle is called the Pygmalion Effect: It is when high expectations lead to improved performance in a given area. It can be put like this: Treat others as if they are already what you would like them to become.

Both these principles are an attitude to be developed, a way of viewing others.

If that parent mentioned earlier were to treat their child as if the child were already on the way to becoming a studious child what, according to you, would they talk to the child? What would their tone of voice and facial expression be? I think you see the difference.

Christian hope 'is grounded in the certainty that nothing and no one may ever separate us from God's love: "Who will separate us from the love of Christ?"' (Spes, 3). When I have faith, then I have hope. And this hope will communicate itself even without words sometimes - just by my beliefs, attitude and way of being.

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*Cont. from page 18*

improving treatment outcomes. Key screenings for women include:

Annual wellness visits with a healthcare provider.

Regular Pap smears and HPV testing to screen for cervical cancer.

Mammograms for breast cancer detection, as recommended based on age and risk factors.

Bone density scans for osteoporosis prevention.

Blood pressure, cholesterol, and diabetes screenings.

## **5. Reproductive and Hormonal Health**

Understanding reproductive health and hormonal changes is vital for women at different life stages. Important aspects include:

Menstrual health education and managing conditions like PCOS and endometriosis.

Family planning options, including contraception and fertility awareness.

Managing menopause symptoms with lifestyle adjustments and medical guidance.

## **6. The Role of Community and Support Systems**

Strong support systems positively impact women's health. Building relationships with supportive friends, engaging in social activities, and joining wellness groups can improve emotional well-being and provide a sense of belonging.

**Conclusion** Women's health and wellness require a comprehensive approach that integrates nutrition, exercise, mental well-being, preventive care, and reproductive health. By adopting a proactive and informed lifestyle, women can enhance their quality of life and longevity. Prioritizing self-care and seeking medical guidance, when necessary, ensures a healthier and more fulfilling life.

## Faith

**ROLE OF FAITH IN SUSTAINING HOPE***Dr Nelly De Sa*

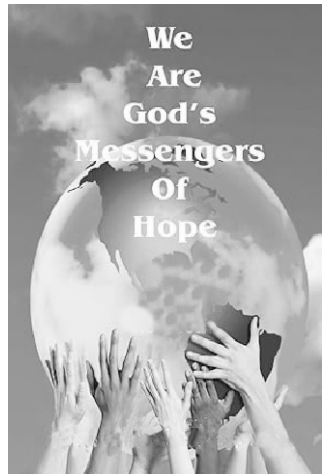
We have heralded the beginning of a new year, as pilgrims of hope, with hope in our hearts; a hope that will sustain us in our day-to-day life, a hope that will help us grow in our journey of faith; a hope that this jubilee year will be a blessed one for us and for all humanity.

As a faithful believer in Christ, one would think it is easy to have hope in our hearts. And hope being a theological virtue and a gift from God, we do take it for granted that in moments of crisis, we will remain calm and hopeful. But it is only when we are in the midst of a storm and our boat is sinking, that we realize that despair or hopelessness sets in and our faith is put to the test. But if our faith is strong in those difficult moments we will definitely overcome the most difficult situation in our lives.

Faith is essential to sustain our hope. By faith, man completely submits his intellect and will to God. (CCC 143). Faith is the assurance of things hoped for, the conviction of things not seen. (Heb 11:1). Faith which is also a theological virtue, is the substance of hope.

As St Paul writes, “For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what is not seen, we wait for it in patience.” (Romans 8:24).

This Scripture clearly teaches us that we need to have strong faith to hope for things we do not see, we need to wait in patience to know the will of God for us, and we need to trust in the Lord in order to hope for the best. It's easier said than done when we say to hope for the best. But only the one who goes through the crisis feels the pain of that struggle and suffering. And only a person of strong faith is able to conquer the battle and emerge victorious. The ultimate outcome may not be an answer of our prayers, but the real victory is seen when we are able to hope in the Lord and accept the will of God through the fruits of the suffering and struggle. It is about accepting and believing that “All things work together for good for those who love God, who are called according to his purpose.”





(Romans 8:28). And that kind of faith comes only through a strong prayer life.

St. Augustine said, “Pray as though everything depended on God.” His thought on faith and reason is quite abstract. He was instrumental in promoting the “faith seeking understanding” conception of knowledge. He said, “Faith is to believe what you do not see; and the reward of this faith is to see what you have believed.”

Pope Benedict XVI wrote an encyclical named “Spe Salvi”, which means ‘Saved by Hope’. He writes how we can grow and be schooled in hope through prayer, action and even suffering. Hope in fact is a key word in Biblical faith, so much so that in several passages the words “faith” and ‘hope’ seem interchangeable. Thus, the Letter to the Hebrews closely links the “fullness of faith” (Heb.10:22) to the “confession of our hope without wavering”. (Heb.10:23). Likewise, St Peter in his first letter exhorts Christians to be always ready to give an answer to anyone who demands an account for the hope that is in them; he says to do it with gentleness and reverence. (1 Peter 3:15). Thus “hope” is so closely connected to “faith”. We see how the self-understanding of the early Christians was shaped after they received the gift of a trustworthy hope, when we compare the Christian life with life prior to faith.

St Paul reminds the Ephesians that before their encounter with Christ, they were “without hope and without God in the world. (Eph. 2:12). That clearly shows that faith in God is essential in order to have hope. Faith sustains hope and hope in God will sustain us in our journey of life.

Let us strive to be people of great faith, with a strong prayer life, which will help us to be true pilgrims of hope. May this jubilee year be a beginning of a new journey of hope which will lead us to eternal life. Amen!

## Spirituality

**NOURISHING HOPE THROUGH  
SPIRITUAL PRACTICES***Sr. Lissy Maruthanakuzhy fsp*

A few days ago I watched a Video of a young man, Tanish, with loco motor disability, crawled on a chair. Only his head was normal. He is a business man and a motivational speaker, even in this condition. I found him cheerful and confident.

“My mother carried me to school till I completed my 12th Class. After that I was at home confined to a room. I was feeling lonely. I wanted to see the world. So, I started a business with a xerox machine. It went well for a few years and then suddenly everything collapsed: I lost everything. But I did not lose hope. I started another business and it is going well,” Tanish shared his life.

Only those who have experienced reaching the end of a tunnel of hope, will be able to share how God of hope enters into one's life through unexpected avenues. Once God enters, he stays for a while, and he hides himself, to make you strong and independent. This is what happened in the life of the disciples on the way to Emmaus (Lk. 24: 13-35)

Hope is a universal aspect of our life, whether we are aware of it or not. If we are alive, we have hope. Hope, we have realized is an important factor for healing and change. As in the anecdote above, it may be a flicker of hope that sustains our daily life. This hope could be an anchoring source of confidence and resilience. Hope in fact holds a



deep spiritual significance in our life. Whatever it is we are called to nourish hope in our life; that little flicker, so that we can flourish in any situations we encounter in life.

St Paul writing to the Romans supports us: “May the God of hope fill you with all joy and peace as you trust him, so that you may overflow with hope by the power of the Holy Spirit ” (Rm. 15:13).

Nurturing hope through spiritual practices is very significant. We come across persons in whom we need to give hope so as to sustain not only their spiritual life but their very physical existence. Because when you are devoid of hope your body reflects it. Holy Eucharist, Word of God, reaching out in love, recalling our heroes, and an attitude of gratitude can be some ways to sustain our hope.



Through the reception of Holy communion, we keep alive in our hearts and minds, that God has created us in love and to be close to him. Hope is a divine gift like our breath. The writer of the letter to the Hebrews says, “This hope, we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil. (Heb. 6:19).

In a home for the aged or orphanage, in a home for the unwedded mothers or home for the differently-abled, a close relationship with them can sustain hope in them. Regular visits to them builds up a spiritual bonding resulting in them a feeling of acceptance and being wanted, thus generates in them hope for living.

God's signature appears occasionally in our life in different forms. For Noah it was an olive branch. When the dove returned to the ark with an olive branch it was as sign that floodwaters had receded. The olive branch symbolizes peace and hope for new beginnings. (Genesis 8:11). And the rainbow confirmed God's promise.

We read in Hebrews 11: 1, faith is the substance of things hoped for, the evidence of things not seen. While we do not yet see what will happen in the future, we can hope for the best, and be confident in faith that God will do what is best for us as we trust him. No matter what circumstances we encounter in this fallen world, we can experience joy in hope, because joy is based on our relationship with God who is hope.

Tanish gives us a message: “When we face a negative, turn it into positive. Go ahead in life focusing on the positive points in your life. It is this attitude that made those who teased me, to appreciate me now; my life is my motivation.”

If Tanish can reach a mountain top, and travel to Mecca with his friends because of a flicker of hope, we can see faith burning constantly in his heart.

## Formation

**FORMING FOR A HOPE FILLED FUTURE***Sr. Joanita Dias S.F.N.*

We are all called to create a hope-filled future and to cultivate this disposition of hope in our own lives. The old adage goes **“Bloom where you are transplanted”**. When life seems to be veering out of control, Jeremiah 29:11 says: **“For I know the plans I have for you”** declares the Lord, **“plans to prosper you and not to harm you, plans to give you hope and a future.”** This verse seems like a declarative promise that *life will go our way and* our plans will come to fruition if we believe it is God's plan for us. This is like a roadmap of finding our way to a hopeful future. We need to make the best of our time instead of merely waiting for what God had for us.

We live in a noisy world. Whether it is the voices of social media influencers or political pundits, there is a constant stream of **noise** telling us how to live and what to think. The cultural prophets of our generation can be heard on our podcasts or seen on our chosen news outlet.



It is easy in our pain and vulnerability to look to these voices to tell us how to live, how to move, what to think or believe. We can be quick to turn to the loudest yells of humans with a variety of agendas to find truth. But Jeremiah 29:8 reminds us of the dangers that can come: **“Do not let the prophets and diviners among you deceive you...They are prophesying lies to you in my name. I have not sent them”**, declares the Lord.

Any message that leads us away from Jesus and my Christian community is not from God. So, we have to ask ourselves regularly—are we listening to voices that are moving us toward Jesus or away from Him? Towards a love of neighbour or fear of others? Towards a passion for the family of God, or bitterness at the church? Towards a heart for the Bible or away from God's Word?

We have to be wise and discerning about the cultural messages around us, by allowing the **Word of God** to be the center point of our spiritual

formation. Therefore, we need to make time to read the Word of God because it connects us to the richness of His Holy Spirit.

God's voice must be the loudest voice in our lives through our direct connection with Jesus through our Prayer connections. We need to keep in mind that we are not promised an easy

life and we cannot think that God is just a vending machine, ready to deliver whatever we select when it comes to how we envision our future.

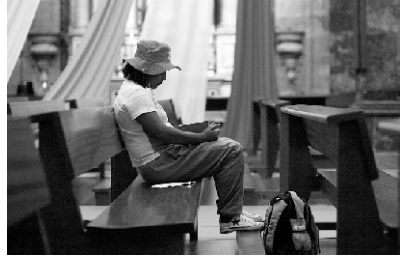
Jesus is our ultimate future hope and prosperity who sets us free and gives us a place of honour with His Death and Resurrection, and His authority. *We need to work for the peace and prosperity wherever we are planted.*

“Hope does not disappoint,” St. Paul writes, “because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us.” (Rom. 5:5). Therefore, Love is not passive; it necessarily demands action. Why else did Jesus promise the Holy Spirit for? Holy Spirit is gracing each and every moment, accompanying us, strengthening us, pulling us from our own meager efforts to good and holy fruit in order to realize God's plan for our world and for the humanity. At the end of the day, it doesn't matter if you are young, old or somewhere in between. We are all called to create a hope-filled future. We are called to cultivate this disposition of hope in our own lives. Hope, then, is not a static thing, a prize to be polished and placed on a shelf. It is a disposition, an act, a way of grappling with a world so often bereft of hope.

The life of Jesus is a story of encounters. And the life of Christians is a story of successive encounters with Jesus and humanity. Each of us is the writer of a page of the faith we share. It is the search for God's will by each of his children in the depths of their being.

As we look around the world, we see countless challenges that demand our attention and action. It's easy to feel overwhelmed, to believe that one individual's efforts couldn't possibly make a difference. Pope Francis spoke about young people having great dreams but fearing the worst and becoming discouraged before letting go of their dreams for a greater world.

Discover who we were created for. We are an extension of God's hands, co-creating a hope-filled future using all our gifts. This entails getting out of our comfort zones and offering our time generously to others and the environment.



## Women

**MARY – THE EPITOME OF HOPE**

*Sr. Raiza sfn*

Mother Mary the epitome of hope embodies the highest example of optimism, faith and the belief that things can get better. Her unwavering faith, resilience in adversity and boundless compassion reminds us that hope is never lost. She endured trials—from the humble beginnings of giving birth to Jesus—the only hope of our salvation in a manger to witnessing the suffering of her Son for our redemption—yet remained steadfast in trust and love. Her life from annunciation to witnessing the crucifixion of Jesus is a testament to trusting God's plan even in the face of uncertainty and suffering.

Mary allowed herself to be fully in God's hands, through her surrender: “Here am I, the servant of the Lord; let it be with me according to your word”, letting her entire life be shaped by Him and we see that God did not let her down – “From henceforth all generations will call me blessed.” From this we can learn a lesson of hope that when we stop arranging our lives as we think best and allow God to take over, the result is always far better than we could

even imagine. Mary engaged in this kind of hope all through her life, making a total surrender of herself to God and His plans. Her unwavering “Yes” (fiat) to God's will symbolizes the hope that despite challenges, there is a



greater purpose. When she couldn't understand God's mysterious ways such as at the time of Simeon's prophecy, her flight to Egypt, when the boy Jesus was lost in the temple, she “kept pondering these things in her heart”, but she never refused God any cooperation. Mary calls us to live every moment of our lives in God's hands with hope and trust.

It does not mean that we make no plans of our own, or try to foresee the future. This we must do, yet we need to allow God to have the last word-

which is in fact the first word. Mary achieved her greatness therefore, not by doing great things of her own choosing, but simply living in hope by letting God be “GOD” in her life, by being like clay in the hands of the potter.



Mary stands out, among the disciples who fled the scene of the crucifixion, as a pillar of hope. Mary braved the taunts of the crowd, the hostility of the soldiers, to take her place at the foot of the cross. Jesus with deep insight saw that we needed someone like Mary in our struggle to follow Him to the bitter end without losing our hope, and so Jesus gives us this courageous woman full of hope to be our mother. With such a mother, who took a public stand, we are assured with hope for all time that, we are not alone when we stand up for truth and justice, we are not alone when we stand up against wrongs and in discriminations. Mother Mary reflects the power of God in the midst of suffering –to bring new life and hope. She gives us hope to endure sufferings with patience, believing that there is victory behind every cross.

In a world where many struggle with personal, social and global challenges, turning to Mary as a symbol of hope can provide peace and encouragement. She reminds us of the power of faith, the importance of perseverance and hope and the transformative nature of love and grace.

Whether through prayer (rosary), reflection or acts of kindness inspired by her example, embracing Mary's hope can lead to healing and renewed strength in today's world. She offers solace and intercession to those who seek comfort and hope, standing as a beacon of light in times of darkness. It is in this way that Mother Mary blessed Christ in her heart, always having an answer ready whenever she was called upon to account for her hope giving her answer with courtesy and respect.

Mary embodies compassion, guiding humanity to choose forgiveness and mercy over judgment. Her gentle presence brings comfort, encouraging believers to persevere through trials. From the Annunciation to the Cross, her journey reveals a heart steadfast in trust and devotion. Mary remains a source of solace and inspiration, reminding all, that hope, rooted in faith, transforms even the darkest times into light.

## Mission

## A JOURNEY OF FAITH AND EMPOWERMENT IN THE LAND OF WARRIORS

*Dr. Norbert Herman SVD*



Rajasthan, often referred to as “Rangilo Rajasthan” or Colorful Rajasthan, is a state renowned for its rich cultural heritage, vibrant landscapes, and captivating history. Famously known as the "State of Warriors," it echoes tales of valor through epic battles like the historic Battle of Haldi Ghati, where Maharana Pratap of Mewar faced Emperor Akbar with unwavering courage. This heritage of resilience and sacrifice remains etched in Rajasthan's collective memory.

While Rajasthan thrives in its traditions, it remains a state where Christianity is less prevalent, with just 0.1% of the population identifying with the faith. Consequently, many inhabitants may not have encountered the teachings of Jesus Christ or the Holy Bible. The state's Christian community is served through three dioceses: Ajmer, Jaipur, and Udaipur, with the Society of the Divine Word (SVD) taking an integral role in the Udaipur Diocese, spanning Rajasthan's western regions and bordering Madhya Pradesh and Gujarat.

The Christian mission in Rajasthan commenced in 1988 when Most Rev. Bishop Joseph Pthalil invited the SVD to



contribute to his diocese, sparking an era of religious and social transformation. On July 4, 1988, pioneers Fr. Mathew Chemparappaly and Fr. George Bhuria arrived in Banswara, setting the foundation for missionary efforts in this vibrant region.

Bishop Pthalil envisioned the SVDs taking on frontier mission work and establishing specialized ministries in the diocese. This initiative aimed to foster mutual understanding and peaceful coexistence among different faith communities.

As the mission expanded, Fr. Prasad Kuzhively SVD joined the team,

further strengthening the dialogue ministry and its connection with the people of Udaipur. Through the formation of an inter-religious team, the ministry began to focus on cultural, literary, and social initiatives that brought together people from all walks of life. One of the key components of this outreach was prison ministry, which sought to provide spiritual and social support to incarcerated individuals. Alongside this, the *Sarva Dharm Maitri Sangh* was established to promote religious harmony and unity, receiving a positive response from the local community.

One of the key focuses of the SVDs in Rajasthan is the upliftment of the poor and marginalized, particularly the tribal communities. These communities have historically been deprived of basic amenities such as education, healthcare, and social integration.

The SVDs operate schools and hostels in these remote areas, providing tribal children with access to quality education. By doing so, they are giving these children a chance to break the cycle of poverty and build a better future for themselves. The SVD's educational efforts aim to integrate tribal communities into the mainstream, providing them with opportunities for social and economic advancement. In addition to education, the SVDs are also focused on providing healthcare services, improving living conditions, and promoting social development in these underserved areas.

Dr. Norbert Herman SVD, who led Maitri Sadan from 2008, played a transformative role by introducing peace rallies and patriotic competitions that fostered community spirit. The cultural wing played a vital role by organizing Kavi Sammelan, Mushayaras, and collaborating with recognized groups to support Asha Dham Ashram, a centre for the destitute. Additionally, a Music Academy, Dance-Drama productions, and Prison Ministry were established to amplify the voices of the people through inter-faith dialogue, school and college competitions, the St. Mother Teresa Film Festival, and the promotion of local art, music, and culture. By celebrating feasts and festivals, these initiatives fostered a spirit of unity, fellowship, and brotherhood among all.

Mission Rajasthan is a journey of faith, service, and empowerment, aimed at uplifting the marginalized and bringing about positive social change in one of India's most culturally rich and historically significant states. Through education, inter-religious dialogue, and social outreach, the SVDs are making a profound impact on the lives of Rajasthan's tribal communities and beyond. Their efforts continue to inspire hope and bring light to the lives of those who need it the most, all while fostering unity and understanding in a land with a deep and complex history.

## HOFCOM REPORTS

**Appointment** Pope Francis has made history by appointing Sister Raffaella Petrini, a 56-year-old Italian nun, as the first woman to serve as the Governor of Vatican City State and the President of its Governorate. Her appointment, announced on 15 February 2025, follows her three-year tenure as Secretary-General of the Governorate. The Holy Father has also entrusted Sr. Petrini with the authority to delegate specific duties and responsibilities to the newly appointed Secretaries General when required.

**Assuming Presidency of FABC** On 1 January 2025, Cardinal Filipe Neri Ferrão, Archbishop of Goa and President of the Conference of Catholic



Bishops of India (CCBI), assumed the presidency of the Federation of Asian Bishops' Conferences (FABC), succeeding Cardinal Charles Maung Bo of Myanmar. He was also re-elected for a second term as CCBI President during the

36th Plenary Assembly, held at XIM University, Bhubaneswar, from 28 January to 4 February 2025. Archbishop Peter Machado of Bangalore was elected as Vice President and Archbishop Vincent Aind of Ranchi as Secretary General.

**Annual Day Celebration** The Holy Family Communication Centre in Sancoale, Goa, celebrated its Annual Day at the Holy Family Multipurpose Hall. The event featured an inter-school competition involving students from Pre-Primary to Ninth Standard, along with participants from local social centres and Formees of the Holy Family Educational Society. This year's theme, "*Digital Innovation for Sustainability*," highlighted the vital role of digital technologies in fostering sustainable practices.



**SIGNIS Assembly** The SIGNIS India National Assembly (SINA-2025) took place at the Montfort Social Institute, Hyderabad, under the theme, "*Human Communication in the Digital World for a Culture of Peace.*" Church

leaders, media professionals, and communication experts gathered to discuss how digital communication can foster peace. The assembly opened with a Mass celebrated by His Eminence Cardinal Anthony Poola. The inaugural program included a prayer dance and a welcome address by Most Rev. Dr. Jaya Rao Polimera, Chairman of Amruthavani and Divyavani Social Communications.

**Walking Pilgrimage** The Walking Pilgrimage in Goa, initiated in 2019 by the Archdiocese of Goa and Daman, marked its seventh year on 9 March 2025, the first Sunday of Lent, coinciding with the Jubilee Year 2025. Themed “*As pilgrims of hope, let us proclaim the good news,*” the pilgrimage drew over 28,000 participants from across the archdiocese, reflecting a shared spiritual journey of faith and unity.



**50th Death Anniversary of Founder Fr. Faustino de Souza** To commemorate the 50th death anniversary of Founder Fr. Faustino de Souza, the congregation of the Sisters of the Holy Family of Nazareth will hold a Holy Eucharist on 26 March 2025, at St. Michael's Church, Anjuna, presided over by His Excellency Filipe Neri Cardinal Ferrao. On 27 March a Eucharist will also be held at Our Lady of Good Health Church, Sancoale, where Fr. Faustino served as Pastor for 40 years, embodying the role of a true shepherd.

**Silver Jubilee Celebration** The Holy Family Sisters, responding to the call of Bishop Bernard Moras, embarked on a mission 25 years ago to serve the spiritual and physical needs of the people in Uchagaon, Belagavi, and surrounding areas. The congregation celebrated their Silver Jubilee with a thanksgiving Mass on 15 February 2025, at St. Jude Church, Uchagaon. Parishioners and Belgaum Deanery priests and religious joined in this joyful occasion.



**Women's Day Celebration** Jevandhara, Kadawal, in Sindhudurg district, and Kiran Niketan, Zuarinagar, Sancoale, celebrated Women's Day with enthusiasm and purpose on 15th and 18th March 2025. The events aimed to honour the achievements of women and highlight their vital role in society, while advocating for gender equality and empowerment. Both centres reaffirmed their commitment to uplifting women and fostering a more inclusive community, leaving participants inspired and motivated to bring positive change.



# COMMUNICATION DAY CELEBRATION





## Embers of Hope

**The Jubilee Cross Visits and Inspires the Faithful  
Our Lady of Good Health Church, Sancoale, Goa.**



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**The Joy of Easter!**



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