



FMA Kolkata Special Newscast



*A journey with the Risen Lord
to regenerate life in the community*

**Annual Spiritual Retreat
23 -30 April 2020**

Editorial

"They who look at Him are radiant with joy" (Ps. 34).



We are going through tough times due to world pandemic Covid-19 and everyone everywhere have locked themselves in their homes. But the Lord is close to us, lifts us up and walks with us so that we emerge as changed and new persons. He wants us to search for new ways to be a part of His mission in the world today. He wants us to be His ambassadors to the world so that He can work through us in the midst of any crisis. The coronavirus brought the world to a standstill, but the love of Christ can never be stopped. We can carry that love, no matter what. God is certainly accomplishing His plan inviting us to give up earthly things and hold on to the essentials and set our priorities right.

An appropriate time to set the priorities right dawned on the 77 Community Animators and Sisters of our Province when they set apart their usual activities from 23-30 April 2020 to waste time with their Lord and Master on mount Tabor. The annual Spiritual Retreat could not be left under locked down and it was not even affected by the coronavirus. Our loving God is always at Home and 24 hours available for His personal encounter with anyone who wants it. In this **Special Issue of the News Letter** of the Province, you will find the transforming and the life changing experiences of the Sisters during this mystical encounter and the peace and joy it brought them. For all of them the Spiritual Retreat of this year remains an unforgettable and unique event in their life history.

Enjoy reading!

Sr. Lily Perumpettikunnel fma

Auxilium Bandel



On 23rd April evening five Sisters of the community of Bandel entered into the inconceivable Annual Spiritual Retreat. As the lockdown extended, siren went louder and clearer "Stay home, stay safe".

Undeniably staying at home, no pollution, mangos raining down, birds chirping happily, all calm and peaceful – no packing... no journeying... no searching for bedrooms... no meeting friends... no exchanging news...

"Come stay on in my Presence, you shall see things in a different light."

Sharp at 5pm the five retreatants sat recollected before the huge TV screen, watched and listened to the hymn to the Holy Spirit and a video talk of Fr. Augustine Vallooran, Vincentian Carmelite of Divine Mercy Centre in Kerala, simple and short, every word audible. It was a grace and privilege to have had Holy Mass in our Chapel at 6.30am on Tuesday, Thursday, Saturday and Sunday mornings. Morning Prayer and meditation were life changing encounters with the Divine Master who whispered words of love. Devotedly at 9am and 5pm the retreatants listened prayerfully to the video talks of Fr. Augustine Vallooran VC. The rest of time was spent in silent personal prayer and community prayers.

On the vigil of the finishing end of the retreat, the community members gave an overwhelmed surprise to the five Sisters on Mount Tabor with a special Evening Prayer inviting all present to raise their voices in praise and thanks. Thereafter everyone approached the altar offering a sapling each and took blessings from the Eucharistic Lord interceding with Him to help them to be ever steadfast in the remaining time of their earthly pilgrimage.

The annual spiritual retreat came to a close with the Holy Mass at 6.30am. Fr. Pathickal Joseph sdb of Basilica community solemnized it. The Retreatants raised their thanksgiving to God for the blessings received, for the mystical



experience they had, and thanked God for the community members who helped them in diverse ways to spend every moment of the six full days with the Lord. This retreat had its unique distinctive moral fiber, since the retreatants were able to commune with God alone, devoid of all unessential simulation of bygone retreats.

During lunch there was a note of celebration in which the two clerks and the house girls too joined.

Sr. Anna Ma Ma

Auxilium Barasat

Five Sisters of the community, Srs. Stella Potteparambil, Clara Saminathan, Mercy Kachira, Alma Bilung and Namita Sabhasundar, commenced our retreat on 23 April with great fervour in our heart, although thundering and lightning from above threatening us to miss the inaugural Holy Mass. Providentially Rev. Fr. Vivian



Andrew SJ came and celebrated Holy Mass as well as blessed our campus. So we were blessed to enter into our spiritual journey with God's choicest blessings.

This year due to the situation provoked by the coronavirus, Sisters of the province could not gather together to have their retreat but it led our Mother Provincial Sr. Rose and her council to invent new and creative ways to have the retreat in our own communities giving direction to use the digital possibilities. We had a well prepared time table; daily liturgy was well animated with creativity by different Sisters. Meditations focused on the Holy Spirit from *Firefall* animated by Salesians of Bangalore Province. Every day the Holy Mass and talks from various sources were projected by Sr. Clara Saminathan the digital expert. Although we did not have retreat preacher the Lord provided online holy men (Fr. Augustine Vallooran, Fr. Pascual Chavez SDB, Fr. Anthony Parankimalil VC and Fr. Mathew Naikamparambil) who spoke to us with great zeal and enthusiasm on different topics, such as, The need of deliverance, Vocation to intimacy with God and passion for the kingdom, Salesian Spirituality, Inner healing, God's love, True disciple, Called to be blessed, Reconciliation, Power of being servant etc. and ignited our spirit to change, challenge and transform.



We were so blessed to receive goodnight message daily from our Mother and Co-foundress St. Mary Domenica Mazzarello through her letters so rich in spirituality which stimulated us to love Jesus and Jesus alone and do everything to please Him only. The retreat was concluded on 30th morning with a solemn thanksgiving prayer service and online Mass of his Eminence Oswald Cardinal Gracias.

Sr. Alma Bilung

Auxilium Aspirantate

It was indeed a unique experience of a Retreat of this type for all three of us, Sr. Philomena Chirammal, Sr. Leelamma Palliparambil, and Sr. Margaret Ghosh who was in our community after her Cataract operation. We started our retreat on 23 April with Divine Mercy Chaplet. The explanation of the theme “**Regenerated by the Holy Spirit... that generate life**” was followed by the video talk and adoration led by Rev. Fr. Augustine Vallooran VC. the Director of the Divine Centre Potta, Kerala.



The day began with the exposition of the Blessed Sacrament at 6am followed by Morning Prayer and meditation. There were two talks daily, one at 9am and the other at 3pm. The rest of the time was spent in the chapel with the Eucharistic Lord exposed.

We were really enriched by the talks of Fr. Augustine. It really made us to reflect and reschedule our life on the Word of God. Saturday 25th was

dedicated for Vocations and 27th Monday to pray for all our departed Sisters of the province. On Wednesday 29th there was a talk on Repentance followed by the Healing and Deliverance adoration led by the preacher himself, after which we placed our resolutions at the feet of the Lord and took His blessing. The retreat was concluded with a Holy Mass at 11.30am during which the three of us renewed our religious vows. We are really refreshed and renewed by the talks and the encounter with the Lord.

A special note of thanks to our dear Sr. Provincial for having given us this golden opportunity to have such a wonderful retreat animated by a holy Priest and providing us with all the materials of the talks and videos. We are ever grateful to our community Sisters Srs. Angela, Nirmala and Pranati for their sacrificing spirit in providing us with everything, from chapel to the refectory. The aspirants and the postulants made the atmosphere very calm and peaceful as though the entire community was making the retreat.



It was indeed a wonderful experience with the Risen Lord. May He continue to help us to live the retreat in our daily life in the community and in the mission!

Sr. Leelamma P.

Snehadhan Bareilly

“O what a wonderful, wonderful day! Day I’ll never forget.”

On 23 April 2020, Sr. Teresa Mundackal and Sr. Julita Kujur started the Annual Retreat, indeed an “Extraordinary Retreat” at Snehadahan Bareilly as advised by Mother Provincial Sr. Rose Ezarath due to covid-19 pandemic and lock down in the entire country. The Retreat commenced with an introductory talk and good wishes for the fruitfulness of the retreat by Mother Provincial and then followed a deep silence and reflection for six full days. We reflected on the Scripture, the Constitutions, Letters of Mother Mazzarello and many other spiritual things. The online retreat talks given by Bishop Ignatius D’Souza, the Bishop of Bareilly Diocese and the two video talks per day by Fr. Augustine Vallooran VC from Divine Retreat Center Kerala, were moments of deep encounter with the Lord. It was a source of holy joy and comfort as we attentively listened to their talks and were empowered by the Lord’s powerful message. Each talk was well connected.



The rest of the community Sisters intensified their prayers, provided good and delicious meal every day and created conducive environment for us to make a good and fruitful retreat and to have a deep encounter with our Lord and Master.

It was a great joy to spend much time at the feet of the Lord, away from the busy schedule of everyday. Many Rosaries and other prayers for various intentions of the province, the Institute, the Church and the entire world particularly for the present crisis were offered to God as an incense

rising up to heaven thus begging God for His mercy and compassion on the whole world. Special moments of grace were the online Mass and Mercy Rosary and Adoration by Goodness TV channel and the Holy Mass of Oswald Cardinal Gracias of Bombay.



It was an unforgettable experience with the Lord which we would never ever forget in our lives. A wonderful and a unique experience altogether. We can truly say that the Lord has touched us personally in spite of all our weaknesses and have received healing and forgiveness through these days of intense prayer and intimacy with the Lord.

Sr. Julita Kujur

St. Mary's Geyzing

The Annual Retreat of 2020 was a unique experience for Sr. Anna Varkey, Sr. Lucy Kachira, Sr. Pushpa Lakra and Sr. Clara Rai. It was a blessing in disguise. God works out everything for our good even in the mist of adversaries. The corona virus has devoured thousands and thousands

like a lighting raid and is continuing till the plan of God is consummated. Nobody ever experienced such a calamity in the history of human life perhaps. No pre-occupations of packing, no tiring long journey, no travelling expenses, everything is in lockdown!

The Lord Jesus went up to the mountains to pray, to converse with his Father whenever He took up an important event to find some consolation from his Father. The lockdown provided an extremely conducive atmosphere to spend these eight days of prayer and meditation in the valleys of great Himalayas. There cannot be any better place than Sikkim – Geyzing to make this annual search of the soul. This lockdown made everything quiet and the stillness became so frightful except the chirping of the black birds, so natural and free unaware of what is going on around.

At this juncture we commenced our spiritual journey on 23 April at 3pm. The moment of prayer started with the exposition of the Blessed Sacrament which continued till 7.30 pm daily. We were fortunate to have the Holy Eucharist in our chapel daily. Every day at 9am we listened to the retreat talk of Fr. Augustine Vallooran V.C on various topics, like – Mary



Model of
Human
Relationships,
Remain in my
Love, Pray
Constantly,
Becoming a
Blessing, Do
not worry about
your life, Listen
to the voice of

God constantly, Holy Eucharist and Restructuring our life. They inspired and enriched us to renew our spiritual life and connect ourselves with God and our mission. The parish priest made himself available for the sacrament of reconciliation. We experienced that the retreat days were

filled with graces and blessings and we found within ourselves much joy, peace and freshness.



At the conclusion of the retreat we carried symbolical offerings as a sign of newness and vitality such as light, sapling, flowers. We thanked the Lord for this unique opportunity which enabled us to encounter the Lord. May the Lord accompany us in our life's journey to nourish and touch the lives of many young people!

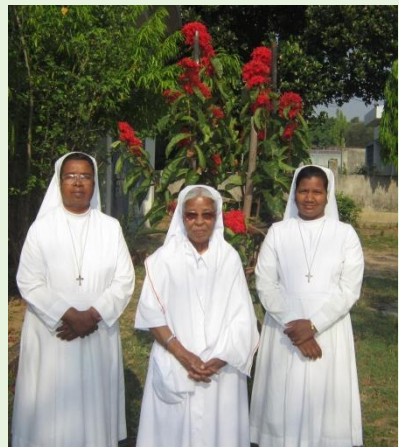
Auxilium Kripalaya Ghutiapara

Due to Covid-19 pandemic and the lockdown of our country, the annual retreats at the usual places too were locked down. But the retreat was not locked down. It was not even affected by the virus. While all remained at home, the annual retreat too was conducted at home. Thanks to dear Sr. Rose Ezarath, our Provincial, who wisely discerned to let the Sisters and the animators of communities have the respective community to host the retreatants for the community Sisters to make their retreat at home while the Sisters who had attended the Bandel retreat took care of everything. Three Sisters of the community, Sr. Ekka Francesca, Sr. Medline Nirmala Lakra and Sr. Matilde Xaxa made the retreat while Sr. Usha Kiran Tirkey took care of the house and catered to everything. It was indeed a unique retreat. No one did disturb the retreatants but everything seemed to respect our time of retreat. Of course, the nature and the chirping of the

various kinds of local birds and animals were heard, which helped us raise our minds and hearts to God and reflect. We are very, very grateful to Sr. Ezarath Rose our Provincial, who took care to provide us with the video talks of Fr. Augustine Valloran.

The Retreat commenced on 23 April at 6pm, one hour late due to the terrific thunder storm and heavy showers of rain and hail stones. The rooms and verandahs were filled with rain water which had to be put right by the four of us in the community. The whole house was indeed sanitized rightfully to start the holy retreat. It was with the solemn adoration service that we started the retreat. The scheduled time table for the retreat was followed. The day dawned with the exposition of the Blessed Sacrament and silent adoration. It was followed by Morning Prayer and the Holy Mass online. There were three talks daily. At 3pm there was the Eucharistic adoration cum Divine Mercy prayers (Novena), Holy Rosary and other prayers by the whole community. At 6pm once again the whole community gathered for the community prayers in the presence of the Blessed Sacrament and personal study and reflection on the Constitutions, Word of God and Letters of Mother Mazzarello. At Good Night, Sr. Francesca the animator took some chosen articles of the Constitutions/Regulations, admonitions of our founder St. John Bosco and Mother Mazzarello.

A day of prayer was dedicated for the departed Sisters, for vocations and for the world Gratitude Day. Reconciliation service was conducted on 29 April leaving the Sacramental Reconciliation for after lockdown .The renewal of the vows was reserved for the following day during the online Eucharist. Personal resolutions were made and offered during Mass. The experience of this retreat was really a unique one!



Nirmala Niketan, Jaigaon

Sr. Rose Kureekattu the animator, Sr. Fernandes Margaret, Sr. Puthuppallil Mary, and Sr. Kujur Archana started the retreat with article 46 of the Constitutions. It was a unique experience for all the Sisters, and was found very fruitful and useful. The talks were given by Fr. Augustine Vellooran, Fr. Micheal Payyapillil and Archbishop Fulton Sheen.

The video talks gave insights on a variety of topics that helped us to rejoice always and in all circumstances and to pray constantly in order to overcome all kinds of temptations in our life. Our connectedness with the Lord Jesus will help us to recognize good and evil. It will help us solve all our problems and make us free citizens of this world and the next (Heaven). We need to become more and more aware that the diabolic powers in us bring disunity, violence and no-where fit attitude. Jesus exchanged these diabolic attitudes with the Cross overcoming all the temptations of the devil. Satan promises good things before we commit sin and leave us alone after we sin. But Jesus remains close to us so as to draw us closer to Him.

The day of Reconciliation helped us to empty ourselves and to deepen our relationship with Jesus. We need to have deeper faith in His providence, direction, mercy and wisdom. Let our faith grow deeper and deeper and make our lives altars of thanksgiving for all the good things we constantly receive from Him.



Vicuna Nivas, Jumaikela

The Annual spiritual retreat of the Sisters was held from 23-30 April 2020 at Vicuna Nivas Jumaikela. The participants were Sr. Mary Ekka the animator, Sr. Cordula Kullu, Sr. Manjula Lakra and Sr. Neera Tigga. The spiritual food was provided from the province so as to make a good retreat. The eighteen talks of Fr. Augustine Vallooran VC were very enriching. Adding to this we were lucky to have three Salesian Priests, Fr. James Jainiwas, Fr. Simon Ekka and Fr. Lievence Aind, to help us in our spiritual life. They stressed on Vocation, Prayer life, Community life, Sin and Preventive system.



The morning and evening prayers, adoration and holy Rosary were animated by the retreatants. We spent our time sitting in front of the Blessed Sacrament and enjoying His presence, and prayed for our Mother General, our Province, the Institute and the whole world that is affected by

Corona Virus. The goodnight thoughts were shared from the Articles of the Constitutions, Identity, Vows, Prayer life and Our Fraternal life. The retreat was concluded with a solemn thanksgiving Mass officiated by three Salesian fathers from our parish. The Retreatants expressed their love and gratitude to the Fathers, the community Sisters and the house staff with a song of blessings.

We are really grateful to our Mother Provincial Sr. Rose Ezarath for giving us this opportunity to make our Annual retreat in our own community. Undoubtedly we the Sisters have benefited much.

Sr. Neera Tigga

Auxilium Kalyani

Sr. Delpina Bag, Sr. Annie Kannampuzha and Sr. Rosina Thekumkattil began the Annual Retreat at 5.00 pm on 23 April 2020. We listened to an introductory talk by Fr. Anil Dev who gave us three points for reflection: To sit at the feet and listen to the Lord; Live a God-centered life and Worship the Lord in spirit and in truth. Every day we joined the rest of the community Sisters in prayers and Mass.



At 9am and 4pm there were video talks from Fr. Augustine Vellooran VC which helped us to reflect on our lives as consecrated persons who follow Jesus closely and who called us for a specific

purpose. We had lots of time to pray and spend time with Jesus in adoration.



Time flew very fast and it was 30th April the concluding day of the retreat. There was Holy Mass at 7am as usual and Fr. V.L. Francis gave us a short and serious thought: to think of the very many suffering migrant laborers who are spending their days and night on the road, with and without food.

We are sad at heart but we pray that God may send some good people to reach out to them and alleviate their suffering. We think of ourselves to be very fortunate to have all that we need and thank the good Lord for giving us hundredfold always. We are determined to walk with Him to make our journey fruitful.

Auxilium Dum Dum

Seven Sisters of the community of Dum Dum made the Annual Retreat from 23-30 April 2020 in the “Upper Room” of the provincial quarters. The seven others of the community including Sr. Provincial attended to our spiritual and physical comfort in all possible ways. The time table was set according to the theme of each day. The daily Holy Mass and the talks by a well-known Preacher Fr. Augustine Vallooran V.C. were done online. The rest of the day was at our disposal for personal reflection, common adoration and prayer. There was a schedule of study of the articles from our Constitutions, pertaining to Prayer Life, Fraternal life, and the Mission

of the Daughters of Mary Help of Christians. The intense study of the profile of the FMA and the 'Spirit of Mornese' helped us to deepen our commitment.

At 2.30pm there was the exposition of the Blessed Sacrament, Divine Mercy Chaplet and Healing Adoration. Those were all golden moments we cherished in the presence of the living God. During the healing adoration almost all of us experienced some kind of healing either physical or spiritual. In the evening, the prayer hours were well animated by Sr. Mini Chettayil. The shared insights of each day and the time spent in quiet prayer drew graces and blessings on each one of us during the common adoration. On the last full day of the retreat there was an online evening Mass during which we offered our resolution books as symbols of self-renewal.



At the conclusion of the retreat there was a celebration of thanksgiving in the refectory through a little skit on the scene of the modern “Martha and Mary” thanking the Sisters of our community for all the work done like ‘Marthas’ under the loving leadership of our provincial Sr. Rose Ezarath. The retreatants appreciated her personal contribution to enhance the fervor of our retreat through short messages and timely exhortations to show us the path to true source where we can find genuine life of joy and peace even in an odd occasion such as the lockdown. We also enjoyed the quality dishes prepared by Sr. Rose along with the Sisters of our community who worked hard to make us feel well-fed during the retreat days. They even welcomed us back after our retreat in no small little way. We owe our love and gratitude to all those who have been there to support us with their prayers and remembrance.

Sr. Restitula Kharpran

Auxilium Gobra

The best Retreat ever made in life! We three of us, Sr. Karakkal Teresa, Sr. Kuotsu Philomina and Sr. Majumdar Rosely Sadhana spent our maximum time with the Lord. The eight full days of retreat from 23 to 30 April were really amusing and enriching moments with the Lord.



The video talks of the different Priests stirred us and enriched us a lot. It was indeed a deep intimacy with God! Thanks to our dear Provincial Sr. Rose Ezarath for giving us this opportunity and providing us with all the materials to make a good and unforgettable retreat.

Auxilium Park Circus

The annual retreat was held at Auxilium Park Circus from 23-30 April 2020. The retreatants were: Sr.Mikil Elizabeth, Sr.Ekka Sumitra and Sr.Francis Lourdu Prema.

It commenced with the online Holy Eucharistic celebration. Various talks of Fr. Augustine Vallooran VC were chosen for different days stressing on prayer life, community life, reconciliation, Holy Eucharist and Mary. *Lectio Divina* was held at every morning, contemplating on the parables of Jesus and co-relating it with our vocational journey. During the Mercy hour, live adoration was telecasted. The talks as well as the Eucharistic adoration were life-oriented and inspiring.



There were moments when the Sisters meditated on the Constitution articles on prayer, life together and mission. The retreat was concluded with the Holy Eucharist celebrated by the parish priest Fr. Basil Mandi. He preached on Jesus the Bread of life. All the members of the community renewed their vows during the Mass. The Sisters were enthusiastic in living their vocational commitments with joy and fidelity.



Auxilium Kurseong

On this lockdown the Lord never leave us alone. Even in these difficult times, He gave us the opportunity to spend time with Him without any disturbance. We the three Sisters, Srs. Dorothy Torcato, Shashi Kiran Asha Xess and Alitrice Mary Warjri made the annual retreat at Auxilium Convent, Kurseong from 23-30 April. The Retreat preacher was our Lord Himself who animated us through the talks of Fr. Augustine Vallooran VC and Archbishop Valerian D'Souza. We spent our days in silence, reflecting on the Word of God and speaking to Jesus in personal and community prayers. The theme of the Retreat was "A Call to my Personal Revival".

In the beginning of the Retreat the exhortation of Bishop Ignatius on the importance of the Retreat and listened to the opening message of our provincial Sr. Rose Ezarath was read to the retreatants. The video Talks of Fr. Augustine Vallooran VC were on different topics such as, What I am living for, Restructuring our life, How can I feel the power of the Holy Spirit, Anointing of the Holy Spirit, reawakened us that we are called for a purpose and mission to be the witnesses of Jesus and to give Jesus to all. It helped us to accept the reality of life like our Blessed Mother who accepted the Will of God in her daily life. The video talks from Archbishop Valerian D'Souza on Discipleship, Praising and thanking the Holy Trinity, and the sacrament of Reconciliation, enriched us to give ourselves totally to Him, to make our life a song of praise to God, and to give glory to Him through our witnessing life.

The goodnights of Sr. Dorothy Torcato, the Animator were based on the articles of the Constitutions. "Instructions and Exhortations of St. John Bosco to the FMA" reminded us about the Vows, Practices of Fraternal Charity and Piety. In the concluding Eucharistic Adoration we reconciled with the Lord through repentance and received graces and blessings from Him. We were very happy to renew our Vows and to celebrate the World Gratitude Day on the last day of our Retreat with a solemn thanksgiving Holy Eucharist presided over by Fr. Andrew Lama, the parish priest. We

raised our thanks to Sr. Provincial and all the Sisters of our province for their prayerful support.



Auxilium Kurtumgarh

From 23-30 April 2020 two Sisters of the community of Auxilium Kurtumgarh, Sr. Annie T. and Sr. Rinki Nayak, made their annual retreat. Since we could not open the inaugural talk of Mother provincial, Sr. Annie guided the opening prayer service followed by adoration. On the next day we began with Holy Eucharist, morning prayer and meditation. For reflection we listened to three talks a day according to the topics given by the Province. Rest of the time was spent in reading the Word of God and spending quality time in front of the Blessed Sacrament. The day concluded with two hours of adoration. Fr. Augustine Valooran's talks were enriching and inspiring. The Sisters were inspired not to overcome

evil by evil but evil by good and to take Mary as our Mother, model and guide.

On 29th evening there was a thanksgiving adoration with the offering of resolutions. The retreat concluded on 30th morning with the Holy Mass after which Fr.Jugal Kishore Digal, Fr.Trinath Kanhar and Sr.Anand Tirkey wished the Sisters happy new life. We are grateful to our Mother Provincial for arranging this retreat during this lockdown.

Sr.Rinki Nayak



Auxilium, Mirik

"Spending time to be with God is the best place to find strength".

Sr. Maxima Dung Dung and Sr.Rose Mary Ekka made our Annual Retreat in our community at Mirik from 23-30 April. We began our retreat with the Holy Eucharist presided over by Fr. Ashish Das, the Rector of Don Bosco Mirik. In his homily he spoke on holiness. 'Be holy as your Heavenly Father is holy', he said.



We had the great privilege of having four Salesian fathers from Don Bosco community who gave us one talk each every day and celebrated the holy Mass. The talks of Fr. Augustine Vallooren V.C. on Holiness, Restructuring our lives, How to listen to the voice of God, Holy Eucharist, Learn to pray and You are called. Fr. Augustine helped us to understand in a better way that we are called by God to become holy, to be faithful and the secret of the beauty of life is prayer. The retreat was concluded on 30 April with a Thanksgiving Mass.

We can truly say that this retreat was a very unique one and the message we will live is: Focus on God and be faithful to him, keep good relationship with God and others and grow in holiness.

Mazzarello Monsada

It was a great opportunity for me to begin my Annual retreat by participating in the Holy Mass offered by Fr. KT Thomas SDB. Being alone with the Lord, I felt the presence of Jesus with me, around me and even the weather helped me to make my retreat fruitful. As I spent my days in prayers and reflection on the Word of God, the Constitutions especially the vows, prayer life, community life and reading the different letters of Mother Mazzarello, I came to know more about the Institute and the life of Christ as lived by Don Bosco and Mother Mazzarello. Listening to the talk of Fr. Augustine Vallooran VC, the retreat preacher in the youtube,



I experienced the efficacy of listening to the voice of God by reading the Bible with faith and trust. I felt deeper the presence of Jesus in the Holy Eucharist. On the last day of my retreat, I thanked the Lord for having given me these grace-filled days to spend more time with Him.

Sr. Alma Tirkey

Auxilium Najafgarh

It was an unexpected historical Annual Retreat 2020! The participants were Sr. Lucy M.D. and Sr. Ashalata Kerketta. It was a unique experience listening to the preacher online on topics such as Holy Eucharist, Holy Spirit and the Word of God. Every day led by the Spirit we spent our time with the Eucharistic Lord in Adoration. Finally we can say that it was a very enriching experience at this time of Covid-19 pandemic, praying for the whole of humanity. We are grateful to our two other community members and to all those who supported us with their prayers.



Sr. Asha Kerketta

Auxilium New Chumta

On 23 April at 5pm, four of us -Sr. Elizabeth Valliyil, Sr. Teresa Xalxo, Sr. Innocentia Jojo, Sr. Binita Bara- started our spiritual journey with the Adoration. During the Adoration we heard St. Paul telling us that for him everything was to know Christ. Everything else was rubbish. We disposed ourselves to attentive listening to the Word of God invoking the Holy Spirit.

After the morning prayers, there was the Holy Mass daily in the Parish Church celebrated by Fr. Telesphore Toppo, assistant parish priest of New Chumta Parish. For our reflection, we made use of the retreat talks of Fr. Augustine Vallooran V.C. sent by the province. Some of the insights we received during the intense days of our encounter with the Lord are: If we reject satan and accept God and do his will like Mary we will become blessed; If we open our hearts and accept ourselves God will enter into our hearts and heal our wounds bringing joy and peace into our hearts; We should not rely on our talents but on the gifts of the Holy Spirit; We have to tune ourselves to listen to the voice of God; If we remain in Him we will bear much fruit; Like Mary we need to listen to the voice of God and be faithful till the end of our life.



Blessed Sacrament exposed whole day drew us more close to Him. It taught us to be more available for Him and for his mission. We can truly say that the days were so full of God. These days of spiritual enrichments came to an end on 30 April with a solemn holy Mass in the Parish Church. The celebrant Fr. Telesphore wished the Sisters new life and prayed for God's blessings on them. We thank our Mother Provincial Sr. Rose Ezarath who gave us this opportunity to make our Annual Retreat in our own community. It was totally a very different experience. We also thank her for providing us with suitable talks to reflect upon.



H. C. Auxilium R. K. Puram - New Delhi

Life is an opportunity, we need to benefit from it. Do we really know the living Jesus, not from books but from being with Him in our heart? Well, the annual retreat of this year happened to be a unique one in the history of our life. It brought about a new awareness – in reality it happened to be a wakeup call. While the world is suffering from virus and lockdowns, we came to the awareness, that our soul too can be affected by virus of various types which can destroy the vitality of our religious life and prevent us from loving Jesus to the full and experiencing His unconditional love for



us and our love for Him. So the Coronavirus Pandemic could not prevent the encounter with the Lord.

Following the directions from the provincial Sr. Rose Ezarath, the animator Sr. Teresa Pulickathadathil and Sr. Elizabeth Joseph started the retreat on 23 April and concluded on 30 April. The suggestions given by the provincial helped us to make the retreat fruitfully. It was a profitable time to ponder deeply on the Word of God, the Constitutions and the inspiring talks on various topics by the retreat preachers from the net. Personal reflections in the company of the Lord inspired by the Spirit brought the light of Christ in personal life. All through, the Eucharistic Lord was in our company and our strength. One thing to remember is: whatever we do, do it with love. For everything there is a reason and a time for every matter under heaven. This looks like a new message given to us, as it is written in Is. 65:17, "I am about to create a new heavens and a new earth".

Sr. Elizabeth Joseph



Mazzarello Convent Ranchi

The journey of the spiritual retreat of eight Sisters of Mazzarello and Novitiate Community commenced with the clarion call of Mary to “Do whatever He tells us.” We spent much of our time in the company of the Eucharistic Jesus, reading and reflecting on the spiritual books, like Scriptures, Constitutions, Letters of Mother Mazzarello and the Circulars of Mother General. These provided enriching and nourishing food for our souls.



As the days went by we felt and experienced the presence of God through the talks on various topics from the video clips by Fr. Augustine Vallooran V.C, Director of Divine Retreat Centre. Some of the topics were: How to listen to the voice of God, You are called, Holy Eucharist, Word of God, Unlock your Heart to God, Restructuring our lives and Stay Connected to God. We were privileged to have Priests coming for the celebration of the Holy Eucharist every morning.

Every day for the goodnight Sr. Lily D'Souza our animator reflected on one of the articles of our Constitutions. This was followed by an inspiring thought given by one of the Sisters. On the day dedicated to pray for the departed souls we shared our beautiful memories while we lived with them. We also watched a power point presentation on the life our dear Sr. Terezija Medvesek, a person who lived the spirituality of communion to the full. The evening adorations were the climax to recall the enriching God experience each one had during the day. Two Sisters took turn to animate the adoration each day. Fr. Suman Beck S.J from A.T. C community, Namkum was available for the sacrament of Reconciliation.



On 30 April our spiritual journey was concluded with a solemn Eucharist officiated by Fr. Godwin Baa S.D.B, from Don Bosco, Hatia. The retreatants filled with the New Life in Christ proceeded to the Altar with the symbol of the fresh twigs and a

song on their lips. During the offertory they offered their resolutions together with Bread and Wine.

The God experience led us to celebrate the last day with many surprises beginning with picnic, and a delicious lunch prepared by Sr. Lucy, Sr. Kishori, Swati, Seema, and Pramila. This was followed by watching a movie which helped us to understand the problems the young people facing today and the role we need to play in their life to guide them in the right path. Finally, after a cup of tea we bade good bye to Sr. Dominica Thapa and Sr. Rasni from the novitiate community and wished them 'new life' in their community.

Since this was a different retreat from the other years, it was a unique experience for each one of us. Everyone felt that the days of encounter with the Lord were serene and fruitful because of the guidance given by our dear Mother Provincial, Sr. Rose Ezarath.



Auxilium Thecho - Nepal

The Retreat commenced on 23 April 2020 at 5pm with the Inaugural message of Sr. Rose Ezarath, our Provincial. The participants were Srs. Aquila Phawa and Abhai Kishori Minj. We considered ourselves to be the most fortunate amongst the 77 participants of the entire province. A unique and unforgettable retreat ever experienced! When we received the news that this year due to the lockdown caused by Covid-19, all those who did not make their retreat are going to make it in their respective communities, we were so happy and excited. We started making fun among ourselves saying, 'oh we are already late to book the tickets, all the Bus counters are lockdown for almost a month, how shall we go now?

Both of us should complete our works and start packing our box and bags'. Jokes aside, we took it seriously and Sr. Aquila started thinking and worrying on how to animate the retreat days. When she saw the readymade materials sent by Sr. Mini the provincial secretary, she was so happy because the video Talks by Fr. Augustine Vallooran VC the Charismatic Preacher were relevant and inspiring.



We began our retreat reminding ourselves of article 46 of the Constitutions which speaks of the Annual Retreat. The day always began with prayers invoking the gifts of the Holy Spirit followed by prayers against Satan and the Rebellious Angels, prayer to Saint Michael the Archangel, and then the usual community prayers. For the meditation we listened to the talks of Fr. Anil

Dev and Bishop Ignatius D'Souza of Bareilly. For the two conferences of the day we listened to the reflections of Fr. Augustine. Throughout the retreat days all the Mysteries of the Rosary were prayed in common. For the communion service, Sr. Aquila conducted the para- Liturgy. Though we missed the Eucharistic celebration we were fortunate to receive Holy Communion every day. The good night thoughts were taken from the Articles of the Constitutions on Community Living and from the Letters of Mother Mazzarello. We dedicated a day of prayer for Vocations and a day of prayer for the Departed Sisters of our Province. A desert day was observed. The Retreat was concluded with a thanksgiving Prayer animated by Sr. Aquila.

The days spent in prayer and reflection helped us to give importance to the Word of God in our lives and to pray unceasingly. The examples of Mother Mary, the living witnesses of the peoples who were touched and

transformed by the Word of God and the teaching of Jesus were a call for a renewal of lives. Both of us had a unique and unforgettable retreat. Even amidst the Lockdown period when the whole world is inactive, the door to God is always open. The atmosphere and the climate too were conducive for the fruitful retreat and prayers. The commitments assumed by the retreatants are: a) Base our life on the Word of God through the daily reading of the Word b) Whatever happen in life surrender yourself to Jesus c) Believe in the power of Prayer through Jesus' name and you will see miracles. We thank the Lord for these days of grace and encounter with Him.

Sr. Aquila Phawa

Auxilium Jhorahat - Nepal

"We should be like Mary attentive to the voice of Jesus" was the underlining theme of the retreat held at Jhorahat. Sr. Juliana Minj and Sr. Pramila Ekka started the annual spiritual retreat with fervor on 23 April at 5pm. We began our retreat with the Eucharistic Adoration and by invoking the Holy Spirit.



This retreat carries a great memory in our life because it was something different from the other years. We had a well prepared time table which we followed faithfully. The talks of Fr. Augustine Vallooran V.C. led us to experience in depth the warmth and love of Jesus. Though it was online retreat, the talk of Fr. Augustine was an excellent explanation of the Word of God that there was no way for distractions. The word of God saturated our soul so much that we fell in love with Jesus and experienced his powerful company in our lives. The day was spent in personal and community prayer, reflection and reading of the Bible and talks according to the topic of the day. Everything helped us to get immersed in the presence of Jesus in the Blessed Sacrament and concluding the day with the Eucharistic Adoration. The eight days of our retreat was concluded with the Eucharistic adoration and communion service. We thanked Sr. Amali John and all the workers who really helped us to make our retreat well.

Sr. Pramila Ekka

Testimony

Jesus, the Divine Healer, may you be praised forever!

Six months ago, I had a fall and subsequently I was suffering from knee pain with difficulty in walking, kneeling and climbing the stairs. After a month I consulted the doctor and the X-ray revealed that I was having arthritis. The doctor advised me to use the knee caps but even then I was unable to kneel down even for a few moments. It was a grief for me not to kneel and pray.

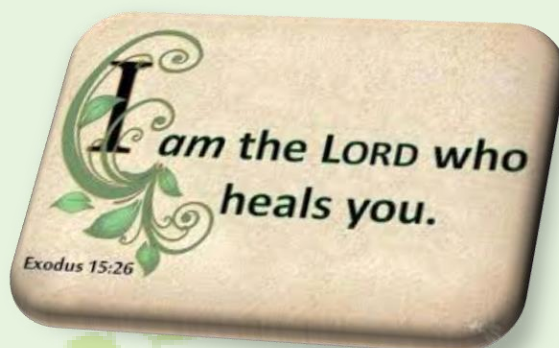
During the annual retreat, I attended the Healing Adoration (downloaded from the YouTube) animated by Fr. Augustine Vallooran from Divine

Retreat Centre. On the first day of the healing adoration, I prayed to the Lord for the gift of healing especially for the grace of healing from knee pain. This was my prayer, *"Lord grant me the grace to kneel and pray at least during the days of retreat"*. Believe it or not, my knee pain vanished during the Adoration. I could not believe. But the rest of the days of the retreat, I knelt and prayed at various occasions of prayer without any difficulty.

For six months I had not knelt down for more than few minutes, and for more than three years I had not prayed the Rosary kneeling. I was wondering whether the pain will return due to my feeble faith in the Lord. But Our Lord is a Generous Healer. He has freed me from knee pain. Of course, I am still not able to kneel for a longer time due to other health issues. But I can truly say that there is no problem for walking or climbing the steps without the knee caps from 27 April 2020 until today.

May Jesus the divine healer be praised forever! Thank you Jesus!

Sr. Mini Chettayil



Sincere Gratitude and Appreciation to Provincial Sr. Rose Ezarath



**Organization ...
Prayerful Support ...
Availability ...**



*Come away
to a deserted place all
by yourselves and rest
a while. ”(Mk 6:31)*

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