



Cir/LP/08/03/2022

01 March 2022

My dearest and loving Sisters,

Prayerful greetings for a very fervent and holy Lenten season and the month of St. Joseph!

We have entered the month of March with the holy season of Lent in the context of 150th foundation of our Institute and 100th anniversary of FMA India. At the outset of Lent, I would like to recall to our mind the message of our Holy Father Pope Francis so that we journey in synodality with all the faithful towards the celebration of the paschal mystery.

Holy Season of Lent 2022

Lent is meant to be a time of repentance, a favourable time to make a journey of true conversion. These 40 days are set aside to praise and worship the Lord; to read the Bible more, to pray more often and to practice more charity. Pope Francis in his message for Lent 2022, invites the faithful to sow seeds of goodness, so that we might reap a harvest of salvation for ourselves



and others. The Holy Father points out that “Lent invites us to conversion, to a change in mind-set, so that life’s truth and beauty may be found not so much in possessing as in giving, not so much in accumulating as in sowing and sharing goodness.” During the period of Lent, “we are called to respond to God’s gift” by listening to His Word, so that it might “bear fruit in our lives.” In this way, we become “God’s co-workers,” which is a grace of sharing in God’s own “bountiful goodness.” When we sow seeds of goodness and kindness, “no matter how small,” in our own lives, we radiate light and carry “the fragrance of Christ to the world.” His fatherly invitation to us is: Let us not grow tired of praying; let us not grow tired of uprooting evil from our lives; let us not grow tired of asking for forgiveness in the Sacrament of Reconciliation; let us not grow tired of fighting against concupiscence especially addiction to the digital media; let us not grow tired of doing good in active charity towards our neighbour; let us put into practice our call to do good to all, and take time to love the poor and needy, those abandoned and rejected. He concludes his message by reminding us that in order to produce the desired fruit “the soil is prepared by fasting, watered by prayer, and enriched by charity.” With the weapons of prayer and fasting, let us implore the Lord above all for peace in the world, especially for the end of violence which is afflicting the Ukrainian and the Russian people.

Let us not grow tired of doing good and re-launching the journey of holiness, ready to go forward with a big and generous heart" (L 47, 12). Let us make this Lent a truly favourable time for personal and community renewal, leading us to the paschal mystery of the death and resurrection of Jesus Christ.

Month of St. Joseph

The month of March is dedicated to St. Joseph the patron of the Universal Church. The Church encourages us to be devoted to St. Joseph because he was a model in the heroic practice of all the virtues. The example of virtuous living that he gave in the exact fulfilment of the duties of his state of life is worthy of our reflection. When we read the gospel we can see his faith, hope and charity practiced under trying circumstances. He was prudent in caring for Mother Mary and the child Jesus; he showed great leadership in protecting them and assisting them. He was religious in every sense, with that delicacy and sincerity of conscience that is proper to the saints of God. He was just in his dealings with God and man. He was conspicuous for his fortitude and courage. He was truly outstanding in the practice of virginal chastity. Above all, he protected and defended Mary's virtue all through their life together. With a firm trust and confidence let us turn to St. Joseph to advance in virtue and make real progress in our spiritual life. Let us entrust to him the various needs of our province and of all our communities so that he may intercede before God and grant us all the necessary graces according to His holy will and for his greater glory.



Mother General's Circular no.1015

In continuity with the XXIV General Chapter, Mother General with her Circular No. 1015, invites us to be generative communities, to be a "living presence" that generates life. Mother reminds us that generativity is at the origin of the history of the FMA Institute, that it is Mary Help of Christians who wanted, generated, and guided it over time and continues to generate it 150 years after its foundation, and that Don Bosco and Mother Mazzarello accompanied by Mary, involved the young people in their project, and gave life to missionary communities in the Church and in society. Therefore Mother invites us to allow ourselves to be infected by their attractive and fascinating holiness in order to be generative communities, capable of awakening the original freshness of the vocational fruitfulness of the Institute. Heeding to the exhortation of Mother Chiara to be generative like Mary, let each of us verify if God is truly at the centre of our heart, our choices, our entire life and mission, because if God is at the centre of our life and mission, our presence becomes capable of radiating light and joy.

Communications

Prayer for Ukraine

Our Mother General Sr. Chiara Cazzuola, communicates news on the FMA Communities of Ukraine – Kiev, Lviv, and Odessa – and invites all of us and the Educating Communities to pray and to take up the initiatives of peace and solidarity. She also invites us to pray the Rosary together, with the explicit intention of asking for the gift of peace; the personal and community commitment to live an attitude of peace and benevolence, of reciprocal tolerance and acceptance. Let us continue to pray “O Mary, Most Powerful Virgin”, the prayer which Don Bosco composed and he called it “the prayer of difficult times”.



Let us also heed to the invitation of our Holy Father who says, “We have prayed many times that this path would not be taken. And we don’t stop praying, on the contrary, we beg God more intensely. For this reason, I renew my invitation to all to make March 2, Ash Wednesday, a day of prayer and fasting for peace in Ukraine. A day to be close to the suffering of the Ukrainian people, to feel all as brothers and sisters, and implore from God the end of the war” (Pope Francis at the Angelus on Sunday 27 February)

Let us continue to accompany with affection, prayer and sacrifice our sisters of Ukraine and all our brothers and sisters who are suffering due to war and for the gift of wisdom for the leaders of the warring nations.

World Gratitude Day

Vicar General Suor María del Rosario García Ribas has communicated that the World Gratitude Day 2022 will be held in the Piedmontese Province "Maria Ausiliatrice", TURIN, MORNESE, NIZZA. The reason for the choices of these places are the celebration of the 150th year of the foundation of our Institute; each of these places reminds us of how much Mary has been and is present in the history of our origins and in the life of our Institute. The main itinerary of the feast will be as follows: 24 April Turin and Mornese, 25 April Mornese and Turin, 26 April Nizza. We will be receiving the detailed program soon.

FMA PCI

The FMA PCI ANNUAL MEET 2022 was held on 01 – 02 February 2022 via Online Zoom Meet. The participants were Provincials, Delegates, National Coordinators Sr. Joseph Teresa, General

Co-coordinator of Centenary Commission and Sr.Kanickaraj Tamizharasi, PCI Secretary. There were 27 participants hailing from seven Provinces for the meeting. I am sure all of you received the detailed minutes of the meeting and read it already in the community. We thank Sr. Celine Jacob, the Visiting General Councilor who gave the key note address, Sr. Nirmala Lazar, PCI President and Provincial of INM, Sr. Tamizharasi Kanickaraj, the PCI Secretary for the meticulous organization of the meeting in spite of the sudden change of the programme and the accurate minutes of the meeting. God bless our dear sisters copiously.

Our sincere gratitude goes to the outgoing PCI General Coordinator and National coordinators of various sectors for their generous and dedicated service rendered to the FMA - INDIA, through several animations. May God reward you dear sisters !

Gen.Co-ordinator	Sr. Lydia Komuhra (ING)
Formation	Sr. Tamizharasi Kanickraj (INM)
Youth Pastoral	Sr. Molly Elizabeth Kaniampadi (ING)
Education	Sr. Clara Saminathan (INC)
Mission Ad Gentes	Sr. Bala Savarimuthu (INK)
Young at Risk	Sr. Moksha Anthonappa (INB)
S. Communication	Sr. Hilda Braganza (INB)

Please find the list of the National Coordinators 2022

General Coordinator	- Sr. Clara Saminathan INC
Formation	- Sr. M.Sagaya Sangita Rani INK
Youth Pastoral	- Sr. Wismary Kharbihkhiew INS
Education	- Sr. Josephine Mary Antony Raj INM
Mission ad/inter gentes	- Sr. Rosemary Adaphro ING
Social Communication	- Sr. Maria Rajeswari Varapragasam INK
Salesian Family	- Sr. Mary Lamare INS
YaR	- Sr. Manisha Parmar INB
NDF Coordinator	- Sr. Selvi Mary Arockia Azarias INT

We also take this opportunity to congratulate and thank Sr. Clara Saminathan who has taken up the responsibility as the PCI General Coordinator. May you be blessed and guided by the Lord !

Let us pray for our dear Departed - Condolences to:

- † Sr. Kishori Minj at the passing away of her paternal uncle Mr. Norbertus Minj on 05 February 2022.
- † Novices Srs. Nayna and Neha Kujur at the demise of their elder brother Naleen Kujur (25) on 10 February 2022.
- † Sisters of Bangalore Province at the return of Sr. Elizabeth George (90) to her heavenly abode on 21 February 2022 at Kottiyam Kollam.

† Fr. Pauria Joseph SDB and the Salesians of Kolkata Province at the passing away of Br. Sushanto Biswas SDB (76) in RN Tagore Hospital Kolkata on 25 February 2022.

Prayer Request

✚ Let us continue to intensify our prayer to Mary Help of Christians for our dear Sr. Julita Kujur who is improving slowly.

Dear Sisters,

We will be entering into a favourable time of the year given to us by the church to return to the Lord with all our hearts. Let this time, be a time of purification, a journey of introspection, a pilgrimage of renewal in order to experience the closeness of the Lord; who is generous, merciful and abounding in love. May our preparation to celebrate the feast of Easter help us to mould our lives according to the pattern of the life of Jesus.

Wishing you a fervent season of lent!

Yours affectionately in Our Lady,

Sr. Leelamma Palliparambil FMA
Provincial