



Istituto Figlie di Maria Ausiliatrice
Salesiane di Don Bosco
Mary Help of Christians Province - INC
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Provincial Circular

Salesian Sisters, Auxilium Convent
10 P.K. Guha Road, Dum Dum, Kolkata - 700028

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Dear Loving Sisters,

Loving and Prayerful greetings from the Provincial House, Dum Dum !

The month of March highlights the importance of women, particularly with International Women's Day on 8 March. This day is dedicated to recognizing and honouring the dignity, strength, resilience, and achievements of women across the world. While we celebrate their contributions, it is good to acknowledge that, in many parts of the world, the rights of women are still not fully recognized. International Women's Day is not only a celebration but also a reminder of the vital role women play as powerful persons in families, communities, and societies.



Today, I wish to focus on five remarkable women from the New Testament, whose lives continue to inspire and guide our vocation and mission as religious. I invite you dear sisters to draw inspiration from their encounter with the Lord as we journey through this Lent:

1. Mary, Mother of Jesus – The Woman of Fiat

Mary's "Fiat" did not end at the Annunciation; it reached its deepest expression at the foot of the Cross. During this Lenten season, as we contemplate the Passion, Death, and Resurrection of Jesus, we see in Mary the silent strength of a woman who stood firm in suffering, trusted in darkness and hoped beyond despair. She teaches us that true courage is not the absence of pain and challenges but perseverance in fidelity to God's promise.

As we celebrate the International Women's Day, Mary inspires every woman to embrace her vocation with resilience and faith — to stand steadfast in trials, to nurture hope in moments of loss and to believe that after every Good Friday, God prepares the joy of Resurrection.

2. Elizabeth – The Woman of Affirmation

Elizabeth recognized God's grace in Mary and proclaimed her blessed. She represents women who encourage, affirm and rejoice in the vocation of others. May we be women who speak blessings and strengthens others in the communities.

When Mary arrived at her home, Elizabeth filled with the Holy Spirit, celebrated the work of God unfolding in another woman's life. She teaches us the sacred power of affirmation: the ability to see God at work in another and to name it with gratitude.

In our communities and mission how transformative it would be if we consciously choose Elizabeth's way — noticing the quiet sacrifices of a sister, appreciating her hidden fidelity, rejoicing in her gifts without envy. A sincere word of encouragement can heal fatigue, restore confidence, and renew zeal.

When we bless one another, we create spaces where vocations flourish and hearts grow strong. May we, like Elizabeth, be attentive to the movements of the Spirit in our sisters and generously proclaim: "Blessed are you," allowing our communities to echo with affirmation, gratitude and shared joy.

3. Samaritan woman at the well – *The Woman of Transformation*

Encountering Jesus at the well, she moved from shame to proclamation, isolation to mission. Her testimony brought others to Christ. She reminds us that no past defines us and that every authentic encounter with the Lord becomes missionary.

In a world where many women still struggle with marginalization and judgment, the Samaritan woman reminds us that Christ restores dignity and entrusts us with a mission. As consecrated women during this Lenten journey, we are called not only to personal conversion but also to courageous proclamation — drawing others to the well of living water through our joy, compassion, and authentic witness. May this season help us rediscover our deepest thirst, encounter the Lord anew, and rise — like her — as women transformed and sent.

4. Woman caught in adultery – *The Woman, who experienced Mercy*

In her vulnerability, she stood exposed not only before a crowd, but before a culture quick to judge and condemn. Yet in that decisive moment, she encountered not rejection, but the compassionate gaze of Jesus. He neither justified the sin nor shamed the sinner; instead, He restored her dignity and returned her to herself with the words, "Neither do I condemn you." Through her, we witness the tender strength of a God whose mercy is greater than human accusation.

As consecrated women and as communities of faith, we are invited to reflect the heart of Christ:

- To protect rather than expose.
- To accompany rather than exclude.
- To listen rather than label.
- To restore rather than reject.

Mercy today means creating safe spaces where wounded hearts can heal, where mistakes become moments of growth, and where dignity is never stripped away. It challenges us to examine our own tendencies toward subtle judgment within community life and mission.

May we become living signs of Christ's compassionate presence — women who bend down, like Jesus, to lift others up.

5. Mary of Bethany – *The Woman of Contemplation*

In a home filled with activity and expectation, Mary chose stillness. She placed herself at the feet of Jesus — the posture of a disciple — listening not only with her ears, but with her whole being. In doing so, she quietly crossed the boundaries of her time, claiming the space of one who learns, loves, and belongs in the presence of the Master. Mary teaches us that contemplation is not escape from responsibility; it is the wellspring of authentic mission. She reminds us that our first call is not to do, but to be — to be with Him, to allow His Word to shape

our hearts before it shapes our hands. At the feet of Christ, we rediscover our identity — not as workers, but as beloved daughters. From that sacred space, our actions are purified of restlessness, comparison, and self-seeking. What flows from prayer carries a different fragrance: peace, depth, and quiet authority. May we, like Mary, choose daily to sit at His feet — so that our service may be rooted in love, our words born of silence, and our lives a reflection of the One who first loved us.

These Gospel women show us that:

- Women are bearers of hope and life.
- Women are voices of prophecy and courage.
- Women are witnesses of mercy and resurrection.
- Women are called to both contemplation and action.

May this season be a time of renewed commitment to our vocation as women consecrated to Christ nurturing life, fostering justice, building communion, and radiating hope wherever we are placed. Let us entrust ourselves to Mary, the first disciple, and ask for the grace to live our “Yes” generously each day.

World Gratitude Day

The World Feast of Gratitude 2026 will be celebrated at the “Sagrado Corazón” Province of Ecuador (ECU), from 23 to 26 April 2026 with the theme: “**Be missionaries everywhere**”.

The logo for the 2026 Feast, proposed by the Ecuadorian Province, eloquently expresses the meaning of this celebration. It was designed to visually convey the celebratory sense of gratitude surrounding the figure of Saint Maria Troncatti, highlighting her main attributes. The logo is completed by a ring of five stars surrounding the crown of Mary Help of Christians. Each star represents the FMA presence on the five continents and is associated with one of the traditional missionary colours: white, red, green, yellow, and blue. This element explicitly recalls the universal nature of the Church's mission, "called and sent," thus reinforcing the missionary dimension of our charism.



The central axis of the logo is the image of Saint Maria Troncatti, placed at the heart of Mary Help of Christians. Its composition creates a symbolic frame that refers both to the Ecuadorian Amazon, the territory where she carried out her missionary work, and to the spiritual protection that constantly accompanied her. This integration is intended to reflect both the geographical context and the charismatic framework of her mission. The **2026 Feast of Gratitude** will help us renew our **missionary "yes,"** following the example of Saint Maria Troncatti.

Convocation of General Chapter XXV



At the conclusion of the *winter plenum*, Mother Chiara Cazzuola, with Circular No. 1056 dated 24 February 2026, officially convenes the 25th General Chapter, in accordance with Article 138 of the Constitutions. The Chapter will begin in Rome, at the FMA Generalate, on 22 September 2027. The theme of GC XXV is

“Blessed are you...”

With the prophetic power of our charism, missionaries of communion together with young people.

The objective of GCXXV is to **“revive the missionary passion characteristic of our charismatic identity”**.

As Moderator, Mother has appointed **Sister María del Rosario García Ribas**, Vicar General, who assumes the responsibility of accompanying the preparation and development of the XXV General Chapter.

Dear Sisters, to know more about the General Chapter I invite you to read the constitution Art. 135 and art. 136 b. Let us send our prayers ahead for its success and pay particular attention to the following words of Mother Chiara:

“In preparation for General Chapter XXV, a time of grace for the entire Institute, we are invited to delve into the depth of the content that the theme offers us to rediscover and live with greater awareness, our identity.

We feel the need to start again from the centrality of Christ, to strengthen communion and to rekindle our missionary passion, drawing on the source of the Salesian charism. This will make our educating communities a leaven of peace with and for the young people the Lord entrusts to us.

We entrust ourselves to Mary, the first disciple and the first missionary, so that she may intercede for us the presence of the Holy Spirit throughout this journey.”

Communications

- * Sr. Stella Potteparambil and Sr. Alma Bilung participated in the Online Safeguarding Workshop on the theme “Safeguarding Is Our Mission: Caring for Tripod Relational Safety.” It was organized by the Conference of Religious Women in India (CRWI), New Delhi, from 22 to 24 February 2026.
- * I will take part in the Salesian Family Conference of Major Superiors of South Asia meet on March 6, 2026 at Don Bosco Institute Guwahati.
- * We warmly welcome back Sr. Shashikanta Xalxo after successfully completing her one-year

course in Corporate Office Management at Nirmal Jyothi technical institute Kalena Agrahara, Bannerghatta, Bangalore.

- * Sr. Minimol Chettayil will be going for the project Mornese as one of the animators on 01 April 2026 and return on 10 May 2026.
- * Sr. Lemnom Mosang will be leaving for Rome along with Sr. Minimol to pursue her Salesian Spirituality Course for two years.
- * Sr. Anima Kujur and Sr. Martha Minj will make their 2nd phase of the Second Novitiate at Marian Renewal Centre Dhony, Palakkad, Kerala from 11 April to 10 May 2026.
- * Sr. Abhai Kishori Minj and Sr. Celine Alexander will be leaving for Rome on 12 April 2026 to participate in the Project Mornese which will be held from April 14 – May 04, 2026

Let us keep all our sisters in our prayers as they undertake their enriching experience and wish them a fruitful and grace-filled time of learning, animation and renewal.

Gratitude and Appreciation to:

- ✿ Sr. Lily D'Souza, the Vice Provincial, for organizing the Juniors' Meeting and Sr. Stella Potteparambil along with the community, for providing comfortable accommodation and taking care of every minute detail with such generosity and care.
- ✿ Sr. Rosy Veliyan and the Community of Aspirantate for helping the communities to prepare well with novena practice for the feast of St. Joseph.

Let us pray for our dear departed - Condolences to:

- ✠ Sr. Cecilia Kollappally at the passing away of her nephew Mr. Jerry Devasia (52) on 11 February 2026.

Let us keep in our hearts the significant liturgical celebrations of this month, allowing them to guide us more deeply along our journey toward holiness.



March 19 - Solemnity of St. Joseph – A silent guardian whose faithful 'yes' protected the Saviour

March 25 - Solemnity of the Annunciation of our Lord – The moment heaven touched earth through Mary’s courageous fiat.

March 29 - Palm Sunday – The triumphant entry that leads to the victory of the Cross.

When these celebrations occur close together in the liturgical calendar, they form a powerful spiritual arc: from the quiet “yes” of Joseph, to the courageous “fiat” of Mary, to the public mission of Christ that leads to the Cross. Together, they invite the faithful to deeper reflection on obedience, sacrifice, and redemption — reminding us that salvation history unfolds through humble trust and faithful response to God’s call.

As we contemplate this sacred harmony, let us entrust to St. Joseph — who lovingly upheld and protected Mother Mary — all the oppressed, marginalized, and vulnerable members of our society. May they find shelter, dignity, and compassionate care under his fatherly intercession. In turn, may we commit ourselves to upholding one another in our daily lives — strengthening, supporting, and affirming each other — so that we may become instruments of blessing in our troubled world. In a special way, may women everywhere experience respect, protection, and encouragement, and may our shared witness bring hope and healing to all.

Dear Sisters,

May the Spirit who overshadowed Mary, who filled Elizabeth with joy, who stirred the Samaritan woman to proclaim, who shielded the condemned woman with mercy, and who drew Mary of Bethany into loving attentiveness, continue to renew our hearts and guide our Province forward with courage and grace. Let us go forth in faith, rooted in the Word and alive in mission. Let us continue our Lenten journey with greater fervour.

Yours affectionately in Our Lady,

Sr. Leelamma Palliparambil FMA
Provincial