



Cir/LP/54/05/2026

04 May 2026

*Dear Loving Sisters,*

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

This month, I invite each one of us to turn our hearts in a special way to gaze upon the beautiful and powerful title of Mary Help of Christians. It is a time to reflect deeply on what it truly means for us to be the Daughters of Mary Help of Christians as we imitate the first daughter of that living monument St. Mary Domenica Mazzarello.



This title, which began gaining prominence in the 16th century, gradually found a deeper place in the life of the Church. Its significance was brought vividly to the awareness of the faithful through the tireless mission of St. John Bosco, in his loving service to the young, especially the poor and abandoned. Don Bosco experienced the constant and powerful intervention of Mary under this title. For him, she was never distant but a living presence: *a mother, a guide and a teacher.*

Mary Help of Christians is not merely a devotional title. She is Protector, Guide and Queen of the Salesian Family. Don Bosco entrusted his entire mission, his works and his spiritual sons and daughters to her maternal care. As a lasting testimony to his faith, he built the great Basilica of Mary Help of Christians, a living sign of her powerful intercession.

The image of Mary Help of Christians is rich in meaning and speaks profoundly to our identity. She is depicted holding the Child Jesus in her left arm and a sceptre in her right, crowned as Queen. Each of these symbols carries a message for us:

- **The Child Jesus** reminds us that she brought Jesus to the world, to save the humanity. She also tells us that everything flows from Him alone. Her greatness lies in her openness to God's will. Likewise, we are called to bear Christ to others through our lives, service, and witness.
- **The sceptre** signifies the authority entrusted to her by God. It reflects her role as a powerful intercessor who protects and guides all Christians, which reminds us to be a perpetual intercessor especially to our young people.
- **The crown** proclaims her as Queen of heaven and earth and also our loving Mother.

In Mary, we see a perfect model of humility, strength, faith and gratitude. She teaches us how to receive God's grace, stand firm in faith and serve with love.

At the heart of our mission lies **loving-kindness (Amorevolezza)**—creating environments where young people feel genuinely loved and valued.

We, the Daughters of Mary Help of Christians, are called to be the *“living monument”* of gratitude to her. To resemble Mary today requires both a maternal presence and active involvement in our mission.

In today's context, this call can be lived out in four key ways:

### **1. The Ministry of Presence – *The Accompanying Mother***

Just as Mary was present at Cana, on the way to Calvary and at the foot of the Cross, we are called to be present both physically and emotionally in the lives of young people.

- **Social media as a courtyard:** Rather than avoiding the digital world, we are invited to be a guiding and protective presence where young people struggle with identity and mental health.
- **Listening as first aid:** In a noisy world, we reflect Mary's contemplative heart by offering a listening ear to those who feel unseen and unheard.

### **2. Radical Hospitality and Prevenience**

Mary Help of Christians is invoked as the one who comes before we even ask. This calls us to live the Preventive System with renewed urgency.

- **Anticipating needs:** We must recognize modern forms of poverty, eco-anxiety, loneliness, lack of digital literacy and respond proactively.
- **Creating a home:** Like Mary's home in Nazareth, our institutions should become safe and welcoming spaces, especially for the poor and abandoned and the marginalized, including migrants.

### **3. The “Cana Spirit” – Noticing the Lack**

At Cana, Mary noticed the need before anyone else.

- **Advocacy for the marginalized:** We are called to recognize when dignity and joy are lacking, especially among young women and girls and to stand against injustice.
- **Practical intervention:** Like Mary, we must not only pray but act using education, technology and professional skills to provide opportunities and hope.

### **4. Being a Helper (Auxilium) in Times of Crisis**

Mary Help of Christians has always been invoked in times of trial. Today's world calls us to respond with courage and compassion to meet the challenges.

- **Emotional resilience:** We are called to be anchors of hope, standing with individuals, families and communities in moments of grief and hardship.
- **Promoting peace:** Mary is known as Queen of Peace and we are invited to be bridge-builders and mediators in a divided world.

In all these ways, Mary continues to show us how to live with humility, attentiveness, courage and love. As her daughters, we are called not only to admire her but to resemble her becoming a living sign of her presence in today's world.

## *The significant celebrations of the month*



As we **celebrate the feast of St. Dominic Savio** on 6 May, let us help our young people by speaking about St. Dominic Savio's life that they be inspired to lead God fearing enthusiastic life. He had a profound love for Mary. He entrusted his life completely to her care and often turned to her as his Mother and guide. Under the guidance of St. John Bosco, Dominic understood that devotion to Mary was not just about prayer but about imitation, living as she did, with a pure heart and complete openness to God's will. Mary's life was marked by her "yes" to God, simple, humble and total. Dominic followed this same path in his own way. Though young, he made strong resolutions to avoid sin, to remain joyful, and to do everything out of love for God. His famous words, "*I will rather die than sin,*" reflect not fear but a heart deeply rooted in love much like Mary's own faithful heart. Stay close to Mary and she will lead you to Jesus. Live with joy, choose what is

right and let your life, no matter how simple, be filled with love and faith. His message, in this world often filled with pressure and confusion, is simple but challenging: *be joyful, do your duty well, stay close to God and help others along the way.*

The life of **St Maria Domenica Mazzarello** whose feast we celebrate on 13<sup>th</sup>, offers a simple yet deeply powerful message for us today. She inspires us to recognize in her a model of quiet strength, deep faith and joyful service. Without seeking recognition, she transformed ordinary daily life into a path of holiness by caring for young girls with love and dedication. Her life tells us that true greatness lies not in doing extraordinary things but in doing small things with great love, trust in God and a generous heart, especially in serving the young and those most in need.

In the **Feast of the Ascension** which we celebrate this year on the 17<sup>th</sup>, we see Jesus entrusting His mission to His disciples before returning to the Father. Though He is no longer physically present, His mission continues through those who believe in Him. It is the Spirit who transforms ordinary people into courageous witnesses.

The celebration of **Pentecost** on 24<sup>th</sup>, brings us the gift of the Holy Spirit, who strengthens, guides and renews the Church. It is the Spirit who transforms ordinary people into courageous witnesses. In Mother Mazzarello, we see this quiet action of the Spirit shaping her heart to be attentive, compassionate and full of zeal. Her joyful service and loving-kindness reflect a life deeply led by the Spirit, reminding us that our mission too is sustained not by our strength but by God's grace.

**The mystery of the Holy Trinity** on 31<sup>st</sup> reveals a God who is communion; Father, Son and Spirit living in perfect love and unity. This divine relationship becomes a model for our own community living.

## Communications

*Installation of New Animators:* The installation dates of the Animators are as follows:

10 June	- Jaigaon	-	Sr. Adampakallel Rejina Joseph
17 June	- Gobra	-	Sr. Valliyil Gracy Teresa
18 June	- Kalyani	-	Sr. D'Costa Ninet
20 June	- Dum Dum	-	Sr. Valliyil Elizabeth
24 June	- Bareilly	-	Sr. Kannampuzha Annie
27 June	- R.K.Puram	-	Sr. Ekka Mary

May our prayers continually uphold our dear Animators, that they may discern God's ways with clarity and wisdom and lead their communities in harmony with the mind and heart of Christ.

*Silver Jubilee:* On 24 May 2026, marks the Silver Jubilee of the Religious Profession of our dear Sr. Basanti Ekka. We raise a hymn of gratitude to God for her gift to our Province and for the marvels He has worked in and through her life of fidelity, commitment and joyful service.

*Congratulations! to all the sisters who have made their profession on 24 May, on the feast day of Mary Help of Christians. May they ever remain true FMAs.*


## Renewal of the Vows


Our 13 Temporary professed Sisters will renew their vows on 24 May 2026 at Auxilium, Kurseong. Two of them will renew their vows in Shillong, one in Guwahati, and Sr. Rimeka Nongtdu will renew her vows in the month of August.

## Perpetual Profession

Sr. Anima Kujur and Sr. Martha Minj will pronounce their final vows on 26 May 2026 at Auxilium Convent Barasat. The Eucharistic celebration will be presided over by Archbishop Emeritus Most Rev. Thomas D'Souza, at 10.30 am.

## Welcome Back









 Sr. Lucy Mannookulangara will be returning to the province on 6<sup>th</sup> June after completing her formation course and Sr. Anima Minj on 29<sup>th</sup> June after completing her spirituality course. We are glad to have them back amidst us and wish them God's manifold blessings for their new mission in the community of Sacred Heart Novitiate, Ranchi.

 We extend a warm welcome back to our four juniors: Sr. Preety Kullu, Sr. Rimeka Nongtdu, Sr. Mariyana Oliva Lakra, and Sr. Ursula Kujur, who are returning after completing their intensive juniorate in Guwahati and Shillong. We express our sincere gratitude to the Provincials, Sr. Mabel Gothorp and Sr. Rosa Pyngrope, as well as to the formators who have accompanied and guided them during this period of formation.

## *Retreat*

Sr. Anna Varkey, Sr. Mary Ekka, Sr. Nayna Agatha Kujur, Sr. Pramila Ekka, Sr. Priyanka Pradhan, Sr. Shanti Lakda and Sr. Sushma Kerketta will take part in the guided retreat and inner healing at Bandel Basilica from 08 – 13 May 2026.

## *Gratitude and Appreciation to:*

-  Sr. Nirmala Tigga and the community of Auxilium Convent, Kurseong for their generous and thoughtful hospitality, creating a truly prayerful and conducive atmosphere for all the retreatants, ensuring that every detail contributed to a meaningful and enriching experience. For their attentive care for those who were unwell, along with their constant readiness to provide for every need.
-  Sr. Stella Rose Potteparambil for generously offering an insightful and meaningful session on Safeguarding Policy for the retreatants.
-  Sr. Eliswarma Tigga and the community of Auxilium Convent, Park Circus for enabling the sisters to prepare well with novena practices for the solemnity of St. Mary Domenica Mazzarello.
-  We thank Sr. Teresa Karakkal and the community of Monsada for accommodating our four postulants and giving them a fruitful experience of our mission.
-  Students, Sisters and staff of all our ICSE, ISC and CBSE schools for their wonderful result and academic performance. May God continue to bless all of you for your hard work.
-  Animators and Sisters in the community for celebrating the World Gratitude Day very creatively.
-  Sr. Stella Potteparambil for circulating the prayer service to receive the Chapter book.
-  Sr. Stella and the community of Auxilium Convent Dum Dum for the examination of conscience for the month of May.

## *Let us pray for our dear departed - Condolences to:*

- † Sr. Teresa Karakkal at the passing away of her cousin Sr. Sharan CTC on 13 April 2026.
- † Sr. Sherley Kalapurayil at the demise of her beloved mother Mrs. Elizabeth Mathai on 19 April 2026.
- † Sr. Gracy Parekattil at the departure to heaven of her dearest mother, Mrs. Mariyakutty, on 02 May 2026.

Let us continue to bring before God the needs of our province and our communities as well as keep all our sisters in our prayers, remembering in a special way our sick sisters and family members.

Dear Sisters,

As Daughters of Mary Help of Christians, we are invited each day to mirror her life: to be bearers of Christ, to stand firm in faith, to trust in her loving protection and to live with hearts filled with gratitude. Like our Mother, we are called to walk faithfully in the path God has entrusted to us, allowing her gentle guidance to shape ourselves and our mission. In reality we are called to become her living image in our communities, schools, boarding houses and all our work places. Our presence among them must reflect the richness of our Salesian vocation.

Yours affectionately in Our Lady,

Sr. Leelamma Palliparambil FMA  
Provincial

**Happy  
Feast!**

